



The Southeast Breeze

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

View from the Chair

By Jim Plouffe, Chapter Chair

I need your help.

I have one very small, easy task that needs to be completed and you are the perfect person to do it. However, I have two problems: I don't know who you are and I don't know what the task is. This is a really covert way of telling everyone that we need volunteers. I am a volunteer as is every one of the SEM Executive Board Members, each of the committee leaders, and many of the people who run the AMC.



We are not new to volunteering and I am positive that you aren't either. But the difference is this: I am not looking for you to use up all your free time as a SEM volunteer. I am simply looking for someone to bring paper cups to our meetings or make a list of things needed for our Chapter Hut Weekend. I am looking for someone to make a couple of phone calls. And I am looking for someone to take pictures at our Open House.

The list of small, easy tasks that we need help with is large, but the time I am asking you to give to do one of these tasks isn't. Would I be happy if, after you do one of the small tasks, you tackle another? Sure! I'd be ecstatic. But I'm not asking you to do that. Why? Because if 20 people each did one easy simple task, then a whole lot would be accomplished without anyone noticing (except me, because I notice the small things people do). That means that a large event can go off without a hitch due to the small, easy task that you volunteered to do.

Every organization is looking for your help. Every organization is looking for you to donate money and volunteer a month of Sundays to their cause. The only thing we are looking for is for a bunch of people to do some very small tasks. Then, we will be a big success. To volunteer for one of these small tasks or to find out other ways you could help us grow, contact me at Chair@amcsem.org. I look forward to meeting you. And to discussing how a small task that you can easily do can have a big impact on your chapter.

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org
CONTACT THE SEM CHAPTER VICE CHAIR: vicechair@amcsem.org
VISIT THE SEM CHAPTER WEBSITE: www.amcsem.org
FIND US ON SEM FACEBOOK: www.facebook.com/AMCSEM
FOLLOW US ON SEM TWITTER: www.twitter.com/amcsem

NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected Wednesdays)

(contact chair@amcsem.org for more info)

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

(contact hikingchair@amcsem.org for more info)

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

1. The monthly 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 e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the AMC 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: www.amcsem.org, Documents.

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 Patroliia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

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Breeze Editor communicationschair@amcsem.org

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

The e-Breeze newsletter is delivered and managed by the AMC-licensed Blackbaud Sphere system.

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

SEM STATS

PADDLE STATS

We started the 2012 paddling season the fourth of April and to date have had a total of six trips. No scheduled trips have been canceled due to weather. Thirty-four people participated in these six trips. Two people were on Luther Wallis' D.W. Field pond paddle.

--George Wey, Paddle Chair

HIKING STATS

Last year (2011) 131 off-Cape hikes were scheduled—this consisted of 106 hikes in Massachusetts and 25 hikes in NH and Maine. Included in the above are backpack hikes, hut trips, snowshoe hikes, and the winter and summer series.

--Walt Granda, Hiking Chair

MEMBERSHIP COMMITTEE

Annual Membership Open House a Success!

By Julieanne Capone



On Saturday March 31st the SEM Membership Committee held our annual Open House at the Bourne Community Center. The invitation was extended to both current and prospective AMC members to learn about all that the SEM Chapter has to offer. The night kicked-off with appetizers and mingling, a short introduction from the Membership Committee's Vice-Chair followed by a pot luck style buffet dinner. The respective Committee Chairpersons presented their areas of expertise. Guests had an opportunity to ask questions and determine their needs in terms of equipment and ability. Oops! Did I forget we had dessert? We were fortunate to have approximately thirty-five people in attendance, especially Carolyn Crowell who celebrates her 50th year as an AMC member.

Congratulations to our door prize winners! Thank you to all for contributing your time, culinary skills, efforts, and insight! The Membership Committee hopes to continue to host the Open House on a yearly basis, but we couldn't have done it without the support of our membership!



MEMBERSHIP COMMITTEE

LL Bean Boot Mobile Event

Boston Common – April 14



It was quite a showing at the LL Bean Boot Mobile Event held on the Boston Common Saturday, April 14th celebrating LL Bean's 100th Anniversary. Mayor Thomas M. Menino kicked off the event with the LL Bean Boot Mobile in the background parked near the corner of Boylston and Tremont.



