View from the Chair
By Wayne Anderson, Chapter Chair

My previous columns have encouraged folks to get out and join an activity or a trip offered by one of our committees. I am pleased to report that there was a significant increase in participation in our trips!

Now, I’d like to encourage more volunteering. There’s a great story on page 5 about four people named Everybody, Somebody, Anybody, and Nobody. Please read it; it’s entertaining, and it makes my point. So, please, when you see a notice for help needed, think about volunteering. We need Vice Chairs for some of our committees. We always need more trip leaders for hikes, bikes, and paddles. Page 5 has a list of upcoming trail work opportunities, so you can “get out, get dirty, and give back.” Just email me and ask what you can do! [chair@amcsem.org]

Participate! Volunteer! And help keep our chapter vibrant and alive. Thank you!

SEM SPRING BASH
APRIL 24 – SAVE THE DATE!

Join the Southeast MA Chapter for its annual Spring Bash. This year we will be taking advantage of a little known AMC facility right in our backyard – the Ponkapoag Camps in The Blue Hills Reservation. As the overnight accommodations are inexpensive and the location is one that most of us consider our backyard, this year’s Spring Bash will give us the feeling of wilderness adventure without the long drive. We will have hikes, bikes and paddles all weekend and plenty of camaraderie.

For now, keep the weekend of April 24 saved. More specifics will be distributed in the near future – watch the SEM website. For any questions, contact Jim Plouffe, via e-mail at Jimplouffe@comcast.net.

Did you know –
That 300 (12%) of our Breezes go out in electronic format (in full color, with extended content). And that 2200 (88%) are delivered in paper format. That’s only 300 of the 2500 total Breezes delivered. That’s not very ‘green’ of us! Please consider signing up for the electronic Breeze so we can use more of your membership dues on programs rather than on paper and postage. Go to the “Member Center” at outdoors.org to sign up.
Spring 2010 Events Calendar

**SEM Board Meetings (7:00 pm)**
- Mar 10   Bourne Community Center
- Apr 14   Bridgewater
- May 12   Bourne Community Center
- Jun --   no meeting

**Hike Planning Meetings (7:00 pm)**
- Mar 03   UU Church, Main St, Middleboro
- Jun 02   UU Church, Main St, Middleboro

**SEM Short Notice E-Mail Trip List** — Find out about late-breaking chapter activities not appearing in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit [www.amcsem.org](http://www.amcsem.org) to sign up (at the bottom of the page).

**Where can I find AMC SEM activities?**
1. *Breeze* (arrives in your mailbox, or electronically)
2. *amc outdoors* magazine (arrives in your mailbox)
3. Online trip listings: [www.amcsem.org](http://www.amcsem.org) (“schedules”)
4. SEM short notice email list: [www.amcsem.org](http://www.amcsem.org)

**SUMMER BREEZE DEADLINES** (covers Jun, Jul, Aug)
- Apr. 07   trip listings
- Apr. 15   articles, pictures

**WANT EVEN MORE BREEZE?**
Find more articles & pictures in the electronic version of the Breeze! Sign up now! Go to [outdoors.org](http://outdoors.org) (Click on Member Center)

GOT PICTURES? SEND THEM TO OUR WEBMASTER!
[WEBMASTER@AMCSEM.ORG](mailto:WEBMASTER@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 (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. Preview the waiver at: [www.amcsem.org/pdf/Volunteer_release_memo.pdf](http://www.amcsem.org/pdf/Volunteer_release_memo.pdf)

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**Appalachian Mountain Club
Southeastern Massachusetts Chapter**

