

the southeast Breeze

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



Whiteface Mountain Sandwich Range Wilderness see [Page 9 >>](#). Courtesy of Joel Walfish

- September 2013
- Visit AMC SEM
- Breeze Newsletters
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- Photos

SAVE THE DATES

Fall Gathering (all chapters)
Oct. 18-20

Annual Winter Workshop
Nov. 2

Annual Meeting & Dinner
Nov. 2

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

Board Meetings 6:30pm
9/11, 10/9, 11/13

AMC 138th ANNUAL SUMMIT
January 25, 2014



Bass North [pg 18>>](#)



Trip at a Glance

| | |
|-------------|---|
| Activity: | Hiking |
| Offered By: | Southeastern MA |
| Status: | Open |
| Location: | Sandwich, MA, Massachusetts, Cape Cod, MA |

Open Volunteer Positions

Conservation -Vice
CYP (Chapter Youth) - Vice
Skiing - Vice



Looking for someone to take over the ski committee and plan xc ski & downhill ski events in the winter. Contact the current ski chair at xcskichear@amcsem.org

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



Thursday Night Bike Ride

Fort Phoenix in Fairhaven, from left to right are Nancy Whipple, Pete Meggison, Lorraine Medeiros, Barbara Gaughan, Anne Cosentino and Doug Griffiths

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

Editor: Andrea Holden
breeze.editor@amcsem.org

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



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

The Appalachian Mountain Club's

138th Annual Summit

Saturday, January 25, 2014

Four Points by Sheraton Norwood Hotel & Conference Center

You can find additional information about the Annual Summit, including meeting schedules, workshops and information on our evening speaker, Kristen Kelliher [visit >>](#)

Annual Winter Hiking Workshop Saturday November 2

Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking. Registration is required for this activity. [More information >>](#)

Registrar: Paul Miller
hikingvicechair@amcsem.org
Leader: Paul Miller
hikingvicechair@amcsem.org

New members especially welcome and Great for first timers in activity area

Mt. Hale August 24, 2013

Karen, Paul (CL), Peter, Bob (L), Katherine



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

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Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop



Happy September!

Labor Day Weekend marks the division 'tween summer and fall for us here in New England. Our cape and mountain family vacations are behind us—and didn't we have great fun with our SEM summer activities! Thanks leaders!

We're also looking forward to our fall activities! More great hikes, bikes, and paddles organized by our leaders. And, remember when you're out there to keep Conservation in the back of your mind. So, pick up a little trash along the way or move a branch off of a trail, because we in the AMC always: "Leave nothing but footprints, take nothing but pictures, and kill nothing but time."

A save-the-date for you: our SEM Annual Meeting and Annual Dinner on Nov. 2. Election of chapter officers and board meeting. And then a yummy dinner and interesting speaker – mixed in with a raffle and door prizes—and a chance to catch up with old friends. So, grab all of your old hiking, biking, or paddling buddies and reserve a table together!

I'LL BE OUTSIDE THIS SEPTEMBER! WHERE WILL YOU BE? GET OUTSIDE!

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

Cheryl Lathrop

Chapter Chair



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 educationvicechair@amcsem.org

Plan B: Newfoundland and Labrador

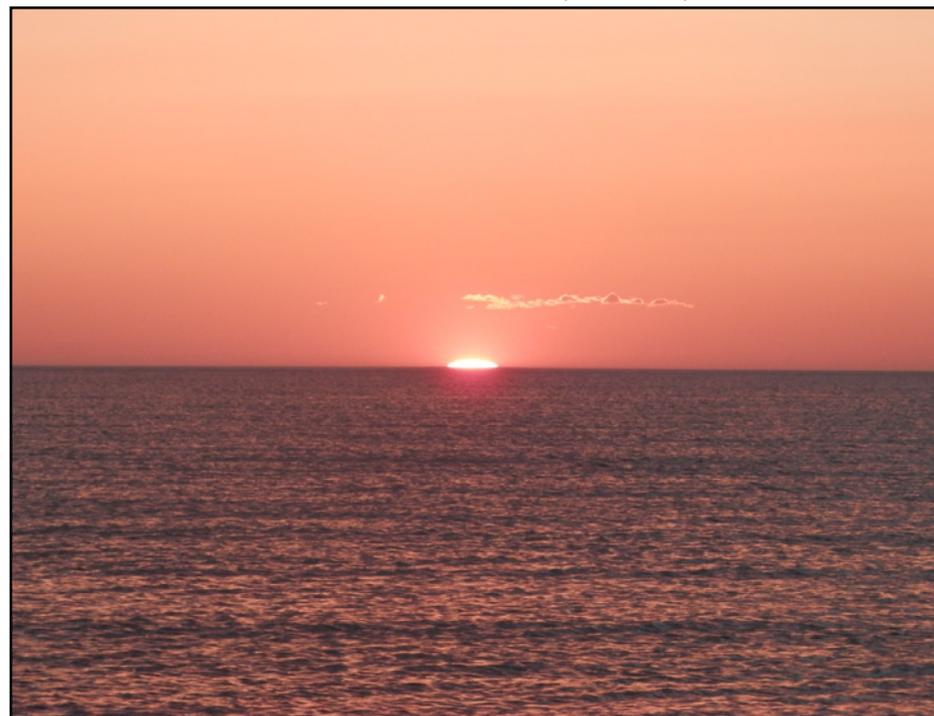
Gina Hurley
Communications vice-chair

This past winter I started planning my summer vacation. Like most of us, I love the planning, and spent many months getting my long distance hiking plans in order, from dehydrating food to researching and buying new equipment. Our plan was to thru-hike the 275 mile Long Trail in Vermont. My husband and I had thru-hiked this trail in the past, and loved it, so thought it would be a great summer vacation. We started our trip the first of July, during the very hot and humid week of July 4th. After 2 days I was miserable. I knew I could not do 25 more days. Mosquito bites and bleeding toes just did not feel like a vacation to me. So we pulled the plug, came back to the Cape, and thought about Plan B. We had always wanted to go to Newfoundland and Labrador, so took a few days to research the area and get our camping gear in order, and headed out. Prior to long distance hiking my husband

and I were big campers, and still love our camping trips to far and distance locations. We headed though Maine into Canada, first New Brunswick, and then Nova Scotia. At the tip of Nova Scotia, in North Sydney, we took the 7 hour ferry ride to Newfoundland. Newfoundland is a large Canadian island off the east coast of North America. The island of Newfoundland covers 43,008 square miles- an area that rivals the size of the three maritime provinces of Nova Scotia, New



Photo by Gina Hurley



Sunset-Gros Morne National Park, photo by Gina Hurley

Brunswick, and Prince Edward Island combined. With the addition of the vast territory of Labrador, the province covers a total area of 156,453 square miles, and has more than

18,000 miles of unspoiled coastline. It is no wonder that this would be a summer vacation destination.

Our trip included several days in Gros Morne

National Park, where we saw beautiful sunsets and caribou, and had wonderful coastal hikes. The campgrounds in the national park were busy, but not overly crowded. After

leaving this park, we headed to the northern tip of Newfoundland to the town of St. Anthony and were lucky enough to see whales swimming along the coast, and icebergs floating off shore. The drive thru this area was unspoiled, with spectacular views, and amazing scenery.

