



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
March, 2012

View from the Chair

By Jim Plouffe, Chapter Chair



Welcome to the third issue of our new electronic monthly e-Breeze! For anyone still not receiving their monthly e-Breeze by email, please call Donna of AMC Member Services, at 800-372-1758 (9-5, M – F), to sign up.

If you've been to our chapter website lately, you noticed that I created new "**SEM TASK FORCES**". Recently, I have asked our SEM Executive Board Members, to sign up for one of the new "Task Forces" I have created. The reasoning is two-fold. First, I believe that this chapter can get even better than it already is, but that we need to have focus and examine what is needed in more depth. Second, I felt that it would be a good idea to

open up our Executive Board to the general membership and allow for easy input from members into our day-to-day operations. Therefore, I am asking each of you, our devoted chapter members, to join us on one of these Task Forces so that we can develop a better chapter for us all. Please peruse each of the task forces and their short description -- and if one or more of them peaks your interest, contact the Executive Board members listed (Click on "Officers" on our website, amcsem.org). I am asking each group to supply an update to the Executive Board during our next official board meeting on March 14th. Chapter members are welcome to attend this meeting as well, if you RSVP to me at chair@amcsem.org. For more information on my new task forces, go to our chapter website at amcsem.org and click on the task force link in the middle of the page. Look for the bright red "**NEW**".

Look what we have for upcoming chapter events:

- SEM Leadership Training, March 24 (Foxboro)
 - SEM New Member Pot Luck & Open House, March 31, 5:30-9:00pm (Bourne)
 - SEM Wilderness First Aid, April 28 & 29 (Noble View Camp)
 - SEM Spring Social Weekend, April 28 & 29 (Noble View Camp)
- (See our website www.amcsem.org for all the details. Click on the "upcoming events" tab.)

Our leaders have some great trips planned for you this winter—See the [activity listings](#) at the end of this newsletter.

AND, AS ALWAYS – GET OUTSIDE!

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org

SEM CHAPTER WEBSITE: www.amcsem.org

The Breeze is now totally electronic! It's now the "e-Breeze" !

To receive the e-Breeze by e-mail:

SEM web site: www.amcsem.org (Member Center, lower right)

AMC web site: www.outdoors.org (Member Center, upper right)

By phone: 800-372-1758 Monday-Friday from 9-5:00 Eastern Time

By mail: AMC Main Office, 5 Joy Street, Boston, MA 02108

NOTICES

Regular Meetings:

SEM Executive Board

March 14, 6:30pm

(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)

(Dec 7, Mar 7, Jun 6, Sep 5)

(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The mothly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

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 * 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 e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patroia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

Chapter Chair	chair@amcsem.org Jim Plouffe, 508-562-0051
Vice Chapter Chair	vicechair@amcsem.org Luther Wallis, 508-923-1935
Treasurer	treasurer@amcsem.org Patty Rottmeier
Secretary	secretary@amcsem.org Karen Singleton, 508-730-7701
Past Chapter Chair	pastchapterchair@amcsem.org Wayne Anderson

Biking	bikingchair@amcsem.org Open
Biking (Vice)	bikingvicechair@amcsem.org Open
Canoe/Kayak	paddlingchair@amcsem.org George Wey, 781-789-8005
Canoe/Kayak (Vice)	paddlingvicechair@amcsem.org Betty Hinkley, 508-241-4782
Cape Hiking	capehikingchair@amcsem.org Pat Sarantis, 508-430-9965
Cape Hiking (Vice)	capehikingvicechair@amcsem.org Farley Lewis, 508-775-9168
Communications	communicationschair@amcsem.org Cheryl Lathrop, 508-668-4698
Comms. (Vice)	communicationsvicechair@amcsem.org Open
Conservation	conservationchair@amcsem.org Maureen Kelly, 508-224-9188
Conservation (Vice)	conservationvicechair@amcsem.org Open
CYP Chair	cypcoordinator@amcsem.org Sally Delisa, 781-834-6851
Education	educationchair@amcsem.org Len Ulbricht, 508-359-2250
Education (Vice)	educationvicechair@amcsem.org Open
Hiking	hikingchair@amcsem.org Walt Granda, 508-971-6444
Hiking (Vice)	hikingvicechair@amcsem.org Open
Membership	membershipchair@amcsem.org Jim Casey, 781-924-5228
Membership (Vice)	membershipvicechair@amcsem.org Vickie Beaulieu,
Skiing	xcskichair@amcsem.org Barbara Hathaway, 508-880-7266
Skiing (Vice)	xskivicechair@amcsem.org Farley Lewis, 508-775-9168
Trails	trailschair@amcsem.org Lou Sikorsky, 508-678-3984
Trails (Vice)	trailsvicechair@amcsem.org Open

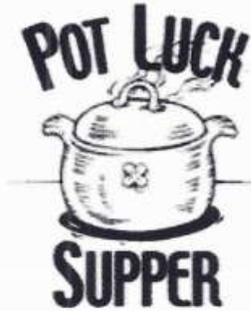
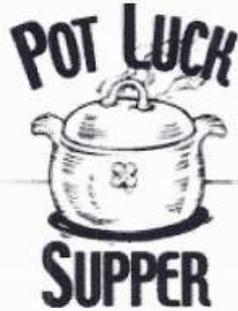
AD HOC COMMITTEES:

Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

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



MEMBERSHIP OPEN HOUSE

for

New, Prospective, and Armchair Members

Pot Luck dinner

Saturday March 31, 2012

- Introduce new members and those considering joining AMC to SEM's outdoor activities and special events. Find out how to get started. Armchair members who would like to resume participation in activities are welcome.
- Socialize with members and volunteer leaders. You may meet a familiar face on your first trip.
- Get your feedback – what works, what doesn't. What are your interests and ideas?
- Invite a friend or neighbor to learn about AMC and our SEM chapter.
- Bring a pot luck dish to share.
- Centrally located for on-Cape and off-Cape residents. Plenty of parking.

The Bourne Community Center

239 Main Street, Buzzards Bay, MA 02532

Plan on arriving between 5:30-6:00 pm with your dish to share.

Registration required, space is limited.

Please register with Jim Casey at membershipchair@amcsem.org or 781-924-5228.

A kudo from one of our members!

