

the southeast Breeze



Photo by Margot Fitsch

November 2013

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- Membership (Vice Chair)
- Skiing (Chair)
- Trails (Chair)
- Webmaster

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.

Editor: Andrea Holden
breeze.editor@amcsem.org

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



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

Bay Circuit Trail hike through the Sherborn Town Forest to Rocky Narrows

Courtesy Len Ulbricht



Charles River Canoe Landing at Rocky Narrows, Sherborn



Lunch time, King Phillip Overlook



View of Charles River and Medfield from King Philip Overlook, Rocky Narrows, Sherborn

Congratulations!

Ellen Thompson

Completing Red Lining
the Blue Hills [RLBH]



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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Andrea Holden, 774-219-2426

Volunteer with us!

Contact chair@amcsem.org



View from the Chair

By Cheryl Lathrop

SAVE THE DATES

Annual Meeting & Dinner
Nov. 2

SEM WFA (Wilderness 1st Aid)
11/9-11/10

Hike Planning Meetings 6:30pm
12/4/13, 3/5, 6/4, 9/3, 12/3

Board Meetings 6:30pm electronic
11/13, 1/8, 2/12, 3/12, 4/9, 5/14,
6/11, 9/10, 10/8, 11/12

AMC 138th Annual Summit
1/25/14

SEM Intro to Winter Fun
2/7-2/9/2014

November is always an exciting month for us here in SEM. At our Annual Meeting on November 2, the chapter membership elects a new Executive Board. Some are returning chairs completing a multi-year term and others are vice chairs moving up into the chair position.

November then becomes a time of transition for the chapter leadership as some leave, some stay, and some move up. Our chapter mentoring program handles this transition well—people serve as vice chair for a year or two and learn the ropes before stepping into the chair position.

I'd like to use this *View from the Chair* to thank all outgoing members of the SEM Executive Board. You attended monthly Executive Board meetings, managed a full staff of volunteer activity leaders, often worked a full-time job, and attended to your family responsibilities. The chapter sincerely appreciates your volunteer service!

I also welcome all incoming members to the Executive Board. I look forward to working with you. And thank you for stepping up.

And our returning board members? You will be the glue that holds us together as we start our new year. I look to you to help me teach the newbies.

Your chapter will be in good hands in 2014. Competent, caring, and dedicated volunteers have stepped forward to run for office and lead the chapter. Thank you all!

Chapter Chair

Got something to say? Got a good idea? Want to volunteer?

Feel free to contact me anytime about anything!

chair@amcsem.org



Pinkham Notch fall hikers. Credit: Herb Swanson, Courtesy of AMC

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

“Reunite With Old Friends and Make Some New Ones”

The Southeastern Massachusetts Chapter Of the Appalachian Mountain Club

Invites You to the

Annual Meeting

Followed by the

Annual Dinner

Saturday, November 2, 2013

Salerno's in Onset

4:30 pm - Registration and Happy Hour

5:30 pm - Annual Meeting - no charge

6:30 - pm Buffet Dinner - \$20 per person/\$30 after Oct. 19

Distinguished Service Award, Raffles, Other Awards, SEM Green Vests for Sale

Speaker: Gina Hurley

“A Dozen Life Lessons Outdoor Adventure Has Taught Me”

Bring old sneakers to recycle - nikereuseashoe.com, and your unwanted fleece for [urban youth](#)

See Registration Form below. Click [here](#) with any questions.

All SEM members, potential members, spouses and friends are welcome



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.

WE VOLUNTEERS

Like to work with groups of children? Want to share your outdoor knowledge with the next generation?

Our Chapter Youth Program (CYP) is looking for a leader. A typical CYP might include a local walk with some nature lesson or trail game. Contact Sally Delisa cypcoordinator@amcsem.org

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 down-hill and cross-country. Contact xcskichair@amcsem.org for more information.

Almost 35,000 miles by the SEM Cycling Group

By Paul Currier and Bernie Meggison

Collectively, we have ridden around the world once.....at the equator, then from Boston to LA and back.....and have reached LA again.....

We have 24 registered riders on the report. This is an impressive number, given that a small percentage of the riders register for this 'club'.



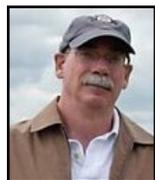
Paul Currier
Cycling Leader

Maybe with good weather, we can accumulate enough mileage to circle the globe two times

AMC MILEAGE CHART 2013

| NAME | LOCATION | QUARTER 1 | QUARTER 2 | QUARTER 3 | YTD TOTAL | COMMENTS |
|---------------------|---------------|--------------|---------------|---------------|---------------|---|
| Robyn Saur | Falmouth | 1,120 | 1,204 | 1,176 | 3,500 | |
| Joe Barry | Yarmouth Port | 978 | 618 | | 1,596 | |
| Bernie Meggison | W Harwich | 741 | 864 | 1,018 | 2,623 | Great cycling season! |
| Linda Church | Falmouth | 427 | 796 | 1,177 | 2,400 | |
| Ron Sikora | Cotuit | 255 | 1,178 | 1,662 | 3,095 | |
| Paul Currier | Sandwich | 230 | 656 | 806 | 1,692 | Been cranking out the trips and mileage |
| Lawrence Cohen | S Easton | 199 | 1,052 | | 1,251 | |
| Ed Foster | | 129 | | | 129 | 129 miles so far, road & mountain bike. |
| Joe Tavilla | Osterville | 126 | 1,058 | 1,483 | 2,667 | WOW, hope the new heart valve is a hummer |
| John F Sullivan | Marshfield | 110 | 471 | 925 | 1,506 | |
| Jack Jacobson | Fairhaven | 80 | 171 | 322 | 573 | |
| Gerard Nelson | Bourne | 77 | | | 77 | |
| Lee Eckhart | Assonet | 70 | 1,306 | 1,446 | 2,822 | |
| Lawton Gaines | Canton | 0 | 513 | 1,313 | 1,826 | |
| Jack O'Malley | Brockton | | 407 | | 407 | |
| Barry Gallas | Cotuit | | 611 | 585 | 1,196 | |
| Rachel Teebo | Brockton | | 705 | | 705 | New member,, welcome! |
| Mark Gurnee | | 564 | 787 | 1,099 | 2,450 | |
| Irene Caldwell | | | | 596 | 596 | |
| Jim Kilpela | Wareham | | | 1,981 | 1,981 | |
| Kelli Covell | Taunton | | | 2,123 | 2,123 | New member,, welcome! From Florida |
| Cheryl Washwell | W Bridgewater | 20 | 118 | 224 | 362 | Our Vice Chair, Biking |
| GRAND TOTALS | | 5,126 | 12,515 | 17,936 | 35,577 | |

Moose Sighting on Mt. Chocorua and Other Good Times up North



Paul Miller, SEM Hiking Vice Chair

So here's a trick question: What's better than a full day of beautiful fall hiking in the White Mountains with a crew of amiable AMCers?