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

**2009 EXECUTIVE BOARD & VICE CHAIRS**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Chapter Chair</td>
<td>Wayne Anderson, <a href="mailto:chair@amcsem.org">chair@amcsem.org</a></td>
<td>508-697-5289</td>
<td></td>
</tr>
<tr>
<td>Vice Chapter Chair</td>
<td>Claire Goode, <a href="mailto:vicechair@amcsem.org">vicechair@amcsem.org</a></td>
<td>508-759-7362</td>
<td></td>
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<tr>
<td>Past Chapter Chair</td>
<td>Mike Woessner, <a href="mailto:pastchapterchair@amcsem.org">pastchapterchair@amcsem.org</a></td>
<td>508-577-4879</td>
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<tr>
<td>Treasurer</td>
<td>Leslie Carson, <a href="mailto:treasurer@amcsem.org">treasurer@amcsem.org</a></td>
<td>508-833-8237</td>
<td></td>
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<tr>
<td>Secretary</td>
<td>Susan Salmon, <a href="mailto:secretary@amcsem.org">secretary@amcsem.org</a></td>
<td>508-285-2440</td>
<td></td>
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<tr>
<td>Biking</td>
<td>Joe Tavilla, <a href="mailto:bikingchair@amcsem.org">bikingchair@amcsem.org</a></td>
<td>508-428-6887</td>
<td></td>
</tr>
<tr>
<td>Canoe/Kayak</td>
<td>Bill Fischer, <a href="mailto:paddlingchair@amcsem.org">paddlingchair@amcsem.org</a></td>
<td>508-420-4137</td>
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<tr>
<td>Cape Hiking</td>
<td>Pat Sarantis, <a href="mailto:capehikingchair@amcsem.org">capehikingchair@amcsem.org</a></td>
<td>508-430-9965</td>
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<tr>
<td>Cape Hiking (Vice)</td>
<td>Open, <a href="mailto:capehikingvicechair@amcsem.org">capehikingvicechair@amcsem.org</a></td>
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<tr>
<td>Communications</td>
<td>Cheryl Lathrop, <a href="mailto:communicationschair@amcsem.org">communicationschair@amcsem.org</a></td>
<td>508-668-4698</td>
<td></td>
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<tr>
<td>Conservation</td>
<td>Joanne M. Jarzobski, <a href="mailto:conservationchair@amcsem.org">conservationchair@amcsem.org</a></td>
<td>508-212-4427</td>
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<tr>
<td>Conservation (Vice)</td>
<td>Open, <a href="mailto:conservationvicechair@amcsem.org">conservationvicechair@amcsem.org</a></td>
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<tr>
<td>Education</td>
<td>Hagit Moverman, <a href="mailto:education@amcsem.org">education@amcsem.org</a></td>
<td>508-238-9264</td>
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</tr>
<tr>
<td>Hiking</td>
<td>Jim Plouffe, <a href="mailto:hikingchair@amcsem.org">hikingchair@amcsem.org</a>, 508-562-0051</td>
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<tr>
<td>Hiking (Vice Chair)</td>
<td>Chris Pellegrini, <a href="mailto:hikingvicechair@amcsem.org">hikingvicechair@amcsem.org</a></td>
<td>508-562-0051</td>
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<tr>
<td>Membership</td>
<td>Len Ulbracht, <a href="mailto:membershipchair@amcsem.org">membershipchair@amcsem.org</a></td>
<td>508-359-2250</td>
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<tr>
<td>Skiing</td>
<td>Barbara Hathaway, <a href="mailto:xcskichair@amcsem.org">xcskichair@amcsem.org</a></td>
<td>508-880-7266</td>
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<tr>
<td>Skiing (Vice Chair)</td>
<td>Farley Lewis, <a href="mailto:farlewis@comcast.net">farlewis@comcast.net</a>, 508-775-9168</td>
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<tr>
<td>Trails</td>
<td>Kevin Mulligan, <a href="mailto:trailschair@amcsem.org">trailschair@amcsem.org</a></td>
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<tr>
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**Webmaster**

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
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<tbody>
<tr>
<td></td>
<td>Susanne Piche, <a href="mailto:webmaster@amcsem.org">webmaster@amcsem.org</a></td>
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**Asst. Webmaster**

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<tr>
<th>Role</th>
<th>Name</th>
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<td>Scott Haigh</td>
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The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year as a service to the chapter’s members. SEM members are encouraged to submit letters, articles, and photos; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

**Editor:** Cheryl Lathrop
**Asst. Editor:** Ann McSweeney
**Proofreader:** Kate Patrolia

**HAVE YOU MOVED?** Send your change of address to: AMC, 5 Joy St., Boston, MA 02108. Or the **Member Center** at [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter)

**NON-SEM AMC MEMBERS:** Want the quarterly *Southeast Breeze* newsletter? Send your address and a $10 check payable to “AMC SEM” to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537.
XC SKIING THIS WINTER:
The SEM Cross Country Ski Committee held several fabulous ski trips this winter. (See the electronic Breeze for more pictures!)

LEADERSHIP TRAINING
APRIL 10
Do you like hiking, biking, canoeing, paddling, or skiing? Then come & inspire & share your love for the outdoors with others by becoming an AMC SEM leader.

The SEM chapter offers a 1-day leadership training at Borderland State Park, on April 10, 2010. The training will cover many aspects of becoming a leader such as: Leadership styles, day hike planning, screening participants, accident scene management, outdoors role-playing, & more.

For more information & registration, contact the Education Chair, Hagit Moverman: dmoverman@comcast.net. Please visit our education page on the AMC SEM web site for more information (amcsem.org).

THURSDAY MORNING HIKING SERIES:
The first Thursday hike of 2010. 25 people! A beautiful crisp clear day with some snow cover. A ranger came along for some of the walk and talked about the park’s natural history.

WINTER HIKING SERIES HIKE #2:
Winter hike number 2. Welch-Dickey. Brrr……..

PUBLIC ADVISORY
MA state parks urge you not to move firewood! Your parks and forests are at risk of infestation by the Asian Longhorn Beetle. Invasive species can devastate forests. Leave firewood at home; never bring firewood home. Please see: www.mass.gov/dcr/recreate/campInfo/firewood.pdf

The Breeze accepts paid advertisements for activities that support the mission of the AMC. Please see www.amcsem.org/comms.html for ad policy.
SEM OPEN HOUSE & POTLUCK SUPPER

for Prospective, New, Old and Armchair Members

• Introduce new and prospective members to SEM’s activities. Find out how to get started.
• Get your feedback – what works, what doesn’t. What are your ideas?
• Socialize with members and volunteer leaders. You may meet a familiar face on your first trip.
• Invite a friend or neighbor to learn about AMC and our SEM chapter.
• Bring a potluck dish to share.
• Centrally located for on-Cape and off-Cape residents. Plenty of parking.