"I just received my first e-breeze and just had to thank you and your staff for putting together a great newsletter. The e-breeze now gives me the ability to save it on any number of my media devices for reading at a later time and place. It also gives me the added benefit of having all the listed trips and activities at hand on my PDA, phone, or mobile tablet. Thanks. "

**Put your e-Breeze on all of your electronic devices
and take it with you wherever you go!**



TRAINING OFFERED!

(AND A LITTLE FUN)

LEADERSHIP TRAINING for TRIP LEADERS

MARCH 24, FOXBORO, MA

Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. Register by March 17 with Len Ulbricht at educationchair@amcsem.org



WILDERNESS FIRST AID (WFA)

AMC NOBLE VIEW CAMP, RUSSELL, MA

APRIL 28 & 29



WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). This training is required for SEM's level 2-5 hikers with re-certification every two years. Optional CPR instruction also offered. Scholarships are available for committed SEM leaders and leaders-to-be to defray training costs. This is a popular program and fills up quickly. Register with Len Ulbricht at educationchair@amcsem.org. Registration cutoff April 7. SEMers given preference if registered by January 31.



SEM'S SPRING SOCIAL WEEKEND

APRIL 28 & 29, AMC NOBLE VIEW CAMP,
RUSSELL, MA

Hiking, biking, and whatever! Join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at educationchair@amcsem.org by April 7. See www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm. (This event is concurrent with, but independent of, WFA training.)





CONSERVATION CORNER

*Bringing it home – simple things YOU and I can
do to better our homes, our communities,
and the Earth*

by Maureen Kelly, Conservation Chair

Composting

Fabulous, soil-improving, water-retaining, natural fertilizer for lawns and gardens
Less trash to haul to the dump or put out -- Less trash for your town to pay to get rid of
Plants sprout right from your compost pile that you can transplant to your garden: tomatoes, potatoes,
squashes, peppers, avocado and grapefruit trees have all sprouted in my compost pile

Composting is the process in which organic materials such as grass clippings, leaves and vegetable trimmings decompose over time to a rich, nutrient-full, water-absorbing material called humus. This humus can be spread on lawns, in flower and vegetable gardens, mixed with soil in planting boxes, or used as a mulch. The materials can be put into a “compost bin” or they can be left in a pile to decompose. The pile can be turned on a regular basis to make the compost faster or it can be left alone and produce the compost more slowly, without any human work. Materials that can be added to the compost pile include grass clippings, leaves, garden waste, vegetable trimmings, animal manures, seaweeds, nut shells, used coffee grounds and filters, tea bags, egg shells, shredded newspaper and fireplace ashes. Materials that shouldn’t be added to your compost pile include meat and bones, fats and oils, dairy products, pet manure, lawn clippings that have been treated with pesticides or herbicides.

The workers that produce humus from this organic matter are bacteria, fungi, molds, worms and insects. They are decomposers who feed on dead organic material, breaking it down and releasing nutrients in a form that plants can use to grow. These workers require oxygen and water to do their job which is why turning the pile hastens the production of the finished compost; turning exposes more of the surface area to oxygen and water allowing a greater number of decomposers to do the job. If we didn’t have these decomposers in our environment to constantly recycle dead material, the dead material would soon pile up and overtake all other life on Earth. Composting is a way to put these organisms to work for us individually in our own yards making soil-improving humus to keep our yards more beautiful and our gardens more productive using fewer chemicals and less energy, including our own human energy. For more information, check out these websites: <http://www.epa.gov/osw/conserve/rrr/composting/basic.htm> <http://www.mass.gov/dep/recycle/reduce/compos01.htm>. For questions or comments, conservationchair@amcsem.org

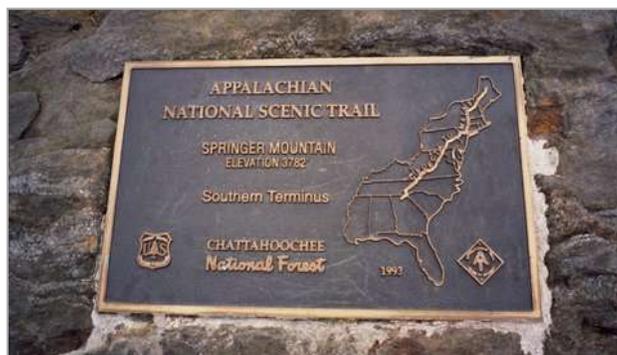


Take a Long Hike

Ray Anderson 

Time to Lighten Up

Hello fellow hikers. Time to lighten up. Many of you are struggling to get in shape for a spring hike, and doing this through the temptations and stress of the post-holiday season doesn't make it easy. If you want to laugh, read *A Walk in the Woods* by Bill Bryson. Whenever people learn that I'm a hiker, invariably they ask, with a grin, "Have you read that book with the bear on the cover?"



Bill Bryson is a popular writer who lives near the Appalachian Trail in New Hampshire. After learning about the A.T., he decides one day to attempt a thru-hike. He contacts his old buddy Katz, and right away you get the feeling that there is more enthusiasm than common sense, more winging it than careful planning. This is not a novel; it's Bryson's account of their intended hike from Georgia to Maine.

The hilarity begins when the overweight and bumptious Katz shows up at the trailhead in Georgia with donuts and the backpack from Hell. What ensues is a telling of their adventures and mis-adventures as they hoof it north. All kinds of crazy things happen, but this is not slapstick comedy. They try to make a go of it and, in their individual ways, come to terms with the wilds.

For reasons you will read about, they decide to occasionally hitch rides rather than walk. But they do (if memory serves) accomplish about 750 miles of actual hiking. If you want to relax and feel happy, pick up this book. Bryson is a marvelous writer with the perfect tone to give you an entirely new perspective about walking in the woods.

Visit Ray's hiking blog: www.TakeaLongHike.com



Squirrely Engineers

By Susan Salmon

The squirrels in my back yard must have PhDs in engineering because no matter what tactics I try to keep them away from my bird feeders, they always figure a way around them. I might slow them down, but not for long. I even tried giving them their own food to eat but that didn't keep them away

from the birdseed. They liked having options

Each feeder in my yard is designed a little differently. I bought the first one years ago when the weight sensitive design was just coming out. I finally had 'em! The feeder is a square box with the roof slanting down towards the feeding tray. The tray is weight sensitive and closes when anything larger than a cardinal is on it. This worked for quite a long time but the squirrels eventually figured out they can hang from the roof and reach down to grab a few seeds. The red squirrels, no heavier than cardinals, never bothered with the feeders until this season, now park themselves on the feeding tray and eat to their little hearts' content. This feeder hangs from a pole. I tried greasing the pole with thick, gooey boating grease. One squirrel jumped up on the pole and just as quickly jumped off, shaking his paws trying to get the grease off.

