Sherborn BCT/Rocky Narrows Hike

By Len Ulbricht
Education Committee Chair
educationchair@amcsem.org

23 hikers turned out Thursday Feb. 21 on a cold blustery day offering brilliant sunshine for a walk-in-the-woods. Everyone layered up to fend off the biting wind. We expected the trail to be well packed from previous hikers tramping down the two foot snowfall but found a long section untrudged by man, almost pristine, except for one set of horse hoof prints and dog tracks. This section of the Bay Circuit Trail in Sherborn is apparently lightly used, making it an even more wonderful trek though the snowy wooded landscape. But we had to break trail most of the way to Rocky Narrows. It was a tough, slow slog and we finally made the canoe landing for lunch, a most lovely spot on the Charles River where canoeists pull up in warmer weather. The return was equally enjoyable, and faster since we 20+ hikers had tramped down a solid path during our outbound trek.

Spring Weekend Ramble
Noble View April 27 & 28

Enjoy a social weekend taking in fabulous views and hiking trails for all abilities, bubbling brooks and waterfalls, spring wildflowers and flowering trees, brilliant sunshine and brisk winds, all capped off with social camaraderie and hearty meals provided by our own Joyce and Luther Wallis. The Noble View cabins are modernized and wood burning stove heated. They are situated on an easterly facing bluff with an absolutely magnificent view out toward Springfield and Mt. Wachusett. More information on Noble View.

Extra spots are available this weekend while fellow SEMers take in WFA training. $80 covers meals and a bunk for both days, pricing tough to beat.

Contact Len Ulbricht lenu44@gmail.com to register
**Executive Board**

**Chapter Chair**  
chair@amcsem.org  
Cheryl Lathrop, 508-668-4698

**Vice Chapter Chair**  
vicechair@amcsem.org  
Maureen Kelly, 508-224-9188

**Treasurer**  
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**SAVE THE DATES**

**Leadership Training**  
Borderland SP  
April 6

**Family Hiking Series**  
Gilbert Hills State Forest  
April 13

**Wilderness First Aid**  
Noble View  
April 27 & 28

**Solo Advanced Wilderness First Aid (AWFA)**  
May 4 & 5

**Family Weekend**  
Aug. 23-25

**Chapter Hut Weekend**  
Sep. 20-22

**Fall Gathering (all chapters)**  
Hosted Delaware  
Oct. 18-20

**Annual Meeting & Dinner**  
Nov. 2

**Hike Planning Meetings**  
6:30pm  
6/5, 9/4, 12/4

**Board Meetings**  
6:30pm  
4/10, 5/8, 6/12 (in-person), 9/11, 10/9, 11/13

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

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. **Online trip listings**
4. Sign-up for short notice trips

**Pictures and Article Submissions**

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor’s discretion, send to breeze.editor@amcsem.org

**Breeze Deadlines**

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

**Sign-up for the Breeze**

Call 800-372-1758 or email amcinformation@outdoors.org

**Where to find Breeze Publications**

**Volunteers Wanted**

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact chair@amcsem.org

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Wow, that was a lot of snow in March! But, whether here locally in SE Mass or up there in the mountains, SEM members know how to make the best of it. Thank you leaders for our wonderful winter cold weather and snow activities!

Will April showers bring May flowers? Don’t know about that, but Daylight Savings Time is here and the days are getting longer. And April sure brings fun spring activities here in SEM!

Paddling is starting! Cape Hiking and Biking is still happening, Trails, Conservation, CYP, Family, and Social are waking up after a long winter nap. (Hiking is always happening, 24/7/365!)

SEM seems to use April for training – Leadership Training, CYP Leadership Training, and Wilderness First Aid Training (WFA). Check out the “Upcoming Events” tab on our website www.amcsem.org.

So, grab your paddle, your bike, or your boots, and . . .

**I’LL SEE YOU ALL OUTSIDE!**

Got something to say? Got a good idea? Want to volunteer? Feel free to contact me anytime about anything!

chair@amcsem.org

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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)
Congratulations to the following AMC members who completed all four hikes in the 2013 SEM Winter Hiking Series:

Alan Greenstein - 3rd yr in a row!
Hadley Donaldson

Jim Casey - Leader 2nd yr in a row!
Lysa Amaral

Maureen Kelly - Leader
Paul Miller - Leader

Lysa Amaral
Maureen Kelly - Hike Series Leader
Thank you for your years of membership in the Southeastern Massachusetts Chapter of the Appalachian Mountain Club, the nation’s oldest outdoor recreation and conservation organization.

We believe your membership has intrinsic worth by helping to provide recreational opportunities, spiritual renewal, ecological and economic health for our region.

Your support enables AMC SEM to help shape our future, and continue efforts committed to ensuring the force that improves the lives of not only the members in our chapter but that of all people.

The work of AMC SEM would not be possible without our members, and we are proud to have you as part of our team.

Photo of Betsy DeFries “A View to Inspire, tell the world how or why you serve the planet” Credit: Conservation Nation
Family Events

The Family Events Committee brings AMC families together by offering outdoor adventures suitable for adults and children of all ages. By participating in our events, families can learn about and enjoy regional natural resources, as well as meet other families who have the same interests.

FAMILY HIKING SERIES

This hiking series is meant to introduce families to the joy of hiking. There are 4 hikes in the series; hike one or hike them all. At each hike we will increase our distance and time.

Got kids?

Join us for a hike in our Family Hiking Series!