Join us on Saturday, March 20 at
The Bourne Community Center
239 Main Street, Buzzards Bay, MA 02532

Plan on arriving between 5:30 and 6:00 pm with your dish to share. Registration required, space is limited.

Please register with Len Ulbricht at membershipchair@amcsem.org or 508-359-2250.

We remember . . .

Phyllis Whitford, a former resident of Brockton and member of the SE Mass Chapter died in Midlothian, VA on January 1. In the late ‘70’s and into the ‘80’s, Phyllis was an active hiker and biker with the chapter, serving on the bicycling committee. Linda Thomas, former Chapter Chair, remembers her as a great friend and inspiration. “Phyllis was one of the first people I met when I joined the AMC and she immediately recruited me for the bicycle committee. I thank her for her encouragement which ultimately led me to expand my biking activities to where I actually traveled around the world one year, much of it on the bike. Phyllis was a gentle, caring soul, a great lover of animals and the outdoors.” Phyllis continued her hiking activities after moving to VA and predictably was also involved in many volunteer activities.

Linda Thomas, Wilmington, NC

SEM Communications Committee needs help with behind-the-scenes work!

VOLUNTEERS NEEDED:
1. Web Site Committee Member – The website committee provides high-level oversight of the SEM website content and functions in an advisory role. Technical skills are not necessary.
2. Assistant Webmaster – Our webmaster needs a backup. Technical web development skills (i.e., Dreamweaver) are definitely needed. You’ll work under the direction of the Webmaster.

Contact: communicationschair@amcsem.org

PAID ADVERTISEMENT

PAID ADVERTISEMENT
UPCOMING TRAIL WORK – VOLUNTEER OPPORTUNITIES!

As avid hikers, we all enjoy the great outdoors, and the ability to travel to unique and beautiful locations. Those experiences however, would not be possible without the tireless efforts and hard work of many of our colleagues in building and maintaining the thousands of miles of trails across New England. The SEM chapter historically leads efforts on trail maintenance locally and in New Hampshire, and we need your help in the upcoming year.

In an effort to give back, I ask each member to strongly consider giving a few hours in volunteer services to help keep our trails safe and secure. Please sign up and help out. Please contact Kevin Mulligan with your commitment at trailschair@amcsen.org.

SCHEDULED TRAIL WORK EVENTS:
April 3: Trail maintenance workshop at Blue Hills: Dexter Robinson
May 8: Trail building workshop; location to be determined: Lou Sikorski
May 15: Trail maintenance at Blue Hills: Ken Jones
May 16: Trail maintenance at Borderland: Bob Vogel
June 6: National Trails day at Myles Standish: Lou Sikorski
June 12: Lonesome Lake trail work on adopted trail: Lou Sikorski and Kevin Mulligan
July 10: Trail maintenance at Blue Hills: Dexter Robinson
August 14: Lonesome Lake trail work on adopted trail: Lou Sikorski and Kevin Mulligan

Everybody, Somebody, Anybody, And Nobody

This is a little story about four people named Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody’s job.

Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn’t do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

The SEM chapter of the AMC is a purely volunteer organization. It cannot function without active volunteers. The SEM Executive Board; the Committee Chairs and Vice Chairs; the hike, bike, and paddle leaders; the Breeze publishers; the website writers and webmasters; the trail workers – all are volunteers.

So, please, when you see a notice for help needed, think about volunteering.

Help keep our chapter vibrant and alive. Thank you!
Crisp briny air, cinematic ocean scenery, and strenuous aerobic conditioning, are systemic to the preprandial stints with the Southeastern MA Appalachian Mountain Club 2000 Mile Bicycle Club. Their wheeled rituals also offer the joie de vivre of rider fellowship teamed with the self-propelled motion of a zero carbon footprint.

Spinning next to you down that hedged, country lane, you might find the granddaughter of former Boston Mayor Hines. Beaming with the family charisma that triggered landslide elections, she confides that she has found her niche in nursing. Then there is that deceivingly paunchy engineer sucking the draft off your rear tire. He fidgets with his latest GPS bike-mounted gadgetry with advanced mapping capabilities, as he expounds upon his former position with a Cambridge firm where he developed the guidance system for the smart bombs of the Iraq offensive. Sonic tire and tube changing is his specialty.

Mechanical difficulties with your motorized vehicle? Tool alongside the nattily clad cyclist piloting the recumbent and impersonating a mobile couch potato on a barcalounger. Describe the symptoms, and in a matter of seconds he’ll spin off the probable cause, detail the service procedures and, if you are not handy with a wrench, will recommend a mechanic that is. He’s spent a lifetime in the auto industry.

Perhaps the bulge halfway down your torso has been troubling you. Sprint to catch that curly, frizzled-haired, blond woman currently pulling the peloton. That certified weight trainer will lecture you on toning, shaping, and sculpting the body, as she careens around a cranberry bog corner. Her son’s exploits in the advanced science program at UMass Amherst are an added bonus.

A lithe medical researcher will rant on her yoga lessons, while admonishing you for those potato chips at last week’s luncheon. A loquacious physical therapist will suggest alternating heat and ice while directing you to the next wine tasting soiree. The obsequious law librarian will describe her latest antique acquisition for her South Shore surrounds. The municipal computer programmer will regale you with tales of his volunteer fire department while sprinting down that desolate coastal avenue. The retired doctor will waltz you through case pathologies on bicycling vs. cardiac stent implants. The tour leader will wax nostalgic with anecdotes of cottaged neighborhoods, celebrity occupants, and lighthouse landmarks.