Answer: Two days of AMC hikes in the White Mountains.

That's what we were lucky enough to do several weeks ago when Maureen Kelly and I led hikes on consecutive days up in the White Mountains early in October (yup, pretty much at peak foliage...).

Day One: Carter Notch via the Wildcat River Trail

First hike on the list was a fun trek into beautiful Carter Notch from the south on the Wildcat River Trail, one of the hidden gems in the White Mountains. SEM hikers have been into Carter Notch a number of times in recent years, but typically we did so by hiking in from the north via the popular Nineteen Mile Brook Trail. So why the change? Last March, following a fun exploratory snowshoe hike on the steep upper part of the Wildcat River Trail from the Carter Notch Hut during yet another excellent 2012-13 Winter Hiking Series overnight trip, Maureen and I made loose plans to lead a hike into the Notch via this relatively wild and less-

traveled route.

From the south, the usual route into Carter Notch is to take the Bog Brook Trail from its trailhead near the top of the Carter Notch Rd. in Jackson for a short stretch to get up to the Wildcat River Trail. Based on local knowledge (and the advice in several hiking guides), we decided to avoid the tricky water crossings on the Bog Brook Trail by instead following a gated forest road at the very top of Carter Notch Road to get to the Wildcat River Trail.

Since there was only limited parking at the gate for the forest road, the ten of us first met at a roadside parking area a little way down Carter Notch Road (just after it turns to gravel) and then carpooled up to the



On the Wildcat River Trail (Sal Spada photo)



Happy Hikers outside AMC Carter Hut



Maureen Negotiates a Ledge on Brook Trail (Sal Spada photo)



On Chocorua Summit

gate in three vehicles. The forest road not only avoided those tricky water crossings, it also gave us some nice advance views up to Carter Dome and other peaks. After crossing over the Wildcat River on a bridge on the forest road, we hung a left and started up the inviting Wildcat River Trail.

Initially, this climbs gradually up toward Carter Notch, crossing and re-crossing the river several times and passing through several forest layers. After passing the intersection with the Wild River Trail that leads off to the east to Perkins Notch, we started getting some nice views up toward Carter Dome and Wildcat A, between which Carter Notch is perched. About a half mile before hitting Carter Notch, the trail began to climb steeply up to the AMC Carter Notch Hut. This was the same section of the trail that we had “played” on last



Sal on Chocorua Summit



Wildcat River Trail Starts Getting Steep (Sal Spada photo)



Outside Jim Liberty Cabin (Sal Spada photo)



Ann Crossing the Wildcat River (Sal Spada photo)

March on our snowshoes, but back then there had been several feet of snow on the trail and it had looked very different!

Soon after passing the spur trail that leads off to The Ramparts, we came upon the first bunkhouse, which appeared to be in excellent shape with its new windows and re-shingled front porch. (Our Club has done an amazing job of keeping the huts in fine shape...). We checked out the empty Carter Notch Hut itself, the oldest and eastern most in the AMC hut system (the caretaker had literally "gone fishing") and

then headed down to the larger of the two Carter Ponds to enjoy our lunch and take in the wonderful views across the peaceful pond and up to majestic (4,832-foot) Carter Dome, ablaze in fall foliage. Following lunch, we visited The Ramparts, where the jumble of huge boulders provides a unique vantage point for enjoying beautiful and remote Carter Notch.

The hike back down hill to the forest road on the Wildcat River Trail was a relative breeze (even for this 62-year old hiker...), and we got back to our cars with plenty

of daylight left. After saying our goodbyes, several of us drove up to the AMC Joe Dodge Lodge in nearby Pinkham Notch for the evening, several headed down to the hostel in Conway, and several (less lucky



Carrie poses with Moose in Background (Sal Spada photo)



One of the Carter Ponds (Sal Spada photo)



Approaching Mt. Chocorua Summit (Sal Spada photo)



Maureen at The Ramparts (Sal Spada photo)



Moose Sighting on Brook Trail (Sal Spada photo)

hikers) headed home.

Day Two: Mt. Chocorua via the Brook and Liberty Trails

The next morning, nine of us met at the Brook Trail trailhead off Paugus Road for a hike up to the summit of beautiful, 3,475-foot Mt. Chocorua (a first for me). The plan was to take the Brook Trail up to the summit, then return via the Liberty Trail. This AMC group, which included several hikers from the day before plus several new hikers, made for another interesting and amiable mix.

The lower part of the Brook Trail follows the Claybank Brook, gradually climbing up the side of the mountain. About an hour into the hike, one of our party spotted a moose foraging peacefully in the woods, just 30 or 40 feet away. Unfortunately, about half our group had already passed by without noticing this noble beast minding its own business, but the rest of enjoyed this special opportunity to see a moose at such close range and snap a few (unfortunately pretty blurry) pictures.

At some point, the gradual climb on the pretty Brook Trail turned into a series of challenging but fun scrambles up several steep and exposed ledges before meeting up with the upper portion of the Liberty Trail. This soon brought us up to Chocorua's bare summit, which

afforded wonderful views in all directions, even on this relatively cloudy day! After snapping a few obligatory summit photos, we layered up and huddled down for a quick lunch before heading back down to the trailhead on the Liberty Trail. This soon brought us past the historic Jim Liberty Cabin, well situated in a clearing not far down from the summit. One of the more interesting features of this cabin, are the massive chains that loop over its roof to keep it from being blown off the mountain!

Once again, the trip back down to the trailhead was a relative breeze. We got back down to our cars, with plenty of daylight left for the drive back down to Massachusetts. Luckily, we also managed to get back in time to miss the rain, which had threatened on and off all weekend, but didn't actually materialize until after we were well on our way back to our respective homes.

The drive out from the trailhead brought us between the two picturesque Chocorua Lakes, which had attracted numerous roadside foliage watchers and picture takers on this fall afternoon. This wrapped up two wonderful days of fall hiking up in the White Mountains, including a great hike into a peaceful and remote mountain notch via a new route and a hike up to the summit of a classic NH peak, with its expansive views.



Sal and Paul outside Carter Hut



Trail Sign (Sal Spada photo)

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: <http://amcsem.org/documents.html>

Day trip up Mt. Washington

By Doug Karlson

What can I say about climbing Mt. Washington that hasn't been said a thousand times? Probably not much. It's steep. It's rocky. It's also big. Very big.