After another 2 hour ferry ride we arrived in Labrador. If you are looking for a quiet, undisturbed, and unpopulated area, this is the place! There are few amenities, including campgrounds, lodging, and gas stations. Driving the one major road takes planning, as gas stations are few and far between, and the road turns to dirt and gravel. We drove about 175 miles up the main road, and stopped in all of the coastal villages. From many of the villages we were lucky enough to see icebergs of various sizes. It is no wonder this part of Canada is referred to as Iceberg Alley.

After two weeks in this beautiful Canadian province I am happy that we pulled the trigger on Plan A, and focused on Plan B. Sometimes the most amazing gifts are the ones you never expect!

If you are thinking of traveling to Newfoundland and Labrador, check out these websites to help plan your trip.

[Newfoundland and Labrador](#)

[Marine Atlantic](#)



Iceberg-Labrador, photo by Gina Hurley



Caribou-Gros Morne National Park, photo by Gina Hurley

No Sweaters Needed for this Mt. Cardigan Hike!



Photos by Walt Granda

By Paul Miller
SEM Hiking Vice Chair

On August 10th, Walt Granda and I led a congenial group of AMCers on a fun hike up Mt. Cardigan in central New Hampshire. The ten of us met at about 9:15 am at the pristine AMC Cardigan Lodge, near the main

trailhead for the trails on the east side of this handsome mountain. This followed a surprisingly long, almost three-hour drive up from southeast Massachusetts. Surprising, because while the mileage is relatively small (compared to heading up to any of the notches, at least), we still had quite a bit of driving to do once we

got off the Interstate.

While it had rained heavily the day before, we lucked out with nice, mostly sunny skies, a light breeze, and warmish, but not oppressive temperatures. (This made it unlikely that we would actually have to slip on our sweaters for this “Cardigan” hike.)

After signing in, making our introductions, and a very brief speech by Walt, who had organized the hike, we set off on the main Manning/Holt Trail. This starts as a relatively flat logging road with numerous campsites on either side. Once the Holt and Manning Trails diverged and we started making our way up the Manning Trail for this approximately six-mile long, counter-clockwise loop, we hit a few steeper, fun sections; some requiring a bit of scrambling to negotiate. We followed the Manning



Trail up over some exposed ledges (similar to on last month's Welch-Dickey hike...) with nice views and eventually found ourselves on the expansive, largely wide open summit of Firescrew Mountain (3,084 feet), with its excellent views, including a view up and across to the fire tower atop Mt. Cardigan. We followed the connecting ridge across to the surprisingly uncrowded summit of Mt. Cardigan (3,155 feet), stopping along the way to collect handfuls of wild blueberries. Once atop the summit, we stopped for lunch and to enjoy the cooling breezes and

panoramic views.

While on our lunch break, one of our group, a Wilderness First Responder, provided some materials from his ample first aid kit to help a woman from a small family group clean and dress some nasty "rock burns" on her leg, the result of a bad fall near the summit. After lunch and some photos on the summit, we took a side trip over to South Peak, which we had all to ourselves.

On the way back to back to the Clark Trail via a small connecting

trail for our return trip, we passed by the AMC Cardigan High Cabin, which is nicely situated in a small clearing not too far down from the main summit. The cabin looked particularly appealing that day, with its newish wood siding, porch, and snazzy metal roof! We stopped for a few minutes to chat with one of the people renting the cabin for the weekend; part of a family that apparently rents the cabin every year at about this time to be able to view the Perseid Meteor Showers from the cabin's cozy and comfortable front porch. What a great idea!

Photos by Walt Granda



Once back on the Clark Trail, we followed this downhill a bit and then took a left onto the Holt-Clark Cutoff to "Grand Junction," and then followed the relatively benign Holt Trail through the woods back to the Holt-Manning Trail and, in not too long, back to the Cardigan Lodge trailhead. At the lodge, we took advantage of the facilities, thanked Walt for organizing the trip, said our goodbyes, and then hit the road back to southeast Mass.

All in all, yet another very enjoyable SEM hike!



Whiteface Mtn. Hike

Saturday August 17, 2013

Photos courtesy of Len Ulbricht, Bill Vickstrom and Joel Walfish

By **Len Ulbricht**

Whiteface is one of the smaller 48 NH 4000 footers, elevation 4020 feet, with 180 degree commanding views to the south. It anchors the west end of the Bowl Natural Research Area in the Sandwich Range Wilderness. Mt. Passaconaway, also a 4000 footer and 23 feet higher, sits at the east end, the two peaks connected by a ridge line above the bowl.

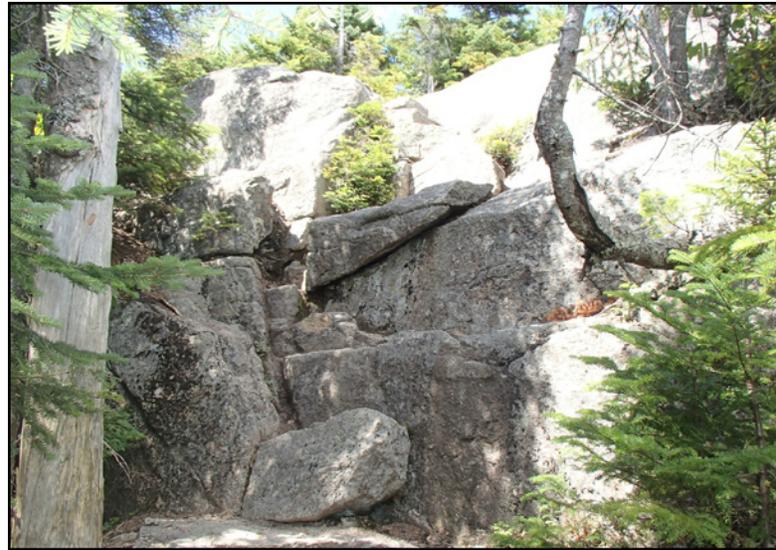
Perfecto weather- sunny, mid-70s, light wind, low humidity - filled the day for nine of us. The planned loop hike took us up the Blueberry Ledge Trail to the Rollins Trail and the summit of Whiteface, the Rollins Trail then continuing along the Bowl ridge line to the Dicey's Mill Trail at a point about a mile below the Passaconaway summit. We descended from there and had the loop's only water crossing on Dicey's Mill. The hiking distance of 9.8 miles



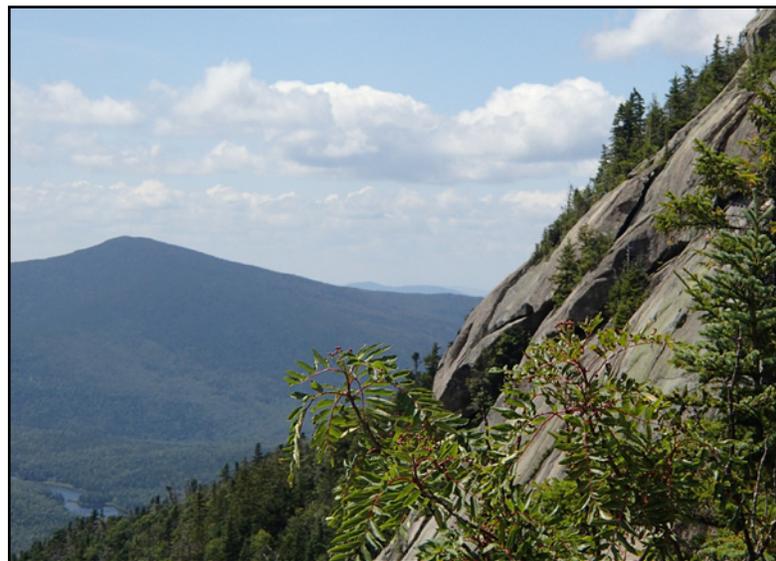
Courtesy of Joel Walfish



Courtesy of Bill Vickstrom



Courtesy of Bill Vickstrom



Courtesy of Bill Vickstrom



Courtesy of Joel Walfish

Whiteface Cont'd

with 2800 foot elevation change was completed in 7.5 hours, book time plus

one hour for lunch and rest breaks.

