



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Fall 2011 —September, October, November

View from the Chair

By Jim Plouffe, Chapter Chair



For the past year, we have been talking about the proposed transition from the paper Breeze to the e-Breeze (electronic Breeze), and encouraging members to sign up for the e-Breeze. We also took a poll of the chapter membership to see how

they felt about this proposed transition. We created an email address for responses and many of you took advantage of this opportunity to express your opinion. While there were some opposed to the transition, the overwhelming majority of responses were in favor of going electronic. We then provided a “snail mail” address so that any members without a computer could write a letter and use the US mail to express their opinion. We got no letters, and only one phone call.

So, as the SEM Executive Board is in favor of going electronic, and the majority of the membership is clearly in favor of going electronic, we have decided to make the transition. Hence, this will be your last paper Breeze! One advantage of going electronic is clearly that it is more green, saving paper and ink. Another advantage is financial. The printing and mailing costs for the paper Breeze are the single largest expenditure in the SEM budget. This money can now be devoted to creating additional programs and buying additional equipment for activities.

Unfortunately, when we make the transition, it won't be automatic—meaning you won't automatically receive an e-Breeze instead of a paper Breeze—UNLESS you are already on the e-Breeze list, in which case you don't have to do anything. To sign up, just go to the AMC Member Center and specify this preference. Instructions are in the box below.

We do realize that this may inconvenience the chapter members that do not own a computer. We encourage you to ask a friend or relative to download the e-Breeze for you. Or to visit your local library where you will find public-access computers (your local librarians are more than willing to teach and help you).

Finally, thank you for your understanding. We know that this will be a change, but it is a change for the better as your chapter moves forward and uses technology to its fullest advantage to better communicate with you. We have had a website for many years and we have recently started using Facebook and Twitter. Every month we use the new AMC Chapter-wide Messaging and now we'll use the Breeze more effectively for communication—the 12-page black and white restriction, that we currently have, will be lifted so we'll be able to include more features, more articles, and more of the pictures you send in.

This is an exciting time for the chapter as we move forward and make use of all the technology available to best communicate with

our chapter membership! Be sure to go to the Member Center and sign up for the e-Breeze before November 15, so you receive the Winter Breeze on December 1.



NOTICES

Meetings:

SEM Executive Board (6:30pm 2nd Wednesday)

Sep 14, Oct 12, Nov 9

(contact chair@amcsem.org for more info)

Hike Planning Meetings (6:30pm 1st Wednesday quarterly)

(Sep 7, Dec 7, Mar 7, Jun 6)

(contact hikingchair@amcsem.org for more info)

[Look these up at amcsem.org/hikes_calendar.htm]

Where to find activities

1. The Breeze - arrives by email or snailmail
2. AMC Outdoors - arrives by snailmail
3. Online trip listings at www.amcsem.org ("schedules")
4. Sign up for short notice trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit letters, articles, and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space and cannot be returned. Please send submissions to communicationschair@amcsem.org

Winter Breeze Deadlines: Oct. 7 trips; Oct. 15 articles & pix

SEM Non-members

Not an SEM chapter member? Want a subscription to The Breeze? Contact the Member Center and set your preferences.

Volunteers needed

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for *The Breeze!* Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook and Follow us on Twitter

CHAPTER WEBSITE: www.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: amcsem.org, Forms.

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year. **Editor:** Cheryl Lathrop, **Asst. Editors:** Duncan Kendall, Ann McSweeney, **Proofreader:** Kate Patroliia.
Change of Address to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

Appalachian Mountain Club Southeastern Massachusetts Chapter

2011 Executive Board & Staff

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Web Proofreader	Kate Patroliia

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

Cyclists have been rolling



SEM cyclists have been hitting the road again this summer. Above, a group of pedal-turners do some carbo loading while enjoying a lunch break overlooking Mattapoisett Harbor during a spring ride.



SEM 2000 MILE CLUB -- 6/30/2011

Leonard Leonardi	Franklin	2530
Gerry Nelson	Bourne	1796
Joe Barry	Yarmouthport	1667
Malcolm Galvin	Harwich	1638
Mark Tisdale	Marston Mills	1415
Joe Tavilla	Barnstable	1440
Dan Egan	Brockton	1350
Lee Echart	Assonet	1340
Larry Cohen	S Easton	1267
Ron Sikora	Cotuit	1153
Pam Patrick	Orleans	1140
Paul Currier	Sandwich	1060
Paul Corriveau	Orleans	1020
Fred Chase	E. Providence	1001
Jim Kilpea	Wareham	930
John Sullivan	Marshfield	928
Lawton Gaines	Canton	884
Ted Rowan	Falmouth	872
Jean Orser	Orleans	865
Jack Jacobsen	Fairhaven	829
Ed Foster	Cotuit	773
Barry Gallus	Assonet	577
Bob Kennedy	Brockton	420

Painting and Cycling France 2011

by Daniel Egan

We were the monks of St. Hillaire: five artists, three from the left coast, two from the right coast, and one American bicyclist: moi. We stayed nine nights in the renovated Vieux Monastère of St. Hillaire de Villefranche, France, a converted monastery dating back to the twelfth century; one night in LaRoche –the gateway port village to the Isle of Re; and several nights in Paris in rented flats on the right bank, minutes from the Louvre and Notre Dame. The occasion was the Ninth Annual Painters Retreat (June 9 to June 20) conducted by Dan Cooney, adjunct Professor of Art at Bridgewater State College.