Some readers may recall that in April we ascended Mt. Jackson and Mt. Avalon and the Sugarloafs, and we got lost on our way to Arethusa Falls. I chronicled that adventure in a story called "Bagging Peaks in the White Mountains." Following that trip we thought it might be fun to climb Mt. Washington. Since it's such a popular, well-described hike, I'll keep my account short, and include lots of photos.

We originally planned to stop for the night in Lake of the Clouds Hut, but after learning that was closed for the season, we were assured that Mt. Washington could be tackled in a day hike. Following the advice of a friend, we decided to go up via Tuckerman's Ravine Trail, and come down by way of Lion's Head. The fellow who sold me a new pair of hiking boots at EMC in Hyannis recommended that we be first in line at breakfast so we could get an early start, and thus be back before dark.

Our party was made up of my teen-aged sons Norman and Dougie, their stepbrother Matt, and Jean, an ex-

change student from Monte Carlo. We set off from Pinkham Notch's Joe Dodge Lodge at 8 a.m. Sunday following one of those delicious AMC breakfasts. The weather forecast was good, with heavy clouds in the lower elevations.

I saw how in bad weather you could get into trouble fast. But we had beautiful weather, once we broke

judging from the heavy traffic on the trail last Columbus Day Weekend. That surprised me, given the difficulty of the hike (tallest peak in the Northeast, 6200 feet, famous for dangerously erratic weather, etc.). The holiday weekend, good weather and fall foliage probably encouraged all those people, us included.

All those hikers were a varied group. We ran into quite a few French Canadians, some Boy Scout troops, and many families. There was a speed hiker who got to the top in an hour and 22 minutes, and we also passed people who were on the verge of giving up and turning back. There were several dogs, and I met one woman who was carrying her fox terrier up Tuckerman's Ravine headwall.

After an hour and a half or so going up the lower valley (accurately described in the guidebook as "moderate but relentless" we arrived above the clouds at Hermit Lake where you get your first very impressive look at the enormous peak we had to climb, with Lion's Head off to the right. Here we also found a pump with good fresh water (the water at Pinkham Notch is slightly sulphurous).

Despite its vastness, the headwall was not as exhausting as I had feared. Maybe that's because the rocks form a ladder of sorts, and



through the clouds it was sunny and clear and about 70 degrees. I was comfortable in shorts and a shirt and sun hat.

Mt. Washington must be one of the most popular hikes in the country

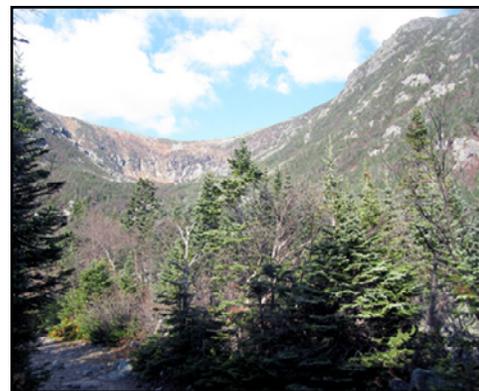
because I was comparing it to the icy and snowy conditions in April. In fact, my son, Norman, and I remarked that this part of the climb was the most interesting, and there are gorgeous waterfalls.

The cone of the mountain is another story. The top half mile of so of the trail, leading from the top of the headwall to the summit, is like a rocky wasteland. We arrived at the summit at 12:45. The top has great views, but it's a bit of a disappointment, there are hundreds of tourists who have arrived by bus and train and car, and you have to wait in line to have your photo taken at the sign on the summit. (We didn't bother, instead taking a photo by the cairn.)

Getting down we again descended the rocky cone, which would be difficult going in rain, and then turned left down the Lions Head trail, which is scenic, especially as it passes the Alpine Meadow at 5,000 feet, and often very steep,

with rocky scrambles.

The legs were feeling a bit tired by the time we finally staggered into Pinkham Notch at just before 6 p.m. in time for roast pork and mashed potatoes in the Trading Port. A highly successful day hike!



Take A Long Hike



Hello fellow hikers.

The [Esbite Pocket Stove](#) continues to be a well-kept secret. I have no

idea why hikers who try to shave every fraction of an ounce from their pack, ignore the mighty little Esbiter. This dependable tiny stove,



which can fit in your pocket, has been used around the world since WW II.

TIP: To reduce pack weight and increase pack space, get a tiny stove.

I've used the larger, quick-firing

stoves that require liquid fuel. I admit those stoves probably work better for serving several people, especially if you are in a hurry. Their "simmer" advantage is also convenient. However, the Esbit is always



reliable, and it will never clog. Most of all, it's small and light!

I remember on the A.T. having to clean and maintain my high-end stove; having to watch my fuel - hoping it lasted until the next supply stop, then over-supplying and hauling extra, bulky canisters.



Yes, stoves have gotten smaller and better. But the Esbit is one of the simplest, easiest, most reliable stoves out there. What's more, the fuel for the Esbit is portion controlled; it uses little fuel tabs that you unwrap and place on the floor of the stove. One tab will cook your meal. I sometimes light two and re-use them the next time, as shown in the picture.

The Esbit provides a foolproof system for cooking in the wilds. Check it out.

Ray's Hiking Blog
www.TakeaLongHike.com



Harvest Puzzle

E X X H C S F O T A F N D G V
 H G P N E H M I H O V I A O S
 L I A V E A P A A A A K C F T
 E M A I O F L O N U O P O A R
 A E N G L L H P K S Y M P L L
 L M E D O O E Q S B C U Y L R
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 S Z N A S U G U U T Y K E W V

- | | | |
|--------------|-----------|-----------|
| APPLE | AUTUMN | FALL |
| FOLIAGE | HALLOWEEN | LEAVES |
| PIE | PUMPKIN | SCARECROW |
| THANKSGIVING | | |

PADDLE TRIP REPORT - Swan River

October 5, 2013

By Betty Hinkley, photos by Jean Orser

Paddlers: Jean Orser, Bill Fischer, Betty Hinkley (Leader)



Despite a niffy weather forecast, this turned out to be a great day for a paddle.

We launched at Swan Pond and went counter-clockwise around the perimeter and then under the bridge at Upper County. We saw at least 3 great blue herons in the course of the trip, several geese, and the usual cormorants and ducks.