The 4 mile Blueberry Ledge Trail has lower and upper ledges, the lower

being less difficult and manageable with poles, but put them away for the upper ledges. The uppers are a challenging scramble demanding use

of all fours. Reminded me of Baldface. Stone steps have been placed on a steep section between the lower and upper ledges. Outstanding views from the upper ledges encompass Sebago Lake, Lake Winnepesaukee, Chocura, Passaconaway and the Bowl. The Whiteface summit is further along the



Dacey's Mill water crossing



Passaconaway



Whiteface Cont'd

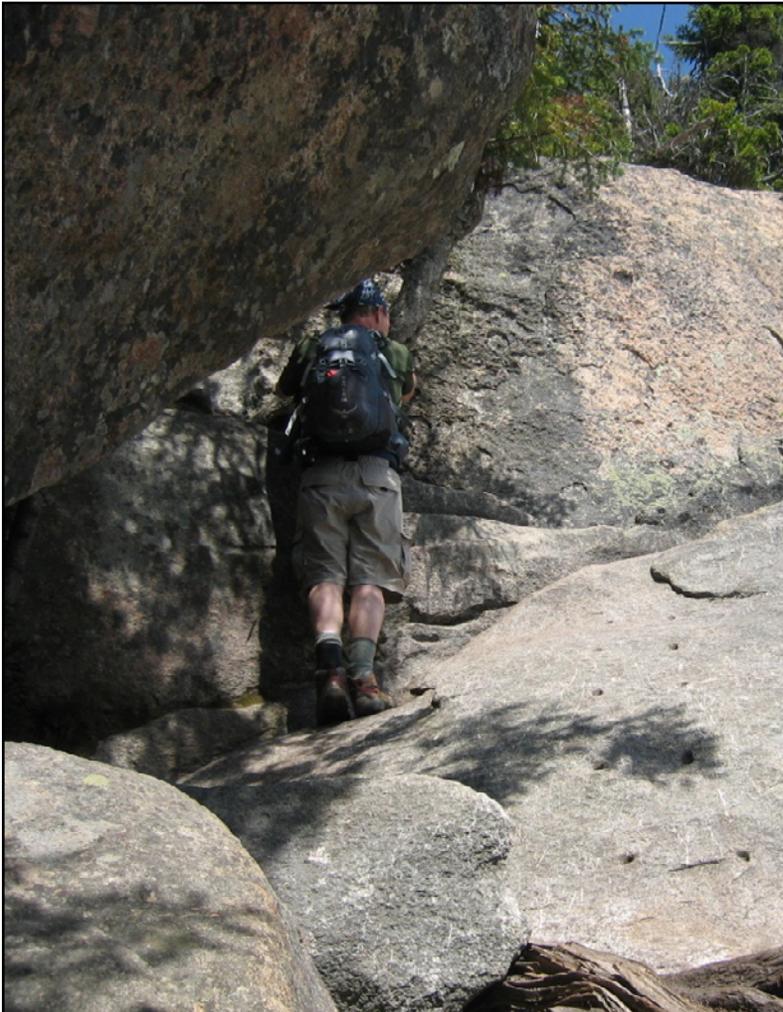
Rollins Trail and treed, so get your views in at the ledges.

Continuing along the treed ridge line, the Rollins Trails roller coasters up and down for 2.4 miles, gradually de-

scending 700 - 800 feet. Soft tuff makes for pleasant trail footing. There are a few small lookout points out over the bowl along this section. Also noticeable are many blowdowns, all facing north, evidence of a fierce wind driving up the bowl face. Fortunately the trail was cleared of blowdowns.



Chocura



Whiteface Cont'd

The 3+ mile descent along Dickey's Mill Trail was easy, made easier by the stone steps on the steep

sections. The one water crossing over a felled tree was aided by a taught rope to steady ones balance.

Many hikers on the ledges

took in the view on this glorious weather day, and there were several places to do so. Crowding was not an issue. We only passed one hiker on the ridge line,

many apparently descending the shorter Blueberry Ledge route. No parking fee at the trailhead lot.



Take A Long Hike



Hello fellow hikers.

Recently, I spent three weeks hiking New Hampshire's [Cohos Trail](#).

This relatively new trail is an isolated path that runs from the Canadian border, just above Pittsburgh, New Hampshire down to [Crawford Notch](#), in the heart of New Hampshire's White Mountains. I trekked from north to south so I could build up to the more strenuous climbs in the Whites.

If you are looking for a new trail to hike and don't mind not seeing many (if any) other hikers, then this is a good challenge for you. I didn't see a soul. Only when I neared [Mt. Eisenhower](#) and the overly popular [Mt. Washington](#), did I spot other hikers.

In most sections the blazing is good; in some sections, the blazing is weathered and can be confusing. I used my compass often to confirm direction, and I suggest you bring separate maps of the White Mountain trails you will encounter. The Cohos Trail website store sells a set of Cohos Trail maps, and these are an absolute must if you are planning to thru-hike the Cohos.

If you do plan to thru-hike this trail, go with a friend or with a group. It is very isolated and cell phone coverage is limited at best.

The two pictures are from the Cohos Trail. The shelter you see is one of only three on the trail.

Ray Anderson

Ray's Hiking Blog:

www.TakeALongHike.com



Want to sell your stuff?
email commschair@amsem.org with the details.



Kayak Hurricane,
white 14', tandem, brand
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364-0568. Includes yellow seat cover
to protect inside of the kayak.