In Cognac I biked through 10 miles of grape vines to find an upscale limestone-block, Beacon-Hill-type town with high-end stores in a pedestrian open air mall that had been created on two of the town's oldest streets. In St. John d'Angelay there were miles of wheat fields akin to the Canadian wheat belt.

At Marennes on the Atlantic Ocean, we pedaled by five miles of salt water marshlands with grazing bulls and cows; in Saintes, I biked the Roman ruins and in St. Savien found colorful row houses of limestone built on a canal with a medieval feudal castle perched atop the town. I biked the Charente River Valley, a medieval waterway of trade and in LaRoche I rolled through a harbor with thousands of docked sailboats. Then I biked the Canal Ourcq from Charles DeGaulle to downtown Paris. On my final three days in Paris I biked most of its 12 square miles. Weary pedestrians stole

covetous glances at my road bike as I rolled through the courtyards of the Louvre, the Latin Quarter, Marais, Montmartre, Jardin de Tuileries, Jardin de Luxembourg, Place de la Concorde, the Sorbonne, the Pantheon, the Eiffel Tower, the Arc de Triomphe, the Champs Elysees, Notre Dame Cathedral, the Isle of St. Louis and l'Ile de la Cité.

Icelandic Air transported my bike in a "houssier," a homemade reusable bag constructed of a blue tarp, masking tape and velcro fasteners. The bag served me well on the TGV high speed train which only allows bagged or boxed bikes. In a backpack, I carried my bare bones wardrobe of mostly lightweight synthetics.

The trip from downtown Paris to LaRoche three hundred miles to the southwest took only 3 hours. The train clipped along at 100 miles an hour through the bucolic, rolling French countryside- a patchwork of golden wheat and verdant green fields.

We witnessed a Paris-wide music festival the first day of summer as neighborhoods broke into beer-swilling block parties celebrating the arrival of their vacation season. A street away from my fourth-floor walk-up apartment, a ten piece brass ensemble pumped up the rowdy crowd to the wee hours.

The photos below may give you a taste of the landscape and a flavor for the artists' talents. However, to savor the French cuisine and the wine we enjoyed, you would have had to have been there. We invite you to the Paint France 2012.



Adventure Leadership Training



The AMC Adventure Travel Program is preparing for the 2011 Leadership Training on November 18-20, 2011. This workshop provides important training to people who have AMC activity leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, both domestically and overseas. Previous outdoor leadership training is highly desirable. Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and leading Adventure Travel trips. Exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. For more information, email Colleen Yout (cyout@outdoors.org).

Winter Hiking Workshop Scheduled



Attention three-season hikers! A Winter Hiking Workshop will be held this year from 1–5pm at the Ramada Inn in Seekonk, MA and is a great way to learn how to extend your hiking into winter. Topics include snowshoes, boots, clothing, equipment, day hiking, and overnight backpacking. This is the kick-off event to our annual Winter Hiking Series! The hiking

committee will be offering a series of hikes and an overnight backpack to acquaint the 3-season hiker with the pleasures of winter hiking. Enjoy the workshop, then stay for dinner and the SEM Annual Meeting. Please register with the hikingchair@amcsem.org. Space is limited so sign up early! [How'd you find out where it was located?]

Got a little free time to help us grow?

Volunteers Needed

Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? Do you have some free time?

If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more.



Bicycling Chair. The SEM Chapter is looking for a dedicated person to run our Bicycling committee. This position includes running planning meetings, attending monthly Executive Board Meetings, and other various Chair responsibilities. Please contact Jim Plouffe chair@amcsem.org 508.586-1394.

Chapter Vice Chair. The SEM Chapter is looking for a dedicated person to be our Chapter Vice Chair. This position will support the Chapter Chair and hopefully succeed the Chapter Chair after his term is up. Please contact Jim Plouffe chair@amcsem.org, 508-586-1394.

Chapter Treasurer. The SEM Chapter is looking for a dedicated person to be our Treasurer. This position includes managing the operating accounts of the chapter, attending monthly Board Meetings, and other responsibilities. Please contact Jim Plouffe chair@amcsem.org 508.586-1394.

