

the southeast Breeze



Cover photo by Jean Orser, Leader

July 2013

Visit AMC SEM Website

Breeze Newsletters

Calendar

Photos

Open Volunteer Positions

- Conservation (Vice)
- CYP (Vice)
- Ski (Vice)
- XC Ski (Vice)
- Membership (Vice)

Please contact the Chapter Chair Cheryl Lathrop at chair@amcsem.org if you are interested in a position on the Executive Board.



The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year.

In a recent Globe article about local hiking spots, our chapter got some publicity! Go see [local hikes >>](#)

INTRODUCING THE AMC SEM 100-MILE HIKING CLUB [pg5>>](#)

SAVE THE DATES

- SEM 2nd Annual 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
9/11, 10/9, 11/13

The next Chapter Youth Program Leadership Training will be in York, ME on August 17th.

If you are interested in attending or would like more information, contact:

Sally Delisa,
Chapter CYP Chair
cypcoordinator@amcsem.org
or call 781-834-6851



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

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our home page (amcsem.org) or call 800-372-1758.

2013 Executive Board

Chapter Chair

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

Vice Chapter Chair

vicechair@amcsem.org
Maureen Kelly, 508-224-9188

Secretary

secretary@amcsem.org
Karen Singleton, 508-730-7702

Treasurer

treasurer@amcsem.org
Patty Rottmeier
508-982-1099 (c), 508-228-4207 (h)

Past Chapter Chair

pastchapterchair@amcsem.org
Jim Plouffe, 508-562-0051

Cycling/Biking

bikingchair@amcsem.org
John Fortier, 508-982-1855

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
Joe Tavila

Cycling/Biking (Vice)

bikingvicechair@amcsem.org
Cheryl Washwell

Canoe/Kayak

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

Canoe/Kayak (Vice)

paddlingvicechair@amcsem.org
Betty Hinkley, 508-241-4782

Cape Hiking

capehikingchair@amcsem.org
Farley Lewis, 508-775-9168

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Peter Selig, 508-394-9064

Cape Hiking (Vice)

capehikingvicechair@amcsem.org
Janet DiMattia, 508-394-9064

Communications

commschair@amcsem.org
Andrea Holden, 774-219-2426

Communications (Vice)

commsvicechair@amcsem.org
Gina Hurley, 508-362-6573

Conservation

conservationchair@amcsem.org
Joanne Jarzobski, 508-775-7425

Chapter Youth Program (CYP)

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

Education

educationchair@amcsem.org
Len Ulbricht, 508-359-2250

Education (Vice)

educationvicechair@amcsem.org
Barry Farnsworth, 508-272-1522

Hiking

hikingchair@amcsem.org
Walt Granda, 508-971-6444

Hiking (Vice)

hikingvicechair@amcsem.org
Paul Miller, 508-369-4151

Membership

membershipchair@amcsem.org
Ed Miller, 774-222-0104
5-9pm, no calls after 9pm please

XC Ski

xcskichair@amcsem.org
Barbara Hathaway, 508-880-7266

Trails

trailschair@amcsem.org
Lou Sikorsky, 508-678-3984

Trails (Vice)

trailsvicechair@amcsem.org
Wayne Anderson, 508-697-5289

AD Hoc Committees

Social Chair

socialchair@amcsem.org
Jodi Jensen, 781-762-4483

Social (Vice)

socialvicechair@amcsem.org
Ellen Correia

Family Events Chair

familyeventschair@amcsem.org
Chris Pellegrini, 508-233-9203

Family Events Chair

familyeventsvicechair@amcsem.org
Bill Pellegrini

Staff

Social Networking Moderator
social.nw.moderator@amcsem.org
Susan Salmon

Webmaster

webmaster@amcsem.org
Cheryl Lathrop/Andrea Holden

Breeze Editor

breeze.editor@amcsem.org
Andrea Holden, 774-219-2426

Blast Editor

blast.editor@amcsem.org
Andrea Holden, 774-219-2426

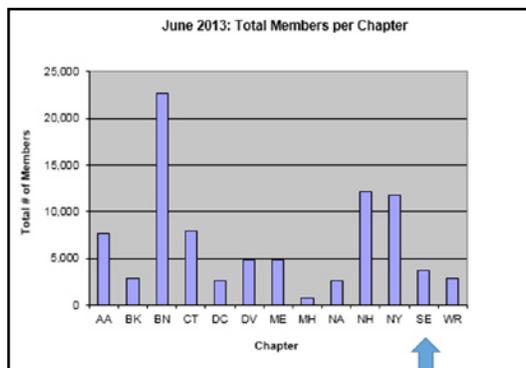
Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop



Numbers! Numbers! Numbers!

Did you know that: The AMC is the nation’s oldest outdoor recreation and conservation organization, founded in 1876 by 34 outdoor enthusiasts. That New York was the 1st chapter, founded in 1912. That SEM chapter was created in 1976. That our SEM (SouthEastMass) chapter is 1 of 12 in the AMC club. That the club is managed by a Board of Directors (4 officers, 19 directors) and paid staff located in Boston at 5 Joy St. (which is why we call them “Joy Street”) . That the club is guided by “Vision 2020”

which is based on 5 strategic initiatives. That AMC’s Board of Directors has the goal of building a community of 500,000 constituents and helping to get 500,000 kids outdoors. That the AMC has 16,000 volunteers, with our own SEM volunteer leaders making up part of that total.

SEM has 3000 members, Boston has 23,000 members and Mohawk-Hudson (NY) has 1,000 members. That NY and NH have 12,000 members. We’re neither the biggest nor the smallest; we are a nice size. And we have great summer programs going on (thanks to our tireless volunteer leaders).

July is hot, but the trails are shady, the waters are cool, and the roads are breezy. So, get outside!

**I’LL BE OUTSIDE ON THE TRAILS THIS JULY!
WHERE WILL YOU BE?**

**Got something to say? Got a good idea? Want to volunteer?
Feel free to contact me anytime about anything! chair@amcsem.org**

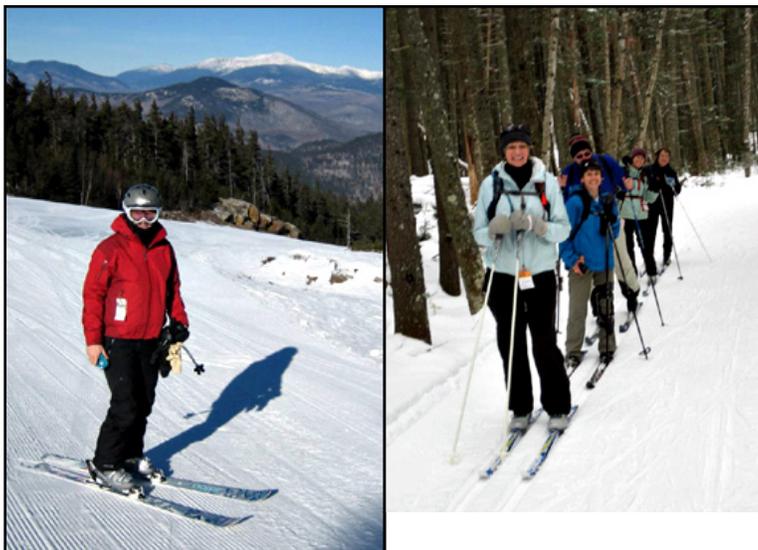


As always, feel free to contact your chair, or vice chapter chair at any time.
Chapter Chair: Cheryl Lathrop
(chair@amcsem.org) ~ Vice Chapter Chair:
Maureen Kelly (vicechair@amcsem.org)

GET INVOLVED

Be a volunteer and reap the rewards

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started. Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.



