

Breeze

the southeast

Written for
you by you

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



January 2013

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: Andrea Holden

AMC, 5 Joy St. Boston, MA
02108, 800.372.1758
www.outdoors.org/mem-bercenter

2013 LEADERSHIP TRAINING

Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure

similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

AMC Challenges Approval of Transmission Line in Delaware

AMC Challenges Approval of Transmission Line in Delaware Water Gap and Asks Courts to Halt Construction In partnership with other conservation and trails organizations, AMC recently filed an injunction in Federal court chal-

lenging the approval by the National Park Service of the Susquehanna to Roseland transmission line in New Jersey and Pennsylvania, slicing through the heart of the Delaware Water Gap, the Appalachian Trail and the Delaware River, which

is federally recognized under the Wild & Scenic River Act. As part of this action, we also ask the courts to temporarily halt construction while our case is being considered. [Read more >>](#)

save the dates

- Leadership Training Borderland SP
April 6, 2013
- Wilderness First Aid Noble View
April 27 & 28th, 2013
- Family Weekend
Aug. 23-25, 2013
- Chapter Hut Weekend
Sep. 20-22, 2013
- Annual Meeting
Nov. 2, 2013

Register for AMC's 137th Annual Summit!

Visit [here](#) for more information

SIGN up for the BREEZE call 800-372-1758 or email amcinformation@outdoors.org





Executive Board Chapter Meetings
6:30pm selected 2nd Wednesdays
contact chair@amcsem.org

Hike Planning Meetings
6:30pm 1st Wed. quarterly
contact hikingchair@amcsem.org

Where to find activities (hikes, bikes, etc.)
1. The monthly *Breeze* - arrives by email
2. *AMC Outdoors magazine* - arrives by mail
3. *Online trip listings* activities.outdoors.org
4. Sign-up for *short notice trip listings* at <http://www.amcsem.org>

Pictures and Article Submissions
We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials will be edited for content and to fit available space. *Send to breeze.editor@amcsem.org*

Breeze Deadlines
Monthly on the 7th, trips; 15th articles/pix

Want the Breeze?
call 800-372-1758
Or email amcinformation@outdoors.org

Where to find Breeze Publications
<http://www.amcsem.org/newsletters.html>

Volunteers needed!
Volunteer for the Executive Board! Have technical, writing/editing, web design skills, like Kids? Volunteer to lead a hike, bike, or paddle! We have volunteer positions open! *Contact chair@amcsem.org*

Executive Board

<p>Chapter Chair <i>chair@amcsem.org</i> Cheryl Lathrop, 508-668-4698</p>	<p>Education <i>education@amcsem.org</i> Len Ulbricht, 508-359-2250</p>
<p>Vice Chapter Chair <i>vicechair@amcsem.org</i> Maureen Kelly, 508-224-9188</p>	<p>Hiking <i>hikingchair@amcsem.org</i> Walt Granda, 508-971-6444</p>
<p>Treasurer <i>treasurer@amcsem.org</i> Patty Rottmeier 508-982-1099 (c), 508-228-4207 (h)</p>	<p>Hiking (Vice) <i>hikingvicechair@amcsem.org</i> Paul Miller, 508-369-4151</p>
<p>Secretary <i>secretary@amcsem.org</i> Karen Singleton, 508-730-7702</p>	<p>Membership <i>membershipchair@amcsem.org</i> Ed Miller, 774-222-0104 5-9pm, no calls after 9pm please</p>
<p>Biking <i>bikingchair@amcsem.org</i> <i>vicebikingchair@amcsem.org</i></p>	<p>XC Ski <i>xcskichair@amcsem.org</i> Barbara Hathaway, 508-880-7266</p>
<p>Canoe/Kayak <i>paddlingchair@amcsem.org</i> George Wey, 781-789-8005</p>	<p>Trails <i>trailschair@amcsem.org</i> Lou Sikorsky, 508-678-3984</p>
<p>Canoe/Kayak (Vice) <i>paddlingvicechair@amcsem.org</i> Betty Hinkley, 508-241-4782</p>	<p>Past Chapter Chair <i>pastchapterchair@amcsem.org</i> Jim Plouffe</p>
<p>Cape Hiking <i>capehikingchair@amcsem.org</i> Farley Lewis, 508-775-9168</p>	<p>AD Hoc Committees</p>
<p>Cape Hiking (Vice) <i>capehikingvicechair@amcsem.org</i> Peter Selig</p>	<p>Social Chair <i>socialchair@amcsem.org</i> Jodi Jensen, 781-762-4483</p>
<p>Cape Hiking (Vice) <i>capehikingvicechair@amcsem.org</i> Janet DiMattia, 508-394-9064</p>	<p>Family Events Chair <i>familyeventschair@amcsem.org</i> Chris Pellegrini, 508-233-9203</p>
<p>Communications <i>communicationschair@amcsem.org</i> Andrea Holden, 508-989-4239</p>	<p>Staff</p>
<p>Conservation <i>conservationchair@amcsem.org</i> Joanne Jarzobski, 508-775-7425</p>	<p>Social Networking Moderator Susan Salmon</p>
<p>Chapter Youth Program (CYP) <i>cypcoordinator@amcsem.org</i> Sally Delisa, 781-834-6851</p>	<p>Webmaster <i>webmaster@amcsem.org</i></p>
	<p>Breeze Editor <i>breeze.editor@amcsem.org</i></p>
	<p>Blast Editor <i>blast.editor@amcsem.org</i></p>