It was great entertainment for about two weeks. By then, the greasy pole was covered with a layer of dirt, leaf, and grass bits and became a lot less sticky to climb up. I re-greased the pole a couple of times but by then the little buggers had gotten used to the goo and ran up the pole anyway.



I've given up putting seed in this one.



The next feeder I got is one of those Droll Yankee feeders; you know, the ones that are supposed to be the best squirrel resistant feeders. Yes, I swallowed the advertising hook, line, and sinker. The one I have has a long, smooth tube with four perches at the bottom that give way if anything heavier than a cardinal tries to sit or lean on them. It hangs from a tree off of a plant hanger. The tube is too long for the squirrels to hang from the top and they would fall whenever they tried to reach over from the tree. After a while, one of the squirrels figured out that the perches only fall

away so far and they can be leaned on long enough to stuff some seeds in their mouths. Foiled again! My next line of defense was to extend the hanger out beyond the squirrels' reach. This had them stumped for a while but the other morning, much to my consternation, there was a fat gray squirrel hanging from the perches by all four legs enjoying breakfast! I don't know how it got there so I'm still plotting my next strategy.

Last month, I bought another feeder that is supposed to be even better than the Droll Yankee feeders (and lot less expensive, too). I tried to resist the box's advertising siren song and analyze the design of the feeder to see if I could spot any weaknesses. I tried to think like a squirrel engineer and examined

all the angles. It looked pretty good and even the sales person gave it her blessing. I was sure I had the secret weapon now! This one is also a long tube with openings at the bottom. There are perches at each opening but a two piece ring snaps together over all the perches creating one circular perch around the bottom of the tube. It, too, uses the weight deterrent method to keep the squirrels away. If they lean one little paw anywhere on the



Notice intact perch ring.



*Missing ring & perches.
Those dirty dogs!*

ring, it shifts down, closing all the openings with

little metal doors. It also hangs from a plant hanger off the side of a tree.

Every morning I watched those pesky poachers get frustrated; I finally had them!

Until . . .

One morning last week, I was looking out the kitchen window and noticed a gray squirrel leisurely eating from the secret weapon. How could it be leaning on the perch and not close the openings? Did the spring loaded mechanism get gummed up? Did squirrel figure out how lightly to lean on the perch ring without tripping the trap? How did he do it? Even though it would mean I'd be late for work, I had to go out there to find out what was going on. I did my usual stomping across the deck and yelling like a crazy woman to scare them off (my neighbors have long since gotten used to my battle cry) and went to investigate. Well, that little bugger somehow managed to dismantle the ring and remove several of the perch pegs so then it could just reach over, hold on to the rim of the opening and stuff it's little face. Foiled by the engineer again! I found most of the pegs and both pieces of the ring in the leaf litter and put the perch back together again. It didn't take them long to take it apart again. So, I put the feeding ring back together once more then extended the hanger far enough away from the tree so that the resourceful rodents can't reach it. I'll be watching and waiting and keeping my field notes. With triumph and delight, I will share my findings when I finally find the right combination of feeder design and set up that truly is squirrel proof. Tactics under consideration include a super powered squirt gun that shoots water 50 feet or an electric zapping system that is set off by a push of a button from the inside the house.



HIKING NEWS



**February in the Blue Hills in our snowless winter of 2012.
The group tries (unsuccessfully) to do a little trail work!**



RED LINE the **BLUE HILLS**

UPDATE

And – we have another “redliner”!
Alan Greenstein
2/28/12

Read on for how he finished...

Keogh & Greenstein Hiked Blue Hills Weekly All Winter

Joe Keogh and Alan Greenstein hiked on 14 occasions after the close of the 2011 Red Line the Blue Hills season in pursuit of Joe's Green Line and Alan's Red Line completion. Alan ended the quest on February 28 at the 5241 trail intersection in the Ponkapoag Pond area. Alan said "It was a beautiful day and I felt terrific. Joe's skilled navigating and the lack of snow made this possible. We never would have found the minor trails, if there had been snow cover these last few months." Alan began his quest in July, 2010 and participated for the entire 2011 season. When you add the 14 hikes after the end of RLBH 2011, the completion took a little more than 2 years. Alan added that "some of our post-season hikes were as long as five hours in duration and 9 miles in length. We expect to announce Joe's Green Line completion in the next Breeze." (NOTE: Alan, like other “redliners,” has walked on every inch of every trail in the Blue Hills!)

VISIT RLBH WEBSITE: amcsem.org/RLBHWS/index.htm



WHY VOLUNTEER FOR THE AMC?

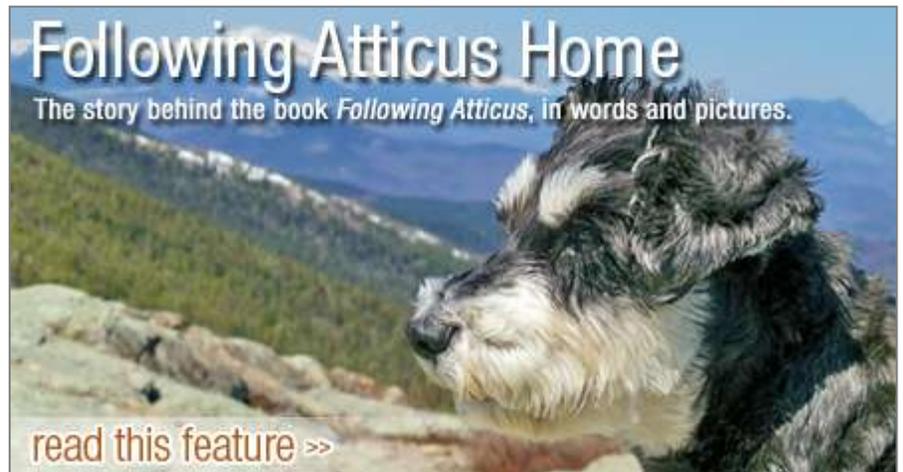
Gain work experience!