Finally, the nutty professor will lend you the shirt off his back, albeit tattered and torn—a flannel relic from the 1950s—while mumbling, retention being tantamount. Over your shoulder and a mile back you’ll spot the lanky oceanographic accountant. Coasting to your right, a perennial top mileage contender gone rogue litigant will bring you up to speed on head vs. 2x4.

As the wind cuts through your hair, as your tires hum against the pavement, as your chain spins silently through the rings, all these life adventures are shared just for the price of a few saddle sores.

That’s the 2000 Mile Club where the pavement always slants down, the breeze is a constant to the stern, and the acoustic tales are suspiciously epic. We invite you to share a mile or two—rolling raconteurs strongly encouraged.

(Visit the youtube link above in the title for a surprise!)
AMC SEM 2000 Mile Club – Year #6

Founder - Jack Jacobsen
Registrar - Dan Egan (danielfrancisegan@hotmail.com)

We have 7 new members, all of whom are eligible to receive the 2000 Mile Club official patches. Our membership is now up to 41 avid cyclers. This year brought our first 7000+ mile rider along with a 6000 miler and a couple of 5000 milers. Phenomenal! Two of the original members are still aboard as is one 5-year member. Congratulations to all repeaters and new members contributing to the success of the 2000 Mile Club!

-- Paul Currier, Historian (paulbcurrier@comcast.net)

FINAL AMC SEM 2000 MILE YEAR END MILEAGE – DECEMBER 31, 2009

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<tr>
<th>Name</th>
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<tr>
<td>Leo Leonardi</td>
<td>7146</td>
<td>Franklin</td>
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<td>Gianluca Marchi</td>
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<td>Ted Rowan</td>
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<td>Ron Sikora</td>
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<td>Linda Church</td>
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<td>Falmouth</td>
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See the electronic Breeze for all of our people pictures – 30 of them!
Hiking/Backpacking

Chair—Jim Plouffe, 508-562-0051, hikingchair@amcsem.org
Vice Chair—Chris Pellegrini, 508-406-5319, hikingvicechair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration reqd for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL).


Miles Pace (mph) Terrain
AA = 1+ very fast (2,5) A = v. strenous.
A = 9 - 13 2 = fast (2) B = strenuous
B = 5 - 8 3 = moderate C = average
C = <5 4 = leisurely D = easy

Thu., Mar. 4. Hiking Allens Pond (B3C). Meet 10am, Allens Pond Wildlife Sanctuary. Req. equipment: hiking boots, rain gear, water & snacks/lunch. Heavy rain cancels. Snow or ice requires Yaktrax or stabilicers. L Walt Granda (508-999-6038 Before 9:00pm, wlgranda@aol.com)

Sat., Mar. 6-7. SEM Winter Hiking Series #4 Mount Greylock Backpack (B3A). Overnight backpack to Mt. Greylock in western MA. Full winter gear plus -20 sleeping bag. L Mike Woesnner, CL Leslie Carson (lcarson929@comcast.net), CL Jim Plouffe (jimplouffe@comcast.net), R Mike Woesnner (12 Bradley Ln., Westford, MA 01886, 508-577-4879, Stidermwr@hotmail.com)

Thu., Mar. 11. Quitticus Hike (B3C). Meet 10am, intersection of North St. & Rt. 105 in Rochester. Bring lunch & water. Approx. 3hrs. Call L for directions. B3C L Elsie Laverty (508-823-0634 Before 9:00pm, elavmcma@tmlp.com)

Sat., Mar. 13. Snowshoe #4 (B3B). Intermediate/Advanced. Mt. Crawford or leader choice - weather dependent. Approx. 5-6 miles with over 2000’ elevation gain. L/R Eva Borosdy Das (781-925-9733, borsody@gmail.com), CL Leslie Carson (lcarson929@comcast.net)

Thu., Mar. 18. Hiking Mount Wachusett (B4C). Bring lunch, water, warm clothes & winter boots. If icy, additional traction devices req. Meet at 10am at ski lodge entrance. From Rt. 2, exit 25; take Rt. 140S, follow signs to Wachusett Ski Center. L Jerry Yos (781-935-4647 Before 11pm), CL Walt Granda (wlgranda@aol.com)

Sat., Mar. 27. Borderland Evening Full Moon Hike (C3D). Hike the quiet woods & fields on a winter night under the full moon. Winter boots & flashlight required. Registration required. ~6/7:00pm/8/9:00pm, L Bob Vogel, L Dick Carnes, L/R Cheryl Lathrop (cheryl4698@verizon.net)

Sat., Mar. 27. Middlesex Fells Reservation (B3B). This hike loops the western side of the Fells & has some steep ascents with great views of Boston. L Walt Granda (508-999-6038 Before 9:00pm, wlgranda@aol.com), CL George Sousa (georgeousoua@comcast.net), R Walt Granda (508-999-6038 Before 9:00pm, wlgranda@aol.com)