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Men's Conquest Boots, size 7.
Very warm and comfortable but not
a good fit for a woman's foot. \$60
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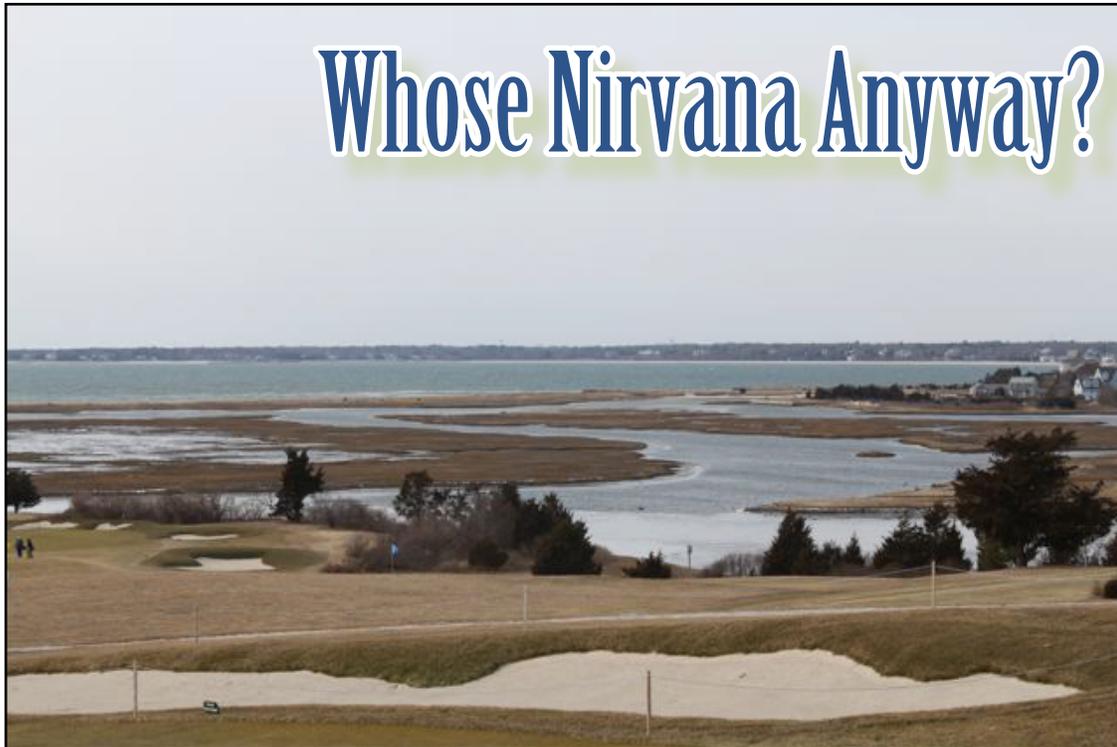


(2) 2012 14.5 FT Wilderness Systems Tsunami Kayaks (1) RED ,
(1) Orange, both Poly
construction Upgraded
seats that
are ad-
justable
padded



with Rudder systems,
barely used. Both for
2,000 or separate
for 1,000 Email Rich
Sunbird20@comcast.net
Attleboro, MA

Whose Nirvana Anyway?



A Portion of The Panoramic View in February of Hall's Creek and Nantucket Sound from Saint Andrews By The Sea

By Louise Riemenchneider Foster

Now that Labor Day is over, we have a new degree of freedom! Those signs in parking areas which promise tickets to those of us who do not have stickers are passe! We are now free to roam jurisdictions formerly either denied or unaffordable to the many of us falling under the dreaded classification of "nonresidents"! Welcome to just one of the many perks of fall paddling.

One of this seasonal wellspring of new options is a destination little known to paddlers - Hall's Creek! Select a day when the wind is either slack or from the north, making excursions along other shores of the Cape an uncomfortable choice. Before Labor Day without a Town of Barnstable beach sticker, Covell Beach off Craigville Beach Road

in Centerville would not let you park there at any price - that is, if there were spaces even available. Now, it could still be tough to find a parking spot if you come later in the day, but at our usual 10:30 launch time, there are usually plenty of spaces and the kids at the gate checking beach stickers have all gone back to school!

After launching into the surf, proceed east along the sound passing many seasonal old, and not so old time, West Hyannisport residences. About half a mile in the distance, is your way point, a breakwater marking the entrance to our destination. Once at the breakwater and the entrance of Hall's Creek, a charming pastoral tableau unfolds before you. For descriptive purposes, the creek and its estuaries can be very loosely thought of as a distorted right

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Robin Melavalin: Rmelavalin@rcn.com



hand with five digits, and a palm like small island. Paddling counter clockwise into the pinkie and ring fingers, the marshes protected by the western shore of very private Squaw Island and the causeway, border the old community perched above; long ago a portion of the



The Hyannisport Club with Saint Andrews By The Sea Church in the Background.

island was a secluded retreat, the JFK Summer White House. To the north, high on Sunset Hill, is the enchanting, storybook stone structure of Saint Andrews By the Sea Episcopal Church. This place is to be remembered when back on land; a visit to the church parking lot offers very nearly celestial views of the creek and the sound beyond. Immediately to the west of the church is the Hyannisport Club. Having once been treated to a tour of the golf course, I can tell you the condition of the fairways here rivals that of greens elsewhere. Traveling along this part of the shore and into middle and index fingers of the creek will take you past tees and along fairways of the course and you may be greeted by happy golfers along the way.

When it is time for lunch, there is no spot specifically offered to the public and, of course, somewhere along the golf course is definitely out of the question. There is a small association beach and areas along the opposite little island, the palm, which seem available for a brief, discrete interlude, since as I said, the kids are back in school. After the break, the trip up the remaining branch of Hall's Creek, the long thumb, is a nice finale to an exploration of this off the beaten track oblivion.



A Typical Hall's Creek Trip Paddling Route. Courtesy of Ed Foster

The paddle back to Covell can be a bit choppy with waves coming at you from the side, but the return trip is just as short as the way out. Depending on the day, you may return to a deserted beach, or be confronted by a sea of prone, sunscreen slathered humanity, cell phones clamped to alternating ears. Quite a jolt after the utopia of Hall's Creek. But everyone's Nirvana is different; seemingly for some, it has been right there all along, chattering and basking in the sand and sun on Covell Beach.

This trip, which is about seven miles long, has not been scheduled for this year, but I will do my best to influence a Leader's Choice in this direction. Keep watching our paddling email notices for good news.



Bike Law

Provided by:
MassBike.org

For exact requirements, please read the complete text of the laws pertaining to bicyclists and bicycling in Massachusetts. General Laws of the Commonwealth of Massachusetts, Chapter 85, Section 11b, Chapter 85, Section 11c, and Chapter 85, Section 11d.

Your rights

You may ride your bicycle on any public road, street, or bikeway in the Commonwealth, except limited access or express state highways where signs specifically prohibiting bikes have been posted.

You may ride on sidewalks outside business districts, unless local laws prohibit sidewalk riding.

You may use either hand to signal stops and turns.

You may pass cars on the right.

If you carry children or other passengers inside an enclosed trailer or other device that will adequately restrain them and protect their heads in a crash, they need not wear helmets.

Do you know your rights of the road? Do you know what your responsibilities are when biking in Massachusetts? Here is a summary of Massachusetts' bike law that covers equipment, riding, safety standards, races, violations, and penalties. This law applies to all cyclists in Massachusetts — even you!



You may hold a bicycle race on any public road or street in the Commonwealth, if you do so in cooperation with a recognized bicycle organization, and if you get approval from the appropriate police department before the race is held.

You may establish special bike regulations for races by agreement between your bicycle organization and the police.

You may have as many lights and reflectors on your bike as you wish.
Your responsibilities: you **MUST** do these things

You must obey all traffic laws and regulations of the Commonwealth.

You must use hand signals to let people know you plan stop or turn.

You must give pedestrians the right of way.