April 13, 2013

Hike #2 will be at F. Gilbert Hills State Forest. We will climb some more rocks, cross bog bridges and enjoy lunch in the woods. We will be hiking for approximately 1 hour and 30 minutes before our lunch break and 1 hour and 30 minutes after. Bring your family, pack a lunch and enjoy another local treasure.

Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information.

Bring your family, pack a lunch and enjoy a local treasure. Appropriate for children 3 and up. Children under 3 are welcome in child carriers.

Contact leader Christine Pellegrini 508-244-9203 (best time to call: 6-8pm) chrispellegrini@yahoo.com for more information or to register.

Registration Required.

Hike #3 5/11/13
Hike #4 6/22/13

The Family Events Committee of SEM AMC is led by dedicated volunteers who keep us connected through the planning of trips and posting of information through our email list. Join us on one of our upcoming adventures. There are other families ready to share the outdoors with you!
Family Hiking Series #1 Borderland State Park

We had the first hike of the series March 9th. Who knew when we scheduled this hike we would have 25 inches of snow at Borderland? What to do......we put some snowshoes on the leaders and packed down a trail. Hiking in the snow, even packed down is a little tougher for kids without any traction gear so we improvised. We hiked for a while, had lunch then off to do some sledding. A good time was had by all.
AMC family walk

April 06, 2013 - April 07, 2013 (Sat - Sun)
Location: Norman Smith Education Center
Blue Hills, Boston MA Area

Please encourage parents, grandparents, friends and neighbors to sign up for this great one day leadership training with AMC’s expert trainer Aaron Gorban and the Boston Chapter Family Outings Committee. The training agenda will include all of the basics of AMC’s leader training manual with a focus on how to be outdoors with kids.

Parents can leave their kids in the care of two excellent AMC program staff who will keep the kids outdoors all day with games and explorations. Overnight lodging is available.

Full details. For registration and more information contact David Powell 781-858-5546 (best time to call: NCA 9.00) davidfreds@beld.net

Spring 2013 WFA/CPR
April 27 & 28, 2013
AMC Nobel View Outdoor Center, Russell, MA

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: $190 AMC Member Price, $215 for non-AMC members. CPR is optional for additional $35. Pricing includes shared cabin accommodation and meals. Social gathering Friday and Saturday evening. Noble View description.

Register with Len Ulbricht, Education Chair, at lenu44@gmail.com

Wilderness First Aid Course (WFA)
This course deals with medical emergencies that may occur in the back woods when you are more than one hour from medical care and 911 help may not be accessible. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.
Chapter Youth Program (CYP)

The Chapter Youth Program (CYP) Leaders work with youth groups our goal is to get kids out and enjoying nature.

OUR APPROACH AMC has decades of experience in providing outdoor programs for youth, in many cases providing young people with their first backcountry experiences. Our approach is hands-on and place-based. With programs in local outdoor settings, CYP helps kids and adults alike learn about the joys and rewards of outdoor exploration and adventure.

Contact Sally Delisa  cypchair@amcsem.org  781-834-6851

CYP LEADERSHIP TRAINING

- April 6 -

**CANCELLED**

**KNOW A YOUTH GROUP INTERESTED in CYP?**

Contact Sally Delisa
cypchair@amcsem.org  781-834-6851

**CYP LEADERSHIP TRAINING**

- April 6 -

KIDS in YOUTH GROUPS enjoy nature with volunteer Chapter Youth Program (CYP) Leaders.

Training will be available on April 6 in the Blue Hills and possibly in Kittery, ME in July.

CYP leaders WANTED <<

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.

Contact Sally Delisa  cypchair@amcsem.org, 781-834-6851
**Take A Long Hike**

**By Ray Anderson**

Hello fellow hikers. It’s still winter up in the snow-covered mountains, so let’s talk more about winter and early spring hiking.

One of the rewards of winter hiking is losing weight. In this case, however, body weight should not be lost by eating normal nutritious meals. One must eat extra carbohydrates and fats. What’s more, don’t stop for lunch--keep moving and snack, snack, snack.

Proteins take days to metabolize and fats take hours, but simple carbs metabolize quickly. Energy bars, gorp with candy, cookies and crackers, all give quick energy. If you hike in winter, this is what to snack on during the day, after you’ve had a solid fat-filled breakfast of cereals, toast with peanut butter, or bagels and cream cheese, or french toast with syrup, and cheese, nuts, fruits.

But you will lose weight on a rigorous winter hike because you’ll burn off more than you eat. Because proteins take so much longer to metabolize, you put yourself in danger if you decide to eat “diet” meals. You will tire and get cold faster, which can lead to falls and accidents. Carbs and fats will keep you energized and warmer, especially if you keep moving and don’t stop for lunch.

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Here are some winter hiking pointers and reminders:

1) **Add Tang or Gatorade to water to reduce the freezing point.** You must drink extra liquid to stay hydrated. Drinking water seems counter-intuitive when it’s cold outside, but you will sweat a lot. A flavoring added to water, keeps it from freezing and adds taste.

2) **Don’t eat snow. Always melt it before you consume it.** Eating actual snow will make you cold and the amount of energy your body expends to melt it outweighs the benefit.

3) **Keep spare batteries covered and in a pocket so that they are warm and ready, if needed.**

4) **Pack a small container of glasses/goggles anti-fog stuff.**

5) **Fleece is best for warmth. And if fleece gets wet it still insulates.** “Down” is warm, but useless when wet.

In winter conditions, keeping warm is a function of keeping dry. The trick is to keep cool. “If your feet are cold, put a hat on, or pull your hat down over your ears. If you are hot, take off your hat, or pull it up over your ears.” Don’t remain hot or cold, stay cool!