Got a little free time to help us grow? 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. Contact: chair@amcsem.org



**A book about a little dog
and big mountains
tugs at the heart!**

**Atticus hiked all the
4000-footers in the winter**



BE A THRU HIKER IN 5 MINUTES

Got a busy life? Wanna hike the whole Appalachian Trail (AT) in 5 minutes? GO HERE: vimeo.com/20218520
(and turn the sound on!)



A 6-month journey along the 2,200 mile long Appalachian Trail, condensed into 5 minutes of stop-motion. Be a "Thru Hiker" !

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In

[Identifying Shore Birds in Manomet](#)



PERSONAL POSTS

NEWS FROM OUR MEMBERS

This section of the Breeze highlights our members.
If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF

SWAP * BARTER * SELL * TRADE

HAVE OUTDOOR STUFF? NEED OUTDOOR STUFF?

**For sale: Kayak, by Perception. 10'4" long, 42 lbs. with paddle.
Excellent condition. \$200. Contact: 508-999-9999. (sample only)**

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



Got an AMC-related outdoorsy business?
Run a paid business card-sized ad in the Breeze for
\$10/month (\$100/year)!

Contact: communicationschair@amcsem.org



Got something to say? Want to be a regular Breeze columnist?
Contact the Breeze editor to volunteer! communicationschair@amcsem.org

Know what's happening?
If not, visit our website, find us on FACEBOOK, or follow us on TWITTER!

amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

NEWS FROM "JOY STREET"

The following is information from the AMC's central office at Joy St. in Boston and comes directly from them.

AMC Launches New Mobile Website

Smartphone users can now connect to www.outdoors.org and access a new, mobile-optimized version of AMC's website. We've made the most common online tasks, including checking lodging availability, finding local chapter programs, checking current conditions, and renewing your membership much easier to do with a mobile device. Check it out and let us know what you think!

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Kids Stay Free at Cardigan This Summer

As part of AMC's ongoing commitment to get more families outdoors, we are running a special "Kids Stay Free at Cardigan" promotion this summer for kids 12 and under. Cardigan is a great "starter lodge" for young families, with waterfall and nature hikes, a wading pond, and sandy beach on Newfound Lake nearby. Some restrictions apply. For details, see:

<http://www.outdoors.org/lodging/cardigan/kids-stay-free-summer-2012.cfm>

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AMC's 4th Annual Spring Fling

Join us at AMC's Mohican Outdoor Center for a fun-filled weekend. Take a hike on scenic trails within the 67,000 acres of the beautiful Delaware Water Gap National Recreation Area or along the Appalachian Trail. Or bring your bike and take a ride on some of the park's quiet roads and rail-trails. Or spend some time paddling around Catfish Pond (kayaks, canoes and gear are provided). Activities are available for individuals and families. Register early as last year's event sold out quickly.

<http://activities.outdoors.org/search/index.cfm/action/details/id/57863>

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New Trips Announced for AMC's Adventure Travel Program

Looking for some place different to take an active vacation? Check out these brand new trips just released by the AMC's Adventure Travel Committee.

Sedona (hiking) – November 10-18, 2012
New Zealand (hiking) – February 9-25, 2013
Spain (biking) – May 18-25, 2013
Yosemite (hiking) – June 1-8, 2013

For a complete listing of all trips, go to www.outdoors.org/adventuretravel

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Enjoy Seeing the World? Consider Becoming an AMC Adventure Travel Leader

If you've ever thought about extending your trip leadership skills to further out in the field, join us at AMC's Noble View Outdoor Center, April 13-15, 2012, for AMC-AT's Annual Spring Retreat to find out more about the program and get your questions answered. Contact Nancy Holland, Adventure Travel Program Coordinator, for complete details. nholland@outdoors.org or 617.391.6587

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

activities.outdoors.org

(All activity information appears exactly as entered by the activity leader.)

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's 4th Annual [Spring Fling](#), April 27-29

CHAPTER-WIDE ACTIVITIES

SEM Leadership Training, March 24

SEM Pot Luck Supper, March 31

SEM Wilderness First Aid, April 28-29

SEM Spring Social Weekend, April 28-29

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 2012

(See our website for details: www.amcsem.org,
and click on the "upcoming events" tab)

CHAPTER ANNOUNCEMENTS

WANTED: 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. Jim Plouffe 508-586-1394, Chair@amcsem.org

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM = New Member**

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Additional activities are posted on our Short Notice List.
Sign up for this list on our website, amcsem.org.

CHAPTER FUN

SEM [Pot Luck Supper](#), March 31
Bourne Community Center

SEM [Spring Social Weekend](#), April 28-29.
Hiking, biking, and whatever!
AMC NobleView Camp, Russell, MA

SEM Chapter Hut Weekend. Thu., Sep. 20-23.
Cold River Camp, Evans Notch 1-3 nights. Can't beat location, activities, price. Preference given to SEM Members. L/R Jim Plouffe (508-586-1394, Chair@amcsem.org)

CHAPTER EDUCATION

SEM [Leadership Training](#), March 24
SEM [Wilderness First Aid](#), April 28-29

SKIING

(AN) (CE) Fri., Mar. 2-4. XC Skiing, White Mountains. Boston 40+ Committee joins the Southeastern Massachusetts Chapter at cozy Applebrook B&B in Jefferson, NH, for skiing, snowshoeing, fun and games and great camaraderie. Two nights lodging, two breakfasts, and one dinner from \$100-\$160 p/p. Optional pizza and salad at the B&B followed by snowshoeing on the golf course behind the inn on Friday night. Ski groomed trails at Bretton Woods on Saturday; ski or snowshoe on Sunday TBD before returning home. L Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net), CL Wayne Cardoza ((603) 673-2518 before 9:00pm, wmc.amc@comcast.net), R Barbara Hathaway ((508) 880-7266 before 9:00pm, barb224@tmlp.net)

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

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 activities.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.

Miles	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.

