

# the southeast Breeze

Courtesy Joe Balboni



January 2014

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Biking Vice Chair  
CYP Vice Chair  
Communications Vice Chair  
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Conservation Vice Chair  
Education Vice Chair  
XC Skiing Vice Chair  
Social Chair

Please contact the Chapter Chair Cheryl Lathrop at [chair@amcsem.org](mailto: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](mailto:breeze.editor@amcsem.org)

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

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

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

**Open House - March**

**AMC 138th  
Annual Summit  
January 25**

**Intro to Winter Fun  
Noble View 2/7-2/9/2014**

**Spring Leadership training  
Borderland State Park  
May 3**

**Spring WFA/CPR  
(Wilderness First Aid)  
Noble View  
April 5-6**

# Who Are you?

**Pam Ciborowski & Rod Cartocci**

doors through partnerships, online and print information, and training leaders to take youth outdoors. To support these efforts we decided to explore and share the benefits physical activity has on children.

**activity is important for everyone. What are the benefits of physical activity and why is it important in children's health?**

**Pam:** Physical activity decreases ones risk for many diseases such as hypertension, diabetes, cancer, and others. It helps all body systems function better. It helps prevent osteoporosis, improves cognitive functioning, helps with depression and anxiety, improves heart-lung and muscle fitness, and improves sleep. It is important that adequate physical activity starts early on to improve health not just for the present but for their future.

**Rod:** Human beings were evolved to move. Evolution over two million years has created the biology, anatomy and physiology of the human body in its present form. Exercise was necessary for survival in our beginnings, and only began to become a "hobby" activity at the



Continued on Pg 4

**1. What is your name and profession, and how long have you been in the field?**

**Pam Ciborowski:** Nursing/Public Health, 33 years

**Rod Cartocci:** Health Education and Physical Education teacher, holistic nutrition specialist, and a certified instructor in the Zen style of Hatha Yoga. I have been teaching and practicing for several years.

**2. Most people would agree that physical**

## The Benefits of Physical Activity

The AMC's Vision 2020 is based on five strategic initiatives, with one of them focused on [Getting Kids Outdoors](#). The AMC plans to serve 200,000 youth directly and encourage another 300,000 to get out-



Brought to you by Gina Hurley ~ Communications Chair ~ [commschair@amcsem.org](mailto:commschair@amcsem.org) ~ suggest a member

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Gina Hurley, 508-362-6573

### 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](mailto: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](mailto: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](mailto: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](http://amcsem.org)) or call 800-372-1758.



# View from the Chair

*By Cheryl Lathrop*

**H**alloween, Thanksgiving, Christmas, and December holidays are over! Only New Years to get through. Do you have that standard New Year's Resolution to "get healthy?" If so, in addition to the dreaded "diet and exercise", why not toss a few AMC SEM winter activities into your schedule. They're great fun!

We've got winter local hikes and mountain hikes. Snowshoes and walks. Cross-country skiing and downhill skiing. Day trips and weekend trips. And yes our bike leaders are still leading rides. Something for everyone this winter!

So, have a Happy New Year and ring in 2014. And then, get outside!!! Our hardworking SEM volunteer leaders have set up some wonderful winter activities for you!

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

*Cheryl Lathrop*

Chapter Chair

Happy  
New  
Year

**As always, feel free to contact your chapter chair, or vice chapter chair at any time.**

Chapter Chair: Cheryl Lathrop ([chair@amcsem.org](mailto:chair@amcsem.org)) ~ Vice Chapter Chair: Maureen Kelly ([vicechair@amcsem.org](mailto:vicechair@amcsem.org))

# GET INVOLVED

## Be a volunteer and reap the rewards

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

### **Are you a detail person, long-time chapter member & former board member?**

We're forming a committee to update our chapter Bylaws and Operating Rules. See our current [Bylaws and Operating Rules](#). Contact your Chapter Chair at [chair@amcsem.org](mailto:chair@amcsem.org).

### **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](mailto: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 downhill and cross-country. Contact [xcskichair@amcsem.org](mailto:xcskichair@amcsem.org) for more information.