Thanks to fellow AMC member Bob Vogel for providing most of this information.

Ray’s Hiking Blog: [www.TakeALongHike.com](http://www.TakeALongHike.com)
Slow and Snowy Hike

By Maureen Kelly
SEM Vice Chair and Hike Leader
vicechair@amcsem.org

My usual Fast & Hilly Hike at the Blue Hills this month was revised by Mother Nature to a Slow & Snowy Hike. The storm that blew through our area for two days last week dropped close to 2 feet of snow at the Blue Hills. At home in Plymouth, my snow was almost gone and I knew there was more snow further north; I just didn’t know how much.

My email with the poop sheet suggested waterproof boots and microspikes but not everyone had the spikes. I could see our usual route, the Skyline Trail, from the road and it had been walked on; but without traction, we’d be sliding all over the hills. Not knowing exactly what we’d find for trail conditions we decided to hike the flatter White Triangle Trail, some of us in spikes, some in bare boots.

At first the trails were heavily packed and we moved fairly quickly. Before long though, the trails were less used, post-holes were everywhere and we tried to step in the footprints of the person ahead of us. We did not break virgin trail on any section; others had been there before us. I want to thank every hiker, snowshoer and skier that came through the trails before we did and packed the snow. At some points we could walk on single snowshoe tracks and not fall through the snow. Other areas were so deep that we needed snowshoes ourselves. In these areas and on the small hills we worked up enough heat to remove most of our outer layers. I don’t want you to think I let the hikers off easy just because we weren’t doing the Skyline Trail.

The deer in the park also appreciated the packed trails and we saw lots of tracks on our hike. We spotted a few of those deer watching us from a distance. Birds were singing; they were preparing for spring despite the snow on the ground. We saw no other hikers until we made our last cross of the Skyline Trail where we saw a couple hiking and a woman on snowshoes. She took the picture of us. In the end, five women, Karen Rudio, Lianna Lucchesi, Megan Conley, Aviva Slomich and I had a beautiful, Sunday morning, winter hike of almost 7 miles in a lot of snow. It wasn’t the hike we were expecting but it was great; it’s nice to shake things up once in a while.
The SEM Hiking Committee has developed what we think is a pretty good formula for our annual Winter Hiking Series.

First, we start off with an informative indoor workshop in November to provide prospective participants with an overview of what they can expect during the series as well as what equipment and clothing they’ll need and how to use it. We also explain how to eat and drink during winter hikes to help avoid “bonking,” dehydration, and hypothermia and provide some suggestions for conditioning.

Progressively more difficult winter hikes

Early in December, we have our first actual winter hike, usually an easy local hike, such as this year’s Blue Hills hike on Dec. 1. As explained in an article in an earlier issue of the Breeze, while this was still pretty early in the season, we really lucked out this year with relatively cold temperatures and a light snowfall. This provided participants with a chance to try out some of their cold-weather gear.

Then, early in January, we usually head “up North,” to a relatively easy mountain in NH. This year, we hiked the Morgan-Percival Loop overlooking scenic Squam Lake on Jan. 5. Once again, we lucked out with wonderful weather for winter hiking: sunny, cool temps in the mid 20s, and a moderate breeze on the exposed summits and ledges.

On February 1, for our third hike in the series, we hiked up 4,301-foot Mount Pierce in the Presidential Mountains of NH. Again, we experienced wonderful winter hiking weather. In this case, that meant cold temperatures in the single digits, very little wind, and sunny skies in the morning (yielding excellent views from the summit), which gradually progressed to overcast skies and light snowfall.

Had the “weather gods” finally deserted us?

However, in the week leading up to the final trip in the series, it looked like the beneficence of the “weather gods” might finally have left us. All week long, the weather reports for the upcoming weekend kept predicting unseasonably mild temperatures and a chance of showers…even at higher elevations. Not at all an encouraging outlook for our trip to the AMC’s Joe Dodge Lodge from Southeast Mass. up to Pinkham Notch. After checking into their bunkrooms at the Joe Dodge Lodge, Leslie, Wayne, and Maureen (the other three leaders for the weekend) led a group of SEMers up the Tuckerman Ravine Trail for a quick afternoon snowshoe hike.

As planned, I waited around for some more stragglers to arrive and then led a smaller group up to Square Ledge. This short, fun hike offers a wonderful view down into Pinkham Notch. We had to break trail in our snowshoes through the fresh snow, which was a lot of fun, especially as we got to the final really steep section of trail that leads around to Square Ledge itself. Coming down this really steep, snowy section in our snowshoes was even “funner,” but we took our time and everyone made it down OK.

Carter Notch Overnight Provides Fitting Finale for 2013 SEM Winter Hiking Series

On the Tuckerman Ravine Trail Photo by Sal Spada
The important thing, of course, is that both groups made it down to the Joe Dodge Lodge in time to enjoy our chapter “happy hour” in the cozy, fireplace living room. This provided everyone with a chance to socialize, catch up with each other, snack lightly on cheese and crackers, and enjoy some of the wine and beer we all brought up with us for the trip.

At 6:00 pm, we headed over to the dining hall to enjoy an excellent and plentiful buffet dinner, which ultimately resulted in applause for the chef. (As is often the case at the AMC lodges, the homemade soup was particularly outstanding…). Then, after checking out all the neat gear and books in the adjacent Trading Post, many of us stuck around to enjoy a short film on backcountry skiing in Tuckerman Ravine, after which we all turned in early for our hike into Carter Notch the next morning. I lucked out that night, sharing a spacious “family room” at the JDL with just one other person, a quiet (non-snoring) young guy up in Pinkham for the weekend to take a SOLO wilderness first aid course.