The bridge at 28 was under construction westbound, and they had a few hazards



in the water, but we passed through and kept going. We stopped short of the exit to the Sound, as the tide was coming in through the narrow channel pretty swiftly, and also it was lunch-time. After lunch, including all the brownies we could eat, since there were just 3 of us, we headed back up the River and returned to the put-in just before 1:00 PM. Plenty of time to catch the second half of your favorite college football game.

It was a delightful trip, and a remarkably warm day for an October paddle.



Toys-for-Tots Coming in December

Toys-for-Tots collection 2nd week in Dec. at Max Sarazan's Railroad for AMC cyclists, hikers & paddlers. More information to come!



Max Sarazin's railroad



Adventure Travel Training Workshop - Nov. 15-17th

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.

The workshop 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 >>](#)

Enhanced Bay Circuit Alliance Website

We are pleased to share with you an enhanced Bay Circuit Alliance website! [Check it out >>](#) We hope to be able to highlight any AMC trips on the Bay Circuit Trail on this website. If you're an AMC leader and you're planning a trip on the trail, please include "Bay Circuit Trail" in your trip listing title so that it can be included!

.....

PADDLE TRIP REPORT - Long Pond

September 28, 2013

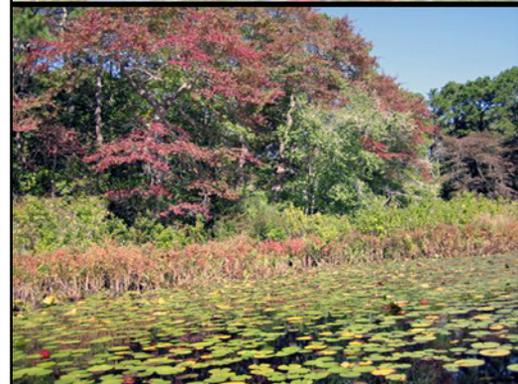
By Jean Orser

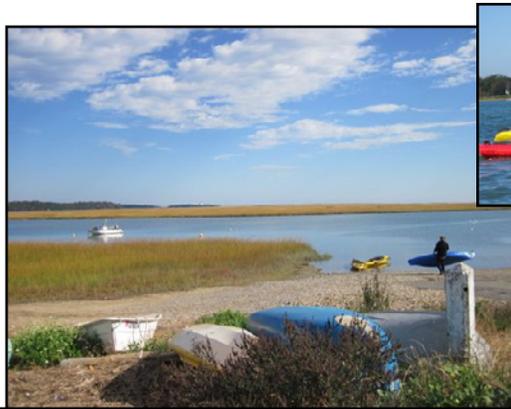
Paddlers: Margot Fitsch, Vickie Blair Smith, Pat Carden, Betty Hinkley, Bill Fischer, Ed Foster, Louise Foster, Ernesto Waingortin, Paul Corriveau, CL, Jean Orser, L

Ten paddlers left the Harwich Town Landing to circumnavigate counter clock-wise Long Pond on a fantastic mid 70s sunny day with little wind. The Mass Gov't web site says Long Pond is the largest fresh wa-

ter pond on the cape with an average depth of 23' and a maximum depth of 66' and has 6.4 miles of shoreline. We paddled to the 2nd Harwich Town Landing and did the short portage to Smalls Pond which was well worth the effort as there were numerous water lilies, colorful tupelos and Margo saw a painted turtle and several frogs. Next we headed to the lunch spot Margo recommended at Sea Camps which was closed and perfect for

us and we arrived at noon. Then we continued past girl scout camp, old cranberry bog, Brewster town landing, portage trail to Black Pond which we omitted and arrived at the put-in at 2pm. Ed said we had 7+ miles depending on how much one hugged the shore. A perfect day to paddle with a great group.





PADDLE TRIP REPORT - Nauset Marsh

October 2, 2013
By George Wey, photos by Jean Orser

Paddlers: Vicki Blair-Smith, Paul Corriveau, Jean Orser, Pat Carden, Pat Sarantis, Bob Sarantis, George Wey, leader.

It was another nice day for a paddle. After launching our kayaks at 10:30am we headed in a counter clockwise direction to circumnavigate Nauset marsh. At the Orleans end of the marsh we explored Mill Pond then crossed Nauset Harbor and paddled along the inside of the Nauset barrier beach. At 12 o'clock noon we picked a spot along the beach and stopped for lunch. Continuing our trip we crossed the main boat channel and skimmed across tidal flats with less than a foot of water heading for the so called northwest passage. In doing so we passed a cluster of about fifty to eighty huge seals. When they saw us coming they all made a dash for deep water

causing quite a splash. After passing through the marsh we paddled over to the foot bridge below the old Coast Guard station. Some of the group went under the bridge and into the creek beyond. In heading back to the put-in we checked out Salt Pond next to Seashore Visitors Center. We arrived back at about 2:30pm. The trip distance was about 8 1/2 to 9 miles.



PADDLE TRIP REPORT - Indian Lakes

October 9, 2013
By Jean Orser
Photos by Jean Orser and Margot Fitsch

Paddlers: Jean Orser, L, Paul Corriveau, CL, Gary Robinson, Margot Fitsch, Joyce Keay, Betty Hinkley, Bill Fischer, Louise Foster, Ed Foster



Courtesy Jean Orser



Courtesy Margot Fitsch

Nine paddlers left the put-in with some trepidation about the 14 mph northeast wind and higher gusts. We paddled counterclockwise around Middle pond mostly out of the wind and admired the fall colors. We passed by the spot where we used to portage to Hamblin Pond (near the wooden structure in the water) which is very overgrown now and doesn't look inviting. Soon we reached the passage on Carsley Neck into Mystic Lake where we continued to paddle counterclockwise. Since it was early for lunch we paddled around the island passing a live tree hanging in the water and seeing an abandoned house which one paddler explored. Then we headed to lunch passing many dead pine trees along the shore. Lunch at 11:30 was at the town beach on Race Lane and although there was some noisy traffic the beach was in the sun and out of the wind. We lingered for an hour hearing about travel stories. We headed back to the put-in with a nice tail wind stopping to go up the creek to the herring run. Bill and Ed reported the total distance paddled

was 5 - 5.6 miles depending on how closely one hugged the shore. Another fine fall day for kayaking.



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Margot Fitsch



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Jean Orser



Courtesy Margot Fitsch

PADDLE TRIP REPORT - Clay's Creek and Barnstable Harbor

October 19, 2013

By Ed Foster

Paddlers: Ed Foster - leader, Bill Fischer, Louise Foster, Gary Robinson

A beautiful day. We went up Clay's Creek to the connection with Lone Tree Creek which we followed to it's opening into Barnstable Harbor. There was no wind, the Harbor was smooth with only swells for the Whale Watch boat. Lunch was a little early at the Water Street public landing. After lunch we headed for Hallet's Mill Pond but the tide was too high to get under the bridge so we cruised around the marshes north of the bridge before heading back along the edge of the marsh to our put-in. A total paddle of just under 6 miles.