Education Chair. The SEM Chapter is looking for a dedicated person to run our Education committee. This position includes running educational programs, attending monthly Executive Board Meetings, and other various responsibilities. Please contact Jim Plouffe chair@amcsem.org 508.586-1394.

Membership Chair. SEM Chapter is looking for a dedicated person to run our Membership Committee. This position includes evaluating membership data, attending monthly Executive Board Meetings, and other various responsibilities. Please contact Jim Plouffe chair@amcsem.org 508.586-1394.

Hike Leaders. Cape Hikes is looking for cheerful, energetic individuals to become hike leaders. The amount of participation is entirely up to you. Our hikes are two to four hours in length and encompass Provincetown to Falmouth. The requirements to become a leader are co-leading two or more hikes and attending a one-day training session. Our present leaders are very willing to assist you in co-leading any one of our present hikes. You have enjoyed being a hike participant in the past, so why not consider becoming a leader and get more involved in a great organization - AMC. Please contact capehikingchair@amcsem.org.



Leave No Trace

by Susan Salmon



Most outdoors people have heard of “Leave No Trace” but do you really know what it means or where it came from? The Leave No Trace (LNT) principles were developed in cooperation with the U.S. Forest Service, National Park Service, Bureau of Land Management, and U.S. Fish and Wildlife Service over concerns the impact of the increasing number of people were having on wilderness or semi-wilderness areas. All that human activity would destroy the very characteristics that make the areas attractive and irreparably harm native species. The seven principles are:

1. **Plan Ahead and Prepare:** Know the regulations and concerns for the area you'll visit.
2. **Travel and Camp on Durable Surfaces:** Stick to trails and remember: good trails and campsites are found, not made.
3. **Dispose of Waste Properly:** Pack it in, pack it out.
4. **Leave What You Find:** Leave rocks, plants, and other natural objects as you find them.
5. **Minimize Campfire Impacts:** Where fires are permitted, use established fire rings.
6. **Respect Wildlife:** Observe wildlife from a distance and never feed them.
7. **Be Considerate of Other Visitors:** Respect other visitors and protect the quality of their experience.

While each individual may have an insignificant impact, imagine what the cumulative impact would be if hundreds or thousands of individuals dropped

orange peels or apple cores, picked flowers, or trampled off the trail. Although peels and cores are biodegradable, they shouldn't be left behind; if you leave them out in the open, they'll be an eyesore, and if you bury them, something will probably dig them up. And you definitely don't want to risk seeds germinating and introducing a new species to the area.

Stick to established trails as much as possible, where your footprints will do the least harm. If the trail is narrow, walk single-file instead of side by side. If you come to a muddy section in a trail, walk *through* it rather than stepping to the side and walking *around*. If your boots can't handle a little mud, you wore the wrong shoes!

Relieving oneself in the wilderness also has a significant impact. It is unsightly and unsanitary to come across an area that has been used by many people. To minimize your impact, urinate at least a few dozen feet from any trails, and well away from water sources used by wildlife or fellow campers. Try to avoid urinating directly on plants; preferably do it in a spot where it will either quickly dry on the rocks or be soaked into the soil.

Feces should be buried, at least 200 feet from water sources. Bring a garden trowel with you, so you can dig a "cat hole" to bury it in, at least six inches deep and wide enough that you won't fill it up. Fill the hole back up and "disguise" it when you're done. Human waste is especially distracting to wildlife and is also a potential source of disease. Use unscented toilet paper as sparingly as you can, and either pack it out in sealable baggies or bury it along with the feces.

Following the Leave No Trace principles goes a long way in preserving our natural resources. It's also a courtesy to the people who'll be visiting the same place the next day or week, giving them a chance to experience it the same way you did.



Save the date! The Fall Gathering, hosted by the Boston chapter, will be held October 14–16 in Nature's Classroom at the Sargent Center, Hancock, NH. More details to follow at <http://www.amcsem.org/fallGathering.html>

FIND US ON FACEBOOK!
FOLLOW US ON TWITTER!
CHAPTER WEBSITE: www.amcsem.org

CHAPTER ACTIVITIES

CLUB-WIDE ACTIVITIES

Oct. 14-16 FALL GATHERING

CHAPTER-WIDE ACTIVITIES

Sep. 22-25 CHAPTER HUT WEEKEND

Nov. 5 ANNUAL MEETING & DINNER

NOTE ACTIVITIES MARKED FOR :

FT = First Timer NM = New Member

FULL LIST at AMCSEM.ORG

HIKING / BACKPACKING

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at trips.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Rating codes (e.g. C4D): first letter indicates distance in mi., middle number indicates pace, second letter indicates terrain.