The siren call of Carter Notch in winter

Saturday morning, following a hearty breakfast, we met up in the Pinkham parking lot to split up the group food that Leslie had purchased and carpooled several miles up the road to the small Nineteen Mile Brook Trail parking area. Here, all 17 of us intrepid winter hikers shouldered our heavier-than-usual winter packs, circled up for a brief orientation by the leaders, slipped on our microspikes, and then headed up the beautifully snow-covered, but well-broken-out Nineteen Mile Brook Trail for the 3.8 mile trek up to the Carter Hut.

For most of its length, this trail climbs gradually, hugging the pretty brook and providing occasional glimpses of mountains on both sides. This day, the trail was particularly attractive, with heavily snow-draped trees providing a real sense of winter hiking in NH. Soon after passing the Carter Dome Trail on our left, which marks the approximate halfway mark, at Wayne’s suggestion, we all swapped our microspikes for snowshoes, since the snow was getting deeper and softer as the trail climbed up toward the Wildcats. For the last half mile or so, the trail climbed steeply (or at least it seemed awfully steep to me…), at which point we broke up into “faster” and “slower” groups, each with two leaders. We all made it up to intersection with the Wildcat Ridge Trail in good order and then negotiated the short but steep descent into beautiful Carter Notch, with its two pristine, iced-over mountain ponds, the imposing “Ramparts,” and the historic stone AMC hut, all nestled between majestic Carter Dome and Wildcat A Mountains.

After following the trail around the shore of the larger pond and then crossing right over the frozen smaller pond, we arrived at the hut, the oldest in the AMC hut system, a little after noon. This sits just above the shore of one of the two ponds, which serves as the winter water source for the hut. After checking in with Chad, the amiable winter caretaker, we found our assigned
bunkrooms in one of the two unheated wood bunkhouses just up the trail from the stone hut itself. After spreading out our sleeping bags and orienting ourselves a bit, we all met up again in the hut to eat our lunches and discuss our plans for the afternoon.

You don’t have to summit to have fun

We decided on two different snowshoe hikes. Leslie and Wayne led a group that wanted to score a winter summit of 4,832-foot Carter Dome, a steep, approximately 1,500-foot climb up from the Notch. Maureen and I led another group to explore the Wildcat River Trail, which passed right out from behind our bunkhouse and eventually wends its way down to the paved Carter Notch Road in Jackson. Mistakenly, we thought this would be a relatively moderate ramble through the woods.

The relentlessly steep section of the Carter-Moriah Trail that leads up to the summit of Carter Dome proved to be deep in unbroken snow, meaning the hikers practically slid down two steps for every step climbed on their snowshoes. In these challenging conditions, only two hikers actually made it all the way up to the summit, but all had a blast.

Our group ran into a surprise on the Wildcat River Trail as well. Rather than a pretty "ramble" through the woods, we found ourselves on a steeply descending trail, on which only a lone skier had passed since the last snowfall. While it was certainly pretty in these quiet, pristine woods and a lot of fun negotiating this descent on our snowshoes, the thought that we would have to regain all the altitude lost on our return to the hut prompted us to turn around after just a half hour or so. The climb back up to the hut wasn’t nearly as difficult as we had anticipated and just before reaching the hut, several of us broke off to explore a side trail to The Ramparts, huge boulders that loomed over the Notch offering wonderful views.

An eating club with a hiking disorder...

Back at the hut, which was beginning to fill up with several other groups, we enjoyed Leslie and Maureen’s sumptuous appetizer spread (along with wine and other refreshments) while waiting for our allotted time to prepare our group pasta dinner in the hut’s small, but well-equipped kitchen. After dinner, we socialized some more and then headed back up to the bunkrooms to crawl into our sleeping bags for a well-deserved rest. For many of us, this was punctuated by more than a little bit of snoring, to which I no doubt contributed at least a bit.

The following morning, after a hearty group breakfast of pancakes, sausage, oatmeal, and coffee, we packed up for the much easier, largely downhill hike back to our cars, passing several other groups of hikers going in the opposite direction on the way.

Back at the trailhead once again, after unshouldering our packs and unstrapping our snowshoes, we circled up one last time to thank Leslie and Wayne for putting together this excellent trip and say our goodbyes before departing for the long drive home.

The headline says it all. This indeed was a fitting finale to the excellent 2013 SEM Winter Hiking Series. For me, while I’ve done many winter hikes with the Club, this was also the first winter series for which I personally completed all four hikes (see sidebar).
Spring Membership

By Gina Hurley
SEM Communications Vice Chair
commsvicechair@amcsem.org

On March 9, 2013 we held our annual Open House at the Bourne Community Center in Buzzards Bay. This was a great opportunity to meet new friends, and learn about all of the fun activities the SEM chapter offers.

About a dozen new members came, along with several current members. Most of the new members came from the Cape, and many were interested in hiking activities.

To give new members an idea of the opportunities in the chapter there were presentations on hiking by Walt Granda, family events by Christine Pellegrini, CYP by Sally Delisa, and August Camp by Leslie Carlson. Refreshments (sandwiches and cookies) were served, and raffle prizes insured fun was had by all!

We would like to thank Jim Casey for the photos, Maureen Kelly for helping with several tasks, and Ed Miller and others for their coordinating efforts.