PADDLE TRIP REPORT - Chase Garden Creek

October 16, 2013

By Jean Orser

*Paddlers: Trip Leader - Paul Corriveau Co-Leader - Jean Orser
Anna Brandin, Bill Fischer, Ed Foster, Louise Foster*

Fog and drizzle at Grey's Beach put-in. High Tide, according to my Casio G-Shock, G 7900-A. Navigated thru the marshes, with a few alternate pathways out to the farm. Board Walk Approach for Picnic Table Lunch with the Animals at Bray's Farm. A swift return with favorable wind and tide!



What is a Ski Club?

By Gina Hurley



Winter is coming! I know, fall foliage is just wrapping up, but that means winter will be here soon. If you love to get outdoors in the winter to ski, snowshoe, or just play in the snow, especially in the White Mountains, you might want to consider becoming a member of a ski club. The clubs offer year-round outdoor activities, including skiing and winter outings. I have spent some time with Mr. Bob Gargano, past president of one of the ski clubs, and asked him to answer some questions about ski clubs. If you haven't heard of them, or are not sure what they are, read on!

What is a ski club? A Ski Club is a Not for Profit entity that allows a budget friendly means to accommodate overnight guests over the age of 21 in a friendly, skier oriented communal environment. The ski club acts as a primary vehicle to for people of diverse back rounds who share a common interest to get to know one another and enjoy the outdoors.

How does a Ski Club work? The Ski Clubs for the Mt. Washington Valley area fall under the primary umbrella of EICSL (Eastern Inter Club Ski League) which has a board of directors and various committees that will establish general by laws and protocol. However, the individual Ski Clubs, which there are about 20, establish their own By Laws as well as House Rules. Each Ski Club has their own respective board of directors which would include a treasurer to ensure all operating expenses, taxes, insurance and so forth are paid. Revenue typically comes from annual Membership Dues and perhaps internal fund raising.

What are the benefits of joining a Ski Club? Members enjoy discounts on lift tickets, food, and equipment, as well as inexpensive lodging and a great atmosphere. I would say the main benefit of joining any given Ski Club is that you are surrounded by people whom paths you may never cross but now have a common interest. This passion of common interest has sparked many successful relationships as well as marriages. Friendships that are made tend to be long lasting and are maintained throughout the year.

What is the cost of joining a Ski Club? All Ski Clubs vary but are also all within a reasonable

range. Some clubs offer upgraded benefits which increase their annual operating expenses which costs gets passed down to membership. On average, one would expect to pay somewhere in the neighborhood of \$400/annually for a Full Membership. Various membership packages are available which can lower the cost to as little as \$75/annually.

Are there differences in Ski Clubs? Yes!!!! There are some Ski Clubs that are family oriented, with all ages are permitted, while some require that you must be 21 or older. Some allow dogs, and some Ski Clubs have more desirable locations.

What factors should one consider about a Ski Club before joining? Ski Clubs in general are more conducive to communal living lifestyles which may not suit everyone. Rooms are segregated by gender and will sleep anywhere from 3-5 members. All Ski Clubs encourage coming up a few times as a guest to make sure you are comfortable with your environment. Staying at different Ski Clubs is also encouraged due to the unique character of each Ski Club.

How many Ski Clubs are in the Mt. Washington Valley? There are approximately 20 Ski Clubs in the Mt. Washington Valley. Visit www.EICSL.org to review all Ski Club listings.

What activities, besides Skiing, does the Club offer? The primary activity is Skiing, however most Ski Clubs are a four season club which will host Kayaking, Golfing, Mountain Biking, Hikes, etc., and there are always social activities throughout the year. You will never be bored!

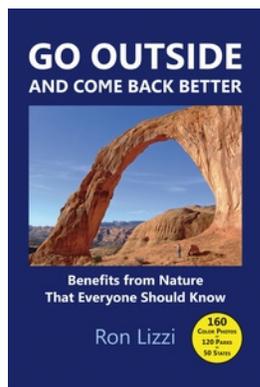
How long have you been a Ski Club member? I have been a member of the Stoneham Skidaddlers, located in Bartlet, NH, approximately 1 mile from Attitash, Bear Peak for 5 years and the President for the last 4. I have made lifelong friends with some tremendous people. More importantly, I have met someone very special through the Ski Club which has been a blessing. I am an Alpine Racer for the USSA Masters as well as a Professional Ski Instructor (PSIA), and I teach at Wildcat....but even if you are just learning to ski, a Ski Club is a great option.

Anything else you would like to tell us about the Ski Club? Please...don't be shy!!!! Come up as a guest. Check out all the websites (www.EICSL.org), and ask questions. There are approximately 1000 members throughout EICSL.....you never know who you might meet!



New book is nature's brochure, includes all 50 states

BETHANY, Conn., Sept. 30, 2013—Autumn has arrived and that leads many to think about enjoying the outdoors. Those seeking ideas about places to go can find plenty in a new book. *Go Outside and Come Back Better: Benefits from Nature That Everyone Should Know* is nature's brochure, according to author Ron Lizzi.



Go Outside is an inspirational travel essay woven through a landscape photography collection. It features 160 color photos from parks in all 50 U.S. states, including not only national parks but other federal lands plus state, municipal, and Native American tribal parks. The book showcases the tremendous variety of scenery available in America, including coastline, canyons, mountains, deserts, badlands, and waterfalls. Many of the photos highlight places that will be unfamiliar to most readers.

"So many people only know the most famous parks, like the Grand Canyon and Yosemite, but there are wonderful places all across the country," says Lizzi.

Far from a guide, *Go Outside* is an idea

book. Lizzi makes the case for spending time outdoors by showing nature's power to inspire, teach, and improve lives. He does this using down-to-earth insight plus his novel concept of "matterdays," memorable days with a lasting impact. With a message as compelling as its images, the book aims to encourage and inform outdoor lovers and newbies alike.

Midwest Book Review calls the book "the next best thing to an immediate vacation." ForeWord Reviews writes, "This stunning photo journal offers a fresh perspective on the pleasures of nature."

Go Outside is available in hardcover from most bookstores or as an iPad e-book from Apple's iBookstore.

For a book trailer video and more information, visit the book's companion website: www.GoOutsideBook.com.