Photos by Len Ulbricht

Like to ski?

Want to see more ski trips?

Our Ski Committee needs a Vice Ski Chair to work with our Ski Chair to help to plan ski events, both downhill and cross-country.

Contact xcskchair@amcsem.org for more information.

Are you a detail person, long-time chapter member, and former board member?

We're forming a committee to update our chapter Bylaws and Operating Rules.

See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at chair@amcsem.org.

Conservation minded?

Want to contribute more?

Want more conservation activities?

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education.

Contact conservationchair@amcsem.org for more information.



Morning Glory by Stanley Grass

Strawberry Moon/Sunset Ride - June 23, 2013

Photos by Paul Currier



"The Cliff" in Sagamore Highlands



Mass Maritime for sunset



INTRODUCING THE AMC SEM 100-MILE HIKING CLUB



Log your miles; earn an awesome patch!

Based partly on the success of the SEM Biking Committee's "2,000-Mile Club" and the New England hiking community's popular "4,000 Footer Club", the SEM Hiking Committee has just initiated an "100-Mile Hiking Club" for SEM members who get out on the trails regularly with the club.

Membership is open to any SEM member who, starting on July 1, 2013, hikes at least 100 miles with the SEM and/or any other AMC chapter and remembers to log those miles along with the date hiked and location on our online spreadsheet linked to the SEM Hiking page on www.amcsem.org.

To get your name included on the online [spreadsheet](#) so you can record your miles hiked with the AMC after July 1st (using the honor system), just send an email to either hikingchair@amcsem.org or hikingvicechair@amcsem.org.

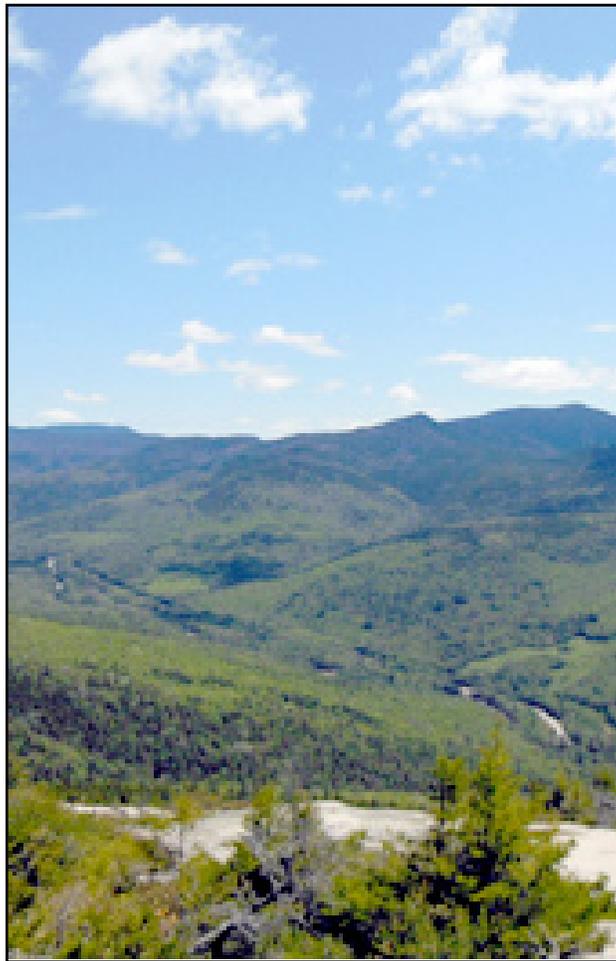
Hikers that complete the requisite 100 miles of hiking with AMC SEM will receive an awesome patch!

Welch-Dickey Hike May 14, 2013

Contributed by Len Ulbricht
Photo credits: Alan Greenstein, Ken Jones and Len Ulbricht

This hike was one in the Tuesday morning conditioning series that Ken Jones and Luther Wallis run during April and May at the Blue Hills. This day was a special treat. The weather was absolutely perfect. A cold front passed through the previous day so we had sunshine, 50 degrees and a brisk northerly wind (note gloves and fleeces in photos) making the air crystal clear to take in distant views. And no black flies.

Welch-Dickey is a loop hike of 4.4 miles and 1800 feet elevation gain. Granite slabs cover most of the peaks so for modest effort one experiences obstruction free views of Waterville Valley and the Tripyramids to the southeast, Franconia Notch and associated peaks to the north, and even distant Monadnock to the southwest. The multi-hued greens of budding trees covering the valleys and the deep blue sky above made this an exceptional hiking experience. Try it.



Attention Backpackers

Contributed by Len Ulbricht and Barry Farnsworth
SEM Education Committee

Backpacker Magazine sponsors an annual Get Out More Tour to review the latest in backpacker equipment. The tour stops in various locations around the country and this year there is a stop at EMS in Newton MA on June 26 at 6 pm .

The Get Out More team is offering their seasoned advice via an in-depth, 75-minute seminar that will both inspire and educate. This informative and fun seminar will cover a range of topics including:

- Backpacking essentials
- The latest in gear and apparel
- Survival skills
- Trail-tested tips

Admission is FREE and participants will have the chance to win great outdoor gear and apparel worth hundreds of dollars. For more detail see backpacker.com

Wilderness First Aid Training

The fall SEM offering of WFA (Woofers as some call it) will be held November 9 & 10, 2013 at the Chapel Meeting House in Foxboro, MA. It is taught by a professional instructor from SOLO schools.

The WFA course runs 8-4 that Saturday and Sunday. CPR follows the Saturday session. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. CPR is optional for additional \$35.

This course covers back woods first aid for those hikers who want to be prepared should a medical situation arise when they are in a remote area far from a quick 911 EMT response. Whether one is hiking up north or out west, camping or backpacking away from populated areas, biking distant routes,

paddling the hinterlands or backcountry skiing, accidents do happen and adverse health conditions do arise. 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. WFA prepares you to treat and stabilize victims until professional help arrives, which could take many hours and perhaps overnight. If you venture into remote areas, whether or not you are an AMC trip leader, WFA will give you confidence you can handle that unexpected situation we all hope will never occur. To register or for further information, contact Barry Farnsworth, Education Vice Chairperson, at bfarns99@yahoo.com.

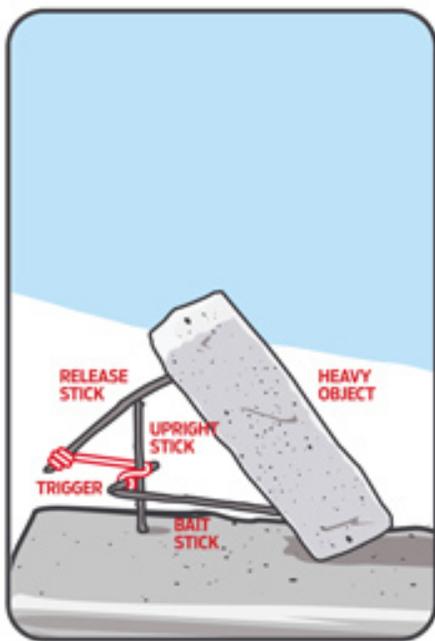


Illustration by Supercorn

SAVED BY...DENTAL FLOSS

A string, several strands, and even the box can all come in handy.