Thu., Apr. 1. Whitney & Thayer Woods (B3C). Meet 10:00am, Whitney & Thayer Woods main parking area. Req. equipment: hiking boots, water, rain jacket & snacks/lunch. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00pm, wlgranda@aol.com)

Sat., Apr. 10. Leadership Training Day. Are you a recreationist who enjoys the various activities the AMC offers? Then join AMC SEM Leadership Training. Training covers leadership styles, day trip planning, screening participants, accident scene management, outdoors role-playing, & more. L Hagit Moverman (dmoverman@comcast.net), L Wayne Anderson (508-697-5289, wanderson@mcsocsi.com)

Sun., Apr. 11. Mount Holyoke Range (B3B). Hike along section of M&M Trail, passing Summit House & "Seven Sisters" section of the range. 6.6mi. L George Sousa (georgeousoua@comcast.net), L Walt Granda, CL Luther Wallis, R George Sousa (georgeousoua@comcast.net)

Thu., Apr. 15. Crooked River, Wareham, MA (C3C). 5mi. along marshes, forest, tidal estuaries, & ocean. Meet 10:00am on Crooked River Rd. Pkg. 100yds. from corner by roadside. Heavy rain cancels. L Barbara Hathaway (508-880-7266, barb224@tmlp.com), CL Donald Savino (508-359-2250 Before 9:00pm, barb224@tmlp.com)

Thu., Apr. 22. Red Line the Blue Hills (C3C). See Apr 15.

Thu., Apr. 22. West Hill Dam, Uxbridge (C3D). 10:00am, Army Corp. property. Heavy rain cancels. Rt. 495 to exit 18W. Follow Hartford Ave. 5.6mi. Left on Rt. 16 & right on Hartford Ave. W 1.8mi. Pkg on right. L Len Ulbricht (508-359-2250 Before 9:00pm, lenulbricht@comcast.net)

Thu., Apr. 29. Red Line the Blue Hills (C3C). See Apr 15.

Thu., Apr. 29. Bay Circuit Trail - Duxbury (C3C). Explore Duxbury section of 200-mi. trail. Meet at 9:45am for 10:00am departure. Contact L for directions. L Sally Delisa (781-834-6851 Before 9:00pm, delisally@yahoo.com)

Sun., May 2. Mount Kearsarge - South (B3C). Warm-up hike to open summit (2937') & along SRKG trail. 5.8mi. with car spotting. Optional visit to Indian Museum festival. L/R George Sousa (georgeousoua@comcast.net), CL Luther Wallis (lew89@comcast.net), R George Sousa (georgeousoua@comcast.net)


Thu., May 6. Wapack Trail Section #3 (B3B). Last section on the Wapack Trail takes us to Pack Monadnock with spectacular views in all directions. L/R Walt Granda (508-999-6038 Before 9:00pm, wlgranda@aol.com), CL Len Ulbricht (lenulbricht@verizon.net), CL George Sousa (georgeousoua@comcast.net)

Sat., May 8. Welch & Dickey Mountains (C4B). Climb steep slabs to wide views of valley & peaks. Two mountains, 4.5mi., 1830’ elev. gain. Beginners welcome. L Robin Melalavin (617-780-9362 7:00pm - 9:00pm, rmelalavin@rcn.com), CL Cheryl Suchors (cherylsuchors@gmail.com), R Cheryl Suchors (cherylsuchors@gmail.com)


Thu., May 13. Two for One: Ft. Barton, Weetamoo Woods - Tiverton, RI (B3D). Great view of Mount Hope Bay from the 30’ observation tower at Ft. Barton. Some stairs on steep hills, boardwalks in low areas by streams. Drive 5 miles to Weetamoo Woods; stone walls, slab bridges & Borden Brook. 10:00am at foot of Fort Barton. Water, snack & lunch. Rain cancels. Call leader for CPL info; see website for directions. L Barbara Hathaway (508-880-7266, barb224@tmlp.com)
**CAPE COD HIKES**

**Chair:** Pat Sarantis, 508-430-9965, capehikingchair@amcsem.org.

**Vice Chair:** OPEN, capehikingvicechair@amcsem.org.

Most Cape Hikes are “Show & Go.” For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to “Cape Hikes.”)

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<tr>
<th>Miles</th>
<th>Pace (mph)</th>
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<td>1 = v. fast (2.5)</td>
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<td>3 = moderate</td>
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<tr>
<td>C = &lt;5</td>
<td>4 = leisurely</td>
<td>D = easy</td>
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**Thu., Mar. 15.** Blue Hills End-to-End (A3C). Springtime hike on the Skyline. Hike will start at Royal St. & end at Shea Rink. CL Bill Pellegrini (billpellegrini@yahoo.com), L/R Chris Pellegrini (508-406-5319 6:90pm, chrispellegrini@yahoo.com)

**Thu., May 20.** Mount Monadnock via Pumpeilly Trail (A4B). Hike along open ridge with extensive views & some steep sections. 9mi. round trip with shorter options. L/R Walt Granda (509-999-6038 Before 9:00pm, wigranda@aol.com), CL Jerry Yos (781-935-4647 Before 11:00pm).