View from the Chair

By Cheryl Lathrop



Image Credit: <http://photo.cdn.com/happy-new-year-hd-wallpapers-2013.html>

As we see 2012 fading away in the rear view mirror, we remember all the great outdoor activities we had—all brought to you by the untiring efforts of our chapter volunteer leaders. Never forget for a moment that all SEM events are completely run by volunteer leaders. And on behalf of the AMC SEM Executive Board I extend a personal thank you to each and every one of our volunteers.

Don't for a minute think of the AMC as a fair weather club! No way! These same tireless volunteers have great winter activities prepared for you in 2013. So, get off the sofa and come join us! Winter activities are great fun. You get out of the house, you get exercise... And nothing beats standing on top of a snowy mountain in The Whites with no summer crowds and no leaves on the trees – fabulous views! That in addition to the satisfaction of having clawed your way up there on your microspikes!

Or, for those of you not so ambitious, let the chair lift carry you up the mountain and simply slide down! Or power yourself around the mountain on one of our cross country ski trips. And The Cape is now free of traffic and open for hiking! Don't miss it! Beautiful beaches and trails – and no crowds. And don't put your bike away either. It's not always snowy and slippery. Just bundle up and get out there with our bike leaders on a good day.

We're a 4-season club. See you outside!

Cheryl Lathrop
Chapter Chair



As always, feel free to contact your chapter chair, or vice chapter chair at any time.
Chapter Chair: Cheryl Lathrop (chair@amcsem.org) ~ Vice Chapter Chair: Maureen Kelly (vicechair@amcsem.org)



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are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

For more information click [here](#) or contact Len Ulbricht at len44@gmail.com.

Take A Long Hike

By Ray Anderson



Hello fellow hikers. Take a look at the backpacks in the pictures. Both packs are empty, but the red one, with external frame, is already twice as heavy as the green one. And, because it is much bigger, you will cram extra stuff into it. The red pack is almost identical to the one I used on the Appalachian Trail in '03, and it topped out around 47 pounds (including food, but not water). I don't think I ever got it under 40 pounds, and this contributed to a knee problem I had out there.

I learned the hard way to buy a light pack and to pack light. I used the smaller, no-frame pack on the Pacific Crest Trail five years later and topped it out at 31 pounds. I doubt my knees would survive the A.T. today carrying over 40 pounds plus water. Today you will find ultra-lite long-distance hikers who carry less than 20 pounds!

Ray Jardine was the early guru of light backpacking. I studied his 1999 book Beyond Backpacking and learned a lot. And I'm going to buy his new one, Trail Life: Ray Jardine's Lightweight Backpacking. Reducing pack weight is the number one issue for any serious hiker. If it isn't a necessity, don't



haul it. Modify what you have. Rather than the old Boy Scout metal fork and spoon, buy a plastic spork. Think tarp rather than tent in milder weather. Get a tiny stove. Do you absolutely need a stove? What a difference a light pack makes!