A special thank you goes to all of the presenters that came to introduce new members to our organization. They left knowing more about AMCSEM then when they came!

Don’t forget to look at the chapter calendar for other great events!
Moonlight Hikers,

My thanks to a great group for having faith and showing up, and for being such good hikers on a great night for a hike.

We hiked for approximately 2 hours with a distance of approx. 4.2 miles, West Side, French, Northwest, Ridge, right turn on Ridge, Granite Hills Loop to Tisdale House Site on Mountain Street, then Pond Walk back to the Visitor Center. Check out the Borderland Map for details on our location.

A great hike to end the year of Full Moon hikes, even if the moon didn’t cooperate!

Special Thanks to Ellenor from the State Parks for having us.

Remember folks, we’ll be back at Borderland April 6th for Leadership Training!

Bob Vogel
Moonlight Hike Series Leader

To our faithful and fearless Night Owl Hikers,

Thank you all for a great hike, you’re all good troopers.

I have enjoyed this season and happy to see that it ended with Mother Nature giving us a break so we could hike the hills with decent weather conditions.

A special thanks from me to Bob, Jim Casey and Sue Chiavaroli and the Borderland State Park Rangers for some great hikes and letting me help.

Hope to see you again soon...for more hikes visit our website Hiking quick link.

Happy Trails,

Nancy Coote
Moonlight Series Co-Leader
When we arrived Friday afternoon, with 2-4 inches of fresh powdery white stuff on the ground, Barbara, Ellen, Anne and Ewa had their snowshoes strapped on and were off breaking trail into the woods surrounding Applebrook B&B, our sanctuary for the weekend. We (Monica and I) chose to get acquainted with our room and unload our luggage. Soon thereafter Wayne, Jodi, Ralph, Jeannine and Paul arrived rounding out our group just in time for pre-dinner appetizers. (For those unfamiliar with these XC ski weekends, Barbara reserves the entire B&B for our exclusive use, with dinner and breakfast both days included.)

I’m a downhill skier, never having tried XC, but I don’t downhill on weekends anymore given the extra expense and crowds. So this was my time to experiment with XC skiing on flat terrain. Arriving at Bretton Woods Nordic Center to rent equipment I was presented with my first challenge – conventional or skate? Egads, people skate on skis? Stick with conventional skis they advise first timers. And what curious boots – they lace up. No buckles. Hadn’t worn lace up ski boots for decades. And the pricing. The rental and trail fee came to less than my typical weekday lift ticket. Wow.

Next challenge was the XC step-in binding. Place the boot toe up against the binding, lean forward and snap goes the binding – your fastened. That’s what they told me, but they lied. Suffice it to say it was struggle struggle struggle until eventually “snap” went the binding and I was fastened in. Then repeat the struggle struggle struggle for the other foot. Downhill step-in bindings are so nice. Place the boot toe in the binding toe piece, press down with the heel and, walla, your fastened to the ski.

Next challenge – how to create forward motion with edgeless skis. Do it all the time with my alpine skis – push off with...
the inside edge. But these things slip – and I fall. But no time to practice. The others have arrived and we are off to the first trail. No wide open slopes here. The groomed trails look to be 15 feet or so feet wide, bounded by scenic woods and a gurgling stream. Real nice. And the trails even have tracks, one for each ski, running along the side of the trail. The tracks are cut by the trail groomer. Nice person that groomer. So I put skis in tracks, copied the swinging motion of the others and off we went.


Well it didn’t take long to get into the swinging motion and glide along the trail. Glide left pole right, glide right pole left – you get the idea. Onward to the yurt. The yurt outpost was a most welcome respite in the far woods. Cooled down, ate lunch fixings, and chatted. Once refreshed, off again for the return. More glide left pole right, glide right pole left till we closed the loop and reached our starting point. Ahhh, off with these edgeless skis.

Now for the reward, the best part. It is customary on these ski trips to simultaneously recover from the strain on our leg muscles and re-hydrate our depleted bodies with a stop at the Mt. Washington Hotel lobby bar. Then, after one or perhaps two rounds, we adjourn to the Applebrook for BYO appetizers and a gourmet dinner. Tough to beat an introduction to XC skiing like this. From now on, downhill weekdays, XC weekends.

Conservation
Please consider adopting these three simple tips to protect our seas, streams, and water supplies:

Join the Massachusetts Annual Statewide Beach Cleanup:
Volunteers throughout Massachusetts turn out in large numbers each year for COASTSWEEP, the state-wid beach cleanup sponsored by Coastal Zone Management and the Urban Harbors Institute of UMass Boston. COASTSWEEP will celebrate its 24th year this September and October.

Get a free Seafood Watch Pocket Guide from Monterey Bay or download the Seafood Watch application right to your phone:
The Pocket Guide and Mobile application will help you choose ocean-friendly seafood wherever you live or travel. Worldwide fishing practices are damaging our oceans by destroying habitats and polluting water.

Be a smart consumer of seafood!
Consume LESS Bottled Water! Buy a BPA free water bottle with a filter attached. Every year, over 300 million tons of plastic are produced and contribute to garbage patches in our oceans, which kill birds, sea turtles and other sea life; in the US alone we buy an estimated 28 billion water bottles annually and over 80% end up in our landfills.
Are your juices flowing yet?

Last weekend was Ed’s annual NY Times Crossword Puzzle Tournament in Brooklyn Heights. Typically, while he “works,” I explore the neighborhoods, take many photos and hope he takes me to a good place to eat later.