(AN) Fri., Mar. 2-4. Winter Hiking #4 Overnight. Conclude the SEM AMC winter hiking series with an overnight to Lonesome Lake Hut for one or two nights. Options for hikes will be to Cannon and/or the Kinsmans. \$50/pp per night includes dinner and breakfast. Full winter gear required. Must register and pay by Jan. 25th. L Leslie Carson ((508) 833-8237, lrc929@comcast.net), L Wayne Anderson , L Jim Plouffe , L Mike Woessner , CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Leslie Carson ((508) 833-8237 6-9 PM, lrc929@comcast.net)

Thu. Mar. 8. Powissett Farm (TTOR) ,Dover. New area with nice trails off the beaten track. We hike 5.5 miles (measured as per Eddie) with a number of short ups and downs, some a little steep. Some nice views. DIRECTIONS: From I-95/Rt 128 exit 16 B take Rt 109 west for 1.8 miles. Turn right onto Hartford Street , follow for 2.2 miles and take a right onto Walpole Street. After 0.7 miles take a right onto Powissett Street. Powissett Farm is the first farm on the right after 0.2 miles. Bring appropriate boots/stabilizers/snowshoes for the weather and lunch and water. WE MEET THERE AT 10:00am. Rain cancels. L Hans Luwald ((781) 828-0572 9:00am to 9:00pm, hans.luwald@gmail.com), CL Debbie Lepore ((781) 828-0572 9 am to 9pm)

Sat., Mar. 10. Snowshoe Series #4. Moderate snowshoe trip for those not looking to 'climb a mountain'. Reg by 3/6. This will be a trip to NH (if necessary to find snow) or more locally (if we have good snow closer.) This trip is designed for those not wishing to assault a major mountain, however some elevation may be necessary, depending on where we can find good snow. Good opportunity for newer snowshoers to get out and put them to use, while having 'Fun in the snow.'. L Bob Vogel ((508) 238-7732, hike_with_bob_v@comcast.net), CL Ellen Correia , R Jodi Jensen (jodiajensen@gmail.com)

(FT) (NM) Thu., Mar. 15. Thurs. Morn. Hike Caratunk Refuge, Seekonk, MA. Meet at 10:00AM at Visitor's Center Parking Lot. Heavy rain will cancel. Directions: Take Route 95 South to Exit 5 toward route 152. Take left onto Toner Blvd. Take first right on main St. Continue on Route 152 into Seekonk. turn left onto Pine St. Then right onto Brown St. Caratunk is about 1/2 mile on the left. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

(FT) (NM) Sat., Mar. 17. Intro. to AMC Hiking-Foxboro State Forest. Experience the fun, camaraderie, and great exercise of AMC hiking on the very enjoyable-but non-intimidating-Acorn and Warner Trails. L Walt Granda (wlgranda@aol.com), CL Paul Miller ((508) 369-4151 before 9:00 PM, paulallenmiller@verizon.net), R Paul Miller ((508) 369-4151 Before 9:00 PM, paulallenmiller@verizon.net)

Sun., Mar. 18. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

Thursdays

Mar. 22. Myles Standish SF, Plymouth MA, B3C. Meet 10 AM parking lot #2 on Upper College Pond Rd for a moderate loop walk of 5-6 miles, including a kettle hole and stop at College Pond. Bring water and snacks, winter show and ice devices as necessary, storm cancels. Directions: Rt 3 exit 5, west on Long Pond Rd 4 miles, right at MSSF sign, 2 miles on Alden Rd, left on Upper College Pond Rd for 1 1/2 miles, parking lot on right. From Carver take Cranberry Rd, turn left by headquarters to Halfway Pond Rd, to left on Upper College Pond Rd, parking lot is about 1 1/2 miles on left. www.mass.gov/dcr/parks/southeast/mssf.htm. L: Ellie MacPherson 508-224-6465, cell 978-478-7106. elliemacp@comcast.net. L Ellie MacPherson ((508) 224-6465, elliemacp@comcast.net), R Ellie MacPherson (55 Manomet Beach Blvd, Plymouth, MA 02360, (508) 224-6465, elliemacp@comcast.net)

(SN) Sat., Mar. 24. Leadership Training for Trip Leaders March 24, 2012. LEADERSHIP TRAINING Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thu., Mar. 29. Thursday morning Blue Hills. Perambulate Buck Hill with side trip to summit. Views of Boston and Mass Bay. 5 miles on lesser-traveled trails. No difficult ups or downs. 10am start at Houghton's Pond parking lot. STABILicers if icy. Rain cancels. L Len Ulbricht (lenu44@gmail.com)

SEM Pot Luck Supper, March 31, Bourne Community Center

Thursdays

Apr. 5. Thurs. Morning Hike, Gilbert Hills State Forest, Foxboro, MA.. Meet 10:00 a.m. at Headquarters, 45 Mill St., Foxboro. Starting out from Headquarters, we will follow a variety of trails in the eastern section. Gentle terrain through mixed forest passing lakes/ponds with a stop at a reconstructed CCC site. Wear layers and proper footwear. Bring lunch, snacks and water. For directions Google Gilbert Hills State Forest. L Joanne Staniscia ((508) 528-6799 7-9 p.m., joannes1@localnet.com)

Thursdays

Apr. 12. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10 am at the Moose Hill Audubon Parking lot for a 6 mile hike over relatively flat terrain with some gentle climbing. Fee for parking is \$3 for Seniors , free for members and Sharon Residents. Bring hiking boots, water, lunch and rain jacket. Heavy rain cancels. From North, take I-95S, exit 10 (Coney Street). Turn left off exit and make first right onto Rte. 27N (Walpole). Take first left onto Moose Hill Street, and continue past TTOR's Moose Hill Farm to top of hill and turn left onto Moose Hill Parkway. Parking lot is on left. From

South, take I-95N, Exit 8 (Main Street, Sharon). Turn right off exit and follow for one mile. Turn left onto Moose Hill Street. Follow to top of hill and turn right onto Moose Hill Parkway. Parking is on left. L Hans Luwald ((781) 828-0572 Before 9pm, hans.luwald@gmail.com), CL Debbie Lepore ((781) 828-0572 Before (pm))

(FT) (NM) Thursdays

Apr. 12. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. 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)

Sun., Apr. 15. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R maureen kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Thursdays

Apr. 19. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. 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)

(CE) Thu., Apr. 19. Oldham Trail & Harold B. Clark Forest. Pretty hike through forests and over streams and around ponds. B3C. Req. equip.:hiking boots,raingear,water & snacks. I-95 take 7B & take 140N to Foxboro Ctr go 1/2 way around rotary and cont. N on 140 for 1/2 mile on left conservation park lot. Meet 10:00am -questions L/Muriel Guenthner-508/699-7461. L Muriel Guenthner ((508) 699-7461 Before 9:00pm, murielguenthner@comcast.net)