You must give pedestrians an audible signal before overtaking or passing them.

You may ride two abreast, but must facilitate passing traffic. This means riding single file when faster traffic wants to pass, or staying in the right-most lane on a multi-lane road.

You must ride astride a regular, permanent seat that is attached to your bicycle.

You must keep one hand on your handlebars at all times.

If you are 16 years old or younger, you must wear a helmet that meets U.S. Consumer Product Safety Commission requirements on any bike, anywhere, at all times. The helmet must fit your head and the chin strap must be fastened.

You must have your headlight and taillight on if you are riding anytime from 1/2 hour after sunset until 1/2 hour before sunrise.

You must wear reflectors on both ankles if there are no reflectors on your pedals.

You must notify the police of any accident

involving personal injury or property damage over \$100.

Your responsibilities: you **MAY NOT** do these things

You may not carry a passenger anywhere on your bike except on a regular seat permanently attached to the bike, or to a trailer towed by the bike.

You may not carry any child between the ages of 1 to 4, or weighing 40 pounds or less, anywhere on a single-passenger bike except in a baby seat attached to the bike. The child must be able to sit upright in the seat and must be held in the seat by a harness or seat belt. Their hands and feet must be out of reach of the wheel spokes.

You may not carry any child under the age of 1 on your bike, even in a baby seat; this does not preclude carrying them in a trailer.

You may not use a siren or whistle on your bike to warn pedestrians.

You may not park your bike on a street, road, bikeway or sidewalk where it will be in other people's way.

You may not carry anything on your bike unless it is in a basket, rack, bag, or trailer designed for the purpose.

You may not modify your bike so that your hands are higher than your shoulders when gripping the handlebars.

You may not alter the fork of your bike to extend it.

Your responsibilities: equipping your bike

Your bike must have a permanent, regular seat attached to it.

Your brakes must be good enough to bring you to a stop, from a speed of 15 miles an hour, within 30 feet of braking. This distance assumes a dry, clean, hard, level surface.

At night, your headlight must emit a white light visible from a distance of at least 500 feet. A generator-powered lamp that shines only when the bike is moving is okay.

At night, your taillight must be red and must be visible from a distance of at least 600 feet.

At night, your reflectors must be visible in the low beams of a car's headlights from a distance of at least 600 feet. Reflectors and reflective material on your bike must be visible from the back and sides.

Penalties

Violations of any of these laws can be punished by a fine of up to \$20. Parents and guardians are responsible for cyclists under the age of 18. The bicycle of anyone under 18 who violates the law can be impounded by the police or town selectmen for up to 15 days.

Motorist Responsibilities (see MGL Chapter 89, Section 2 and Chapter 90 Section 14)

Motorists and their passengers must check for passing bicyclists before opening their door. Motorists and their passengers can be ticketed and fined up to \$100 for opening car or truck doors into the path of any other traffic, including bicycles and pedestrians.

Motorists must stay a safe distance to the left of a bicyclist (or any other vehicle) when passing. Motorists are also prohibited from returning to the right until safety clear of the bicyclist.

Motorists must pass at a safe distance. If the lane is too narrow to pass safely, the motorist must use another lane to pass, or, if that is also unsafe, the motorist must wait until it is safe to pass.

Motorists are prohibited from making abrupt right turns ("right hooks") at intersections and driveways after passing a cyclist.

Motorists must yield to oncoming bicyclists when making left turns. The law expressly includes yielding to bicyclists riding to the right of other traffic (e.g., on the shoulder), where they are legally permitted but may be more difficult for motorists to see.

- [See more >>](#)



WANTED - SKI COMMITTEE LEAD

Looking for someone to take over the ski committee and plan xc ski & downhill ski events in the winter.

Contact the current ski chair at xcskichair@amcsem.org

DIY - Do It Yourself

Bacon like a baller

By Andrea Holden
Communications Chair

Source: [Eat Liver.com](http://EatLiver.com)



PADDLE TRIP REPORT - Cotuit Bay

July 27, 2013
By Bill Fischer

Paddlers - Bill Fischer, Pat Carden, Pat Sarantis, Bob Sarantis, Jean Orser, Paul Carriveau.

We left the put-in at Ropes Beach to travel Clockwise around Oysterville Grand Island. For the balance of the paddle we kept Grand Island on our immediate right. This kept the wind from becoming much of a factor in the paddle. In the middle of the Bay it was pretty strong but in the lee of Grand Island it made for a very nice trip. It was nice to have some wind as the temp was about 80 degrees. After going under the Oysterville Bridge we made a sharp right as we entered West Bay and headed for Dead Neck for lunch. There were a lot of boats in the channel but that was the only place there was a lot of boat traffic on the trip. It was almost 5 miles to the lunch spot. After lunch we went down the Seapuit River back to Cotuit Bay and the put-in for a total of 7.5 miles. A very nice summer day and great paddle.



PADDLE TRIP REPORT - Illumination Night

July 27, 2013
By Max Sarazin

After a busy day at Korea Veterans Memorial in Hyannis on the 60th anniv of the Truce we prepared for Illumination Night in Onset Bay . We arrived at 5:10 not knowing what time the Onset 'Walking Jazz Band' would be going alongside the river, across the bridge, and into Onset Village . This band, although small, is excellent and compares to New Orleans with their goings on along the route . We made our way to what used to be Ken's Salt Water Taffy from the '30s . A structure was built over the original clam shack to protect it, and going inside the building you were standing 'outside' the original shack, but no longer; the place was sold, name changed, and the inside was gutted . No place to get good fried clams or all that good stuff anymore . The firewhistle sounded at 8:50 and townsfolk ignited the approx. 2300 flares outlining Onset Bay, Wicketts Island and Onset Island, quite a site, but I like the Town Band best.

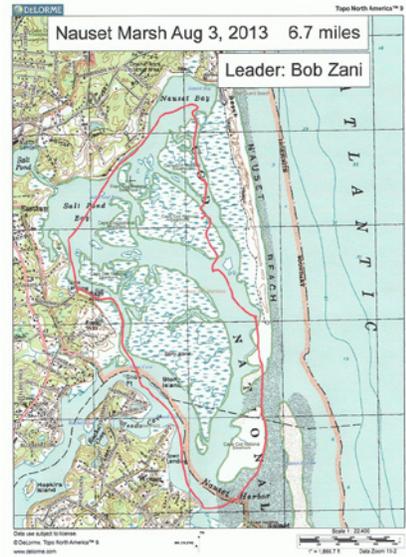


PADDLE TRIP REPORT - Nauset Marsh

August 3, 2013
By Bob Zani

Paddlers - Bob Zani Leader, Jean Orser, Paul Correveau, Kerri Griffin, Lynne O'Riorden, Gary Robinson

Nice paddle of 6.7 miles with a bit of rain, plenty of wind, and a dicey time crossing the inlet to the marsh. If you look on the map, the location of the inlet is now where the little jog in the paddle takes place just south of the T in the caption Nauset Marsh. As an added attraction Max and his wife were at the launch site to provide a send off audience.