This year I invested in a $12 ticket on the East River Ferry which gave me unlimited rides for the entire day and spent 2 hours riding north and south getting shots of Brooklyn and Manhattan, replete with a multitude of bridges. Such a deal!

About halfway through my voyage, look what I saw! I got to quiz him if he was wearing a wet-suit or noticed if he had a spray skirt. Shame on me, but we really we couldn’t have communicated without a megaphone.

It got me looking forward to our upcoming opening paddle of the season - Bill’s trip on the Centerville River, truly a perennial favorite.

Here’s to spring and I can’t wait!

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**East River Motivates SEM Member**

Louise Riemenschnieder Foster reminisces up-coming AMC Paddling season

**Man Kayaking on East River in Brooklyn/Manhattan NY gets Louise looking forward to the AMCs upcoming paddle season. Great shot of the Statue of Liberty in the background.**

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**Non-AMC area of interest**

These activities are not a part of the AMC, nor endorsed by AMC

**Blue Hills Reservation Adult Walking Club 2013**

2nd Annual MA Trails Conference
May 4, 8-4pm Devons Common Center, Shirley MA

23rd annual MA Land Conservation Conference
Sat 23 8am-4pm

13 year old girl “Sunshine” is attempting to hike the Continental Divide— provided by Tim Hart

“Sunshine” hiked the Appalachian Trail (AT) in 2012 and the Pacific Crest Trail in 2011

Modeling mechanical strains and stresses in soft tissues Article on shoulder strain with heavy backpacks provided by Tim Hart

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**AMC SOLO Advanced Wilderness First Aid (AWFA)**

SEM Chapter leaders and members, as well as any interested parties, are welcome to join this AMC course.

AMC-Adventure Travel Committee will sponsor a SOLO Advanced Wilderness First Aid (AWFA) 2-day course at AMC’s Cabot Auditorium, 4 Joy Street, Boston, on Saturday and Sunday, May 4 & 5, 2013. This course is for people who want to recertify their AWFA or upgrade their WFA to AWFA. In both cases your current WFA or AWFA must not be expired at the time of this course.

If you have already taken WFA, it’s a great idea to take AWFA to further hone your skills and keep things interesting. The cost of the course is $120. To reserve a spot, please email Erika Bloom erika.bloom@comcast.net (508-951-1001; email preferred).

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Have an Outdoor related story or photos to share? Send preferably w/photos to Andrea Holden, breeze.editor@amcsem.org
SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)
AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you’d like to volunteer.

BICYCLING

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 (508-428-6887, bikingchair@amcsem.org) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a 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)

Chapter Trips

(FT) (NM) (CE) Tuesdays Apr. 16. Afternoon Cycling on Cape Cod. Scenic cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

Sat., Apr. 20. Block Island Cycling. Join us for a day of quiet cycling (before the summer crowds start) on Block Island on Saturday April 20. We will take the 11:00am ferry from Galilee, RI, and cycle approximately 20 miles. There are many nice beach walks, old cemeteries, and ponds along the way. We’ll be returning on the 6pm ferry. The ferry ride is 55 minutes. Cost is $24.15 per person and $6.40/bike round trip. Optional

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.
dinner stop at the end of the day in Galilee. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com), CL Ellen Correia (ellenncorreia@gmail.com), R Ellen Correia (508-954-4099, ellenncorreia@gmail.com)

Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly’s to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Apr. 23. Afternoon Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Thursdays
Apr. 25. Sunset/Full Pink 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.

(FT) (NM) (CE) Tuesdays
Apr. 30. Scenic Cycling on Cape Cod. Afternoon cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 7. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 14. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
May. 21. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)
(FT) (NM) (CE) Saturdays May 25. Sunset/Full Flower Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the canal to Gray Gables and Mashnee Island. We’ll catch the spectacular sunset over Buzzards Bay and moonrise over Plymouth Bay. C2D 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 toward Scusset and take Canal Road past Friendly’s to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays Jun. 11. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays Jun. 18. Cape Cod Evening Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays Jun. 25. Evening Cape Cod Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 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 currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry 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 toward Scusset and take Canal Road past Friendly’s to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(CANOE/KAYAK)

Always looking for addi-
tional paddle leaders, both flat water and ocean. Contact paddingchair@amcsem.org

Chapter Trips

Saturdays

Apr. 13. Centerville River. Rt.28 to S on Old Stage Rd to light, R on S Main to L on Hayward to put-in. PFD, Spray skirt and wet/dry suit req. Paddle Centerville River and local Bays. Lunch on Nantucket Sound. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

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 Poppones-set 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)

Sat., Apr. 27. Leader’s Choice. Paddle on Cape Cod. Exact location will depend on weather. Contact leader the week of the trip for more information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Volunteer Opportunities

Wed., May. 1. Mashpee/Wakeby Ponds. Paddle around 2 fresh water ponds about 7 miles with lunch at beach end of Wakeby Pond. Life jackets & spray skirts reqDIRECTIONS: 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)

Wed., May. 1. MASHPEE/WAKEBY PONDS, Mashpee. Paddle 2 fresh water ponds about 7 mi with lunch at end of Wakeby Pond. Rte 28 to rte 130 N 2 mi R at “State Landing” sign to put-in. Life Vest & Spray Skirt req. 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. 8. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 north-bound 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 and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