By: Kristin Hostetter
Backpacker.com

Illustration by Supercorn

Braid several strands together to make stronger cordage for...

- Fishing line
- Snare and deadfall traps
- Bear-bagging
- Shelter-rigging
- Lashing knife to stick to make a spear

Bonus Use the plastic box to store ants, maggots, or other live bait.

Take A Long Hike

By Ray Anderson

Hello fellow hikers.



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



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

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

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

Ray's Hiking Blog: www.TakeaLongHike.com

PADDLE TRIP REPORT - Meeting House Pond to Little Pleasant Bay - June 1

By Betty Hinkley

Paddlers: George Wey, Paul Corriveau, Jean Orser, Vicki Blair-Smith, Joanne Snyder, Pat Carden

We set out on Meeting House Pond on an absolutely beautiful day.

We went down the River and across open water to Namequoit River fairly easily.

There were some wind gusts that persuaded us to keep close to the shoreline most of the time.

We went down the Namequoit River to Arrey's Pond.

While on the River, a swan came in for a landing close overhead; big wings flapping, it sounded like a small jet.

He landed in the middle of our group, and proceeded to look very angry; we gave him plenty of space (although it is a very narrow river).

We never saw a mate or babies, and he eventually drifted away, so not sure what his problem was.

We stopped at Namequoit Point for lunch, although that has signs posted saying that

it is private; but we thought we might get away with it at this time of year.

In fact, it is OK to be there if you have your feet in the water, so we were prepared to jump up and stand in the water if necessary.

In the end, nobody cared about our being there. We ate lunch, followed by Jean's brownies, and felt blessed.

After lunch we rounded the point into Little Pleasant Bay and paddled along the shore to the conservation area and into Paw Wah Pond.

After that we turned around and made our way back to Meeting House Pond.

Aside from the swan, the only interesting bird we saw was an osprey diving for a fish.

We did see a few sailboats and several power boats, so summer is definitely upon us.

Thanks for coming; it was a great day to be on the water.



PADDLE TRIP REPORT - Bass River South - June 5

By Jean Orser

Paddlers: Jean Orser, Leader, Paul Corriveau, Co-leader; George Wey, Vickie Blair-Smith, Gary Robinson, Margot Fitsch, Pat Carden, Bill Fischer

At the Cove Road put-in everyone marveled at the calmness of the water. As we were anxious to start before the wind came up, we decided to paddle around Grand Cove first so we would see any late comers when we passed the put-in on the way out. Along the way we saw a large nest on a raft with a sea gull and at least one baby gull. Seeing no late comers we paddled south on Bass River into Horse Foot Cove, past the Bass River Marina and under the route 28 bridge to Winkle Point where we gazed at all the large yachts moored in the fingers. Just past the West Dennis Yacht Club five of us ventured under the Loring Ave Bridge to Weir Creek where the water level was much higher than usual and so we ventured under the Lighthouse Road Bridge which goes into Uncle Stephen's Pond. It did look like we could go further up Weir Creek but we opted to return as no one knew how quickly the tide would go out plus it was after 12 (the usual lunch time). Along the way we saw an osprey in its nest and a beautiful snowy egret.

We landed on West Dennis Beach for lunch; there were very few cars in the lot probably because of the nesting plover restriction. One plover escaped from the designated area and strolled not too far from us. We headed out to Nantucket Sound looking at dredging equipment along the way. We reversed direction paddling on the opposite shore passing Grand Island, the Yarmouth Windmill, under route 28 bridge, past Bass River Yacht Club and into Grand Cove to the put-in. Bill's GPS showed we paddled 9.34 miles.

An exceptional day to be on the water.



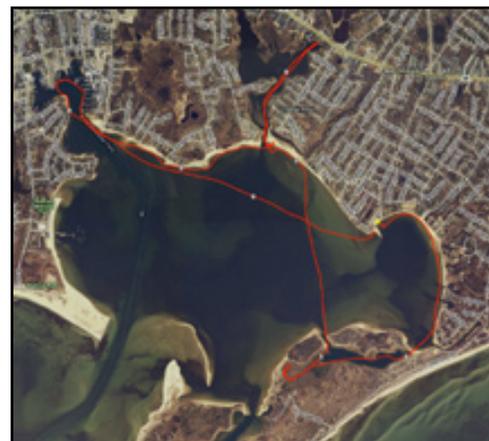
PADDLE TRIP REPORT - Lewis Bay - June 19

By Ed Foster

Paddlers: Ed Foster - leader, Paul Corriveau, Bill Fischer, Lynne O'Riorden, Jean Orser

We launched from Mayo Beach in Wellfleet into a 12-14 mph wind from the southwest but quickly went around the harbor and pier into Duck Creek where the water was very calm. We paddled upstream past the marina, through the pilings of the bridge for the former Boston to Provincetown railroad and then under Uncle Tim's Bridge. Since it was then high tide we were able to paddle all the way upstream through the channels in the marsh to Route 6.

Returning to the harbor we paddled around Chipman's Cove and stopped at noon for lunch on a sandy beach on Indian Neck across from Mayo Beach. After lunch, the wind in Wellfleet Bay had not abated so some chose to go directly across the harbor to return home whereas the remainder paddled along the north shoreline of the Bay toward Great Island. We paddled against the wind but that made the return trip to Mayo Beach and the launch site with the wind at our back an easy paddle.



PADDLE TRIP REPORT - Duck Creek, Wellfleet - June 22

By Donald Palladino

Paddlers: George Wey, Bill Fisher, Jean Orser, Paul Corriveau, Gary Robinson, Don Palladino (Leader), Louise Foster, Ed Foster

We launched from Mayo Beach in Wellfleet into a 12-14 mph wind from the southwest but quickly went around the harbor and pier into Duck Creek where the water was very calm. We paddled upstream past the marina, through the pilings of the bridge for the former Boston to Provincetown railroad and then under Uncle Tim's Bridge. Since it was then high tide we were able to paddle all the way upstream through the channels in the marsh to Route 6.

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It was an absolutely great day to be on the water. Overall the trip covered 6.5 miles.

PADDLE TRIP REPORT - Swan Pond, Dennis MA - June 15

By Betty Hinkley

Paddlers: Vicki Blair-Smith, George Wey, Al Phillips, Rona Robinson, Margot Fitsch, Louise Foster, Ed Foster, Betty Hinkley (Leader)

This was a really beautiful day. We launched at 10:30 and went counter-clockwise around Swan Pond (no swans) and then under the newly constructed Upper County Road bridge - completely different from the old bridge, easy to pass under even at high tide. Lots of construction at the Route 28 bridge, but still OK to pass under, except for fishing lines. We saw several white egrets, geese, and a couple of osprey, and a few kayakers. No paddle boats yet, but signs of life at that location. We got to the end of the river and heeded the warning that Margot had given us from her trip - the channel into the Sound has been seriously narrowed, and the outgoing tide doesn't seem to have anywhere to go. If you got close to the breakwater, you were swept along, but then there was no water to go out to the Sound. Really need to do some dredging there. For the few who ventured out there, it was definitely a challenge to get back against the outgoing tide; physics is a wonderful thing, however, and in the end we all returned to the river.