Ray's Hiking Blog:
www.TakeaLongHike.com



CHAPTER WIDE EVENTS

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

Leadership Training Borderland SP

April 6, 2013

Wilderness First Aid Noble View

April 27 & 28th, 2013

Family Weekend

Aug. 23-25, 2013

Chapter Hut Weekend

Sep. 20-22, 2013

Annual Meeting

Nov. 2, 2013



SWAP * BARTER *
SELL * TRADE * FREE



White, Tandem, Hurricane Kayak
\$850

One season use. Open cock pit with yellow cover, one dry hull for first aid kit and/ or towel and extra clothes. Asking \$850. Easy to handle, Paddles not included. Call Rona Robinson 508-364-0568. (Hyannis, Ma.)

treated nylon diamond ripstop provides outstanding water repellency and shedding 1000D nylon pack cloth bottom for abrasion resistance Front kangaroo pocket 4 large external side pockets Waterproof zippers Hydration ready. Andrea Holden, aholden2578@comcast.net, 508.989.4239, leave message (Attleboro)



EMS down mummy sleeping bag
\$75.00

Long (82 inches) like new.

Women's Avian Light WTPF multi sport shoe
\$25.00

Hardly worn (too small) size 8.

LL Bean original style Stabilicers
\$10.00

Size small.

Contact Joanne Staniscia
jstaniscia@comcast.net
508-528-6799



Tatarian™ X 55 Women's Backpack
\$50 or Best Offer

Brand new with tags, has discolorations on top lid, see picture of seams provided. Made for a women's frame, Capacity: 2253 - 3455 cu.in. /55 L, Pack weight: 3.76 lbs. (1.71 kg), Harness system adjusts to fit torso range of 14 in. - 20 in. top loading, internal frame backpack top lid converts easily into a lumbar pack fabrics: 210D Silicon



PADDLING



Leaders
Wanted

Contact Paddling Chair George Wey,
paddlingchair@amcsem.org, 781-789-8005

SOCIAL & EVENTS

Contact the social chair socialchair@amcsem.org
781-762-4483

FAMILY EVENTS

Contact the family events chair Chris Pellegrini
familyeventschair@amcsem.org 508-244-9203



Check our website **AMCSEM.ORG** for
the latest news!

Note activities marked for:

FT = First Timer NM = New Member

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

Last minute activities and cancellations are posted
on our Short Notice Email List (SNEL). Sign up for
here <http://amcsem.org/>

Want to get WORD OUT in the Breeze?

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In.
Send items to breeze.editor@amcsem.org

PERSONAL POSTS

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

SWAP STUFF

The E-BREEZE will publish FREE ADS for MEMBERS to SWAP/BAR-
TER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to:
breeze.editor@amcsem.org, put "BREEZE - SWAP" in the subject line.

ADVERTISING

Got an AMC-related outdoorsy business? Run a paid business card-sized
ad in the Breeze for \$10/month (\$100/year)! Contact: breeze.editor@amcsem.org

COLUMNISTS

Got something to say, want to be a regular Breeze columnist? Contact the
Breeze editor to volunteer! breeze.editor@amcsem.org

BICYCLING

WANTED: Ride Leaders and Co-Leaders. Are
you enthusiastic about cycling? Do you like show-
ing other riders your favorite roads? If yes, then why
not share your enthusiasm and routes w/ your fellow
AMC members? Contact Bike Chair (508-428-6887,

Bike Ratings: First character indicates distance
in mi: AA=50+; A=35-50; B=25-35;
C=under 25. Second is L's pace in mph:
1=17; 2=13-16; 3=11-13; 4=up to 11. Third
is terrain: A=very hilly; B=hilly; C=rolling;
D=flat.

bikingchair@amcsem.org 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 annu-
ally to members who ride 2,000 mi or
more per year. Contact the bicycling
chair to reg. your mi and for more
info. (bikingchair@amcsem.org)

Tues. Rides. 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 loca-
tion 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

Jan. 1. 10th Annual New Year's Day
Ride. Kick off our SEMAMC cycling
schedule and our annual quest to at-
tain 2,000 or more miles. This is an
intermediate ride for 27 miles with
several bailouts for less miles. This
beautiful trip includes the coast and
harbor of Marion Center; Sea Shell
Beach; Converse Road Loop; and
Point and Delano Road Roads to
Planting Island and Kittansett Golf
Club offering a cross-the-bay view
of all three bridges. L Paul Cur-
rier ((508) 833-2690 Until 7pm,

currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 1. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with se-
lect stops. Less miles for mountain
bike rides. Intermediate paced cy-
cling includes occasional stops at
popular and lesser-known unique
locations. Tires and riders pumped
and ready to roll with helmets, spare
tube & tools, and water. Registra-
tion required as changes will be
sent only to registered riders. L Paul
Currier ((508) 833-2690 Until 7pm,
currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 8. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with se-
lect stops. Less miles for mountain
bike rides. Intermediate paced cy-
cling includes occasional stops at
popular and lesser-known unique
locations. Tires and riders pumped
and ready to roll with helmets, spare
tube & tools, and water. Registra-
tion required as changes will be
sent only to registered riders. L Paul
Currier ((508) 833-2690 Until 7pm,
currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 15. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with se-
lect stops. Less miles for mountain
bike rides. Intermediate paced cy-
cling includes occasional stops at
popular and lesser-known unique
locations. Tires and riders pumped
and ready to roll with helmets, spare
tube & tools, and water. Registra-
tion required as changes will be
sent only to registered riders. L Paul
Currier ((508) 833-2690 Until 7pm,
currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 22. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with se-
lect stops. Less miles for mountain
bike rides. Intermediate paced cy-
cling includes occasional stops at
popular and lesser-known unique
locations. Tires and riders pumped
and ready to roll with helmets, spare
tube & tools, and water. Registra-
tion required as changes will be
sent only to registered riders. L Paul
Currier ((508) 833-2690 Until 7pm,
currierpaul@comcast.net)

(FT) (NM) (XCE) Sat., Jan. 26.

Sunset/Full Wolf Moon Ride. Ride
Description: Road cycling. L Paul
Currier currierpaul@comcast.net
or 508-833-2690 Ride the hills and
shores of Sagamore and the canal
trail to Buzzards Bay. We'll catch the
spectacular sunset over Onset Bay
during a tour of Mass Maritime and
moonrise over Plymouth Bay. C2B
Tires and riders pumped and ready to
roll. Helmets, spare tube & tire tools,
and water required as is registration
-cancellation/rescheduling sent only
to registered riders. Directions: From
the former Sagamore Rotary now the
Sagamore Straightaway, head to-
ward Scusset and take Canal Road
past Friendly's to the Sagamore Rec-
reation Lot. L Paul Currier (508-833-
2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Tuesdays

Jan. 29. Tuesday Scenic Cycling.
Scenic cycling on Cape Cod - mostly
road - for 2 hours/22 miles with select
stops. Less miles for mountain bike
rides. Intermediate paced cycling in-
cludes 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 wa-
ter. Registration required as changes



will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Wed., Apr. 24. Shoestring By. A paddle down Shoestring Bay and up the Masphee River for a look at early spring flora and fauna as salt water transitions into brackish and then fresh water. Then across Popponeset Bay for lunch on Thatch Island, Meadow Point or Crockers Neck Beach. Before heading back, paddling into Pinquicket Marsh, which should be very open this time of year. About 8 miles. Wet suits, spray skirts and PFD's required. Preregistration required for info on put in location. Phone: 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Wed., May. 1. Mashpee/Wakeby Ponds. Paddle around 2 fresh water ponds about 7 miles with lunch at beach at end of Wakeby Pond. Life jackets & spray skirts req DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., May. 11. SWAN POND/RIVER PADDLE. Paddle down river to mouth on Nantucket Sound for lunch & return circumnavigating pond, about 7 mi. Life Vest & Spray Skirt req DIRECTIONS: rte 6 exit 9 to 134S (Harwich/Dennisport) past Patriot Square to L Upper County Rd past Hart Farm to L Clipper Lane to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before

8 pm, paulcorri@gmail.com)

Wed., May. 15. Indian Lakes. Middle Pond and Mystic Lake; 6 -7 miles; Spray skirt, wet suit and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Saturdays
Jun. 1. Meetinghouse Pond/Little Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue on Barley Neck Rd to Town Landing on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wednesdays
Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Saturdays
Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Aug. 14. Shoestring Bay.

Down Shoestring Bay, Up the Mashpee River to view changing flora as the water transitions from salt, to brackish to fresh. Cross Popponeset Bay to a variety of possible lunch spots. Into Pinquicket Cove and the marsh; 8 - 10 miles; Spray skirt, and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg. lot off Rt. 3A, just before Hingham Harbor Rotary. Level 2-3. PDF, spray skirt req. L George Wey (781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Preregister 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Saturdays
Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5 (Rt 149); South on 149 to Rt. 28; Right onto Rt. 28 to Mashpee Rotary; From rotary take Great Neck Rd. S; Go 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Saturdays
Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

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.