SEM's Membership Chair, Jim Casey and his lovely wife Cathy, at the AMC Info Table. "We had a constant flow of visitors to the table asking questions about the AMC" said Jim.

SEM's Membership Committee was pleased to participate in such a great event!"



Kim Foley MacKinnon, author of "Outdoors with Kids" sold & signed her new AMC book which features 100 outdoor destinations for family day trips and outings. Written by parents and tested by kids, it offers information about driving directions, parking info, fees, snacks, bathrooms, and much more.



LL Bean tent display on the lawn.



Fly casting demonstration.



AMC table-literature & resources.



Boston Mounted & Park Ranger.



Tossing the Bean Boot!



The LL Bean Bear!!!

EDUCATION COMMITTEE

The Education Committee offers a variety of classes and programs to support the goals of the Appalachian Mountain Club and promote the safe enjoyment of the outdoors. If you have further questions, or wish to express interest in a particular kind of class or training, contact our Education Chair, education@amcsem.org

INTRODUCTION TO MAP & COMPASS – MAY 19 (SPACE LIMITED – SIGN UP NOW!)

SEM has engaged REI to offer a one day Map & Compass training session. Training will be offered at Rocky Woods in Medfield, rain or shine, unless thunderstorms threaten. Course fee is \$60. Register with Len Ulbricht, Education Chair, at len44@gmail.com [FLYER]



During this field outing, we'll help you see three dimensions of the land in the two dimensions of a topographic map by teaching you how to read contour lines, landmarks and other map features. We'll also talk about magnetic north, true north, and magnetic variation (declination), and help you make sense of it all. From there, you'll learn how to take a bearing from the terrain and your map so that you can triangulate your position and plan a route. Maps and compasses will be provided.

Skills you'll learn: Learn how to read topographic lines and other basic features on a map. Learn how to orient a map to match the environment both with and without a compass. Learn basic compass features and how to utilize the map with a compass. Learn how to plot your current position on your map. Use a map & compass to navigate to new locations. Build confidence in your navigation skills.



March 24: Lunchtime at SEM "Leadership Training" course

CONSERVATION COMMITTEE

SEM's NEW CHAPTER PROJECT: D.W. FIELD PARK

By Maureen Kelly, Conservation Chair



Our two overall goals for the project are to improve D.W. Field Park so that more people will use the park and to empower the people who care about the park with the tools to maintain it into the future. Here's where YOU come in: we need your help to make this project a reality. Please consider joining us to help. If you are interested in helping, please send an email to Jim Plouffe, chair@amcsem.org or Maureen Kelly, conservationchair@amcsem.org with your thoughts and suggestions. This project is truly exciting; the chance to improve a local, urban park and bring more people into the "outdoors" that we all love.

D.W. Field Park – First Activity April 21: Park Serve Day



HIKING COMMITTEE



RED LINE the BLUE HILLS NEWS

RLBH is a Thursday night hiking series that runs from April to October, 6-8:00pm. Hikers receive a patch when they finish hiking all 140 miles of trails in the Blue Hills. This year the RLBH hike leaders are: Joe Keogh, Maureen Kelly, and Michael Swartz. Contact the RLBH registrar to sign up. This is the 7th year of RLBH! Come hike with us to mark your trails; or come hike with us just for fun. VISIT RLBH WEBSITE: amcsem.org/RLBHWS/index.htm CONTACT RLBH LEADER: RLBH_leader@amcsem.org CONTACT RLBH REGISTRAR: RLBH_registrar@amcsem.org

Chad Wohlers (center, walking the gauntlet) was the 15th Red Line finisher, finishing his trails on 4/12/12.

Sue Chiavaroli was the 16th Red Line finisher, finishing her trails on 4/14/12.

See all finishers at: www.amcsem.org/RLBHWS/m_finishers.htm



Joe Keogh, Chad Wohlers, Michael Swartz



Spring Tuesday Morning Blue Hills Conditioning Hike Series
Hike Leader: Ken Jones, Co-Leader: Luther Wallis
(Getting in shape for those high peaks!)