Mis	Pace (mph)	Terrain
AA = 13+	1 = very fast (2.5)	A = v. stren.
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

IMPORTANT: No pets w/o prior permission of trip L. Under 18 yrs must be accompanied by parent or responsible adult, & obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 wk prior to trip so Ls can discuss prior hiking exp., conditioning, clothing, & equipment.

(FT) (NM) Thu., Sep. 1. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 8. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 8. Thurs Morn. Hike M-M Trail, Mt Norwottuck (B3C). 5.4 mile hike along Metacomet-Monadnock trail from Rte 116 to Harris Rd. Heavy Rain will cancel. L Walt Granda (508) 999-6038 Before 9:00 PM, wlgranda@aol.com), R Walt Granda (508) 999-6038 Before 9:00 PM, wlgranda@aol.com)

Sat., Sep. 10. Mt. Washington. Enjoy the beauty of the Whites in Sept. via the Ammonoosuc Trail. 9+ mi. RT. Experienced hikers only. L Leslie Carson (508) 833-8237, ltc929@comcast.net), CL Maureen Kelly (617) 943-4288, MoKel@aol.com), R Maureen Kelly

Sun., Sep. 11. Midstate Trail Section Hike #7. Climb over Mt Wachusett and Crows Hill Ledges on our 7th section hike on the 92 mile Midstate Trail. L Fred Wason (508) 838-6049, CL Cheryl Lathrop, R Ellen Correia (ellenrcorreia@gmail.com)

(FT) (NM) Thu., Sep. 15. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 15. Thursday Morning Hike: Moose Hill (B3C). Meet at 10:00 AM at the Moose Hills Wildlife Sanctuary, \$3.00 fee for seniors, free for Audubon members or Sharon residents. Required equipment: hiking boots/shoes, rain jacket, water, snacks/lunch. L Sui-wen L Yang (781) 784-9241 before 9:00pm, linsuiwen@verizon.net)

Sun., Sep. 18. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of the Skyline at a fast pace. Meet at 8:45. L Maureen Kelly (508)224-9188; MoKel773@aol.com) R Maureen Kelly before 8pm.

(FT) (NM) Thu., Sep. 22. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 29. Red Line the Blue Hills (C3C). Hike 6-8pm Thursdays at different locations in the Blue Hills. Register once then show-n-go.

L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly, L Michael Swartz, L Ellen

Correia, R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thu., Sep. 29. Thursday Morning Blue Hills Hike (B3C). Meet at 10:00 am Trailside Museum Parking lot for a 5-6 mile hike. Required equipment: Hiking boots, water, rain jacket & snacks/lunch. Heavey rain will cancel. L Walt Granda (508) 999-6038 before 9:00pm, wlgranda@aol.com)

(FT) (NM) Sat., Oct. 1. Annual Tully Mt. hike and Apple Picking. Join us for our annual Fall hike to Tully Mountain followed by apple picking. L Christine Pellegrini (cpellegrini928@gmail.com), CL Bill Pellegrini (508) 244-9203 6-8.

Sun., Oct. 2. Midstate Trail Section Hike #8. 6.7 mile hike from Rt 2 in Gardner to Rt 12 in Ashburnham on the 92 mile Midstate Trail. L Fred Wason (508) 838-6049, CL Cheryl Lathrop, R Ellen Correia (ellenrcorreia@gmail.com)

(FT) (NM) Thu., Oct. 6. Thurs. Morn. Hike Horseneck/Westport Beach B3D. Meet at 10:00 AM Horseneck Beach main parking lot. 5 mile hike with an option to extend to 8 miles, hiking Gooseberry Island. Bring snacks/lunch sturdy footwear, water, and rain jacket. Heavy Rain cancels. L Walt Granda (508) 999-6038 Before 9:00 pm, wlgranda@aol.com)

Thu., Oct. 13. Blue Hills Skyline Hike (B3B). Meet at 10:00a.m., Houghton's Pond parking lot. Hiking boots (not sneakers), snacks, lunch, water, rain jacket and other appropriate layers are required. Synthetic clothing is best for hiking. L Sui-wen L Yang (617) 417-0757, linsuiween@verizon.net)

Sun., Oct. 16. Midstate Trail Section Hike #9. Challenging 7.3 Mile hike on Midstate Trail from Rt 12, Ashburnham, over Mt Watatic to NH border. L Fred Wason (508) 838-6049, CL Cheryl Lathrop, R Ellen Correia (ellenrcorreia@gmail.com)

Thu., Oct. 20. Thurs. Morn. Hike Gilbert Hills State Forest, Foxboro, MA (B3C). Thu. Oct. 20, 10 a.m. Meet Lakeview Pavilion, Foxboro. Dir. 95 Exit 7B. After rotary, 140N to Lakeview Rd. on left. .3 mi. on right. Water, snacks/lunch. L Joanne Stanisica (508) 528-6799 7:00-9:00pm, joannes1@localnet.com)

Sat., Oct. 22. Mt Morgan/Mt Percival Loop (B3B). Morgan and Percival offer great Squam Lake and mountain views as well as the option to experience ladders and caves. L Walt Granda (508) 999-6038 Before 9 PM,

wlgranda@aol.com), CL Anne Duggan (508) 748-6782 Before 9 PM, ab.duggan@verizon.net), R Anne Duggan

Sun., Oct. 23. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of the Skyline at a fast pace. Meet at 8:45. L Maureen Kelly (508) 224-9188; MoKel773@aol.com) R Maureen Kelly before 8pm.