We ate on the enlarged beach, next to the Plover homes. A brave seagull wandered apparently too close for comfort to the Plover territory (although not much closer than Ed and Margot) and the adult Plovers systematically nose dived the gull, who ducked at every attack. It was really funny to watch, and finally the gull decided he'd had enough and took off, and the Plovers followed him all the way to the opposite beach and continued to dive at him a few more times. We were happy that the gull took the heat for us. We returned up the river after lunch. A really nice leisurely trip.

Thanks for coming.



By Bill Fischer

Paddlers: Bill Fischer, Jean Orser, Paul Corriveau, George Wey, Gary Robinson, Phyllis Evanden, Ed Foster

The Day was very warm for June but the slight wind from the south west made for a lovely paddle. Once on the Childs River the pleasant conditions were very evident to all of us. We paddled down the Childs River to the SeaPit River and out into Waquoit Bay. We kept Washburn Island on our right all the way to Tim's Pond. The tide was just deep enough to make the entry into the Pond and across to the portage path back to the Childs River. After a portage of about 50 yards we were back on the water. We had lunch at the beach at the end of the Childs River.

After lunch we paddled back up the River past the put-in and under Route 28 as far as we could go. Then it was back to the put-in for a total of 6.5 to 7 miles depending on the path taken. The route will be forwarded on a different e-mail as it's provided by Ed Foster. Turned out to be a very nice paddle on a hot day.



Shoestring and Popponesset Bays - Short and Sweet or Fully Loaded

By Louise Riemenschneider Foster

Shoestring and Popponesset Bays offer a wealth of choices. Starting at exactly the same put in, one trip can be very different from the next, depending on the tides, preference and the stamina of the paddler. Time of year is another big variable. A good starting point is the Town Way to Water on Santuit Road in Cotuit. There are other ports of entry, such as Pirate's Cove or The Town Landing on Ockway Bay, both in Mashpee, but those require a resident parking sticker in season. Once on the water, the obvious route is south on Shoestring Bay toward Popponesset Bay and Nantucket Sound. Depending on the wind, hugging one of the shores may be a smart move. The two bays mark the border between the Towns of Barnstable and Mashpee and about a quarter of a mile from the put in is "The Narrows," which is the transition between Shoestring and

Popponesset. Exactly where that boundary lies has been disputed by property owners in that immediate area. On the Mashpee side, is Half Tide Marina and its crowded mooring fields. Pirate's Cove follows, and soon thereafter, the first decision point,

the entrance to the Mashpee River.

This is practically a "no brainer" because the Mashpee River offers such an interesting spectrum of flora as it changes from a salt water ecosystem, through brackish

water and finally to the fresh water source. The progression of plants reflects these changes and is impressive. In the spring there is new growth springing from the river's bottom, especially near the source, and in the fall, many spectacular wild-



Paddling the Upper Reaches of the Mashpee River in the Fall

flowers adorn the shore in full bloom. On occasion, some paddlers have made it almost to route 28, but this not easy and the final stages are often blocked with debris. There is always a rich assortment of birds - great blues, swans, osprey and many kingfishers. Oh, and let's not forget the ever present Canada Geese! There are two pair of osprey which nest on poles easily seen from Quinaquisset Avenue in Mashpee, nearby on the edge of the Mashpee River Woodlands, and are undoubtedly among those fishing the river. Up toward the entrance is evidence of oyster farming, which is a project employing filter feeders au naturale to remove unwanted nitrogen containing compounds from the watershed. As these slurping oysters gorge themselves and grow to a useful size, they are unceremoniously dumped on the shore for lucky resident holders of shellfish permits to collect and serve up for dinner. I have not seen data, but I can only hope this is working.

After the Mashpee River, continuing toward the sound and passing Gooseberry Is-

land on port, another option, Ockway Bay, is soon revealed. One of the alternative put ins is at the head of this bay and the one I believe Nancy Wigley will use for her upcoming September Mashpee River trip. The shoreline is quite developed with homes, and piers, but still offers great encounters with birds, including a long established osprey nest, which becomes larger and larger with each subsequent season. Bring your camera!

Continuing south another opportunity comes up. There is an interesting detour along Popponeset Creek. After going under the small bridge to upscale Popponeset Island, there is a relatively narrow manmade canal, quite densely lined on both sides with very large, high profile residences, This passage was dredged in the 1950's under the direction of a state official who eventually landed in jail for questionable practices in awarding contracts. The creek spits out next to a barrier beach known as Thatch Island aka Popponeset Spit, a favorite weekend "tailgating" destination for power boaters . Depending

on the day of the week this is a fine place for lunch - or continuing along this barrier beach and across the opening to the sound, leads to Meadow Point. This is protected by The Barnstable Land Trust and is a perfect spot to just watch the world go by, as marine traffic comes and goes through the cut. After lunch, if the seas are calm and currents are at a minimum, it may be possible to take a little spin out into the sound.

Another option for lunch would be the beach at Crocker's Neck Conservation Area due east of Gooseberry Island. After lunch at whatever site chosen, there are always the options of heading back to the put in or exploring a marsh area accessed through Pinquickset Cove, which is just adjacent to Crocker's Neck. Much of this excursion boards the pristine Town of Barnstable Conservation Area and in the spring, when marsh growth is just getting started, the vista is quite open. At high tide, travel up and around several little estuaries far into the marsh and almost to the Crocker's Neck shore is fairly easy and again, many birds can be seen.

Now it is definitely back to the put in. In the fall sizeable fish are jumping and sometimes thump into the hulls of the boats. When the put in is finally within sight, if the tide is fairly high and paddlers are up for even more, they can proceed to the north end of Shoestring Bay, paddle under the School Street Bridge and explore

the Santuit River. Most of this area is very undeveloped and there is usually lots of wildlife here. It is here in the spring that herring make their way from Popponeset Bay to the upper reaches of the river to spawn. Unfortunately many become snacks for hungry gulls and osprey (they have to eat too!), but the good news is that the herring counts here in the last couple of years are way up. Spring is a good time for this area because the views are not obstructed by tall growth, but in the fall, there are plenty of wild flowers to admire. This is a great side trip, but very serious caution is advised, since the water can run out quickly and it is easy to be stuck aground if the tides are marginal when you begin this part of the trip. On the other side of the coin, if the tide is too high, the underside of the bridge will be impassible going both in and out, so good planning is imperative. One possibility is to make this side trip at the very beginning of the day to take advantage of a perfect tide. Unfortunately, I can't tell you what "perfect" is.

This trip may be short and sweet or extremely long, especially if all the options are taken. On September 21, Nancy Wigley will be running a trip to the Mashpee River, specifically to showcase the lovely autumn wild flowers there. I will be leading a trip there in August and you can take it to the bank I won't be exercising all my options!