PADDLE TRIP REPORT - North River

August 7, 2013

By George Wey

Participants - Al Hart & Rick McNally (Canoe), Pat Carden, Vicki Blair-Smith, Bill Fischer, Carol Houghton, George Wey (kayaks)

It was a beautiful day for a leisurely paddle of the 8.6 miles from Marshfield to Hanover. At 10:30am we moved cars from the put-in on the Marshfield side of the Union St. Bridge to the take-out in Hanover. Upon returning we launched and were on our way up river with the current at approximately 11:15. At noon we stopped at Blueberry Island for lunch. Continuing on after lunch we reached the take-out at approximately 2:30.



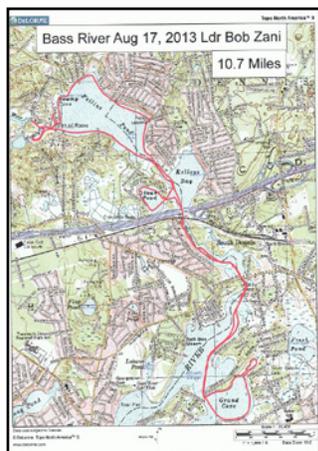
PADDLE TRIP REPORT - Shoestring/Popponeset Bays

August 10, 2013

By Louise Foster

Participants - Louise Foster, Leader, Paul Corriveau, Bill Fischer, Ed Foster, Betty Hinkley, Jeff Hyman, Jean Orser, Gary Robinson

We began our trip traveling north from the put in under the School Street Bridge and into the Santuit River. The water seemed low so we paddled in just a short distance. Back out into Shoestring Bay we traveled in light breezes toward our designated lunch spot on Meadow Point. We were accompanied by several osprey who were diving in the water attempting to catch their supper. They should have been pretty successful, since the fish were jumping all day. As we neared our goal, we realized we had time for an extra maneuver before the obligatory noon arrival time for our lunch. Hence, we explored the Popponeset River and approached Meadow Point from along Thatch Island. There were lots of boats traveling in and out of the cut and people wading the tepid water along the sand spit. Gary and Jeff took a swim and Jean plied us with her delicious brownies. After lunch we skirted the lines of a few fishermen on shore and headed into Pinqickset Cove and Marsh. We saw several egret and great blue heron as we made our way into the narrow channel of the marsh. Upon reentry into the cove we discovered the wind had shifted from NW to SW and had built to probably 17 - 18 miles per hour, which made paddling back across the cove and Ryefeld Point to the bay very slow going. Once there, however, we were protected from the west and the south wind helped to blow us back to the put in. Our route was one of those sparkling venues and approximately 8 miles.



PADDLE TRIP REPORT - Bass River North

Photos by Jean Orser

August 17, 2013

By Bob Zani

Bob Zani Leader, Vicki Blair-Smith, Margot Fitsch, Bill Fischer, Jean Orser, Paul Corriveau, Tom Crowe, Al Phillips, Betty Hinkley, Gary Robinson Sweep

An absolutely perfect day for a paddle with the only drawback the numerous power boats on the water. Circled Grand Cove then went north to lunch at Follins landing and then to Mill Pond, but not into the pond. Half of the group had a nice 10.7 mile jaunt while the other half cut it a little short but still managed 9 plus miles.





PADDLE TRIP

Bass River North

Photos by Margot Fitsch



PADDLE TRIP - Bass River North

Photos by Margot Fitsch



PADDLE TRIP REPORT - Cotuit Bay & Prince Cove

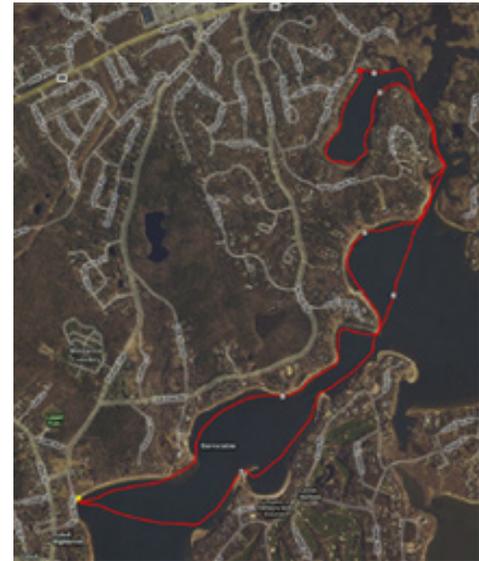
August 24, 2013

By Ed Foster

Paddlers: Ed Foster - Leader, Vicki Blair-Smith, Paul Corriveau, Bill Fischer, Betty Hinkley, Jean Orser, Bob Zani

We set off hugging the left hand shore to try to find some relief from the wind and as a result paddled coves and inlets we normally pass by. Every time we rounded a point we got a full blast of headwind, but the wind eased a little as we got out of North Bay and into the river leading to Prince Cove. Because of our late start lunch, at the Prince Cove town landing, was also a half hour late but Jean's brownies made up for it. After lunch we continued around Prince Cove keeping the land on our right. When we again got to North Bay we took a direct route across it but now with the wind (which seemed to have abated a bit) at our backs. Six of the paddlers stayed to the right while one decided that he'd like to have a change of scenery and hugged the shore of Great Island (Oyster Harbors). Crossing Cotuit Bay to the put-in was easy in spite of a sidewind.

6.8 miles for a much better paddle than we might have expected given the wind.



PADDLE TRIP REPORT - Lewis Bay/Egg Island

August 28, 2013

By Bob Zani

Paddlers: Jean Orser, Paul Corriveau, Bill Fischer, Vicki Blair-Smith, George Wey, Gary Robinson, Ed Foster, Louise Foster, Betty Hinkley

This was a very delightful impromptu trip; the weather was perfect, and we had the water almost to ourselves, with the exception of Hyannis Harbor. Egg Island was apparently much smaller than when the famous bocce match was played there in July, but it was fine for lunch (and brownies), and a very interesting experience for those who had never been there before.



Photo by Betty Hinkley



Other Interests

*not endorsed by AMC

Dear Friend,



Thank you. These humbles words hardly begin to express our gratitude for your support of the 14th annual event that means so much to me and to so many of us throughout the state. With each year that goes by, Against the Tide continues to inspire and encourage us all that prevention is possible. None of this would be possible without each and every one of you.

For event results, [visit >>](#). We hope you will join us again in 2014!

Cheryl Osimo
Executive Director
508-246-3047
cherylosimo@comcast.net



NEWS FROM JOY STREET

Team AMC: Rock 'n' Roll Brooklyn 10k

October 12, 2013 (Sat)

Team AMC is a fundraising program offering members the opportunity to support AMC's mission and programs by participating in events as a charity runner. Participants raise funds that support the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of the Appalachian region.

AMC is proud to be a part at this year's Rock 'n' Roll Brooklyn 10k. All funds raised will go to support the

New York -New Jersey Youth Opportunities Program (YOP).

AMC members interested in participating in the Team AMC Brooklyn 10k must fill-out and submit an application. Space will be limited to ten runners for this event. Each participant selected to run for AMC in the Brooklyn 10k, is required to raise a minimum of \$500. [Visit >>](#)

Please [visit >>](#) for additional requirements and information. For additional information or questions, email crebbe@outdoors.org

Adventure Travel Training Workshop

November 15-17, 2013

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel Trip!