(C) (FT) (NM) Thu., Oct. 27. Nelson Memorial Forest in Marshfield (C3C). Nelson Memorial Forest-Woodland trails to North River. Meet at 9:45. Bring lunch, water, snacks. Registration required. L Sally Delisa (781) 834-6851 before 9 p.m., delisasally@yahoo.com R Sally Delisa

(FT) Sat., Oct. 29. Halloween Hike. Join us for a family friendly hike through Gilbert Hills State Forrest. There will be a cookout to follow. L Christine Pellegrini (508) 244-9203, cpellegrini928@gmail.com), CL Bill Pellegrini R Chris Pellegrini 6-8pm

(FT) (NM) Thu., Nov. 3. BCT Sherborn Forest/Rocky Narrows (B3C). BCT segment. Views of Charles River from King Phillip Lookout. Mostly level with an up/down section. 6+ miles. L Len Ulbricht (508) 359-2250 before 8pm, lenulbricht@comcast.net R Len Ulbricht

Sun., Nov. 6. Midstate Trail 12.8 mile Section Hike. 12.8 mile section Hike on Midstate Trail from MA 9 in Spencer to E Hill Rd in Rutland. L Fred Wason (508) 838-6049), CL Cheryl Lathrop , R Ellen Correia (ellencorreia@gmail.com)

(CE) Thu., Nov. 10. Ft. Barton & Weetamoo Woods, 2 for 1. Views of Mt Hope Bay, Portsmouth & Bristol from Ft. Barton tower. Trails by streams, stairs on short, steep hills, boardwalks in wet areas. Stone walls, several slab bridges, and Borden Brook at Weetamoo. Gray's Ice Cream after hikes. L Barbara Hathaway (508) 880-7266 before 9 pm, barb224@tmlp.net)

Sun., Nov. 13. Blue Hills Fast & Hilly. Hike the North - South loop and Buck Hill of Skyline at a fast pace. Meet at 8:45. L Maureen Kelly (508) 224-9188, MoKel773@aol.com R Maureen Kelly before 8pm

(FT) (NM) Thu., Nov. 17. Thursday Morning Hike: Borderland State Park (B3C). 10:00 AM at Visitors Center, 259 Massapoag Ave. No. Easton. MA 02356. Bring food, water and suitable footwear. L Claire Braye (508) 857-0320, cbraye57@comcast.net)

(C) (FT) (NM) Sat., Nov. 19. Fall Family Hike. Join us for a Fall hike in Blue Hills. We will hike to Whale Rock and enjoy lunch. L Christine Pellegrini, CL Bill Pellegrini, R Chris Pellegrini (508) 244-9203 6-8, cpellegrini928@gmail.com

Thu., Dec. 15. Massasoit State Park. At Massasoit SP, East Taunton's hidden jewel, trails lined with pine needles wind around lakes and ponds on mostly flat to gently rolling terrain. Boots, water, lunch. Rain cancels. L Barbara Hathaway (508) 880-7266 before 9 pm, barb224@tmlp.net)

(FT) (NM) Sat., Dec. 17. December Cookies and Egg Nog Hike. Join us for our Annual Cookies and Egg Nog hike in Borderland State Park. L Christine Pellegrini, (508) 244-9203 6-8 (cpellegrini928@gmail.com), CL Bill Pellegrini (bpellegrini928@gmail.com), R Chris Pellegrini

(FT) (NM) Thu., Jan. 5. Noon Hill / Shattuck Reservation (C3C). Hike three-four miles on Trustees property. See www.trustees.org for trail map. Bring lunch. 10am start. Traction gear may be necessary. Rain cancels. Contact leader for directions. L Len Ulbricht (508) 359-2250 Before 9:00pm, lenulbricht@comcast.net)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). North Hill Marsh in Duxbury. Wildflowers and blooming shrubs along woodland trails and around pond. L Sally Delisa (781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa

CAPE COD HIKES

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.")