(NM) Sun., Apr. 22. New Member Intro Hike - Noon Hill, Medfield. Hike three-four miles on Trustees property. Portion of Bay Circuit Trail, pond views, peak outlook, possible Charles River stop. See www.trustees.org for trail map. Bring lunch. 10:00am start. L Len Ulbricht (lenu44@gmail.com)

Thu., Apr. 26. Cliff Walk, Newport RI. Meet at 10 a.m. at foot of Narragansett Ave facing the Cliff Walk. Park on street. Leisurely 3.5 mi. walk each way. 2/3 paved, 1/3 rocky walk behind Newport Mansions. Return by Mansions on Bellevue Ave. to complete 7-mi. loop. Sturdy walking shoes required. Bring water, snack. Lunch at local restaurant. Heavy rain cancels. Call leader for carpool info. L Barbara Hathaway ((508) 880-7266 before 9 pm, barb224@tmlp.net)

(FT) (NM) Thursdays

Apr. 26. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. 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)

(SN) Sat., Apr. 28-29. **Wilderness First Aid** (WFA). WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at AMC's Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps->

noble.cfm). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(NM) (SN) Sat., Apr. 28-29. SEM'S SPRING SOCIAL WEEKEND AT NOBLE VIEW CAMP. SEM'S SPRING SOCIAL WEEKEND AT NOBEL VIEW CAMP APRIL 28 & 29 A cabin and several campsites (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>) have been reserved for an SEM social weekend of hiking, biking and whatever. (This event is concurrent with but independent of WFA training.) Please join us for a fun weekend to kick off the 2012 warm weather season of outdoor recreation. Register with Len Ulbricht at lenu44@gmail.com by April 7. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Apr. 28. Blue Hills End-to-End. Come explore the Blue Hills Reservation featuring a variety of small hills with outstanding panoramas, ponds, wetlands and deep woods. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Paul Miller ((508) 369-4151, paulallenmiller@verizon.net), R Paul Miller (paulallenmiller@verizon.net)

Thursdays

May. 3. Thurs. Morn.Hike Wollomonpoag Conservation area. Wollomonpoag Conservation area, Wrentham. (B3C) Hike starts at 10:00am. 5+ miles of trails, eskers, beaver dam, and pond, as well as marshes, and a mature forest. Also observe a Great Blue Heron Rookery. L Ellen Correia, ellenrcorreia@gmail.com, C/L and R Muriel Guenther, 508 699-7461 before 9:pm, murielguenther@comcast.net. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Muriel Guenther ((508) 699-7461 before 9:pm, murielguenther@comcast.net), R Muriel Guenther ((508) 699-7461 before 9:pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

May. 3. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. 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)

Sat., May. 5. Mt. Kearsarge North Hike (B3B). Join us for a great hike up Mount Kearsarge North (3,268'). We'll take the Mt Kearsarge North Trail (3.1 miles) to the summit. At the summit we will take some time to enjoy the 360 degree views and then descend back down the same trail to the parking area. Total elevation gain 2600 ft, approx, 6.2 miles RT. Approx hike time 6 hours. Register by 4/25. L Walt Granda ((508) 999-6038 Before 9:00 PM, wlgranda@aol.com), CL Jim Casey ((781) 351-6862, cmne@comcast.net), R Jim Casey ((781) 351-6862, cmne@comcast.net)

(FT) (NM) Thursdays

May. 10. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. 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)

Sun., May. 13. Blue Hills Fast & Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Thursdays

May. 17. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. 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)

(C) (FT) (NM) Thu., May. 24. Thurs. Morn North Hill Marsh in Duxbury (C3C). NORTH HILL MARSH HIKE May 24, 2012 Leader and Registrar: Sally Delisa Before 9:00 p.m. Home: 781-834-6851 Morning of hike (after 9:a.m.)--Cell: 781-864-7302 Distance: 4.6 miles Rating: C3/4C REGISTRATION: Registration is required. DESCRIPTION: Leader will be stopping for wildflowers and shrubs blooming along the trails. We will hike over some of Duxbury's upland trails and hills, past a large kettle hole and along an old cart path. Then, we'll drop down and hike past a cranberry bog and lastly around a large pond owned by Audubon. There will be a separation/snack break about half way. Following the hike, those wishing for more on their own may wish to cross the street and hike around Round Pond. The Bay Circuit Trail goes across that property and there is a bench overlooking the pond. Time: Sign-in at 9:45 for a prompt 10:00 a.m. departure. The hike will last about 2.5 hours with a separation (bathroom)/snack break. Weather/Cancellation Policy: Heavy rain, high winds or electrical storms will cancel. If in doubt, call Sally at her home number until 9:00 a.m. After 9:00 a.m., you may reach her on the cell phone. (Phone numbers at top of page) Cautions/Hazards: Deer Ticks are active all year on the South Shore. Please use proper precautions. There is some poison ivy along the trails. There may be some muddy areas. L Sally Delisa ((781) 834-6851 before 9pm, delisasally@yahoo.com), R Sally Delisa ((781) 834-6851 before 9 pm, delisasally@yahoo.com)

(FT) (NM) Thursdays

May. 24. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. 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)

Sat., May 26-28. Memorial Day Weekend Hut Trip. Weekend trip to Carter Notch Hut with hikes to Carter Dome and the Wildcats. Two nights, dinners and breakfasts included. Payment sent by April 25th to confirm spot. L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Jim Plouffe ((508) 562-0051, jimplouffe@comcast.net), R Leslie Carson

(FT) (NM) Thursdays

May. 31. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. 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)

SEM Chapter Hut Weekend. Thu., Sep. 20-23.

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.")