HOLD MY HAND and never let me go.
Watercolor Painting of hands - Jenna
De Troye www.etsy.com >>

A tribute to Pam Carter

“Pam took a walk along a stream, and touched the bark on the trees to feel the texture. And she felt the pine needles. As always, she was close to nature. After awhile she got tired and sat on a rock, and realized she had gone too far and would never get back home. The Lord spoke to her and said what a great life she had, and she told the Lord she’d never get home. The Lord told he that his house was closer, and took her hand... “

- Garden Club President

Recent Blue Hills “Intro” Hike Earns Rave Reviews

By Paul Miller, SEM Vice Hiking Chair

Most regular readers of the Southeast Breeze newsletter are well aware that we’re big on “series” hikes in the SEM Hiking Committee. Our Red Line the Blue Hills, Thursday Morning, Full Moon, and Winter hiking series have all become very popular; with 20 or more participants often showing up for hikes, in addition to the hike leaders.

Not quite two years ago, we also launched our “Intro to AMC Hiking” series of local hikes in an attempt to get more SEM members out on the trails to enjoy the fun, camaraderie, and great exercise of our chapter hikes. For reasons that largely evade your Hiking Committee, participation in this series still has not achieved what we consider to be “critical mass.” While several of the local intro hikes have attracted as many as ten or so participants, others have attracted only a handful. But based on the success of several recent intro hikes, this appears to be changing for the better.

In one example, Jim Casey and I planned and led an Intro Series hike in Blue Hills

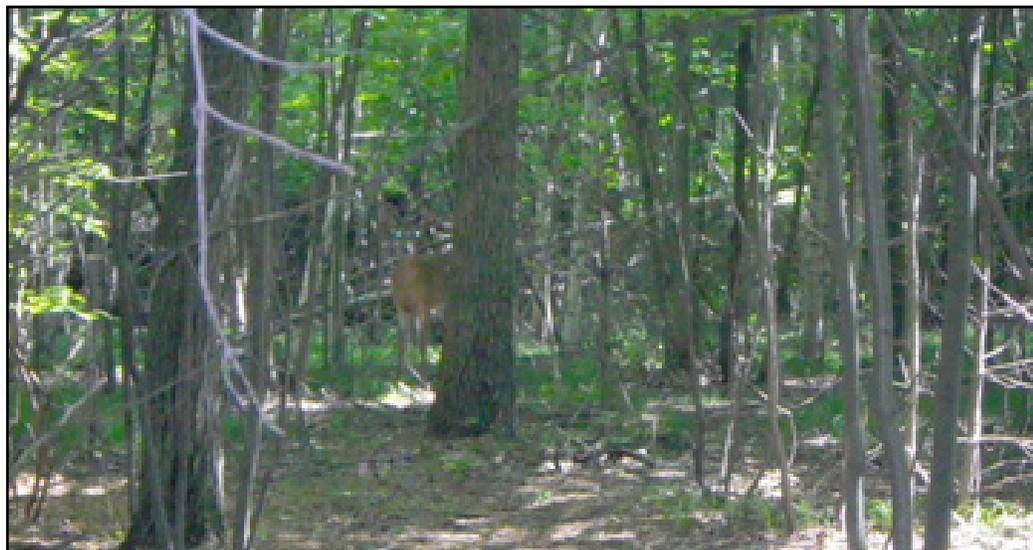
on June 15 that drew five other participants (with a sixth person cancelling at the last minute with apologies due to illness...). Three participants had never hiked with the AMC before. Another participant’s last AMC hike (an intro-level backpacking trip with another chapter) had been less than enjoyable due largely to horrendous weather and possibly in part to an overly-ambitious agenda.

While there’s certainly no shortage of great hiking to be had in the Blue Hills, Jim and I took quite a bit of time studying the DCR Blue Hills Reservation topo map to put together a loop hike that would include interesting and varied terrain and some nice views to entice participants to come back for more; but would not be so challenging that participants would feel like they’re in

“over their heads.”

We ultimately decided on a modest, approximately 3.5-mile loop hike that started at the Chickatawbut Overlook, followed the Cedar Rock Path to the Headquarters Path, and then continued on to the Indian Trail Path, which eventually led around to the Skyline Trail. From here, we jogged east for a short stretch to climb and enjoy the views from Rattlesnake Hill before doubling back on the Skyline to Wompatuck Hill, where we stopped for a quick bite to eat before continuing around on the Skyline. After several more short “ups and downs,” this eventually led us to the Chickatawbut Tower loop that brought us back to our starting point.

It was a real pleasure for both Jim and I to have the opportunity share our enjoy-



Bambi sighting on the Cedar Rock Path. Photo by Jim Casey

Recent Blue Hills Cont'd

ment of and enthusiasm for hiking with this wonderful, if small group of largely

novice hikers. Based on their feedback during the hike, it was clear that everyone had a very positive experience, so we asked all to send us some comments

that we could include in this write up.

Here's what one woman hiker wrote: "Thank you, Paul! Our Skyline Trail hike in the Blue Hills has renewed my faith in AMC-run trips! After a particularly traumatizing beginner experience the previous weekend, I got up on the horse again by trying out 'just one more AMC hike.' I can't thank you enough for the great experience, beginner pace, help along the way, and the great views atop Rattlesnake Hill! I feel better about signing up for more trips and treks with the AMC – and only have great things to say about the SEM Chapter! Thank you, thank you!"

Another woman wrote: "Hi Paul! It was great meeting you and Jim on Saturday. It was our first hike with the AMC and we loved it. The weather was beautiful. Our hiking companions were friendly and eager to hike. We only live about 15 minutes from where we hiked and I can't believe we have not hiked it before. To kick off the day seeing the deer and then later on seeing the hummingbird on top of Rattlesnake Hill were the highlights for me. We also enjoyed some of the interesting hiking facts that you and Jim shared with us and your stories of past hikes that you have done with AMC. Looking forward to the next hike! Thanks so much for sharing the day with us!"

Doesn't sound like it was too painful an experience, does it? So, if you're one of the many SEM chapter members who have been sitting around thinking about coming out and joining us for a hike, but needed just a little more motivation to actually do so, what are you waiting for?

To check out some of the upcoming chapter hikes, just [click >>](#). And keep in mind that if you're ever not sure whether a particular hike (or any other chapter activity) is appropriate for you, just contact the leader to discuss. He or she will always be glad to point you in the right direction!



On the Skyline Trail (PHOTO: Jim Casey)



Atop Rattlesnake Hill. Photo by Jim Casey

Blue Hills garter snake with death grip on toad

June 4, 2013

On a recent morning in the Blue Hills, we happened across this sight right next to the trail, a garter snake just getting started on his breakfast! The poor toad was still very much alive -- we could see his throat pouch pulsating, and occasionally his front legs trying to get some traction -- not that it would get him anywhere!

We felt sorry for the toad, of course, but also admired the snake's successful hunt! We hung around for a while to see how the big fat toad was going to get inside the skinny snake, but after 10 minutes or so of not much progress, we continued on our way!

Credit: Éva Borsody Das



FOR SALE

Kayak Hurricane, white 14', tandem, brand new seats, has been garaged in order to get seats from factory (old ones rusted), easy to steer, dry storage with sealed cover, can be driven by one person too. only used one summer. asking \$800, Rona ronarobinson@hotmail.com 508-364-0568. includes yellow seat cover to protect inside of the kayak.