CAPE 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.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

Thu., Jan. 3. 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 (508-385-4085, sylvester_maria@hotmail.com)

Sun., Jan. 6. Yarmouth Three Ponds (C3C). Winter woods walk to secluded ponds. Meet 12:45 2 hrs. Ex 8 off Rte 6. R at 2nd traffic light. Go to L at end. Pkg off road in about 1 mi. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 10. Harwich, Hawk's Nest State Park (C3C). Take Spruce Street opposite exit ramp of Rt 6 Exit 11. Go approx. 1 mile and park on left side of road. Wooded hike through State Park and Harwich Conservation land. Meet 9:45, 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656 before 10 pm, pandmselig@hotmail.com)

Sun., Jan. 13. Mashpee, Santuit

Pond (C3C). Water views, working bogs, woodland trails. Rte 6, Ex 5, S on Rt 149 to Rt 28. Then R on Rt 28, R on Santuit/Newton Rd for 0.8 mi to yellow gate on L. Meet at 12:45, 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 17. Eastham Nauset Marsh (C3C). Walk perimeter of vast historic marsh. From Rte 6 in Eastham, R on Gov. Prence Rd, R on Fort Hill Rd to 1st pkg lot on L. Meet at 9:45 sharp to carpool to Salt Pond Visit Ctr. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Jan. 19. Bourne Cape Cod Canal (C3C). Meet 9:45 am at the Herring Run Visitor center MAINLAND side between Sagamore & Bourne bridges for a 2 hour hike. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

(FT) (NM) Thu., Jan. 24. Dennis, Flax Pond Conservation (C3C). Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth- Dennis Town Line. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Jan. 26. 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., Jan. 27. Harwich, Island Pond (C3C). Scenic walk through Laverder farm, take rte 6 Exit 10 South to Rte 124. Turn L on Colony Way at crosswalk. Park at Harwich town pkg lot short distance on Right. Meet 12:45PM, start 1:00 PM. L Jane Harding (508-833-2864 call before 9 PM, janeharding@comcast.net)

Thu., Jan. 31. Sandwich, Ryder Conservation Hike (C3C). Rte 6 to exit 3, take Quaker Meetinghouse Rd. south to lights at Cotuit Rd. Turn L, Ryder Conservation Lands parking will be on right. Scenic hike to Lowell Holly Reservation with views of Maspee Wakefield pond. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 7. Harwich - Herring River Chili Pot Luck at Janet Kaiser's house. Herring River and reservoirs. Park on R at Sand Pond, Great Western Rd, 2 mi W from Harwich Ctr. Chili Pot Luck Party at Janet Kaiser's house in Harwich following hike. Meet 9:45. L Peter Selig (508-432-7656, pandmselig@hotmail.com), CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 14. 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 (508-385-4085, sylvester_maria@hotmail.com)

Sun., Feb. 17. Barnstable, Sandy Neck (C3C). Walk beach/marsh loop to 2nd crossover. Mostly soft sand. Rte 6, Ex 5 to Rte 149 N to Rte 6A; L on 6A, R on Sandy Neck Rd to pkg lot at end. Meet 12:45 for 1:00 start, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

(FT) (NM) Thu., Feb. 21. Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 9:45am. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (farlewis@comcast.net)

Thu., Feb. 28. Sandwich Scorton Creek (C3C). Take exit 4 off Rte 6 turn N on Chase Rd., turn L on Old County Rd, follow to 6A turn right. Entrance to Scorton is dirt road on right near use car dealership. Scenic hike through historical area with views of salt marsh. Meet at 9:45 AM start at 10 AM. 2 hrs. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Until Filled. 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)

HIKING

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.

Thu., Jan. 3. Thursday Hike: Whitney and Thayer Woods (B3C). Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am, Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (borsody@gmail.com)

Sat., Jan. 5. Winter Series Hike #2 Mt Morgan/Mt Percival Loop (B3B). Second in our winter hik-

ing series. This moderate 5.5 mile loop hike over Mount Morgan and Mount Percival offers great Squam Lake and mountain views. Full winter gear required. L Leslie Carson (lrc929@comcast.net), L Walt Granda (wigranda@aol.com), CL Eva Borsody Das, CL Paul Miller, R Walt Granda (508-999-6038 Before 9 PM, wigranda@aol.com)

(FT) (NM) Thu., Jan. 10. Noon Hill / Shattuck Reservation (C3C). 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. From intersection of Rts. 1 and 27, take Route 27 through Walpole Center for five miles to traffic light at South Street in Medfield. Left onto South Street for 0.75 mile and bear right onto Noon Hill Street. Continue about one mile to parking area on left. Traction gear may be necessary. Rain cancels. Limited parking, please car pool. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Jan. 12. Betty's Neck, Lakeville MA (C3D). A walk through open fields and paths in the woods with great views of Assawompsett Pond. With snow this hike will be a snowshoe. Great for beginners. L Luther Wallis (508-923-1935, lew89@comcast.net), R Luther Wallis (508-923-1935 7pm to 9pm, lew89@comcast.net)