**Sat., May 15.** Blue Hills End-to-End (A3C). Springtime hike on the Skyline. Hike will start at Royal St. & end at Shea Rink. CL Bill Pellegrini (billpellegrini@yahoo.com), L/R Chris Pellegrini (508-406-5319 6:90pm, chrispellegrini@yahoo.com)

**Sun., Mar. 7.** Falmouth Long Pond (C3C). 2hr. hike around reservoir. Meet at 12:45pm. See driving directions on website. L Hilary Hunt (508-495-0439 8am - 8pm, hhunt@cape.com)

**Thu., May 11.** Hawks Nest - Hanwich (C3C). Wooded State Forest, 3 ponds. From Rt. 6E, exit 11: L top of ramp, quick R on Spruce Rd. Park 0.3mi. at blue hydrant. Meet 9:45am, 2hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

**Sat., Mar. 13.** Provincetown Race Point (C3B). Race Point Jeep road/dune shacks/beach. 3.5hrs. Meet at 10:45am at Race Point Beach upper parking lot. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.com)

**Thu., Mar. 18.** Old Jail Conservation Area - Barnstable (C3C). Wooded trails. Meet at Old Jail Conservation pkg. lot. Exit 6 to Route 132S to Phinney’s Ln. Turn L. Go 1mi., turn L onto Old Jail. Go 0.5mi. to pkg. area on L. Meet 9:45am; 2hrs. L Elissa Crawford (508-362-5062, e.crowley@verizon.net)

**Sat., Mar. 20.** Falmouth, Coonamessett Pond & Cranney Bogs (C3C). Hike around beautiful Coonamessett Pond woodlands & bogs. Hike is approx. 4mi. & 2hrs. Meet 9:45am. See website for driving directions. L Joanne Jarzobski (508-775-7425, joannejarzobski@yahoo.com)

**Sun., Mar. 21.** Bourne Farm - West Falmouth (C3C). Bourne Farm, W. Falmouth. 2hr hike thru woods & around cranberry bogs. From Rt. 28, take Rt. 151W to N. Falmouth. L at lights thru woods & around cranberry bogs. From Rt. 6, ex 5; S on Rt. 149 to Rt. 28A S for 2mi. Pkg. on R at Bourne Farm. Meet 9:45am, 2hrs. L Janet DiMattia (508-384-9064, jandimattia@verizon.net)

**Sat., Apr. 10.** Whales Whales Whales - Provincetown (B3C). Walk beach to Race Point Lighthouse with binoculars. Meet 10:45am, Race Point Beach pkg. lot. 4hrs. for whales & lunch! L Nancy Braun (508-487-4004, nancytruro@comcast.com)

**Sat., Apr. 10.** Leadership Training Day. Are you a recreationist who enjoys the various activities the AMC offers? then join AMC SEM Leadership training: training covers leadership skills, Day hike planning, Screening participants, accident scene management, outdoors role-playing, & more. L Haig Moverman (dmoverman@comcast.net), L Wayne Anderson (508-697-5289, wanderson@mcsxi.com)

**Sun., Apr. 11.** Santuit Pond - Mashpee (C3C). Water views, working bogs, woodland trails. Rt. 6, ex 5; S on Rt. 149 to Rt. 28; R on Rt. 28; R on Santuit/Newtown Rd. for 0.8mi to yellow gate on L. Meet 12:45pm for 1pm hike. 2hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

**Thu., Apr. 15.** Bridge Creek Conservation - Barnstable (C3D). Flat terrain, cedar upland, maple swamp & salt marsh, bogs & stone walls. Meet at 9:45am. 2hrs From exit 5 off Rt. 6, N on Rt. 149. Park along grass triangle on immediate L beside West Parish Church. L
Farley Lewis (508-775-9168 Before 9pm, farlewis@comcast.net)

Sat., Apr. 17. Whales & Trails - Provincetown (B3C). Meet at 9:45am at Herring Cove Beach (far right of the parking lot). Walk via bike trail/sand/salt marsh to Race Pt Lighthouse. 4 hrs for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Apr. 22. Little River Sanctuary - Cotuit (C3D). Wooded walk w/views of Eagle Pond. Meet at 9:45am. Carpool shuttle from parking area in front of Brooks Pharmacy located at intersection of Rt. 28 & Putnam Ave. in Cotuit. 2hrs. L Farley Lewis (508-775-9168 Before 9:00pm, farlewis@comcast.net)

Sat., Apr. 24. Wellfleet Cahoon Hollow to Fresh Brook Village (B3B). Great Pond to Fresh Brook/Marconi. Rt. 6 to Wellfleet. R on Cahoon Hollow Rd. at cemetery before stop light to Wellfleet Ctr. Go 0.5 mi to Great Pond pkg. lot on L. Meet 9:45am, 8mi/4hrs. Bring lunch. L Todd Kelley (kelleytrailblazer@yahoo.com)

Sun., Apr. 25. Hanwich, Herring River (C3C). Woods, river, reservoir, cranberry bogs. Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 12:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Apr. 29. Gray’s Beach - Yarmouthport (C3A). Gray’s Beach, Yarmouthport. Conservation land trails along marsh, woods & roads; bay views. Meet at 9:45am, 2hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., May, 1. Snail Road Dunes - Provincetown (B3B). Meet 9:45am at Snail Road trailhead on Rt. 6, east end of Provincetown. Dunes, dune shacks & cranberry bogs with 360-deg. views! 3.5hrs. Bring lunch & binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., May, 2. Benjamin Nye Trail - Sandwich (C3C). Hike back in time. Rt. 6, exit 4; N on Chase Rd. toward Route 6A, at 0.5mi. go L on County Rd. 1mi. to pkg. on L across from Grange Hall. Meet at 12:45pm. 2hrs. L Nancy Wigley (508-548-2362, nwigley@verizon.net)