HIKING COMMITTEE



Take a Long Hike

By Ray Anderson 



Hello fellow hikers,

Hikers with dogs are common, but some parklands don't allow dogs on established trails. If you are thru-hiking the AT, for example, you are not supposed to bring your pet when you hike through Smoky Mountains National Park. It is wise to check beforehand and make proper arrangements.

Dogs on an extended hike with their master usually carry their own food and supplies. The dog in the picture on the left carries her own collapsible bowl, food, and a mat. The dog in the other picture, Danny, loves to run through brooks and streams, so he is equipped with a waterproof food bag.



On rocky terrain, claws and paws can get beat up pretty bad. To avoid this, on the rugged John Muir Trail, I saw dogs with "paw boots," little leather booties velcro'ed around their paws. You can buy them at hiking stores.

Dogs can be useful; they give warnings of other animals and possible problems. Most of all, they are great company for a lone hiker. Who else would listen to your sermonizing?

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

BIKING COMMITTEE

2000 MILE CLUB



The 2,000 Mile Club was founded by Jack Jacobsen in 2003 to recognize our Southeastern Mass AMC member's accomplishments of cycling 2,000 miles or more in a calendar year. After a minor niggle in the early years, the club was successfully revived in 2007 by our then interim chair, Victor Oliver. Since then we have grown steadily and increased our membership every year. 2012 marks the 9th year of the 2K Club, as the first year of recording our mileage was 2004. Mileage must be accurately logged and recorded and may be a combination of road cycling and mountain biking miles. Send your mileage quarterly to our registrar, Dan Egan at danielfrancisegan@hotmail.com.

Embroidered patches of recognition are awarded to first time members only. To receive your patch, e-mail your name, AMC Number, first year of qualification, and mailing (USPS) address to Paul Currier currierpaul@comcast.net.

	2000 Mile Club/Mileage Report		
	Southeastern Massachusetts		
	Appalachian Mountain Club		
	3/31/2012		
Robyn Saur		East Falmout	1400
Kevin McNatt		Mansfield	1131
Leonard Leonardi		Franklin	1050
Joe Barry		Yarmouthpor	963
Gerry Nelson		Bourne	821
Roger Scholl		Rochester	593
Ron Sikora		Cotuit	575
Dan Egan		Brockton	570
Joe Tavilla		Osterville	472
Linda Church		Falmouth	415
Larry Cohen		S Easton	369
John Sullivan		Marshfield	349
Paul Currier		Sandwich	337
Pam Patrick		Orleans	317
Lee Eckhart		Assonet	288
Barry Gallus		Yarmouth	239
ED Foster		Cotuit	193
Fred Chase		E. Providence	138
Lawton Gaines		Canton	129
Bob Kennedy		Brockton	60

BIKING COMMITTEE

PATRIOT'S DAY BIKE RIDE



MALIBU BEACH



UMASS BOSTON VIEW

Riders: Dan Egan, Karen DeAngelis, Pati Kent, Cindy Miller, Janet Bretzel, Bob Ruggerio,

Ray Teebow, Bob Kennedy, Ingrid from Cambridge, Fred Chase.

In seventy five degree temperatures 10 riders set off down Morrissey Boulevard from Malibu Beach and circled UMass Boston and JFK Library before heading down Day Boulevard past the L Street Bath House to Castle Island where temperatures dropped by ten degrees because of the water effect on the Causeway. We continued on to Northern Avenue where we traversed the Legal Seafood & Jerry Remy's Boardwalk and the Harbor Plaza Walkway of the Federal Courthouse. We crossed the old trestle bridge, now only open to pedestrians and bikers, and headed toward Commercial Street with a quick visit to Long Wharf then on to the far end of the North End-side of the great Molasses Flood. We posed for pictures at Paul Revere's statue-"one if by drones; two if by computer hacking". No one seemed to be interested in a florentine cannoli so we skipped Michael's Pastries and the Modern Bakery headed back to City Hall; up to Washington Street and the Downtown Crossing and finally on to the Boston Commons. Dodging a continual throng of Patriots Day amblers we cruised down Newbury Street and observed the beautiful people shopping and dining at sidewalk cafes. At the corner of Exeter and Boylston at 12:25 we watched the first woman marathoner streak for the finish line 100 yards away. Five minutes later we were gliding down the Mass Ave footbridge to banks of the Charles River and peddled to the Hatch Shell where we ate in the shade of the trunk of a solitary elm tree at the base of George Patton's statue(in Boston?). Finally in high 80 degree temperatures we sprinted back thru Chinatown out Summer Street to L Street and down along Carson Beach and out to our waiting cars at Malibu Beach-finished at 2:00 P.M. - 24 urban miles; no flats; no accidents; and no incidents.