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

May. 18. Walkers Pond, Brewster. Satucket Rd. in Brewster to S on Slough Rd to put-in on left. PFD and Spray skirt req. Paddle Walkers and Mill Ponds. L Bill Fischer (508-429-4137 before 9PM, wmbarbarafischer@comcast.net)
Wed., May. 22. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., May. 25. Wellfleet Bay Blackfish Creek. Explore Blackfish Creek and Fox Island Marsh Put-in: In Wellfleet turn onto Pilgrim Spring Rd. from Rte. 6 (just past the firelookout tower). At the stop sign and junction where Cove Rd. joins from the right continue straight on Indian Neck Rd. At the intersection with Samoset Ave. on left bear right and then right on Nauset Road to the Indian Neck Beach parking area. Use the existing paths to access the beach. Life vest and spray skirt req. Wet or dry suit may be req. depending on conditions. L Don Paladino (508-349-2950, djp1958@comcast.net)

Wed., Jun. 5. BASS RIVER SOUTH-Dennis. Paddle Bass River ‘fingers’, Grand Cove to mouth at Nantucket Sound. Lunch West Dennis Beach. Life Vest & Spray Skirt required. Directions: rte 6 exit 9, rte 134 South, R Upper County rd, L Main st, R Cove rd to landing at end. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.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)

Wed., Jun. 19. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the Barrier Beach at the Chatham Cut and return around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Explore Duck Creek from Wellfleet Harbor 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 Paladino (508-349-2950, djp1958@comcast.net)

Wednesdays
May. 29. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. Paddle the three bays with lunch on Deadneck. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., 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. 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

CAPE HIKES

Always looking for additional leaders to lead hikes on the cape! Contact the capehikingchair@amcsem.org

Chapter Trips

Thu., Apr. 4. Wellfleet, Griffin Island (C3C). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, Turn Right on Chequessett Neck Rd. Turn Left and Park in Great Island pkg, lot. Over 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Apr. 13. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 North and take immediate right turn on Summer St. Follow dirt road 1/2 mile to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Apr. 14. Sandwich-Maple Swamp. Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles recommended. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd just past Mill Rd on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Thu., Apr. 11. Barnstable - Barnstable Conservation (B3B). Meet at transmission line on Service Road. Take Rt 6 to Rt. 149S and R on Service Road for 200 yds. Walk on Trail of Tears to Sandwich town line and return. Meet at 9:15 am for 9:30 AM start, 3 hours. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Apr. 25. Mashpee-Mashpee River Woodlands (C3C). Wooded walk along Mashpee River. Take
Orchard Rd. off Rte. 28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg. Lot on R. Meet at 9:45 AM. 2 hrs. L Farley Lewis (farlewis@comcast.net)

Sat., Apr. 27. West Barnstable Conservation Area (B3C). Wooded hike to highest point in Barnstable, some hills. Rte 6 to Ex 5, Rte 149 S. R on Service Rd for 100 yds. Park in lot under power lines. Meet 9:45, 2 1/2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com), CL Tom Kastner (508-325-4486, lintfry@inbox.com)

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

Sat., May 4. 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., May 5. Mashpee-Barnstable: Santuit Pond/River. Meet 12:45 PM for 1 PM Hike. 2 hrs. Rte. 6, Exit 5, South on Rte. 149 to Rte. 28. R on Rte. 28, R on Santuit-Newtown Rd. for 0.8 miles to yellow gate and PL. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., May 9. Ryder Conservation Area - Sandwich. Scenic hike, through Lowell Holly Conservation area around Mashpee-Wakeby Pond, meet at 9:45 AM for 10 AM start. Rte 6 to Exit 3, turn south on Quaker Meetinghouse Rd to traffic lights and turn L on Cotuit Rd. 1 - 1.5 miles parking area on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277)

EXECUTIVE COMMITTEE
We need an “Event Planner” for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

Volunteer Opportunities

sign up amcinformation@outdoors.org 800-372-1758 - AMC Southeastern Massachusetts Chapter - BREEZE
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 (picpocir@verizon.net)

HIKING

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)

Chapter Trips

(AN) (CE) Tuesdays
Apr. 2. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(AN) (CE) Tuesdays
Apr. 9. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thu., Apr. 4. Thurs. Morn. Hike Horseneck/Westport Beach B3D. Meet at 10:00 AM Horseneck Beach main parking lot. 5 mile hike with an option to extend to 8 miles hiking Gooseberry Island. Bring snacks/lunch sturdy footwear, water, and rain jacket. Heavy Rain cancels. Directions: Rte 195 to Exit 10 Rte. 88 south. Follow Rte 88 to parking lot on your left. After the hike a short drive to a local restaurant for pie and ice cream. L Walt Granda (508-999-6038 before 9 pm, wgranda@aol.com)

(FT) (NM) Thursdays
Apr. 11. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Rating codes (e.g. C4D): first letter indicates distance in mi, middle number indicates pace, second letter indicates terrain.
Sat., Apr. 13. Seven Sisters Hike. Moderate 6 mile hike on the Metacomet Monadnock Trail over a series of peaks including Mt Holyoke, The Seven Sisters, Mt Hitchcock, and Bare Mountain. Climb Bare Mountain and proceed up and down the ridge to Mt Holyoke. Total elevation gain over 2000 ft. Enjoy great views of the Pioneer Valley and the Connecticut River while getting in condition for bigger hikes. L Anne Duggan (508-789-5538 evenings till 9:30, ab.duggan@verizon.net), CL Jodi Jensen (jodijensen@gmail.com), R Anne Duggan (508-789-5538 evenings till 9:30, ab.duggan@gmail.com)

Sun., Apr. 14. Blue Hills Fast and 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 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