Men's Mavic Cycling Shirt, Medium (what was I thinking?!). Worn once and washed. Asking \$30. Contact: Sue Salmon at sfranc321@gmail.com



<actual item pictures>

Men's Conquest Boots, size 7. Very warm and comfortable but not a good fit for a woman's foot. \$60 Contact: Sue Salmon at sfranc321@gmail.com



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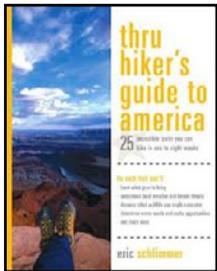
Want to sell your stuff?
Email commschair@amcsem.org
with the details, photos preferred
but not needed.

What Is On Your Summer Reading List?

By Gina Hurley

As we enjoy the long days of summer, I hope you are getting some good reading in. There are so many wonderful books out there, and many in the Outdoor Adventure category. Whether you are looking for true adventure stories, informational guides, nature stories, or anything in between, there is a plethora to choose from. Here are some from my collection that you might want to pick up.

Long Distance Hiking: If you are considering a long distance hike, there are many guides available to help you plan your trip.



You might want to start with the Thru Hiker's Guide to America by E. Schlimmer.

Schlimmer reviews and describes 25 trails, ranging from 95 to 1,300 miles long. Once you settle on a trail, there is usually a guide book to help you with planning your trip. One such guide is the Long Trail Guide (Green Mountain Club), which provides a wealth of information about this trail. Not only does this guide provide the reader with maps, trail profile, and trail description, it also provides information regarding wildlife, water, camping sites, permits, and safety. Want to head

to Mount Rainer and hike the Wonderland Trail? Pick up a copy of Bette Filley's Discovering the Wonders of the Wonderland Trail: Encircling Mount Rainer. Filley provides detailed information about the mountain, the trail, and all the rules and procedures of hiking this trail.

Of course, some of you might be thinking of hiking the Appalachian Trail.

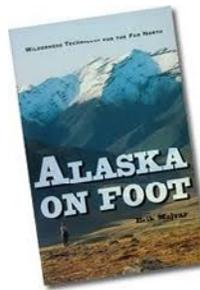
If so, there are many books to read about the AT. One personal account is Robert Alden Rubin's On the Beaten Path: An Appalachian Pilgrimage. In it Rubin recounts his journey, highlighting the people and the landscapes along the way. Walking the Appalachian Trail, by Larry Luxenberg, offers insight into why so many people chose to hike the AT. Luxenberg profiles many AT hikers in his book, providing a flavor of the different people and experiences along the way.

True Adventure Stories: Looking for an exciting true story to keep your blood pumping?

One of the best true survival stories is Touching the Void by Joe Simpson. Simpson and his climbing partner, Simon Yates, were climbing a 21,000 foot peak in the Andes when an accident changed their lives forever. Recounting the days on the mountain is an epic tale that will keep you on the edge of your seat

the whole time. Want to read a tale of survival at sea? Fatal Forecast, by Michael J. Tougias, describes the 1980 fishing trip of two vessels headed to George's Bank. When the weather turns up sixty-foot waves and hurricane-force winds, fishing turns to survival. Although stories of survival are always amazing, The Grizzly Maze, by Nick Jans, is not a story of survival, but a story of a fatal obsession with grizzly bears. The book takes you through the life and death of Timothy Treadwell and his many, and final, interactions with these aggressive animals.

Alaska: The 49th state has had many books written about it, especially books about travel and the Alaskan outdoors.



Alaska On Foot, by Erik Molvar, is a resource guide for hikers headed

into the backcountry. Molvar covers route selection, mapping and navigation, wildlife, and other components of planning an Alaskan trip. One Man's Wilderness, by Sam Keith and Richard Proenneke, recounts Proenneke's journey to Alaska and settlement in the wilderness. His simple account of his daily activities, exploration, and encounters with nature, coupled with great photography,

make this book a must read.

Of course a book collection about Alaska is not complete without a book on the Iditarod.

Gary Paulsen's Winterdance is his story of running this famous 1,180 mile dog sled race. Although all of these books about Alaska are great, one of the best is Arctic Homestead by Norma Cobb and Charles Sasser. In 1973, Norma Cobb, her husband Lester, and their five children, headed north to Alaska to follow their dream of claiming land under the Homestead Act. They settled near the Arctic Circle, where they encountered fierce winters, grizzly bears, and many other obstacles that would have turned most families away. Their story is one of true amazement.

Summer is a time to relax and enjoy the great outdoors. While you are doing so bring along one of these great reads. You will be glad you did!





AMC's Fall Gathering 2013

In the beautiful Delaware Water Gap National Recreation Area!

Home Location Accommodations Activities Meetings For Children FAQ

Registration for Fall Gathering 2013 will open July 1.

October 18-20

During the peak of the fall foliage

Activities include full and half-day hikes ranging from easy to hard, paddling trips, biking available throughout the camp roads (bikes and helmets available) or bring your own bike for a road or mountain bike ride. Horseback riding, plus canoe and boat rentals on the lake. For those over the age of 12, try the ropes course, zip line and climbing tower.

Also, tours of the nearby Grey Towers estate, once the home of conservation pioneer Gifford Pinchot, founder of the US Forest Service.

Saturday night join in the barn dancing with live music or relax around the campfire. For the kids and families, there are nature walks through a bog area, making critter creatures, biking (equipment available) for children ages seven and up. Saturday night you will have your own campfire with ghost stories, singing and a hayride.

Based at Camp Speers-Eljabar, a YMCA camp near Dingman's Ferry, PA, with on-site lake and trails. Stay in comfortable heated lodges and cabins, or tent. Family lodging. All meals provided.



Appalachian Mountain Club Fall Gathering 2013 - Delaware Water Gap National Recreation Area

Join fellow AMC members from Maine to DC!



Mohican Fall Foliage Special

Come early and hike and play for three days prior to the Fall Gathering. Stay at our southernmost AMC facility, Mohican Outdoor Center, located near Blairstown, NJ, where volunteers will be hosting a Fall Foliage Getaway on October 16-18.

Hike and paddle on the New Jersey side of the Water Gap. Hikes will be led by volunteers, or grab a map and venture out on your own. On Friday, take a scenic 45 minute drive to Camp Speers-Eljabar and the Fall Gathering.

To register for this event (not for the Fall Gathering) on line, [click here](#). Or send an e-mail to amclodging@outdoors.org. Or call AMC Reservations at 603-466-2727 Monday to Saturday 9:00 AM - 5:00 PM.



Hornbecks Creek



Appalachian Mountain Club
Delaware Valley Chapter

August Camp 2013 in North Cascades Washington



Breathtaking North Cascades of Washington State. Photo by: Éva Borsody Das

Join the August Camp Yahoo Group!

This is a useful tool to communicate with other August Campers who are signed up to go this summer. Email each other about travel plans, ask the leaders questions, etc.

To join the Group:

[Click here to join our Yahoo Group](#)

When you get to the page, click the button "Join This Group". If you don't already have a free Yahoo account, open one to become a Yahoo Group Member, then click to join the group.

- Week 1: July 13 - July 20
- Week 2: July 20 - July 27
- Week 3: July 27 - Aug. 3
- Week 4: Aug. 3 - Aug. 10

[REGISTER FOR AUGUST CAMP ▶](#)

In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of hikes every day, or add in backpacking, raft-

Photo by [Monika Jaeger more >>](#)



ing on the Skagit River or kayaking in the San Juan Islands to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our fleet of vans provides transport between

Photo by [Marianne Page more >>](#)



camp and SeaTac on each Saturday.