JOIN US FOR RIDES!

BIKING COMMITTEE

Cyclists' Culinary Corner

ENERGY BAR RECIPE

Submitted by: Gianluca
(Adapted from the National Peanut Board)

Directions:

In a large bowl mix these dry ingredients:

2 cups quick or traditional rolled oats
2 cups Rice Krispies cereal
1/2 cup peanuts and/or almonds
1/2 cup raisins and/or dates
1/2 cup dry cranberries
1/2 cup walnuts and/or sunflower seeds

In separate container microwave on high for ~80 seconds:

1/2 cup brown sugar
1/2 cup peanut butter and/or almond butter
1/2 cup honey and/or maple syrup and/or corn syrup

Stir mixture and microwave for 40 additional seconds, 60 seconds if small microwave oven. Add 1 tsp of vanilla extract. If using unsalted ingredients, adding 1/4 tsp of salt will make it tastier

Stir hot syrupy mix, then add it to the dry ingredients, working into a uniform mixture.

Add only a few dark chocolate chips just before pouring the mix into a 10x7 lightly oiled pan and firmly compressing it using a spatula, large spoon or suitable utensil. Add the chocolate chips at the very end, else they will melt and dissolve as you mix the ingredients. If you add too many chocolate chips their flavor will suppress that of other ingredients.

Let firm up for a few hours before cutting into squares or bars. The mixture gets firmer overnight, especially if refrigerated.

FIRST AMC SEM "EASY RIDER"

By Wes Ewell

It doesn't get much better than this. Perfect weather, pleasant company, great views, and no hills. Six cyclists showed up in Fairhaven Sunday morning for the first AMC SEM Easy Rider ride of the season. Leader Jon Fortier planned a ten-mile ride that passed the starting post after five miles in case anybody got too tired. We were all feeling so good, however, that we added three side trips, bringing the total ride to 16.5 miles.

The ride covered the rail trail from the Fairhaven waterfront into Mattapoisett, with side trips to Fort Phoenix and along the hurricane barrier to the New Bedford harbor entrance gate; along Arsene Street through the South Shore Marshes Wildlife Management Area to the waterfront at Little bay; and down Brant Island Road and Brant Beach Avenue in Mattapoisett to a private beach and jetty. Co-leader Jack Jacobsen, who has lived all his life (so far) in Fairhaven, led a tour past the ornate brownstone town hall and library that were built for the town by oil baron Henry Huttleston Rogers.

Jack also mentioned that he makes a fish chowder served by a local restaurant called Simmy's, and suggested we all gather there for lunch after the ride. We were a little uneasy when Jack ordered a hamburger, but those of us who had the chowder agreed it was outstanding. Participants included Sandy Edwards, who came down from Walpole; Suzanne Laundry, Dick Roberts, and Wes Ewell, who came over from the Cape; and co-leaders Jon Fortier and Jack Jacobsen, from Carver and Fairhaven.

THE EASTON LOOP

By Karen Newberger

We had a quick ride over flat roads though Easton and the surrounding towns on an early Sunday morning past grazing horses at a local farm, the historic Ames mansion at Borderland State Park, and serene Lake Massapoag in Sharon. Some riders were starting their training for longer summer rides (two people were getting ready for Century Rides in June) and some were out just to enjoy the warm sunny day. We stopped for a short break at the lake for water and to smooze. It was a fun way to start the day.



WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

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



COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In

Send items to communicationschair@amcsem.org

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 information is from the AMC's central office at Joy St. in Boston and is written by them.

White Mountain Four Thousand Footer Club membership has just climbed past 10,000, and the New England Four Thousand Footer Club welcomed its 2500th member this year. More information is available at the link below:
<http://www.outdoors.org/about/newsroom/press/2012/4k-footer-club-welcomes-10000th-member.cfm>

AMC's 2012 Fall Gathering will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's Outdoors magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

AMC's Fire Island Special Discounts -- Beat the noisy summer crowds, pesky flies and mosquitoes and enjoy the beautiful month of May at the cabin on Fire Island, a barrier island that shares the only National Wilderness Area in the New York State, beginning May 13th. Midweek deals available May 13-17 and May 20-24 and you can bring a non-member for free! <http://www.outdoors.org/lodging/cabins-campgrounds/camps-fire.cfm>

The following adventure trips were added to the schedule for 2013:

- Backcountry Skiing in Yellowstone, Jan 24–Feb 2
- Hiking New Zealand, Feb 9–25
- Skiing New Mexico, Feb 9–19
- St. John, USVI, Feb 10–19 or Feb 14–21 or March 16–24
- Trekking Patagonia, Feb 23 – March 4
- Death Valley and the Red Rocks, Nevada, April 19 – 28
- Morocco Trek, May 4 – 19
- Hiking the Superior Hiking Trail, Minnesota, Sept 20 – 29
- Biking Provence, Oct 11 – 19

For complete details on all these adventure travel trips plus more, visit: www.outdoors.org/adventuretravel

AMC Books Announces the Publication of Spring 2012 Titles –

- Outdoors with Kids Boston*
- Outdoors with Kids New York City*
- Discover the Adirondacks*

- AMC's White Mountain Guide*
- AMC's Maine Mountain Guide*
- Appalachia Cumulative Index 1946-2010*

AMC Books are available wherever books are sold. Order directly from the AMC at www.outdoors.org/amcstore or by calling 800-262-4455. For review copies, cover shot art, or to schedule authors for speaking events, please contact:
Becky Fullerton, AMC Marketing Associate, 5 Joy Street, Boston, MA 02108. Phone: 617.391.6629 or email: bfullerton@outdoors.org

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 Fall Gathering, October 19-21

CHAPTER-WIDE ACTIVITIES

SEM Map & Compass, May 19

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 4, 2012

SEM Winter Hiking Series, November 3, 2012

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

CHAPTER ANNOUNCEMENTS

Watch our website for the latest in AMC SEM!

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 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 Map & Compass, May 19



BIKE: Brockton DPW Ride

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

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 leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and 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 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

(AN) (CE) Tuesdays

May. 1. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.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 Guenthner, 508 699-7461 before 9:pm, murielguenthner@comcast.net. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Muriel Guenthner ((508) 699-7461 before 9:pm, murielguenthner@comcast.net), R Muriel Guenthner ((508) 699-7461 before 9:pm, murielguenthner@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)

(AN) (CE) Tuesdays

May. 8. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@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)

(FT) (NM) Thu., May. 10. Thurs Morn. HIke M-M Trail, Mt Norwottuck (B3C). 5.4 mile hike along Metacomet-Monadnock trail from Rte 116 to Harris Mountain Rd. A very Picturesque hike will take us to Mount Norwottuck, Horse Caves, Rattlesnake Knob and Long Mountain. After the hike a side trip to a local country store for ice cream. 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)

(FT) (NM) Saturdays

May. 12. Intro. to AMC Hiking-Wollomonopoag Conservation Land Hike. Introduction to hiking-5+ mile walk on conservation land in Wrentham. Features large eskers, beaver dams, ponds, a mature forrest and a Great Blue Heron Rookery.(B3C). Contact L to register, Ellen Correia, 508-954-4099, ellenrcorreia@gmail.com. L Ellen Correia ((508) 954-4099 before 9:pm, ellenrcorreia@gmail.com), CL Jodi Jensen , R Ellen Correia ((508) 954-4099 before 9:00pm, ellenrcorreia@gmail.com)