Thu., May, 6. Monomoy Wildlife Refuge - Chatham (C3C). Beach walk along shore of Monomoy Island to Hardings Point. Meet 9:45am. Take Main St thru Chatham Ctr. to Morris Island Rd. Follow to pkg. at Monomoy Nat! Headquarters on L. 2hrs. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sat., May, 8. Long Pond - Falmouth (C3C). Walk along beautiful Long Pond, a deep, elongated kettle hole & mixture of forest & swampland. Approx. 4mi./2hrs. Meet at 9:45am. See website for directions, & email w/questions. L Joanne Jarzobski (508-775-7425, joannejarzobski@yahoo.com)

Sun., May, 9. Shawme Crowell State Forest - Sandwich (B3C). Wooded trails. Rt. 6, exit 2, Rt. 130N. Entrance on L past Sandwich Ctr. Meet at 12:45pm for 1:00pm start. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Thu., May, 13. Wellfleet Great Island (C3C). Hike around Great Island. 2hrs. End-of-year picnic follows. Bring small lunch & something to share (veggies, dessert, etc.) Meet at 9:45am at Great Island pkg. lot on Chequesett Rd. in Wellfleet. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

BIKE RIDES
Chair – Joe Tavilla, 508-428-6887, bikingchair@amcssem.org

NOTE: Approved helmets, water bottles, & spare tires req’d. If start time & location aren’t indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, check AMC Outdoors, visit www.amcsem.org, or use the AMC online trip listing system, trips.outdoors.org (set Committee to “Biking” & Chapter to “Southeastern Mass”), or sign up for the SEM Short Notice list: www.amcsem.org.

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<tr>
<th>Bike Ride Ratings</th>
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<tr>
<td><strong>Terrain</strong></td>
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</tr>
<tr>
<td>C = Rolling</td>
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<tr>
<td>D = Flat</td>
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WANTED: Ride Leaders & Co-Leaders. Are you enthusiastic about cycling? Do you like showing others riders your favorite roads? If yes, then why not share your enthusiasm & routes w/ your fellow AMC members? Contact Bike Chair Joe Tavilla (508-428-6887, SilverSki@Earthlink.net) for more info.

AMC SEM 2,000 Mile Club. AMC SEM is in its 6th year of our unique 2,000-mi Club. Certificates of achievement & embroidered award patches are presented annually to members who ride 2,000 mi or more per year. More info & send your mileage to Dan Currier (508-833-2690 8 am-7 pm, paulbcurrier@comcast.net)

Sat., Apr. 10. East Bay Bike Path. Providence to Bristol, 29 flat mi., water views, state parks, marshes, ponds, scenic vistas. Gentle pace on 10’ wide paved path. L Jodi Jensen (jodiejensen@gmail.com)

Sat., Apr. 17. Rochester/Acushnet/Lakeville. Nice early-season 27mi. ride. Flat, a few small hills. Quiet back roads, farms, lakes & cranberry bogs. L Jack Jacobsen (508-353-3708 8am - 7pm, cyclejac51@yahoo.com)

Sun., Apr. 25. Wheaton College/Fish Hatchery Ride. Ride to active fish hatchery & then to Wheaton College campus for lunch. 35(+/-) mi. L Joe Tavilla (508-450-1934 8:00am - 7:00pm, silverski@earthlink.net)

Plymouth Bay. L Paul Currier (508-833-2690 8:00am - 7:00pm, paulbcurrier@comcast.net)

May, 4, 11, 18, 25. Tuesday Rides. Intermediate-paced rides at various Cape Cod locations. Road cycling, some hybrid/mountain biking. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Thu., May 27. Full Flower Moon Ride. Ride the canal. Gray Gables, Monument Beach, Mashnee Island. Catch sunset over Buzzards Bay & moonrise over Sagamore. L Paul Currier (508-833-2690 8:00am - 7:00pm, paulbcurrier@comcast.net)

Ski
Chair: Barbara Hathaway, xcskichair@amcsem.org, 508-880-7266
Vice Chair: Farley Lewis, farlewis@comcast.net, 508-775-9168

Wed., Mar. 3. Ski Cape Cod! Depending upon conditions, ski at either Barnstable Conservation Lands, Nickerson State Park, or Eagle Pond. L/R Farley Lewis (508-775-9168 before 9 PM, farlewis@comcast.net), CL MIke Pigo-Cronin (508-771-3134 before 9 PM).

Paddles
Chair: Bill Fischer, 508-420-4137, paddlingchair@amcsem.org

For info on SEM canoe & kayak trips, check AMC Outdoors, visit amcsem.org, use the online trip listing system: trips.outdoors.org. (set Committee to “canoe/kayak”, set Chapter to “Southeastern Mass”).