Registration forms and detailed Camp information can found [here](#). Plan your one or two week adventure now and be part of one of the oldest camps in the AMC.

Photo by [Nancy Crowther more >>](#)



Other Interests

*not endorsed by AMC



Narragansett Bay Wheelmen

Dartmouth Fifty

Date: Sunday June 16

Time: 10:00 AM

Route North Dartmouth,

Assonet, Westport

Start Location: Sears parking lot, 100 North Dartmouth Mall, Faunce Corner Road, North Dartmouth, MA.

Mileage Options: 15 / 34 / 55 miles

Formerly known as "Profile Rock Ride".



Cape Cod Against the Tide

event August 17th at DCR's

Nickerson State Park in Brewster, MA. The Massachusetts

Breast Cancer Coalition (MBCC) invites you to join us for the annual statewide Against the Tide swim, kayak, walk or run fundraising event-celebrating its 21st anniversary this year! Proceeds go towards cancer prevention. To register or make a pledge on a participant, visit www.mbcc.org/swim.

Easy Rider

Martha's Vineyard Tour

Date: Friday July 5, 2013

Location: Oak Bluffs/Vineyard Haven/Edgartown

Ride Leaders: Dan Egan

danielfrancisegan@hotmail.com 508-717-2687

Distance: 30 miles

Pace: Easy Rider- 12-14 mph average

Bike:\$28.00-Cash-No Credit Cards.

Description: The route will include a cruise down the Oak Bluffs to Edgartown Bike Path with side trips around the classic mansion cottages in East Chop, West Chop; and a trip out to Alley's Country store in West Tisbury. Possibly a visit to Menemsha.....Spend the day, bring a backpack with snacks and bathing suit (or not)... Time for shopping in Edgartown.

ACTIVITIES

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)

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 location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll;

helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, pbencurrier@hotmail.com)

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.

Chapter Trips

(FT) (NM) (CE) Tuesdays

Oct. 8. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 15. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Oct. 18. Sunset/Full Hunter's 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 22. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 29. Tuesday Evening Cycling. 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 8 - 7, currierpaul@comcast.net)

CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

Chapter Trips

Wed., Jul. 3. FOLLINS-MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & un-

der bridge to Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond.- 8 mi. Directions: rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jul. 6. Herring River. Herring River, Harwich. Four (4) hour trip on Herring River up to East and West Reservoirs and return. Go to Nantucket Sound if time permits. Bring lunch. DIRECTIONS: . Trip starts on Rt. 28 at Herring River Bridge in Harwich. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 10. Oyster Pond. Four (4) hour paddle on Oyster Pond, Oyster River, Stage Harbor, Mitchell River to Mill Pond and return. Bring lunch for stop at Stage Harbor Lighthouse. Take exit 11 off rte 6, S on rte 137 to four way stop, L on Queen Anne, continue on Queen Anne with a right turn where the sign says Downtown, Stay R at next stop sign to rte 28, L on rte 28 to tfc light. Right at light still on Queen Anne to R at Pond St where the put in is. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Sat., Jul. 13. 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)

Wed., Jul. 17. Lewis Bay. Circle Lewis Bay. Explore Uncle Robert's Cove, have lunch on Egg Island and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 20. Bass River South. DESCRIPTION: Bass River, Yarmouth south. Paddle can be from 8-12 miles depending on the weather and desires of the paddlers. PUT-IN DIRECTIONS: Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Road and bear L onto Highbanks to the Wilbur Park put in on the left just after crossing over the Bass River. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 24. Leader's Choice. Location will depend on wind and weather conditions. Contact leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Jul. 27. 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. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Aug. 3. Nauset Marsh. DESCRIPTION: Nauset Marsh, Eastham. We will paddle counterclockwise around the marsh. Enter Mill Pond if the tide allows and have lunch on the east side. Plan on a nine plus mile paddle. PUT-IN DIRECTIONS: 1.5 mi N from the rte 6 Eastham rotary to Hemenway on the right. Non Eastham residents park on Hemenway. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 7. North River, Marshfield-Hanover. Wed., Aug. 7. North River, Marshfield-Hanover. Put-in, Marshfield side of Union St. bridge. Spot cars in Hanover. Level 2/3. PFD req. Spray skirts may be req. L George Wey (781 789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Aug. 10. Shoestring Bay. Mashpee River, Thatch Island, Meadow Point, Pinquicket Cove, Santuit River, depending on conditions. Level 2- 3; 8 - 10 miles. Spray skirt PFD required. Call for directions to put in 508-420-7245.

L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (Cotuit, MA 02635, 508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 14. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove, lunch on Egg Island, and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 17. Bass River North. Bass River, Yarmouth. We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. PUT-IN DIRECTIONS: Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Road and bear L onto Highbanks to the Wilbur Park put in on the left just after crossing over the Bass River. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 21. Great Island Wellfleet Bay. Explore Wellfleet Bay and Great Island. 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)

Sat., Aug. 24. Leader's Choice. Exact location will depend on wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 4. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@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. Pre-register 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouse@comcast.net)

Sat., Sep. 14. Walker, Upper and Lower Mill Ponds. DESCRIPTION: Walker, Upper Mill, and Lower Mill Ponds, Brewster. PUT-IN DIRECTIONS: Exit 10 off rte 6 S to the four way stop sign and R on Queen Anne Road. R on Depot Road at the next four way stop sign. This becomes Slough Road after crossing the Brewster Town line. Stay on the road for the put in on the right. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Paddle up stream to Coy Brook to end & back to Herring River for lunch at North Rd bridge. Afterwards paddle to west & east reservoirs for total of 8 mi. Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Life Vest & Spray Skirt req. 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

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)

Sat., Sep. 21. Leader's Choice. Exact location will depend on predicted wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wednesdays

Sep. 25. Leader's Choice paddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Nice six mile paddle circumnavigating the pond with lunch on beach. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 2. Nauset Marsh.

Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L Ed Foster (508-420-7245, erfoster@comcast.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)

Wed., Oct. 9. INDIAN LAKES-Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles. Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign "Town Way to Water" to put-in. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant. Rte 6 exit 8, Union st N, L rte 6A, QUICK R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451

before 8 pm, jeanorser@gmail.com)

Sat., Oct. 19. Barnstable Harbor. We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavigate Follins Pond & have lunch - total 8 miles. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

CAPE HIKES

Always looking for additional leaders to lead hikes on the cape! Contact the

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

capehikingchair@amcsem.org

Chapter Trips

Mon., Aug. 19. Full Moon Hike Cape Cod Canal. Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Sep. 19. CataumetGreenways, Bourne (C3C). Wooded hike, bogs and farms, some hills. Stop at historic RR station. B Bridge to Otis Rotary, 1st exit Cataumet. L on 28A s, 1/4m R on Longhill Rd., Lon County Rd., Ron Red Brook Harbor 1/2 m past stop sign park lot R 9:45 AM Heavy rain cancels. Bring water, snacks. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Saturdays