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, mokol773@aol.com)

(AN) (CE) Tuesdays

May. 15. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(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)

(XCE) Sat., May. 19. Map & Compass Training. SEM Chapter has engaged REI to offer a one day Map & Compass training session on Saturday May 19, 2012. Training will be offered at Rocky Woods in Medfield, rain or shine, unless thunderstorms threaten. Course fee is \$60
Class Description: During this field outing, we'll help you see three dimensions of the land in the two dimensions of a topographic map by teaching you how to read contour lines, landmarks and other map features. We'll also talk about magnetic north, true north, and magnetic variation (declination), and help you make sense of it all. From there, you'll learn how to take a bearing from the terrain and your map so that you can triangulate your position and plan a route. Maps and compasses will be provided. Skills you'll learn: Learn how to read topographic lines and other basic features on a map Learn how to orient a map to match the environment both with and without a compass. Learn basic compass features and how to utilize the map with a compass. Learn how to plot your current position on your map. Use a map & compass to navigate to new locations. Build confidence in your navigation skills. L Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com), R Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com)

(AN) (CE) Tuesdays

May. 22. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(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

(AN) (CE) Tuesdays

May. 29. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. Meet at 9:30 at Houghton's Pond parking area. Call in case of change. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Luther Wallis ((508) 923-1935, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(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)

(FT) (NM) Thursdays

Jun. 7. 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., Jun. 9. Hiking-Alander Mountain/Bash-Bish Falls. Dotted with picturesque towns and surrounded by rolling ridges of hardwood forests, the Berkshires are a must-visit hiking destination. Among the many locations from which to choose, Alander Mountain stands above the rest with its expansive views and interesting natural features. A 7.6-mile hike can be completed by following the Bash-Bish Gorge, South Taconic, and Bash-Bish Falls trails. Excellent views can be found along the ridge leading south to the mountain's wide-open western summit. Complete the hike by swinging through New York's Taconic State Park and past the Bay State's highest falls. The trailhead is on Falls Road in the town of Mount Washington, 0.3 mile east of the New York border. L Walt Granda ((508) 999-6038 before 9:00 PM, wlgranda@aol.com), CL Anne Duggan ((508) 748-6782 before 9:00 PM, ab.duggan@verizon.net), CL Jean Hauck ((781) 326-4075, jeanhauck@verizon.net), R Anne Duggan ((508) 748-6782 before 9:00 p.m., ab.duggan@comcast.net)

(FT) (NM) Thursdays

Jun. 14. 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)

(FT) (NM) Sat., Jun. 16. Intorduction to AMC Hiking - Long Pond-Ell Pond , Ashville,RI. A great hike for new members and and first time hikers. Hike along the Narragansett Trail lined with mountain laurel to a cliff that overlooks Long Pond. The hike then proceeds through a gorge lined with rhododendrons and hemlocks. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com)

(FT) (NM) Thursdays

Jun. 21. 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., Jun. 23. Mt. Hale - Zealand Falls Trail Loop. 7.7 mi, el 4,054 ft, change 2,276 ft, moderate pace, scenic views, wet areas, pass Zealand Falls and hut. Magnificent views from the outlook at Zeacliff, and connecting trails lead to a number of other superb outlooks. Part of the AT. Beaver swamps, meadows, and ponds, with views of the surrounding mountains. L Len Ulbricht (lenu44@gmail.com), CL Anne Duggan (ab.duggan@verizon.net), R Brian Duane ((339) 244-4107 before 10 pm, brianduan@earthlink.net)

(FT) (NM) Thursdays

Jun. 28. 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., Jun. 30. Franconia Ridge Loop. One of the most spectacular hikes with beautiful views in the Whites! L Leslie Carson ((508) 833-8237, ltc929@comcast.net), CL Maureen Kelly ((617) 943-4288, MoKel773@aol.com), R Maureen Kelly

(FT) (NM) Thursdays

Jul. 5. 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)