Mis	Pace (mph)	Terrain Type
AA = 13+	1 = v. fast (2.5)	A = v. strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

(FT) (NM) Thu., Sep. 15. Wellfleet, Great Island Hike/Picnic (C3C). Start fall season with a hike on shore of Great Island. 2hrs. Picnic follows. Bring small lunch and something to share (veggies, fruit, dessert, etc.). Meet 9:45 at Great Island pkg lot on Chequesett Rd in Wellfleet. L Janet DiMattia (508) 394-9064, jandimattia@verizon.net

(FT) (NM) Sun., Sep. 18. Yarmouth, Greenough Ponds (C3C). Hike Yarmouth Port Botanical Gardens and the Greenough Ponds. Meet at 12:45 p.m. 2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot on Left. L Richard Kaiser (508) 432-3277, rjkaiser@comcast.net

(FT) (NM) Thu., Sep. 22. Brewster, Punkhorn Parklands (C3C). Hilly trails Upper Mill, Walker Ponds. Exit 9B Rte 6, 2.0 mi. R on Satucket, slight Right Stony Brook Rd. 0.3 mi R on Run Hill. 1.3 mi to park on left. 2 hours. Meet 9:45

a.m. L Janet Kaiser (508) 432-3277, jtkaiser@comcast.net

(FT) (NM) Sun., Sep. 25. Harwich, Herring River (C3C). Hike on winding paths in Herring River marsh system. Exit 9A from Rte 6, L at third traffic light, immed.L on Great Western Rd. Pk in lot on L at Sand Pond 2+ miles. Meet 12:45. Two hours. L Janet DiMattia (508) 394-9064, jandimattia@verizon.net

Thu., Sep. 29. Mashpee - South Cape Beach (C3C). Flat hike, 2 mi of wooded trails and 2 mi on sandy peninsular or dirt fireroad. Meet 9:45. From Mashpee rotary, take Great Neck Rd S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. 2/hrs. L Gary Miller (508) 540-1857, garymaxx@wmconnect.com

(FT) (NM) Thu., Oct. 6. Truro, Ryder Beach (C3C). Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd to end. R on County Rd, L on RyderBch Rd, Park at end. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508) 432-3277, jtkaiser@comcast.net

Thu., Oct. 13. Mashpee - John's Pond (C3C). Meet/9:45, 2 hrs. Bogs, woods, ATV trails (BYO ATV). Hoopole Road, follow Town Beach signs, see web. L Gary Miller (508) 540-1857, Garymaxx@verizon.net

Sat., Oct. 15. Provincetown Snail Road Dunes (B3B). Meet 9:45 a.m. at Snail Road trail head on ocean side of Route 6 at east end of Provincetown. Explore dunes, dune shacks, pick cranberries ; spectacular 360 views as we hike up and down to ocean. 3.5 hrs, bring/lunch. L Nancy Braun (508) 487-4004, nancytruro@comcast.net

Sun., Oct. 16. Truro - Bearberry Hill (C3C). Sand path from Bearberry Hill with 360-degree ocean view to Longnook Beach overlook. Rte 6 to Pamet Rd then R at bottom of ramp. L on S.Pamet Rd to beach parking lot. Meet at 12:45. 2 hrs. L Pat Sarantis (508) 430-9965, patsarantis@gmail.com

Thu., Oct. 20. Dennis-Crowe to Crowe Loop (C3C). 2 hrs. Paths, beach, quiet roads. Meet 9:45. Route 6 exit 9 onto route 134 north to route 6A. Right on 6A then left on School St. then right on South St. to lot at end on right past cemetery. L Maria Sylvester (508) 385-4045, sylvester_maria@hotmail.com

Sat., Oct. 22. Provincetown - Herring Cove to Tip of Cape (B3B). Park in left corner of left pkg. lot at Herring Cove Beach in Provincetown. Hike dunes/tidal flats to Long Point (tip of the Cape). Meet 9:45, 4hrs. Bring lunch. L Nancy Braun (508) 487-4004, nancytruro@comcast.net

(FT) (NM) Thu., Oct. 27. Barnstable-Bridge Creek Conservation (C3D). Flat terrain, cedar upland, maple swamp and salt marsh, bogs,

stone walls. Meet at 9:45 a.m. 2 hrs from exit 5 off Rte 6 North on Rte 149...park along grass triangle on immediate left beside West Parish Church. L Farley Lewis (508) 775-9168, farlewis@comcast.net

Thu., Nov. 3. Eastham Nauset Marsh (C3C). Walk perimeter of vast historical marsh. From Rte 6 in Eastham, R on Gov Prence Rd, R on Fort Hill Rd to 1st pkg lot on left. Meet 9:45, carpool to Salt Pond Visitor Ctr. 2 hrs. L Pat Sarantis (508)430-9965, patsarantis@gmail.com

Sat., Nov. 5. Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508) 432-3277, rjkaiser@comcast.net