Sep. 21. Provincetown: Snail Road Dunes (B3B). Meet 9:45am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Sat., Sep. 28. Yarmouth, Greenough Ponds (B3C). Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 3 1/2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Thu., Oct. 3. Scorton Creek Sandwich. Two hour hike, through woods, old state game farm, Nye estate and Talbot's Point. Take Rte 6 to Exit 4, turn N toward Cape Cod Bay, turn L on Old County Rd to 6A and turn R and just beyond used car dealership and before bridge turn R on dirt road. Meet at 9:45 AM, hike starts at 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 17. Ryder Beach, Truro. Beach to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 a.m.. 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Sat., Oct. 19. 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., Oct. 20. Maple Swamp Sandwich. Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1 mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., Oct. 24. Barnstable-Crooked Cartway (C3C) Hike. Wooded walk to The Deck. Mostly flat, some hills. Take Rte. 149 (N or S) to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway. Go to end. Meet at 9:45AM. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Oct. 27. Mashpee/Barnstable, Santuit Pond and River. Water views, abandoned and working cranberry bogs, wood-

land trails. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Saturdays

Nov. 2. Provincetown: Snail Road Dunes (B3B). Meet**10:45**am, Snail Road trail head on ocean side of Route 6, at the east end of Provincetown. Explore 360 views of dunes, historic dune shacks, pick some cranberries. Hike up and down to the ocean and back. Bring lunch. 3.5 hours. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Thu., Nov. 14. Ryder Conservation Sandwich. Scenic hike along edges of Mashpee and Wakeby lakes through Lowell Holly conservation area. Take Rte 6 to exit 3 Quaker Meetinghouse Road and turn S to traffic light, turn L on Cotuit Rd, go approx. 1.5 miles and Ryder Conservation is on the right. Meet 9:45 AM start 10 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Saturdays

Nov. 16. Truro- High Head Sand Dune Walk (B3B). Meet at**10:45** am at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes and continue on the beach. Walk back via the bike path to Pilgrim Spring and panoramic views. 3.5 hours. Bring

lunch. L Nancy Braun (508-487-4004 morning, evening, nancytruro@comcast.net)

Thu., Nov. 21. Sandy Pond Recreation, West Yarmouth. Wooded trails, pond views in mid-cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. Meet at 9:45am. 2 hours. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Nov. 24. Barnstable-Bridge Creek Conservation (C3D) Hike. Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 12:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sun., Dec. 1. Flax Pond Conservation, Dennis. 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 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

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

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

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)

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

Chapter Trips

(FT) (NM) Thursdays

Jul. 4. 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) Tue., Jul. 9-12. White Mountain Hut-to-Hut Trek (B3B). Join us as we trek across the Northern Presidential Range while enjoying lodging and meals at the AMC Mizpah, Lakes and Madison White Mountain Huts. Our trek will cover more than 23 miles over rugged terrain while enjoying magnificent and unique scenery. This strenuous

trip is not for beginners. Trip rating B3B. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), L Leslie Carson (lrc929@comcast.net), R Ken Jones (207 Walnut Street, 508-697-0142 6:00pm-9:00pm except Thursdays, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 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 (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 13. Welch-Dickey Loop. Nice loop hike in Waterville Valley area in NH with excellent views from exposed ledges. Moderate elevation gain, length, and pace make this a great hike for AMC members who may want to give day hiking in the White Mountains a try. L Paul Miller (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

Jul. 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)

(FT) (NM) Sat., Jul. 20. Introductory Hike at Borderland State Park. Join us for an introductory hike at Borderland State Park in Easton MA. This will be a 5-6 mile hike over fairly level terrain. New Hikers should have comfortable footwear (sneakers or hiking boots) and carry at least 16 oz of water and a small snack. There is a \$2.00 parking fee at the park. Registration is required for this hike. Plan to speak with the hike leader over the phone in order to register. L Kathleen Stanley (781-799-5351 Before 8:00 PM, kstanley@energy-advocates.com), R Kathy Stanley (781-799-5351 After 8:00 pm, kstanley@energy-advocates.com)

(FT) (NM) Thursdays

Jul. 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)

(FT) (NM) Sun., Jul. 28. Ponkapoag Pond, Blue Hills. Join us for a fun and scenic 4.2 mile walk around the Ponkapoag Pond at the Blue Hills, which is the reservations largest and most remote body of water. Wear sturdy footwear and bring insect repellent, 16 oz bottle of water and snacks. Registration is required for this walk. Plan to speak with the co-leader, Cathy MacCurtain, over the phone to register. L Walt Granda (wlgranda@aol.com), CL Cathy MacCurtain (781-848-9506 Before 9 pm, camaccurtain@aol.com), R Cathy MacCurtain (781-848-9506 Before 9 pm, camaccurtain@aol.com)

(FT) (NM) Thursdays

Aug. 1. 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) Thursdays

Aug. 8. 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., Aug. 10. Mt Cardigan Hike. The bare rocky summit of Mount Cardigan, at 3,155 feet, affords a 360 degree view stretching from rural New Hampshire to the summits of the White Mountains. Starting at the AMC Lodge our hike will take us up the Manning Trail to Firescrew and over to the Mount Cardigan fire tower. Our descent back to the Cardigan lodge will take us over Rimrock and Orange Mountain via the Skyland, Vistamount and Clark Trails. Depending on weather and trail conditions the route could be changed by hiking down the Clark trail. L Walt Granda (508-999-6038 Before 9:00 PM, wgrand@aol.com), CL Pau Miller, R Walt Granda (508-999-6038 Before 9:00 PM, wgrand@aol.com)

(FT) (NM) Thursdays

Aug. 15. 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., Aug. 17. Whiteface Mtn. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn hikers only. Magnificent views from bare ledge precipices. El 4010, el change 2838 Ft, 10 mile loop. L Len Ulbricht (lwu9944@verizon.net), CL sue franconi-salmon (sfranc321@gmail.com), R len ulbricht (lenu44@gmail.com)

(AN) (CE) Mon., Aug. 19-25. Mount Katahdin Backpack. Join us for an extended backpack through Baxter State Park. We will camp at Wassataquoik Stream, Russell Pond, Roaring Brook, and Chimney Pond. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 22. 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) Thursdays

Aug. 29. 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) Thursdays

Sep. 5. 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) Thursdays

Sep. 12. 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 (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Sep. 14-15. N. & S. Twins and the Bonds. End of summer hiking, staying at Galehead hut with meals provided. Summit five 4K Footers with superb views. L Leslie Carson (508-833-8237, lrc929@comcast.net), CL Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, lrc929@comcast.net)

(FT) (NM) Thursdays
Sep. 19. 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 (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays
Sep. 26. 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 (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Sep. 28. Introduction to AMC Hiking - Mount Tom Trail. An easy hike that strolls through forests, stream, as well as a cliff outlook. It is part of the Arcadia Wildlife Management Area. Great for new time hikers as well as new and current members. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com), CL Nancy Coote (508-596-8222 7-9PM, nmcoote@yahoo.com), R Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

(FT) (NM) Thursdays
Oct. 3. 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 (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Oct. 5. Carter Notch via

Wildcat River Trail. Join us as we venture into beautiful Carter Notch from the south via the relatively untrammled Bog Brook and Wildcat River Trails. Can be combined with leaders' hike on Sunday, if desired. L Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net), L Maureen Kelly (mokel773@aol.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(AN) (XCE) Sat., Nov. 9-10. WFA Training. The WFA course runs 8:30-4 Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. 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. L Len Ulbricht (lenu44@gmail.com), R Barry Farnsworth (bfarns99@yahoo.com)