Thursdays
April 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 Guenther (508-699-7461 Before9pm, murielguenther@comcast.net)

(FT) (NM) Thursdays
April 18. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Tuesdays
April 16. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

April 23. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(AN) (CE) Tuesdays
April 23. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@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)

(FT) (NM) Thursdays
Apr. 25. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

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)

(XCE) (SN) Sat., Apr. 27-28. Wilderness First Aid (WFA). WFA training (instruction by SOLO, see http://www.soloschools.com/index.cfm?event=course.wfa) is again offered this spring at AMC’s Noble View camp (http://www.outdoors.org/lodging/cabins-campgrounds/camps-noble.cfm). Learn what to do in case of a hiking related accident deep in the woods when professional help is hours away. Optional CPR instruction also available. This is a popular program and fills up quickly. Pricing includes room and board for both days. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sun., Apr. 28. Introductory Hike at Borderland State Park. Join us for an introductory hike at Borderland State Park in Easton. This will be a spring walk over pretty terrain, a little up and down but generally level. We will hike 5-6 miles to see lots of spring lady slippers. New hikers should have comfortable footwear (sneakers or hiking boots) and bring 16 oz of water and a small snack. We plan to leave around 9:00 am and return around 11:30. The park has a $2.00 parking fee. http://www.mass.gov/dcr/parks/borderland? L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com), R Kathy Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(AN) (CE) Tuesdays
Apr. 30. 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. 9:30 Start. LKen Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)
(AN) (CE) Tuesdays
May. 7. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
May. 9. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., May. 9. Borderland State Park/BCT. Meeting time is 9:45am at Borderland SP parking lot on Massapoag Ave. on the Sharon/ North Easton border for a 4.5 mile hike. Hiking will conclude around 1:00pm with pizza and cake afterwards in the Borderland Visitor Center. Please bring, water, rain gear, appropriate footwear, plastic bag for trash pick up and pruning shears. Storm cancels. Parking fee is $2.00. Lunch fee is $5.00. Registration is REQUIRED for this activity. Please call Barbara Hathaway to register for this activity and with any questions you may have. L Deborah Lepore (781-828-0572 Before 9 pm, DLepore2@GMail.com), CL Barbara Hathaway (508-880-7266 Before 9 pm, barb224@tmp.net), R Barbara Hathaway (Taunton, MA, 508-880-7266 Before 9 pm, barb224@tmp.net)

(FT) (NM) Sat., May. 11. Introduction to Hiking at Blue Hills. Great hike for new members and first time hikers. A leisurely hike in the Blue Hills Reservation. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Sat., May. 11. Family Hiking Series #3. Got kids? Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #3 will be at Blue Hills Reservation. This hike we will adding some elevation gain to our hiking skills. We will be hiking for approximately 2 hours before our lunch break and 2 hours after. Bring your family, pack a lunch and enjoy beautiful views of the Boston skyline. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini(508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., May. 12. Blue Hills Fast and 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 8 pm, mokel773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(C) (FT) (NM) Sun., May. 12. Mt. Auburn Cemetery Bird Watch. Join us for our 2nd Annual Spring Walk in Mt. Auburn Cemetery, looking for migrant and breeding birds. Kevin Ryan, SEM chapter member, has traveled to Panama, Africa, S. America, Europe, the Caribbean and Hawaii in search of amazing birds. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com), CL Kevin Ryan (kr1946@verizon.net), R Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

(AN) (CE) Tuesdays
May. 14. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
May. 16. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May. 18. Appalachian Trail hike from Connecticut to Race Brook Falls. Moderate to Strenuous 7.1 mile hike starting at Northwest Road on the MA-CT border to and proceeding to the AT. Hike 4.4 miles along the AT through Sages Ravine and over Race Mountain. Descend 2.1 miles on the Race Brook Falls Trail. L Anne Duggan (508-789-5538 evenings till 9:30, abduggan12@gmail.com), R Anne Duggan (508-789-5538 evenings till 9:30, abduggan12@gmail.com)

Sat., May 21. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(AN) (CE) Tuesdays
May. 28. 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. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays
May. 23. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., May 25-27. Memorial Weekend in the Whites. Hike the Twins and the Bonds and stay at Galehead Hut. Group meals included. Cost is $100.00 pp for the weekend. Confirmation and payment must be submitted by 4/20/13. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (mokel775@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays
Jun. 6. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)
Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Jun. 13. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 15. Introduction to AMC Hiking - Blue Hills. Join us for a nice hike in the Blue Hills and discover the fun, camaraderie, and great exercise of AMC hiking. Minimal equipment required for this intro. hike, but sturdy hiking shoes and water bottles will be a must. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(FT) (NM) Thursdays
Jun. 20. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 22. Family Hiking Series #4. Got kids? Join us for our Family Hiking Series. Hike #4 is our final hike. We have learned a lot since our first hike and we plan to take what we learned and head to New Hampshire. The destination will be decided based on how our group has improved over the last 3 hikes. Appropriate for children 3 and older with some hiking experience. Children under 3 years are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

(FT) (NM) Thursdays
Jun. 27. Red Line the Blue Hills. 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 (508-542-0665 before 9 pm, RLBH_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Recycle your old sneakers and athletic shoes. The Nike recycling facility grinds them up into materials that are used to make indoor and outdoor track flooring. They won’t accept dress shoes, sandals, flip-flops or cleats.

Drop off your old sneakers with any leader they will get them to the vice chair, Maureen Kelly, vicechair@amcsem.org. Check out the website: www.nikereuseashoe.com