About the Author

Ron Lizzi (pronounced LIT-see) has hiked 1,700 miles in nearly 500 parks across America, camera in hand. Still, he's no elite outdoorsman, just a regular guy, one that most readers can relate to. And that's important because he intends to make the case for spending time in nature, particularly in America's beautiful parks, and therefore he wants readers to imagine themselves behind his camera.

About the Book

Go Outside and Come Back Better: Benefits from Nature That Everyone Should Know by Ron Lizzi. River Stream Media. Hardcover ISBN: 978-1939435781 • \$27.95 • 6 x 9 • 192 pages • 163 illustrations • iPad e-book ISBN: 978-1939435811 • \$12.99.

Massachusetts Agriculture Calendar Photo Contest

Amateur photographers who enjoy capturing local rural scenes, farm animals and fresh produce are invited to enter the Massachusetts Agriculture Photo Contest sponsored by the Massachusetts Department of Agricultural Resources and Massachusetts Agriculture in the Classroom, Inc. Winning photos will be featured in the 2015 Massachusetts Agriculture Calendar.

Twelve photos will be selected, one for each month. Photos will be selected that depict the diversity of agriculture, horticulture, and natural resources on the commonwealth's farms throughout the year.

Winning photographers will be credited in the calendar, will be invited to attend a winner's ceremony at the Eastern States Exposition (The Big E) in Springfield in September and tickets to the fair, and will receive copies of the calendar.

The Massachusetts Agriculture Calendar will also feature facts and figures about Bay State agriculture, horticulture and conservation, as well as other educational resources.

Deadline for submissions is June 1, 2014. For details and an entry form, Photo Contest Rules and regulations: or contact Rick LeBlanc at Massachusetts Department of Agricultural Resources, 617-626-1759 or send an e-mail to him.

Print an [Entry Form](#)>>

Cape Cod Bicycle Summit - *Healthy Cyclists, Healthy Communities*

Friday November 8, 2013 - 8:30 AM to 2:00 PM

Tilden Arts Center at Cape Cod Community College
2240 Iyannough Road (Route 132), West Barnstable, MA 02668

If you are interested in learning how to increase safety for bicyclists on the Cape and Islands, encourage more locals to use our beautiful pathways, and educate our communities on the economic, environmental, and personal benefits of cycling, please register for this free event today!

[Get more information](#) - [Register Now!](#)

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS)

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)

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) 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), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

(XCE) Tuesdays

Nov. 5. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Nov. 12. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Sundays

Nov. 17. Sunset/Full Beaver Moon Ride. Start at Sagamore Recreation area and ride the hills and shores of Sagamore and the canal trail to Buzzards Bay and Mass Maritime for sunset over Onset. Perhaps a stop at 3-Mile Outlook before returning for Beaver Moonrise over the Sagamore Bridge and Plymouth Bay. Helmets, water, registration,

and spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Nov. 19. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Nov. 26. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 3. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 10. Tuesday Cycling. Scenic cycling on Cape

Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 17. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 17. Sunset/Full Cold Moonrise Ride. Ride the hills and shores of Sagamore and the Canal Trail to Buzzards Bay and Mass Maritime for sunset over Onset Bay. Return with a stop at Three-Mile Outlook and Cold Moon rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Saturdays

Dec. 21. Winter Solstice/Adieu to Autumn Ride. Early afternoon ride starting at Skaket Beach, Orleans to Mass Audubon in South Wellfleet and perhaps a cut over to the ocean side in Eastham. Return trip includes several beaches - Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter - and sunset at Skaket. Helmets, water, spare tube and tools, and registration required as changes will be sent to registered riders. Paul Currier currierpaul@comcast.net or call 8am-7pm 508-833-2690. L Paul Currier (508-833-

2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 24. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Dec. 31. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Wednesdays

Jan. 1. SEM AMC 11th Annual New Years Day Ride. SEMAMC 11th Annual New Years Day Ride. Kick off our cycling schedule and our annual quest for 2,000 + miles. 30 miles with options for early bailout. This beautiful coastal ride includes Marion Harbor, Seashell Beach, Converse Rd. loop, The Stone Estate, Planting Island, and Kittansett Point. Helmets, water, Spare tube and tools required as is registration as changes will be sent to registered riders only. Paul Currier - currierpaul@comcast.net or call until 7pm. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Jan. 7. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours.

Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Jan. 14. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Wednesdays

Jan. 15. Sunset/Full Wolf Moon Ride. Intermediate paced road cycling from Sandwich Recreation area on Freezer Road for ride on canal trail and streets of Gray Gables and Mashnee Island. Return to the canal for sunset near RR Bridge and ride along the canal for full Snow Moon Rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Jan. 21. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

net)

(XCE) Tuesdays

Jan. 28. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 4. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 11. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Fridays

Feb. 14. Sunset/Full Snow Moon Rise Ride. Intermediate paced road cycling from Sandwich Recreation area on Freezer Road for ride on canal trail

and streets of Gray Gables and Mashnee Island. Return to the canal for sunset near RR Bridge and ride along the canal for full Snow Moon Rise over the Sagamore Bridge. Helmets, water, registration, spare tube and tools required. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 18. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 25. Tuesday Cycling. Scenic cycling on Cape Cod - Late AM/Early PM. 22+/- Miles or 2+ hours. Intermediate paced road cycling; rides include views of and occasional stops at known and lesser-known unique and interesting places. Helmets, water, spare tube and tools required as is registration - changes sent only to registered riders. C2B to C3C. L - Paul Currier currierpaul@comcast.net or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CANOE/KAYAK

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

Chapter Trips

(FT) (NM) 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 BUD-

DIES! L George Wey (paddlingchair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

CAPE HIKES

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

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

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

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)

(FT) (NM) 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), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

(FT) (NM) 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. (And you'll be done in time to attend the SEM An-

nual Meeting & Dinner nearby!). L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com), R paul miller (paulallenmiller@verizon.net)

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), janeharding@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)

Thu., Dec. 5. Hike - West Falmouth-Mock Moraine (C3C). Rolling woodland trails, water views, historical sites. 2 hours, Meet 9:45 AM. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

(FT) (NM) Sun., Dec. 8. Hike - Cotuit-Little River Sanctuary (C3D). Wooded walk with views of Eagle Pond. Meet promptly at 12:45pm. Carpool shuttle from parking area in front of Rite-Aid Pharmacy located at intersection of Route 28 and Putnam Avenue in Cotuit. 2 hours. L Farley Lewis (508-775-9168 Not after 9pm, farlewis@comcast.net)