Thursdays

Jan. 17. Thursday Morning Hike Cumberland, RI. Nice Hike at Monastery Grounds, Cumberland, RI. Directions: take 295S to exit 1, take 114S approx. 1 1/2 miles Monastery Grounds will be on your right. Enter Grnds. and park

to right. Start time 10am. Ice or snow equipment maybe needed. Rain cancels. L Muriel Guenther (508-699-7461 Before 9pm, murielguenther@comcast.net) Thu., Jan. 24. Thurs. Morn. Hike Houghton Section, Blue Hills. 6 mi hike around the Houghton section of the Blue Hills Bring water and snacks for cold weather plus proper footwear for condition. Rain or storm cancels. L Claire Braye ((508) 857-0320 before 9:00pm, cbraye57@comcast.net)

Fri., Jan. 25-27. Introduction to Winter Hiking at Noble View. Let us show you the joys of winter hiking and snowshoeing from a beautiful heated lodge in central Mass. Friday evening we will meet the group and discuss winter gear. Saturday and Sunday we'll have day hikes. Noble View has shared bunkrooms, a kitchen, electricity and wood stoves. All meals are included. Winter clothing, including winter boots, snowshoes and poles will be required (assuming we have snow). L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), L Walt Granda (508-971-6444 before 9pm, wigranda@aol.com), CL Kathy Stanley (kstanley@energyadvocates.com), R Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Thu., Jan. 31. Thursday Morning Hike Joe's Rock/Birchwood, Wrentham (C3C). 10:00 a.m. Joe's Rock. Wooded hike with short climb to Joe's Rock. Meet at Joe's Rock pkg. area on 121, Wrentham. Directions: Exit 15 off 495. right off exit. Left at light onto 121 south, 4 miles to pkg. on right. Layers, water, sturdy footwear. Traction devices if icy. Storm cancels. L Joanne Staniscia (508-528-6799 7-9 p.m.,

jstaniscia@comcast.net)

Sat., Feb. 2. Winter Hiking Series #3. Come join us for some winter fun hiking to Mt. Pierce, a 4,000 footer in the Presidentials with great views. Get a chance to try out your winter equipment. Afterward, warm up at the Highland Center. L Leslie Carson (508-833-8237, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), CL Karen Singleton, R Leslie Carson (64 Mill Rd., East Sandwich, MA 02537,)

Thu., Feb. 14. Thurs. Morn. Hike or Snowshoe; Ponkapoag. 6 Mi Hike or Snowshoe around Ponkapoag Pond area. Bring water and snacks suitable for eating in cold weather plus footwear for conditions. Meet: 10:00 AM at Ponkapoag Golf Course Parking Lot, Canton, MA. L Claire Braye ((508) 857-0320 before 9:00PM, cbraye57@comcast.net)

(FT) (NM) Sat., Feb. 16. Intro. to AMC Hiking - Foxboro State Forest. Nice app. 5-mile long local hike with several short up and down sections tailored for newer hikers, but enjoyable for all. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA 02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Thu., Feb. 21. BCT Sherborn Forest/Rocky Narrows (B3C). 10am start. 6+ miles. Mostly level with an up/down section. Views of Charles River from King Phillip lookout. Meet at Cemetery Lane parking area in Sherborn center. When traveling

north on RT 27, Cemetery Lane is first right immediately after RR crossing. Drive to end and parking area on right. L Len Ulbricht (lenu44@gmail.com)

Sat., Mar. 2-3. Winter Hiking Series #4 Overnight. End the Winter Series with an overnight at Carter Hut. Winter equipment and sleeping bag required. Options for Sat. hikes. Friday night option to stay at Joe Dodge Lodge with great breakfast before hiking into the hut. Please contact registrar for details. Must confirm by Jan. 30th. L Leslie Carson (508-833-8237, lrc929@comcast.net), L Wayne Anderson (wanderson@mxcsi.com), L Mike Woessner (stridermw@hotmail.com), L Maureen Kelly (mokel773@aol.com), R Leslie Carson (64 Mill Road, East Sandwich, MA 02537,)

(FT) (NM) Sat., Mar. 23. INTRO hike, Blue Hills. New member introductory hike. Perambulate Buck Hill with side trip to summit. 5-6 miles. Easy terrain. 3-4 hours. Boston views. Learn what Southeast Mass chapter of AMC offers and the variety of hiking experience available both locally and in more distant areas. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(SN) Sat., Apr. 6. Leadership Training for Trip Leaders. Leadership Training will be held on Saturday, April 6, 2013 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk

mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor 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)