(AN) (CE) Mon., Jul. 9-13. Acadia NP Multi-Sport July Camp. Join us for a week of hiking, biking, kayaking, and relaxing in one of Maine's premier outdoor destinations. We will be car camping using the Blackwoods Campground as our base camp. Leaders will plan multiple activities each day in and around the park. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Hadley Donaldson ((617) 823-1509), CL Luther Wallis ((508) 923-1935), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 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)

(FT) (NM) Sat., Jul. 14. Arethusa Falls /Frankenstein Cliff. A pleasant walk along Bemis Brook while viewing several waterfalls. Then the hike will proceed to the Frankenstein Cliff Trail for a possible view of Mt. Washington on a clear day. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com), CL Anne Diggan , R Nancy Coote ((508) 596-8222 7-9 PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Jul. 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)

Sat., Jul. 21. Mt. Tecumseh - A moderate 4K. Are you thinking about bagging your first 4K? Mt. Tecumseh is one of the easier 4K hikes, it's not too far north and it's a good way to start. Join us whether this is your first or your 48th. The hike will be moderately paced, 5.6 miles and 2400' elevation. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Karen Singleton ((508) 730-7701 before 9pm, karen.singleton@comcast.net), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Sat., Jul. 21. Thurs. Morn. Hike Caratunk Refuge, Seekonk, MA. A leisurely hike at Caratunk Refuge. We will hike trails that wander around ponds, over brooks, through several kinds of forest, and along open fields and stone walls. After the hike there will be a cook-out at the leaders house. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Sat., Jul. 21. Into. to AMC Hiking/ Caratunk Refuge, Seekonk, MA. A leisurely hike at Caratunk Refuge. We will hike trails that wander around ponds, over brooks, through several kinds of forest, and along open fields and stone walls. After the hike there will be a cook-out at the leaders house. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Thursdays
Jul. 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)

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., 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

WANTED: Ride Leaders and Co-Leaders. 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 (bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. Join 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 to register your mileage and for more info. (bikingchair@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)

Tuesdays

May. 1. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) Sat., May. 5. Sunset/Full Flower Moon Ride. Ride along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and Full Worm Moon rise over Sagamore. Ride starts in Sandwich Rec Area about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 8. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 15. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 22. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

May. 29. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Mon., Jun. 4. Sunset/Full Strawberry Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 5. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with

helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 12. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 19. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tuesdays

Jun. 26. Tuesday Afternoon and Evening Rides - All Seasons. Scenic cycling on Cape Cod - mostly road - for 2 hours/25 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jul. 3. Suunset/Full Buck Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jul. 17. A Dennis South Shore Ride. We'll start in the evening on the Rail Trail on Rte. 134 in Dennis and ride to West Dennis Beach, then along the shore to Old Wharf Road and the cottage colonies. Continue to Wychmere Harbor and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium. Return on the rail trail. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Carrier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Wed., Jul. 25. Wednesday Wheelers - Dennis. Start on the south side of Dennis to some interior roads over to Chatham Light and Morris Island. Must be able to keep a 14-15 mph AVERAGE pace. Lunch after the ride at Chapin's Beach Bar. Distance: 45 miles Pace: intermediate 14-15 mph average Start Time: 10:00 A.M. Terrain: Rolling with a few

hillsStart Location: Requires Registration This is a combined Charles River Wheelmen / AMC ride. L Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net), R Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

WANTED: Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net) or cypcoordinator@amcsem.org

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

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").

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. Sconticut Neck to and around West Island. I 195 to Rt 240. Cross Rt. 6 to Sconticut 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)