Sun., Nov. 6. Mashpee-South Cape Beach (C3C). Flat hike, 2 mi of wooded trails and 2 mi on sandy peninsular or dirt fireroad. Meet 12:45, 2hrs. From Mashpee rotary, take Great Neck Rd S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. L Gary Miller (508) 540-1857, garymaxx@wmconnect.com

(FT) (NM) Thu., Nov. 10. 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. 2 hrs. L Janet Kaiser (508) 432-3277, rjkaiser@verizon.net

(FT) (NM) Sat., Nov. 12. Wellfleet - White Crest Beach (B3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd 0.9 mi to R at beach pkg. Meet at 9:45. 3 hrs Bring/lunch. L Pat Sarantis (508) 430-9965, patsarantis@gmail.com

(FT) (NM) Thu., Nov. 17. Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 9:45 a.m. Car pool shuttle from parking area in front of Rite-Aid Pharmacy located at the intersection of Rte. 28 and Putnam Ave. in Cotuit. Two hours. L Farley Lewis (508)775-9168, farlewis@comcast.net

Sat., Nov. 19. Provincetown: Snail Road Dunes (B3B). Meet 9:45am at Snail Road trail head on ocean side of Rt. 6, east end of Provincetown. 360 views with dunes, dune shacks, cranberry picking. 3.5hrs. Bring lunch. L Nancy Braun (508) 487-4004, nancytruro@comcast.net

Sun., Nov. 20. Dennis-Crowe to Crowe Loop (C3C). 2 hrs. Paths, beach, quiet roads. Meet 12:45. Route 6 exit 9 onto route 134 north to route 6A. Right on 6A then left on School St. then right on South St. to lot at end on right past cemetery. L Maria Sylvester (508) 385-4045, sylvester_maria@hotmail.com

(FT) (NM) Thu., Nov. 24. West Yarmouth Three Ponds (C3C). Thanksgiving - hike "over the river and through the woods to cranberry bogs we'll go". Rte 6 exit 8S . R second light Townhouse Rd. L West Yarmouth Rd. Pk in 1+ miles. Meet 9:45, 2 hours. L Janet DiMattia (508) 394-9064, jandimattia@verizon.net

BIKE RIDES

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.

Bike Ride Ratings		
Mis	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

WANTED: Ride Leaders & Co-Leaders. Enthusiastic about cycling? Like showing others your favorite roads? If yes, then share your enthusiasm & routes w/your fellow AMC members! Contact Bike Chair Joe Tavilla (508-428-6887)

AMC SEM 2,000 Mi Club. 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. Contact the bicycling chair to reg. your mi. & for more info. L Joe Tavilla (508-428-6887, 7-7, bikingchair@amcsem.org)

Turn Those Tires on Tuesday

Rides scheduled all year long, weather permitting. 25 mi of rd or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location & directions. Intermed. pace. Riders & bicycles in top shape; tires & riders pumped & ready to roll; helmets & water req'd. L Paul Currier (508-833-2690 8 am-7 pm, paulbcurrier@comcast.net)

Sat., Sep. 3. Easy Rider. Two harbors, one rail trail, an old fort - see web site. L Jack Jacobsen (508) 353-3708 7:00 AM - 8:00 PM, cyclejac51@yahoo.com

Tues., Sep. 6. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Mon., Sep. 12. Sunset/Full Harvest Moon Ride. Canal/Gray Gables/Mashnee Island. 22 +/- miles. Buzzards Bay sunset/Sandwich

moonrise. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tues., Sep. 13. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues., Sep. 20. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Fri., Sep. 23. Sayonara to Summer Ride (Autumnal Equinox). Road cycling for the experienced road cyclist. Beaches of Cape Cod Bay and the Atlantic included. Sunset at Skaket. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Tues., Sep. 27. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Sat., Oct. 1. Metric Century Ride. A long and very scenic ride - see web site. L Jack Jacobsen (508) 353-3708 7:00 AM - 8:00 PM, cyclejac51@yahoo.com

Tues., Oct. 4. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues. Oct. 11. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues., Oct. 18. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues., Oct. 25. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Sat., Oct. 29. Laveville / Rochester Ride. Quiet roads great rural scenery - see web site. L Jack Jacobsen (508) 353-3708 7:00 AM - 8:00 PM, cyclejac51@yahoo.com

Tues., Nov. 1. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Tues., Nov. 8. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net

Thu., Nov. 10. Full Beaver Moon Ride. Scenic full moon ride in the canal area - see web site.

L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Nov. 15. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Nov. 22. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Nov. 29. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Dec. 6. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Sat., Dec. 10. Sunset/Full Moon Ride. Scenic full moon ride in Canal area - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Dec. 13. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Dec. 20. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Tues., Dec. 27. Scenic Cycling On Cape Cod. Road or mountain cycling - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, paulbcurrier@comcast.net)

Sun., Jan. 1. AMCSEM 9th Annual New Years Day Ride. Happy New Year - lots of options and views - see web site. L Paul Currier (508) 833-2690 8:00 AM - 7:00 PM, currierpaul@comcast.net)

PADDLES

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 MA").