Sat., Apr. 17. Centerville River. Rt. 28 Centerville. take Old Stage S to light. R on R. Main St. to Hayward Rd. L on Hayward Road to town way to water. Life jacket, spray skirt, & wet or dry suit required. L Bill Fischer (508-420-4137, wmbararfischer@comcast.net)

Wed., Apr. 21. Oyster Pond - Chatham. Rt. 6, exit 11; S on Rt. 137. L on Queen Anne, R at dwtnw sign, R at next stop, L Rt. 28; R at light, R on Pond St. to put-in. Limitations: PFD, wet/dry suit, & spray skirt req. L Gifford Allen (508563-3852, gifallen@verizon.net)

Sat., Apr. 24. Walker, Upper & Lower Mill Ponds - Brewster. Rt. 6, exit 10N on Rt. 124. L on Rt. 6A. L on Stony Brook, L on Run Hill Rd. to put-in. PFDs & wet or dry suits req. L Libby Pratt (508-255-3280, elizpratt@yahoo.com), CL Margot Fisch (ivyabby@msn.com)

Wed., Apr. 28. Leader's Choice. Put-in: Call for info. Limitations: Life vest, wet or dry suit & spray skirt required. Level: 3. L Ed Foster (508-420-7245, erfoster@comcast.net)


Wed., May. 5. Bass River - Yarmouth. Put-in directions: Rt. 6, exit 9 from Rt. 134S. R on Upper County Rd; L on Main St. R Cove Rd. to Town Landing. Limitations: Life vest req. Spray skits may be req. L Paul Corriveau (508-362-0451, jeanmarer@aol.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)


Sat., May. 15. Great Pond to Green Pond. Rt. 28W from Mashpee Rotary to L at Marvista Ave.; L at Harrinton St. Park end-to-end in spaces for trailers. Limits: Life vest & spray skirt req. L Gifford Allen (508-563-3852, gifallen@verizon.net)

Wed., May. 19. Mattapoisett Harbor. Take exit 19A or B, Rt. 195 towards Mattapoisett on North Rd. L to L at Water St., to Ship St. & Marion Rd. to Neds Point Rd. Go to end & park.

TRAILS
Chair: Kevin Mulligan, trailscchair@amcsem.org

Sat., May. 15. Blue Hills Reservation: North Skyline Trail Work Event. Help maintain the trails we love. N. Skyline between Reservation HQ & Elliot Circle. Tools & training provided. CL Ron Hedlund, L/R Ken Jones (508-697-0142 5:00-7:00pm (except Thursdays), lotsoluck@comcast.net)

Sun., May. 16. Borderland Trailwork. No experience/equipment needed. Come have fun, hike, & trim brush. See Moyles Quarry. Contact L for details. L Bob Vogel (508-238-7732, hike_with_bob_v@comcast.net)

EDUCATION
Chair: Hagit Moverman, 508-238-9264, education@amcsem.org

Sat., Apr. 10. Leadership Training Day. Are you a recreationist who enjoys the various activities the AMC offers? Then join AMC SEM Leadership Training. Training covers leadership styles, day trip planning, screening participants, accident scene management outdoors role-playing & more. L Hagit Moverman (dmovernan@comcast.net), L Wayne Anderson (508-697-5299, wanderson@mxcsim.com)

CONSERVATION
Chair: Joanne M. Jarzobski, 508-212-4427, conservationchair@amcsem.org

Watch the website & short notice list for trips!
Many people in the world exist on 3 gallons or less of water a day, yet in the U.S. many people use more than that simply brushing their teeth. Making just a few changes can reduce our consumption of water, save money, and help save the environment. In 2010, please consider making a few simple changes:

- By brushing your teeth with the tap water off, you can use 0.25 gallons of water vs. 4 gallons of water.
- Fix that leak -- leaky faucets can waste up to 2,700 gallons of water each year.
- Tap water is about 500 times cheaper than bottled water. Chill it and see if you can really taste the difference.
- As you think of spring, consider getting a rain barrel. The average roof collects over 22,000 gallons of rain a year, enough to fill 450 50-gallon rain barrels.
- Did you know trees are 75% water? By using less water, we can help to reduce the fall in groundwater levels, thereby reducing stress on trees.
SWAP * BARTER * SELL * TRADE
HAVE OUTDOOR EQUIPMENT? NEED OUTDOOR EQUIPMENT?


THE ELECTRONIC BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE OUTDOOR EQUIPMENT. Send your ads to: communicationschair@amcem.org. Please put “BREEZE – SWAP” in the subject line.

SEM Communications Committee needs help with behind-the-scenes work!

Contact the Communications Chair: communicationschair@amcem.org

- Web Site Committee Member – The website committee provides high-level oversight of the SEM website, and functions in an advisory role. Technical skills are not necessary, but helpful. Mostly you need to know how the chapter is organized, what each committee does, how to use the SEM website, and how the website content is used by each of the various committees. The committee meets once a month (at the most) and does most of its work by email and Google ‘shared’ documents.

- Assistant Webmaster – Our webmaster needs a backup. Technical web development skills (i.e., Dreamweaver) are definitely needed. You’ll work under the direction of the Webmaster.

CROSS COUNTRY SKIING THIS WINTER

FUN AT APPLEBROOK B&B

A GREAT LONG WEEKEND OF XC SKIING AND SNOWSHOEING
BIKING PICTURES

Our SEM bikers are having so much fun!