Thursdays
Apr. 18. Thursday Hike. 10am at Oldham Trails in Foxboro, MA Hike thru Harold Clark Forest B3C Bring snacks & water. Sturdy boots needed. 95S take Rt.140N through Foxboro Ctr. around rotary continue 140N for 1/2 mile on left Conservation area across from Snow's Supply. L Muriel Guenthner (508-699-7461 Before 9pm, murielguenthner@comcast.net)

(FT) (NM) Thu., Apr. 25. Thursday Morning Hike at Caratunk Refuge 10:00AM Start. The trails take you by many bridges and flowing brooks surrounded with wildlife. The hike will have several ponds along open fields and stone walls. Follow Route 152 south into Seekonk MA, past the Middle School then take a left onto Brown Ave. The refuge is on your left about a mile down the road. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Sat., Apr. 27. Grand Monadnock via Monte Rosa. Nice loop hike that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock and then back via some of the more popular trails. L Ken Jones (lotsoluck@comcast.net), CL Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (169 South Washington St., North Attleboro, MA

02760, 508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(NM) Thursdays
May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels. Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of hill and bear left, the conservation area will be on rt. You will see Eskers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenthner (508-699-7461 before 9pm, murielguenthner@comcast.net)

SKIING

(AN) (CE) Fri., Jan. 18-21. 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. Three nights lodging, 3 breakfasts, and 2 dinners from \$200-\$350 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, activity before returning home TBD. L Barbara Hathaway (508-880-7266 before 9p, barb224@tmlp.net), CL Wayne Cardoza (603-673-2518 before 9:00pm), R Barbara Hathaway (508-880-7266 before 9:00pm, barb224@tmlp.net)

(AN) (CE) Sat., Jan. 19-21. Catamount Trail Backcountry Ski Touring.. Join us for the MLK week-end of ski touring the Catamount trail in the Londonderry VT area (parts of Section 7, 8 and 10). We will stay at a cozy Lodge in Lon-

donderry. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Total \$275 pp, Deposit of \$100 due at registration, Sat-Sun-Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. Details/reg with L Art Paradise, paradice1@mindspring.com, 978-372-7442 (7-9PM), L Bob Bentley 508-866-3057, bentleyr@h2otest.net. L Art Paradise (978-372-7442 7 to 9 PM, paradice1@mindspring.com), L Bob Bentley (508-866-3057 7 to 10 PM, bentleyr@h2otest.com)

(XCE) Mon., Feb. 4-6. XC & Downhill Midweek Ski. Join in for two fun filled days of XC or downhill mid-week skiing at Bretton Woods, Attitash, or Wildcat. The entire Shapleigh bunkhouse has been reserved for two days, Monday Feb. 4 and Tuesday Feb. 5th, departing the 6th, and pricing includes two breakfasts and two dinners at the Highland Center. Ski Tuesday and Wednesday with optional third day skiing at Waterville Valley on Monday drive up. Come and enjoy great skiing, après ski socializing and meals to please. Please note that a trip leader will not be managing the group and each skier should act accordingly and use their own judgement in selection of terrain suitable to their skill level, be it XC or downhill. Pricing has been structured so that as more beds are filled the per person cost decreases. Max cost is \$162 per person for both days, with meals, based on 50% occupancy, discount ski tickets extra. A greater turnout lowers your cost, a tough to beat deal. \$50 deposit reserves a spot, balance due January 5. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

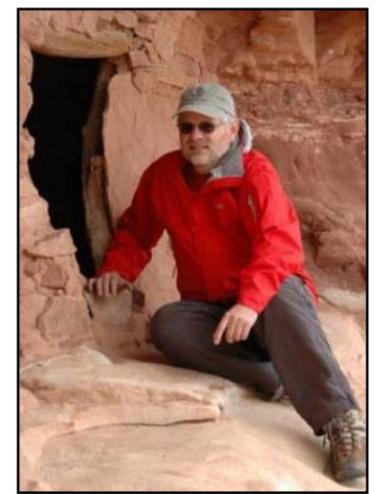
Nature Nurtures Creativity After Four Days of Hiking

Dec. 12, 2012 — Backpackers scored 50 percent better on a creativity test after spending four days in nature disconnected from electronic devices, according to a study by psychologists from the University of Utah and University of Kansas.