Miles	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

Thu., Mar. 1. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, and quiet roads. Meet 9:45. From Rte 6 take exit 9 onto Rte 134 north to Rte 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end on right past cemetery. L Maria Sylvester ((508) 385-4045, sylvester_maria@hotmail.com)

Thu., Mar. 8. Barnstable, Bridge Creek. Woods, bogs and marshlands. Rte.6 to Exit 5. North on 149 to grassy triangle by First Parish Church. Meet at 9:45am. 2 hrs. ? Weather: Call Leader. L Farley Lewis ((508) 775-9168 8AM-9PM, farlewis@comcast.net)

Saturdays

Mar. 10. Provincetown Race Point (B3B). Hike Race Point panoramic sand Jeep road to various dune shacks. Back via the beach. 3.5 hours. MEET AT **10:45** a.m. at Race Point Beach upper parking lot. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Mar. 11. Barnstable, Crooked Cartway. Wooded hike in Barnstable Conservation Lands. Exit 5 off Rte. 6, 149 S. to Race Ln. Right on Race Ln. to Crooked Cartway on Right. Go to end. Meet at 12:45pm. 2hrs. ? Weather, Call Leader. L Farley Lewis ((508) 775-9168 9AM-9PM, farlewis@comcast.net)

Thu., Mar. 15. Eastham, Nauset Marsh Perimeter (C3C). Walk vast/historic marsh...a Cape Cod gem...great views. Rte 6 Eastham, R on Gov Prence Rd, R on Fort Hill Rd to 1st pk lot on left. Meet PROMPTLY 9:45 to carpool to Salt Pond Visitor Ctr. 2 hrs, bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sat., Mar. 17. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From 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 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

Sun., Mar. 18. Dennis, Flax Pond Conservation (C3C). Wooded trails over rolling hills, lowlands, abandoned bogs, shallow ponds, golf course views, well-field area. Park on Setucket Rd at Flax Pond Conservation, just East of Yarmouth- Dennis Town Line. Meet 12:45 pm. 2 hrs. L Janet Kaiser ((508) 432-3277, rjkaiser@verizon.net)

Thu., Mar. 22. Barnstable- Under the tunnel and through the woods (C3C). Newer trails with a unique feature near Marstons Mills Airport. From Route 149, travel west on Race Lane to lot on the left. 2 hours. Meet at 9:45am. L Gary Miller ((508) 540-1857, Garymaxx@verizon.net)

Saturdays

Mar. 24. Provincetown: Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3

hours, but allow 1+ extra hours for lunch while scanning with binoculars for whales. (4+ hours RT). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

(SN) Sat., Mar. 24. Leadership Training for Trip Leaders March 24, 2012. LEADERSHIP TRAINING Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Thu., Mar. 29. Bourne-Four Ponds (C3C). Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Meet at 9:45AM. L Gary Miller ((508) 540-1857, garymaxx@verizon.net)

Sat., Mar. 31. Truro-Ryder Beach (C3C). Saturday morning hike along beach, woods views. meet 9:45. From Rte 6 take L Prince valley rd just beyond Truro line. R at end then immed. L to pkg at end. Bad weather cancels. Doubt? Call L. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

SEM Pot Luck Supper, March 31, Bourne Community Center

Sun., Apr. 1. Dennis, Crowe's Pasture (C3C). Marsh, beach, quiet roads. Rte 6, Ex 9N to R on Rte 6A. L on School St, R on South St to lot on R past cemetery. Meet 12:45, 2 hrs. bad weather? call leader. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 5. Harwich-Island Pond/Hacker Conservation Area. Hike on bike trail, wooded trails. Meet 9:45. From Rte 124 head W on Headwaters Rd just N of the Rts 6 and 124 exchange. Park 0.4 mi. at the bike trail lot on the L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 12. Harwich-Hawks Nest. New Hike - Hawknest State Park - Off Exit 11, Rt.6, Park at end of Spruce Rd in Harwich for 2 hour hike. Meet 9:45AM. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

Saturdays

Apr. 14. Provincetown: Whales Whales Whales (B3B). Walk on the beach to the Race Point Lighthouse with binoculars in hand. Should see whales from the lighthouse! Meet at 9:45am, upper Race Point Beach parking lot, Provincetown. Walk will take 3 hours; eat lunch as we scan for whales with binoculars for another hour+. (Four+ hours RT.). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 15. Brewster-Nickerson State Park. Woods hike around the ponds of Nickerson. Meet 12:45 Fisherman's Landing. Stay on main Rd in park going 1.7 mi to pkg lot on L. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Apr. 19. Yarmouth-Three Ponds. Hike through woods to bogs and three ponds. Meet 9:45. Exit 8 from Rt 6 R at second light, L on West Yarmouth Rd. Park on side of road in about a mile. Heavy rain cancels. Two hours. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Saturdays

Apr. 21. Provincetown: Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 1+ extra hour for lunch while scanning with binoculars for whales (4+ hours RT). L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., Apr. 22. Harwich, Herring River (C3C). The herring may be running up the ladder this time of yr. West & East Reservoir, Herring River and Run, Cranberry Bogs. Rte 6 to Ex 10, R off ramp to Rte 124S 2 mi to center. R on Main St/Great Western Rd for 2 mi to Sand Pond parking lot on R. Meet 12:45, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Thu., Apr. 26. Truro, Ryder Beach (C3C). Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45am. 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., Apr. 28. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 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. Bring lunch. L Richard Kaiser ((508) 432-3277, rjkaiser@comcast.net)

(SN) Sat., Apr. 28-29. **Wilderness First Aid (WFA)**. WFA training (instruction by SOLO, see <http://www.soloschools.com/index.cfm?event=course.wfa>) is again offered this spring at AMC's Noble View camp (<http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm>). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

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Thu., May. 3. Harwich, Island Pond (C3C). Bike path to wooded trails, few rolling hills, pass lavender farm. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net)

Sat., May. 5. Provincetown: Herring Cove to Tip of Cape (B3B). Park in the left corner of the left parking lot at Herring Cove Beach, Provincetown, to hike back and forth over the dune and tidal flats until we get to Long Point (tip of the Cape). Views of Cape Cod Bay and Provincetown Harbor. 4 hours RT. MEET AT **10:45**am. Bring lunch. L Nancy Braun ((508) 487-4004, nancytruro@comcast.net)

Sun., May. 6. Falmouth, Long Pond (C3C). Rolling woods around scenic freshwater pond. Take Brick Kiln Rd east off Rt 28 to Gifford. R on Gifford, 1.5 mi, R into Goodwill Park. Pass gate and park on R. Meet 12:45 pm. 2 hrs. L Julie Early ((508) 776-4432 Evenings, jearly@capecod.net), CL Pat Sarantis (patsarantis@gmail.com)

Thu., May. 10. Brewster-Nickerson State Park. "Hike and picnic . Meet at 9:45am, Flax Pond Beach pkg lot. Take Main Road in park to L on Flax Pond Road to the beach pkg lot on

the R. Bring a small lunch/something to share.". L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

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

Volunteer Opportunities. 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 see the link below. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org)