Thu., Dec. 12. Hike - Scorton Creek Sandwich (C3C). 2 hour hike along Scorton Creek through old state game preserve and around Talbot's point. We will hike past historic Hoxie pond and cranberry bogs. Take Rte 6 to Exit 4, turn N on Chase Rd. Turn L on Old County Rd. to end. Turn R on 6A, turn R on dirt road just after MBM auto sales. Park in dirt lot at end of Rd. Meet 9:45 AM. L Jane Harding (508-833-2864 before 9 PM,

Sun., Dec. 15. Hike - Crowes Pasture, E Dennis (C3C). Wooded paths, beach, quiet roads. Ex 9 off Rte 6, Rte 134 N to R on Rte 6A then L on School St, R on South St, to lot at road end past the cemetery. 2 hrs, Meet 12:45. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., Dec. 19. Hike - Island Pond Conservation Area, Harwich (C3C). Winter walk through woods and conservation area crossing Route 6 on bike path bridge. Meet 9:45. Going E on Rte 6 Exit 10, left on Rte 124 crossing Rte 6 then L on Headwaters Drive to bike path pkg on L. Two hours. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Saturdays

Dec. 21. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. 508 4874004 413 2972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Saturdays

Dec. 28. Truro/Bay Sea Turtle - Walk (B3C). Meet at 9:45a.m. N. Truro. Carpool to the trail head. Walk the bay beach looking for cold stunned sea turtles. Bring lunch. 3.5 hours. CALL THAT MORNING FOR CARPOOL INFO. 508 4874004 413 2972785. L Nancy Braun (508-487-4004 any, nancytruro@comcast.net)

Sat., Jan. 4. Hike - Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Jan. 5. Hike - Hawksnest State Park Harwich (C3C). Winter woods walk dirt roads, trails. Meet 12:45. Two hours. From Rte 6 Exit 11 S. L at exit light then immediate R on Spruce Rd. Pkg approx 0.8 mi. on either side of road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Thu., Jan. 9. Hike - White Crest Beach, Wellfleet (C3C). Wooded trails to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd. Go 0.9 mi to R at beach pkg. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Jan. 12. Hike - Mashpee River Woodlands, West Mashpee (C4C). Land/River of the Wampanoags. Stately beech and white pine forests. Spectacular views of river. Abandoned cranberry bogs w/remains of old aquaduct. Trout Pond. From Mashpee rotary go E on 28. First R onto Quinaquisset Ave. Go approx. 500' to Pkg on R. From E on 28, take L onto Orchard Rd, then R onto Quinaquisset. If parking on road, tires must be completely off pavement. 2hrs. Arrive @ 12:45P for prompt start @ 1P. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Jan. 16. Nickerson State Park Hike - Brewster (C3C). Meet at park entrance at 9:45 am for a 10:00 am start. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

(FT) (NM) Thu., Jan. 23. Walk - Indian Lands Dennis (C3C). Shortened winter walk along Bass River. Meet 9:45. From Rte 6 Exit 9A Immediate R on Old Main St. Bear L to pkg at South Dennis Town Offices pkg lot on R. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Sat., Jan. 25. Hike - Long Pond & Collins Woodlot, Falmouth (B3C). Walk along pond and moraine, and through town forest. From Mashpee rotary,

take Rt. 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to parking area on R just beyond light. Meet 9:45. Rain cancels. 3.5 hours. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Jan. 26. Hike - Sandwich Canal (C3C). 2 hour hike along canal to end. Hike beach to Mill Creek past Sandwich boardwalk. Return through Sagamore. From Rte 6a Sandwich turn onto Freezer Rd. Go to end and park in lot at edge of canal. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Jan. 30. Hike - Wellfleet, Griffin Island (C3C). Varied terrain: wooded trails, some hills, spectacular view of bay. Meet 9:45 AM. From Rte 6 left at lights toward Wellfleet Center, left on E. Commercial St. At harbor, Turn Right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. L Janet Kaiser (508-432-3277 eve 7 to 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 2. Hike - Sandwich Maple Swamp (C3B). Hilly hike through varied terrain, meet at 12:45 PM, 1 PM start. Land has history back to early Sandwich settlers. Hiking boots and poles recommended. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd entrance to Maple Swamp is just past Mill Rd on right. Trip at a Glance Activity: Hiking L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Thu., Feb. 6. Hike - Island Pond, Harwich (C3C). Wooded hike, cranberry bog, lavender farm. Ex 10 off Rte 6, N on Rte 124. 1st L on Headwaters Drive to pkg lot on L at bike trail. Meet 9:45, 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sat., Feb. 8. Hike - 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)

(FT) (NM) Sun., Feb. 9. Hike - East Falmouth-Mashpee, Quashnet River (C3C). Walk in upland woods along small stream. Heavy snow on ground, or rain, cancels. From Mashpee rotary, take Rt 28N toward Falmouth 2.1 miles, then take R on Martins Rd to parking area. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 13. Herring River - Harwich (hike) (C3C). Meet at Sand Pond at 9:45 am for 10:00 start. Woods walk, river views, bogs, reservoir. RT. 6, Exit 10, Rr. 124 S for 1.3 mi. R on Main St. Go 2 miles and park at Sand Pond. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Feb. 20. Hike - Yarmouth Port, Gray's Beach (C3C). Hike in Conservation land areas over trails along marsh, through woods, includes the boardwalk with views of Sandy Neck, Chapin Beach. Rte 6 to Exit 8, Union Street to Rte 6A. Turn Left, go 1 block, Turn Right on Center St. Go 1.0 mile, follow signs to beach pkg lot at end. Meet at 9:45 a.m. Two hours. L Janet Kaiser (508-432-3277 7:00 to 9:00 p.m., jtkaiser@comcast.net)

Sat., Feb. 22. Hike - Mashpee River Woodlands (C3C). 2 hour hike along scenic parts of east and west sides of Mashpee River. Meet 9:45am. Take Quinaquisset Road from Route 28, just east of Mashpee Rotary. Parking is a short way on right. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

(FT) (NM) Sun., Feb. 23. Hike-Beebe Woods, Falmouth (C3C). Hike a varied terrain of rolling woods, two ponds, stone walls, and an old farm. From Bourne bridge, take Rt 28 south to a traffic light by the entrance to Falmouth Hospital. Continue through the light and go 0.6 miles and turn

right on to Depot Ave. Follow the narrowing road 0.4 miles up a hill to the end by Cape Cod Conservatory. Rain cancels. Meet 12:45. 2 hours. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Feb. 27. Hike - Yarmouth Three Ponds (C3C). Woods walk pass bogs and ponds. Meet 9:45. Two hours. Exit 8 from Rte 6. R at second light. L at end on West Yarmouth Rd. Pk in 1mi. well off road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.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