“This is a way of showing that interacting with nature has real, measurable benefits to creative problem-solving that really hadn’t been formally demonstrated before,” says David Strayer, a co-author of the study and professor of psychology at the University of Utah.

“It provides a rationale for trying to understand what is a healthy way to interact in the world, and that burying yourself in front of a computer 24/7 may have costs that can be remediated by taking a hike in nature.”

The study by Strayer and University of Kansas psychologists Ruth Ann Atchley and Paul Atchley was scheduled for publication Dec. 12 in PLOS ONE, an online journal published by the Public Library of Science.



Psychology Professor David Strayer, University of Utah, shown here during a hiking trip in southern Utah’s Grand Gulch, helped conduct a new study showing that people score better on a creativity test after spending four days backpacking in the wilderness disconnected from electronic devices. (Credit: Elisabeth Kwak-Heferan.)

Don’t the results seem obvious? “Writers for centuries have talked about why interacting with nature is important, and lots of people go on vacations,” says Strayer. “But I don’t think we know very well what the benefits are from a scientific perspective.”

The study involved 56 people -- 30 men and 26 women -- with an average age of 28. They participated in four- to six-day wilderness hiking trips organized by the Outward Bound expedition school in Alaska, Colorado, Maine and Washington state. No electronic devices were allowed on the trips.

Of the 56 study subjects, 24 took a 10-item creativity test the morning before they began their backpacking trip, and 32 took the test on the morning of the trip’s fourth day.

The results: people who had been backpacking four days got an average of 6.08 of the 10 questions correct, compared with an average score of 4.14 for people who had not yet begun a backpacking trip.

“We show that four days of immersion in nature, and the corresponding disconnection from multimedia and technology, increases performance on a creativity, problem-solving task by a full 50 percent,” the researchers conclude.

However, they note that their study was not designed to “determine if the effects are due to an increased exposure to nature, a decreased exposure to technology or the combined influence of these two factors.”

While earlier research has indicated nature has beneficial effects, “it’s equally plausible that it is not multitasking to wits’ end that is associated with the benefits,” Strayer says.

The results were controlled for age differences between the groups that took the test before and during the backpacking trip, because “as you get older, you have greater verbal abilities,” Strayer says.

The ‘Gentle, Soft Fascination’ of Nature

The researchers cited earlier studies indicating that children today spend only 15 to 25 minutes daily in outdoor play and sports, that nature-based recreation has declined for 30 years, and that the average 8- to 18-year-old spends more than 7.5 hours a day using media such as TV, cell phones and computers.

They also cite earlier work on “attentional restoration theory,” which holds that modern technology and multitasking place demands on our “executive attention” -- the ability to switch among tasks, stay on task and inhibit distracting actions and thoughts -- and that nature is effective in replenishing such abilities.

“Our modern society is filled with sudden events (sirens, horns, ringing phones, alarms, television, etc.) that hijack attention,” the psychologists wrote. “By contrast, natural environments are associated with gentle, soft fascination, allowing the executive attentional system to replenish.”

Earlier work has showed that going on a hike can improve proofreading, the ability to see a certain optical illusion and the ability to repeat digits backwards after hearing a list of digits. But Strayer says none of those abilities provide a standard measure of executive attention or creativity.

Strayer says he and the Atchleys did a trial run for the study in May 2010 by trying a variety of creativity tests on themselves during a five-day backpacking trip in southern Utah’s Grand Gulch. Outward Bound trips

for the study then were conducted during the summer of 2010.

The researchers decided on a decades-old test known as the Remote Associates Test, or RAT, that is a standard measuring tool for creative thinking and problem-solving. These abilities are believed to arise in the same prefrontal cortex area of the brain that is overtaxed by constant demands on our attention in our technological environment.

In this untimed test, participants get 10 sets of three words. For each set they must come up with a fourth word that is tied to the other three. For example, an answer to SAME/TENNIS/HEAD might be MATCH (because a match is the same, tennis match and match head).

Unlike other studies, where subjects were tested in labs after brief periods outdoors, “the current study is unique in that participants were exposed to nature over a sustained period and they were still in that natural setting during testing,” the researchers write.

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Story Source:

The above story is reprinted from materials provided by University of Utah.

Journal Reference:

1. Ruth Ann Atchley, David L. Strayer, Paul Atchley. Creativity in the Wild: Improving Creative Reasoning through Immersion in Natural Settings. PLoS ONE, 2012; 7 (12): e51474 DOI: 10.1371/journal.pone.0051474