Sat., Sep. 3. Long Pond, Brewster. DESCRIPTION: Long Pond, Brewster. Circle the pond: eat lunch on a sandy beach. PUT-IN DIRECTIONS: Exit 10 off Rt 6 N on Rt 124. Just after crossing the Brewster Town line R on Crowell's Bog Road LIMITATIONS: Life vest required. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Sep. 7. Centerville River. Hayward st. put-in. See web site for directions. 10:30am. PFD required. L Bill Fischer (508-420-4137, wmbarrabarfischer@comcast.net)

Sat., Sep. 10. Leader's Choice. Probably Sandwich Harbor and Mill, Dock, and/or Spring Hill Creeks. Or possibly Barnstable Harbor. L Ed Foster (5084207245, erfoster@comcast.net)

Wed., Sep. 14. Onset Buttermilk Cove. Rt 25 exit 1 to Onset, L on 6E/28S to Main Ave, 0.2mi L Riverside Dr. Park on grass. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Sat., Sep. 17. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Wed., Sep. 21. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island and the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Sep. 24. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN DIRECTIONS: From Rt 28 E on Main St to R on Barley Neck Rd, R at next fork (Barley Neck Rd) to town landing on R. Life vest & spray skirt required. L Betty Hinkley (508-241-4782 any time, bhinkley@mindspring.com)

Wed., Sep. 28. Swift Neck. Rt 25 W, Exit 2 Rt 6/28 to 6W L Swifts Beach Rd ,after Lynne L Shore Ave to end. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Oct. 1. Fiddler's Cove to Wild Harbor and Herring Brook. N. Falmouth to Old Silver Beach. Will paddle south to Herring Brook. PFD & spray skirt required. L gifford allen (774-392-0634 anytime, gifallen@verizon.net)

Wed., Oct. 5. Westport River West Branch. 195 to Rt 88 S to Westport, bridge over River, R to boat ramp on River. L Haven Roosevelt (508-997-5160 any time, havenesq@comcast.net)

Sat., Oct. 8. Chase Garden Creek, Yarmouth Port. Route 6 Exit 8N (Union); L Rte 6A; immediate R Center to Grey's Beach. Life jacket and spray skirt required. L Paul Corriveau (508-362-0451, paulcorri@gmail.com), CL Jean Orser (508-362-0451, jeanorser@aol.com)

Wed., Oct. 12. Pamet Harbor Truro. Put-in: From Route 6 in Truro, right at exit for Pamet

Roads Truro Center. Right onto South Pamet Road. Left on Castle Road, right onto Depot Road to Harbor. Life vest, spray skirt, wet/dry suit required. \$6 launch fee. L Don Palladino (508 349 2950, djp1958@comcast.net)

Sat., Oct. 15. Indian Lakes, Marstons Mills. PUT-IN DIRECTIONS: Rt. 6, Exit 5S on Rt 149 for 2.9 miles. Right onto Mistic Drive (at Indian Lakes sign); 0.7 miles to lane on right "Town Way to Water" Life vest required. L Nancy Wigley (nrwigley@verizon.net)

Wed., Oct. 19. Dike Creek. 195 Exit 13S, Rt 140, R on Rt 6 L Slocum Rd, L at stop sign to Bridge St. R over bridge L on Smith Neck Rd. L Haven Roosevelt (508-636-0006, havenesq@comcast.net)

Sat., Oct. 22. Long Pond, Harwich/Brewster. PFD -Sprayskirt-Wetsuit/drysuit req. Exit 10 off rte 6 N on rte 124. Just after crossing the Brewster town line R on Crowell's Bog Rd. L Bill Fischer (508-420-4137, wmbarrabarfischer@comcast.net), CL Libby Pratt (508-225-3280, elizpratt@yahoo.com)

Wed., Oct. 26. Waquoit Bay & Creeks. A leisurely 10-mi. tour of Childs River, around Washburn Island and into scenic estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at State ramp on White's Landing Road, off Route 28 in Falmouth. L Wesley Ewell (774-313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Sat., Oct. 29. Walker Pond. 10:30 am PFD + Wet suit/dry suit required, Spray skirt required. See website for directions. L Bill Fischer (508-420-4137, wmbarrabarfischer@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

Share Skills With Youth -Become a Volunteer Leader with the Chapter Youth Program (CYP) of the SEM Chapter. We work with various organized groups to plan and lead children in outdoor activities (e.g., YMCA). If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Chairperson. cypcoordinator@amcsem.org

TRAILS

Watch our chapter website for notices!

SKIING

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