The Adventure Travel Training workshop (held November 15-17th, 2013 at White Memorial Foundation) provides important training to people who have AMC activity leadership experience (no beginners, please) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership training is highly desirable.

It emphasizes planning, cost estimating, trip management, people skills, and risk management. You'll also learn procedures and guidelines for researching, proposing, and leading Adventure Travel trips and have the chance to exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. The training's small group size assures abundant discussion and access to instructors. For more information [visit >>](#).

Climate Change Series (Boston-area activity—more pertinent to SEM, WR, BN, NA)

Air pollution and climate change affect both the health and experiences of people who love to get outdoors to enjoy the unique ecology of the Northeastern United States. It takes action from individuals and communities to make the

changes that will slow and/or reverse these trends.

This fall AMC's chapters will offer events and programs designed to help you learn about climate change and what you can do about it. In Boston, AMC is collaborating with the [Episcopal Diocese of Massachusetts](#) to increase awareness and action on climate change, energy, and the outdoors.

Upcoming events:

September 4—come to AMC headquarters at 5 Joy Street in Boston to hear speaker Dr. James Hunt talk about his new biography about John Muir's 1000-mile walk through the southern US in 1867, which was a formative journey for Muir.

September 4—Unveiling of the Barbara Bosworth photography exhibit which features the New England Scenic Trail.

October TBD—AMC 5 Joy Street—Panel Discussion: Our Clean Air Future and Natural Gas

November TBD—AMC 5 Joy Street—Exporting our Clean Energy Impacts

November TBD—Episcopal Diocese of Massachusetts, Cathedral of St. Paul, 138 Tremont Street, Boston, MA 02108—Ecumenical/Interfaith discussion about Faith, Climate Change, and Action.

[Visit >>](#) for more information about these events and about how you can make a difference.

ACTIVITIES

ANNUAL MEETING & DINNER.

Saturday, Nov. 2. Salernos, Onset, MA. Vote for 2014 board members, dinner, speaker, awards, raffles, see old friends. RESERVE YOUR TABLE NOW FOR YOU & YOUR SEM BUDDIES. Let's get all the SEM 'old-timers' there this year!

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

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.

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)

~ WANTED ~ Event Planner

Typical Events: Annual Meeting/Dinner, Holiday Party, Summer Picnic.

Can you find and reserve a room, choose a menu that fits in our budget, handle organizing a projector and screen, set an agenda, and generally make an event happen? If so, we want you to join our team!

Contact the chapter chair at chair@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)

Chapter Trips

(FT) (NM) (CE) Tuesdays
Sep. 3. 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
Sep. 10. 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
Sep. 17. 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)

(NM) (XCE) Thursdays
Sep. 19. Sunset/Full Harvest Moon Cycling. Sunset/Full Harvest Moon Cycling - Road cycle the canal and streets of Gray Gables and Mashnee Island at an intermediate pace: C2D. Return for sunset over Buzzards Bay and moonrise over the Sagamore Bridge. 22 +/- miles. Start at Sandwich Recreation Area at end of Freezer Rd 1 1/2 to 2 hours before sunset. L Paul Currier (508-833-2690 7 am - 7 pm, currierpaul@comcast.net)

Sundays

Sep. 22. Sayonara to Summer/Autumnal Equinox Ride. Start

at Skaket Beach, Orleans and do a Tour de Shore of the bay including Rock Harbor and perhaps cut over to the ocean side in Eastham. Return on some inner nook & cranny roads that include Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for Sunset at Skaket. Tires and riders pumped and ready to roll. Helmets and water required as is registration -cancellation/re-scheduling sent only to registered riders. Leader: Paul Currier currierpaul@comcast.net or call daily until 7PM 508-833-2690 C2C. L Paul Currier (508-833-2690 8-7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays
Sep. 24. 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. 1. 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 oc-

casional 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. 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)

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Jon Fortier (bikingchair@amcsem.org)

CANOE/KAYAK

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

Chapter Trips

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 junc-

tion 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, janlouise@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)

Sat., Sep. 28. LONG POND BREWSTER PADDLE. Nice leisurely six mile paddle with lunch at east end of pond. L Jean Orser (508-362-0451 before 8 pm, jeanorser@aol.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

"TownWaytoWater" 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)

Wed., Oct. 16. Chase Garden Creek Yarmouth Port Paddle. Paddle Chase Garden Creek and tributaries with lunch at Bray Farm. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (608-362-0451 before 8 pm, jeanorser@aol.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 circumnavi-

gate 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)

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L George Wey (paddlingchair@amcsem.org)

CAPE HIKES

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

Chapter Trips

Thu., Sep. 12. Nickerson State Park - Brewster. If > 62 years old, obtain NEW LIFETIME FREE PARKING PASS at entrance. Meet at Fisherman's Landing for hike around waterways and woods. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Sep. 15. East Dennis, Crowes Pasture (C3D). Scenic woods, sandy rd, by meadow to beach. Binoculars. Rte 6A East Dennis to L on School St, R on South St, straight past cemetery to pkg lot on R. 2 hours, Meet 1:15 pm. L Julie Early (508-776-4432, jearly@capecod.net)

Thu., Sep. 19. Cataumet Greenways, 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)

Sun., Sep. 22. Harwich, Herring River (C3C). Wooded walk river/reservoir views, C bogs. Rte 6, Ex 10, R on Rte 124S 2 mi to ctr. R on Main St/Gr Western Rd for 2 mi to Sand Pond on R. Meet 12:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Sep. 26. Hawks Nest - Harwich. Hike in State Park land and visit surrounding ponds. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Sep. 28. Yarmouth, Gre-

enough 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)

Sun., Sep. 29. Bourne-Four Ponds (C3C). Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Meet at 12:45PM. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

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

Sun., Oct. 13. Yarmouth, Three Ponds. Hike cranberry bogs and through woods passing by three ponds. L Janet DiMattia (jandimattia@verizon.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, woodland trails. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 31. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45. 2 hours. L Gary Miller (508-540-1857, Garymaxxx@gmail.com)

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)

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Farley Lewis (capehikingchair@amcsem.org)

Sun., Nov. 3. Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 view. Rte 6 to Pamel Rd, R off ramp, L at S Pamet Rd to beach pkg lot. Meet 12:45pm, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Nov. 10. Nickerson State Park. Hike in back sections of the park. Trails, woods roads and ponds. L Janet DiMattia (jandimattia@verizon.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)

Sun., Nov. 17. Ryder Beach. Hike from Ryder Beach to Atwood House with views of Cape Cod Bay. L Janet DiMattia (jandimattia@verizon.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 I49. 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)

EDUCATION

Chapter Trips

Sat., Nov. 9-10. Wilderness First Aid (WFA). WFA Training November 09, 2013 - November 10, 2013 (Sat - Sun) 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 (education@amcsem.org), R Barry Farnsworth (educationvicechair@amcsem.org)

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)

Chapter Trips

Sat., Nov. 2. Annual Meeting. AMC SEM Annual Meeting. Salernos Function Hall, Onset, MA. Vote for 2014 Executive Board. L Cheryl Lathrop (chair@amcsem.org)

Sat., Nov. 2. Annual Dinner. SEM-SEM Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! Annual Dinner. Salernos Function Hall. Onset, MA. Dinner, speaker, raffles, awards. GET TOGETHER WITH ALL YOUR OLD SEM FRIENDS! RESERVE A TABLE TOGETHER! L Cheryl Lathrop

(chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org)

HIKING

Rating codes (e.g. C4D): first letter indicates distance in mi, middle number indicates pace, second letter indicates terrain.

| Miles | Pace (mph) | Terrain |
|------------|---------------------|---------------|
| AA = 13+ | 1 = very fast (2.5) | A = v. stren. |
| A = 9 - 13 | 2 = fast (2) | B = strenuous |
| B = 5 - 8 | 3 = moderate | C = average |
| C = <5 | 4 = leisurely | D = easy |

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment.