(FT) (NM) Sat., Nov. 2. SEM Annual Meeting (only). AMC SEM Annual Meeting. Salernos Function Hall, Onset, MA. Vote for 2014 Executive Board. No charge for just the meeting. L Cheryl Lathrop (chair@amcsem.org), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

(FT) (NM) Sat., Nov. 2. SEM 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), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

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 accompany-

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 |

ing 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)

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

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

Chapter Trips

(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)

(FT) (NM) 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), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-982-1099, treasurer@amcsem.org)

(FT) (NM) Sat., Nov. 2. Come hike with old Friends, or meet new ones.. This 'Hike', in the afternoon of the Annual Meeting will be more of a stroll. A stroll down Memory Lane as we take a leisurely walk around the reservoir at Myles Standish, a short distance from the Annual Meeting (And scheduled to allow plenty of time to get to the meeting for the social hour there too.). L Bob Vogel (vogel.r@comcast.net) L Erika Bloom (erika.bloom@comcast.net)

Sun., Nov. 3. Blue Hills Fowl Meadow Hike. Join the 'Red Line the Blue Hills' hikers as they finish their season by hiking 6.5 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the end of Royall St. Canton at 9:30. Only non-Red Liners need to register. Red Liners can just show n go. Bring lunch and a smile. L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199 before 9 pm, swartz@brandeis.edu), R joe keogh (jpkeo24@gmail.com)

(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, 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)

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)

Sat., Nov. 16. Blue Hills End to End Hike. Join us at the end of our Blue Hills Redlining Season to hike the Skyline Trail from end to end. The hike is about 9 miles and 6 hours at a moderate pace. Best for intermediate hikers used to climbing hills. Great conditioning hike. We will make our traditional trip to the Blue Hills Brewery after the hike to support our local business! L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL paul miller (paulallenmiller@verizon.net), R maureen kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(FT) (NM) Mon., Nov. 18. Borderland Full Moon Hike. Come on a two hour, more or less, evening hike around the ponds, and maybe through the woods, on this 'Full Moon' hike at Borderland State Park in Sharon/Easton, MA. Please wear clothing and footwear appropriate for the weather. We walk at a 'moderate' pace, not fast, not dawdling. And we generally just get some exercise, see the park in the dark, see old friends and make new ones. (We hike monthly, October through March, except during heavy snow when they need the lot empty to plow, on a convenient evening that's at least close to the full moon.). L Bob Vogel (vogel.r@comcast.net) L Jim Casey (cmne@comcast.net) CL Nancy Coote , R Nancy Coote (nmcoote@yahoo.com)

Thu., Nov. 21. Thurs. Morn. Hike Powisset Farm, (TTOR) , Dover, MA. Fairly new area with nice trails off the beaten path. We will hike 5.5 miles with a number of short ups and downs. Some nice views. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com)

(CE) Sun., Nov. 24. Pre-Condition for Turkey Day!. Show and Go Blue Hills, 6 miles, some Skyline and some Massachuseuck, 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)

Sat., Dec. 7. Winter Hike Series #1 Blue Hills. Join us on the 1st winter hike of the season. Learn the basic's of winter hiking as we discuss heat management, nutrition, equipment and other winter concerns. Great opportunity for three seasons hikers to experience the joys of winter hiking. Also check out our winter hiking workshop Nov. 2. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net) CL Maureen Kelly (mokol773@aol.com) CL Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 before 9:00 PM, wlgranda@aol.com)

Thursdays

Dec. 12. Thursday Morning Hike: Warner Trail, Wrentham (B3C). Meet at 9:45am, end of Randall Road, Wrentham. Wear suitable footwear and bring

water, snacks, and lunch. We will follow the Warner Trail from Crocker Pond back to the Library. Six mile hike with rocky climbs over several peaks with nice views. Rain cancels. L Joanne Stanisica (508-528-6799 7-9 p.m., jstanisica@comcast.net)

Sat., Jan. 4. Winter Hike #2, Mount Monadnock. For the second winter hike of the season, the SEM Chapter will be climbing Mount Monadnock (elevation 3165 feet). This hike brings us to Monadnock State Park in New Hampshire and up one of the most climbed peaks in North America. Monadnock's bare, and rocky summit provides expansive views from the Boston skyline to Mt Greylock and the Green Mountains in Vt. This will give us a opportunity to test out winter hiking gear and skills before going to the next winter hike in the White Mountains. Also check out our winter hiking workshop on November 2. L Walt Granda (508-999-6038 before 9:00 p.m., wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

(FT) (NM) Thu., Jan. 9. Thurs. Morn. Hike Copicut Woods, Fall River (B3C). Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains will cancel. Snow or ice will require yaktrax, stabilicers, or snowshoes. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. L Walt Granda (508-999-6038 before 9:00 PM, wlgranda@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)

Sat., Feb. 1. Winter Hike #3 - Mt. Pierce. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce, with it's panoramic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trailhead via the Crawford Path. Previous winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 2, 2013 required. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Christine Pellegrini (chrispellegrini@yahoo.com) L Bill Pellegrini (billpellegrini@yahoo.com) CL Jim Casey , R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.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

(FT) (NM) 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), R Patty Rottmeier (2 Killdeer Lane, Nantucket, MA 02554, 508-228-4207, treasurer@amcsem.org)

(AN) Sat., Jan. 11. Cross Country Ski Instructional Workshop. Learn to use your new skis or brush up on technique. Suitable for all abilities. We will review equipment, clothing, uphill and downhill methods, various terrain. Rental equipment will be available. Participants responsible for trail fee. Lack of adequate snow conditions may postpone or cancel. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (), R Art Paradise (28 Garrison Street, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

(AN) (CE) Sat., Jan. 18-20. Catamount Trail Backcountry Ski Touring.. Join us for the MLK weekend of ski touring along the Catamount trail in the Ludlow-Plymouth area (Tentatively Section 9,10, &11). We will stay at a cozy family inn in Ludlow. Participants should be capable of skiing 5-7 miles each day. Trails are classic New England backcountry, undulating, forested, and fun to ski. Approx. \$325 pp, Sat-Sun -Mon brkfst and Sat-Sun dinner included. Reg by Dec 15. L Art Paradise (978-372-7442 7 to 9 PM, doubledice@me.com) CL Bob Bentley (paradice1@mindspring.com)(), R Art Paradise (01834, Groveland, MA 01834, 978-372-7442 7 to 9 PM, Doubledice@me.com)