Wed., Jun. 6. Jones River at Kingston Bay. Put-in is the boat ramp (41° 59.886 - 70° 42.621) at the entrance to Jones River. Take exit 9 from Rte 3 and go NW on 3A, then right onto Landing Rd. and right onto River Rd. to the end. This is a beautiful river to explore. The Harbor Master tells me the dam has been taken out opening a whole new area to paddling. Very tide dependent paddle. Level 2, PFD required, spray skirt recommended. I did this river 3 years ago, but only to the dam. There may be some fast water. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jun. 9. W. Falmouth to Sippewisset Inlet. Put-in is the boat ramp (41° 36.232 - 70° 38.302) on Old Dock Rd., W. Falmouth. You must park back at the bike path lot. Call for directions. Paddle will be south to Gifford's Ledge, and the Great and Little Sippewisset Inlets. ~12 miles, Level 3, Sea Kayaks only. PFD and Spray Skirts required. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Jun. 13. Westport River East Branch. Paddle down the river to islands in Westport Harbor. I 195 to Rt 88S. Left at 2d light (Old County Rd.) 1 mile to Head of Westport Village. Park on either side of River. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 16. Cotuit Bay. S on Rt. 149. R on Rt. 28 to L on Putnam. (at lights). Straight on Old Shore to town landing PFD, spray skirt req. Tour three bays and lunch on Samsons Island. L Bill Fischer ((508) 420-4137 before 9pm, wmbarbarafischer@comcast.net), CL E. Pratt

Wed., Jun. 20. Wellfleet Bay. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave.

The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Sat., Jun. 23. Weweantic River. A liesurely 6-8 mi. trip to explore the headwaters of the Weweantic River, Sippican River, and Cohackett Creek. PFD req. Launch 10:30AM at State ramp in rest area between Exits 20 & 21 on I-195 East. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Wed., Jun. 27. Slocum River/ Little River. Eleven mile paddle down Slocum River and up Little River. I 195 Exit 12 South Faunce Corner Rd. Cross Rt 6 to Old Westport Rd. to Chase Rd. Right at Russells Mills Rd. to town park on left. PFD & spray skirt required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jun. 30. Boston Harbor Inner Islands. Circumnavigate several Harbor Islands. Put-In.Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Jul. 4. Swan River/Pond, Dennis, MA. R6 exit 9 for W Harwich/Dennisport, R134 S past Patriot's Square to 2nd set lights L Upper County road past Hart Farm, L Clipper Lane to put-in on Swan Pond Paddle down River to mouth on Nantucket Sound, lunch on sandbar & return circumnavigating Swan Pond Limitations: Life Vest required, Spray Skirt may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Sat., Jul. 7. Jackknife Cove and Pleasant Bay. We'll paddle out to the Cut and see what changes winter hath wrought. Lunch looking out over the cut, then cross the cut, go around Strong Island and return. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Jul. 11. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-in, Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Jul. 14. Follins Pond/Mill Pond, Dennis, MA. Route 6 exit to route 134 north, Left Setucket road, Left Mayfair road, Left Follins Pond road to town landing at the end. Limitations: life vest required, spray skirt may be required if windy. Paddle Follins Pond to Weir Creek bridge & if tide permits into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((362) 508-0451 before 6 pm, paulcorri@gmail.com)

Wed., Jul. 18. Westport River West Branch. Paddle down West Branch of Westport River to harbor and the Let. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jul. 21. Monks Cove & Back River. Leisurely 8-mile tour around Monk's Cove, Phinney's Harbor, and scenic Back River. PFD and spray skirt required. Launch at 10:30am, Monk's Park off Shore Road in Pocasset. Barlow's Landing Road from Route 28S to Shore Road. Right on Shore road, left onto Valley Bars Rd. Park at RR overpass. L Wesley Ewell ((774) 313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Jul. 25. Mattapoissett to Haskell or West Islands. Put-in is Ned's Point (41° 39.064 - 70° 47.649), Mattapoissett. Call for directions. Depending on wind/sea conditions we will lunch at either Haskell Is. to the north or West Is. to the south. PFD and Spray

skirts required. Sea Kayaks only. Level 3, distance ~14 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jul. 28. Bass River South, Dennis. Route 6 exit 9, Route 134 South, Right Upper County road, Left Main st, Right Cove road to town landing at end. Limitations: Life Vest required, Spray Skirt may be required if windy. Paddle down river to mouth on Nantucket Sound with lunch on West Dennis Beach. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

TRAILS & TRAILWORK

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

FAMILY EVENTS

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

SOCIAL COMMITTEE & SOCIAL EVENTS

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

SKIING (XC and DOWNHILL)

We had great fun this winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!



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