Get your 100-mile patch! Contact hikingchair@amcsem.org.

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

Chapter Trips

(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 (ellencorreia@gmail.com)

(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)

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

(FT) (NM) Thu., Sep. 19-22. Chapter Hut Weekend. Join us at beautiful Cold River Camp in Evan's Notch NH for a weekend of bikes, hikes and paddles. Stay for 1, 2 or 3 nights. Register by sending a check to Patty Rottmeier, address below. L Cheryl Lathrop (cheryl4698@verizon.net), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, treasurer@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)

Thu., Sep. 26. Thurs. Morning hike Manomet Beach Walk, South Plymouth. This is a 4-5 mile beach walk, starting at 55 Manomet Beach Blvd (my home) to Stage Point and back. There could be some rock scrambles near Stage Point. Bring plenty of water, wear hiking boots, snacks as needed. Meet at 9am, I have parking nearby for up to 12 cars, so please carpool if possible. Stop&Shop parking lot is in the

center of town on Rt 3A, 2 miles north of Manomet Beach Blvd. There will be tea and coffee etc. after the hike. L Ellie MacPherson (508-224-6465 before 10:00 PM, elliemac@comcast.net)

(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)

(FT) (NM) (CE) Thu., Oct. 3. Thurs Morn - Blue Hills Hike - Braintree Pass Path. Meet at 10:00 a.m. parking lot at intersection of Chickatawbut and Rt. 28 for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Fri., Oct. 4-6. Wilderness paddling/camping in the Maine North Woods at Lobster Lake. Join us for a weekend in the wilderness of the Maine North Woods. We will be paddling, canoe/kayak, out to a remote camp site on Lobster Lake. There should be great Fall color, stargazing and hopefully lots of moose watching. Expect comfortable days and cool to cold nights. This trip is not for begin-

ners. You must be experienced paddling in open lakes and either have previously attended a trip similar to this or have backpacking experience. L Luther Wallis (lew89@comcast.net) CL Ken Jones (lotsoluck@comcast.net), R Luther Wallis (508-923-1935 7-9PM, lew89@comcast.net)

Sat., Oct. 5. Carter Notch via Wildcat River Trail. Join us as we venture into beautiful Carter Notch from the south via the relatively untrammelled 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 (mokol773@aol.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

Sun., Oct. 6. Mt Chocorua via Brook and Liberty Trails. Join us to hike Mt Chocorua up the Brook Trail and down the Liberty Trail. Chocorua's elevation is 3500' but it gives you the feel of a 4000' mountain with 360° views from the top. The hike will be 7.5 miles, 2600' elevation and will have some strenuous sections. This hike may be combined with leaders' Saturday hike. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com) CL Paul Miller (paulallenmiller@verizon.net), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

Thu., Oct. 17. Thursday Morn. Hike Gilbert Hills State Forest, Foxboro, MA (B3C). Meet 10:00

a.m. Lakeview Ballroom. Nice Fall hike following part of the Warner Trail to Headquarters where we will have lunch. Different trails on our return will loop back to the start. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Thu., Oct. 24. Borderland State Park/BCT. Meet at 10am at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a 6 mi hike. Portion of Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Directions: see Borderlandstatepark website. Parking fee is \$2.00 at the entrance. L Deborah Lepore (781-828-0572 Before 9 PM, DLepore2@GMail.com)

Thu., Oct. 24. Borderland State Park/BCT Hike. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a 6 mi hike. Portion of Bay Circuit Trail with pond views. Bring water, lunch, layers, study footwear. Rain or storm cancels. Directions: see Borderlandstatepark website. Parking fee is \$2.00 at the entrance. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com)

(FT) (NM) (AN) Sat., Nov. 2. Annual Winter Hiking Workshop. Learn how much fun winter hiking can be at our annual workshop! Experienced SEM winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking

Series. The Series will start out with a local hike in December, then proceed to increasingly more challenging winter hikes in NH, culminating with an overnight trip to an AMC hut. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles! RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Cheryl Lathrop (chair@amcsem.org) L Maureen Kelly (vicechair@amcsem.org)

(FT) (NM) Thu., Nov. 7. Thurs Morn - Blue Hills Hike - Wolcott & Border Path. Meet at 10:00 a.m. parking lot on the left of the Trailside Museum for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

(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, musculo-skeletal 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)

Thu., Nov. 14. Borderland State Park Hike (Thurs). Meet at 10:00am for a 6 Mile hike/ snowshoe depending on conditions over a variety of trails. Bring: Water, snack and wear appropriate footwear. Rain or storm cancels. L Claire Braye (508-857-0320 Before 9 pm, cbraye57@comcast.net)

(CE) Sun., Nov. 24. Pre-Condition for Turkey Day!. Show and Go Blue Hills, 6 miles, some Skyline and some Massachusetts, Three miles of hilly terrain and three miles more level. Out by 9 AM and back before 1:00 PM. Meet at Trailhead for Skyline trail and Bugbee Path opposite State Police and Reservations Headquarters. Call Kathy with questions Cell 781-799-5351. L Kathleen Stanley (781-799-5351 Before 9:00 PM, kstanley@energy-advocates.com)

(FT) (NM) Thu., Dec. 5.

Thurs Morn - Blue Hills Hike - Ponkapoag Pond. Meet at 10:00 a.m. at the Ponkapoag Golf Course parking lot in Canton for a 5 mile hike. Bring water, lunch, layers and sturdy footwear. L Catherine MacCurtain (781-848-9506 before 9:00 p.m., camaccurtain@aol.com)

Thu., Jan. 23. Thursday Morn. hike Houghton's Pond. Meet at 10:00 for a 6 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

net)

Thu., Feb. 13. Ponkapoag Pond Hike (Thurs.). Meet at 10:00am in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe depending on conditions over a variety of trails. Bring: water, snack and wear appropriate footwear. L Claire Braye (508-857-0320, cbraye57@comcast.net)

SKIING

Looking for someone to take over the ski committee and plan

xc ski and downhill ski events in the winter. Contact the current ski chair at xcskichair@amcsem.org

Chapter Trips

Sat., Nov. 2. SEM Annual Meeting & Dinner. Annual Meeting/ Dinner. Salernos, Onset. Elections, dinner, speaker, awards, raffles. RESERVE A TABLE NOW FOR YOU & YOUR SEM BUDDIES! L Barbara Hathaway (xcskichair@amcsem.org)



NIKE REUSE-A-SHOE RECYCLING PROJECT

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