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 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 the third year of our unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair or vice chair to reg. your mi and for more info. L Joe Tavilla (508-428-6887 7-7, bikingchair@amcsem.org), L Victor Oliver (508-888-8435 7-7, bikingvicechair@amcsem.org)

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

Tue. Mar. 6. Scenic Cycling on Cape Cod. 22+/- miles or 2 hours of casual, intermediate road cycling (occasional mountain biking) on Tuesdays all year long. Rides include views of known and lesser-known unique and interesting places. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Thu., Mar. 8. Sunset/Full Worm Moon Ride. Ride along the canal and through Gray Gables and Mashnee Island for Buzzards Bay sunset and Plymouth Bay moonrise. Ride is flat for 22 miles at an intermediate pace. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(SN) Sat., Mar. 24. **Leadership Training for Trip Leaders** March 24, 2012. LEADERSHIP TRAINING Leadership Training will be held on March 24, 2012 in Foxboro, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. It is an all day course with a mix of classroom and outdoor role play exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

SEM Pot Luck Supper, March 31, Bourne Community Center

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CHAPTER YOUTH PROGRAM (CYP)

Share Skills With Youth - Spring training scheduled soon to become a Volunteer Leader with the Chapter Youth Program of the Southeastern MA Chapter. Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

WANTED: Chapter Youth Program (CYP) Leader. Share your outdoor skills with local groups of kids. Additional training and screening required. L Sally Delisa cypcoordinator@amcsem.org

Watch our chapter website and the short notice list for notices for CYP events!
(www.amcsem.org)

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").

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SEM Pot Luck Supper, March 31, Bourne Community Center

Wed., Apr. 4. Centerville River. Centerville River 10:30am. Wet/Dry suit req. Fr Rt.28 take old Stage S into Main St. R on S Main st. to L on Hayward Road. L Bill Fischer ((508) 420-4137 to 9 pm, wambarbarafischer@comcast.net), CL Vickie Blair/Smith

Sat., Apr. 7. Walker Pond. 10:30 am PFD, wet/dry suit req. spray skirt. Put-in. Rt. 6 exit 9 take Rt. 134N to R on Airline, R on Setucket, R on Slough Rd to L at put-in. Paddle Walker & Upper and Lower Mill Ponds. L Bill Fischer (508-420-4137 call before

9pm, wmbarbarafischer@comcast.net), CL V. Blair/Smith. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL Vickie Blair/Smith

Wed., Apr. 11. Waquoit Bay. Put-in: Whites Landing, E. Falmouth (41°34.730/70°31.907) Go west from the Mashpee rotary on Rt 28 or east from Falmouth and turn onto Whites Landing Rd at Edwards Boat Yard. Will circumnavigate Waquoit Bay. Level 2 skill rating. Max distance 10 miles. PFD, Spray Skirt, & Cold Water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Apr. 14. Lewis Bay. Lewis Bay, Uncle Roberts Cove, lunch on Egg Island, and maybe a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wednesdays

Apr. 18. Swan Pond/River to Nantucket Sound. Take Clipper Lane off Upper Country Road, follow to parking on left. PFD, wet/dry suit required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Sat., Apr. 21. Leader's choice. Sandwich Old Harbor or western end of Barnstable Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Apr. 25. Leaders Choice. Leaders Choice. Either Slocum River and daffodils or Padanaram Harbor. Please call for directions. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Apr. 28. Indian Lakes. Paddle Middle Pond and Mystic Lake - 7 miles. Preregistration for directions to put in. Wet suit and spray skirt required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

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Wed., May. 2. Sippican Harbor to Bird Is.. Put in is at Island Wharf Rd., Marion (41° 42.285 - 70° 45.670). Will paddle out to Bird Is. and explore the area of Sippican Hbr. Level 3, 12 plus miles, Sea Kayaks only, PFD, Spray Skirts, and cold water attire required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., May. 5. Pamet Harbor Truro. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about

100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest, spray skirt, and wet/dry suit required. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Wed., May. 9. Onset Harbor & Creeks. A leisurely 8-mi. tour around scenic Onset harbor and its estuaries. PFD and wet or dry suit req. Spray skirt rec. Launch 10:30AM at Riverside Dr., off Main Ave. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Saturdays

May. 12. Long Pond, Brewster. Long Pond, Brewster. Circle the pond and eat lunch on a sandy beach. Directions to put-in: Route 6N Exit 10 to Route 124. Just after crossing Brewster Town line, turn right on Crowell's Bog Road. PFD required. L Betty Hinkley ((508) 241-4782, bhinkley@mindspring.com)

Wed., May. 16. Weweantic River. Paddle down River to Great Hill Point and Sippican Neck. I-195 to Exit 20 to Visitor Center on 195 going East. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., May. 19. Leader's choice. Barnstable Harbor or Sandwich Old Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., May. 23. Duxbury Bay. Duxbury Bay, Duxbury, Ma. Rte.3 Exit 11 to Rte.14 East 2.9mi. to Y intersection L onto Powder Pt. Ave. 1.1mi. to parking lot W end of Powder Pt. Bridge, Level 3, PFD & Spray Skirt Req., L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, Geowey@comcast.net)

Sat., May. 26. Fiddler's Cove to Old Silver Beach. Put-in is from a private beach (41° 38.904 - 70° 38.203) with limited parking in North Falmouth. Call for directions. Will paddle south to Old Silver Beach and into Herring Brook. On the way back we will stop and have lunch in Wild Hbr. This is open water paddling around Nye's Neck and then south to Herring Brook at Old Silver Beach. Sea Kayaks only, PFD and spray skirt required. Total distance approximately ~12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., May. 30. West Island. Scenticut Neck to and around West Island. I 195 to Rt 240. Cross Rt. 6 to Scenticut Neck Rd., left on Seaview(park). PFD & spray skirt required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 2. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts and perhaps wet suits required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

TRAILS & TRAILWORK

Watch our chapter website and the short notice list for notices for trails events! (www.amcsem.org)

FAMILY EVENTS

Watch our chapter website and the short notice list for notices for family events! (www.amcsem.org)

SOCIAL COMMITTEE & SOCIAL EVENTS

SEM Pot Luck Supper, March 31, Bourne Community Center

SEM Spring Social Weekend, April 28-29. Hiking, biking, and whatever! AMC NobleView Camp, Russell, M.A

Watch our [chapter website](#) and the short notice list for notices for social events!



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