### **Conservation minded? Want more conservation activities?**

Our Conservation Committee needs a Vice Conservation Chair to work with our Conservation Chair to help plan conservation events and education. Contact [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

### **Continued from Pg 3**

time of the industrial revolution. If we as humans choose not to stimulate our biology (by exercising and eating whole food diets) then we invite obesity. This is especially the case for children because childhood is the foundational beginning to the physical, mental and social habits of a lifetime. Every cell, tissue, organ, joint and muscle in the body requires regular, daily exercise to benefit from the oxygen and nutrients of survival.

### **3. Is there any research that supports physical activity as a benefit to learning? If so, what does the research say?**

**Pam:** The research shows that physical activity increases mental clarity, efficiency, and is associated with better thinking, learning and judgment.

**Rod:** Exercise research studies demonstrating the benefits to learning ability are

numerous....here are a few examples:

[How Exercise Makes your Brain Grow](#)

[Physical Fitness in Childhood Linked to Higher Reading and Math Scores](#)

### **4. Is there any research that supports physical activity as a benefit to emotional health? If so, what does the research say?**

**Pam:** Countless research studies show that exercise has incredible benefits not just for physical health, but for all areas of health, including mental, emotional, intellectual, and yes, even social well-being. Here are a few to consider.

- Regular aerobic exercise increases levels of serotonin and dopamine in the brain, which is linked with improved mood.

- Exercise enhances the mind's ability to withstand daily hassles and stressors and to regulate itself.

- Regular exercise has been shown equal to antidepressant use in treating Major Depressive Disorder.

- Exercise is associated with deeper relaxation and better quality of sleep (which protects the brain and increases energy).

- Regular exercise is associated with higher self-esteem.

**Rod:** Modern, human life contains more mental and emotional stress, now than ever before. Our lives seem to be traveling at "warp speed" every moment. The stress, unless coped with in a healthy manner, can be crippling. Our "being" is not compartmentalized. Our mental, physical, emotional, and spiritual natures are always connected and overlapping. Physical exercise stimulates a

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## Continued from Pg 4

biochemical process in our bodies that assists us in playing-down the sympathetic nervous system's "fight or flight" reaction, and helps to initiate a parasympathetic, calming response.

### 5. What role does food and nutrition play in children's health?

**Pam:** Proper nutrition is essential for the healthy growth and development of children. When children develop good eating habits at an early age, research shows that they are more likely to carry these throughout their lifetime. We know that healthy foods fuel bodies so that they can best learn and grow, while poor nutrition increases their risk of

multiple diseases and problems.

**Rod:** The nutrition and lifestyle habits of a lifetime begin in early childhood. A child's or anyone's future health is largely determined by dietary practices. Refer to the media daily, and you will hear about the obesity epidemic. Chronic disease potential is in direct proportion to the lack of proper nutrition. The CDC reports that 80% of all cancer is the result of diet. Diseases, like Type II diabetes, which was once called Adult-onset diabetes because it affected people over 40, is now becoming ever more pronounced in younger years, and even in elementary school children. Education to combat this trend should be a priority in our healthcare system, and in our schools.

### 9. What suggestions can you give parents to help them increase their children's physical activity?

**Pam:** Make physical activity a family habit. The National PTA also suggests taking a family walk around the block each night after dinner; scheduling a weekly game of touch football in the park; walking instead of driving when you can; walking or biking with your child to school; parking as far away from entrances as possible; using the stairs.

**Rod:** One of the best things parents can do is to model the behavior they wish to see in their children. Go on walks as a family. Walking has received a bad "rap" by elite fitness buffs, but walking is one of the best exercises a person can engage in for overall wellness and physical fitness. It stimulates the "being", in a superbly healthy way and on every level, physically, mentally, emotionally and spiritually. Also, research your town or city's recreation department offerings. If you find something the child is interested in, then take an obvious interest yourself...go online with the child and research the history of the activity and notable players or participants, show enthusiasm about it, go to the games or meets or matches. Set times and limits for T.V. and video games.

### Want to sell your stuff?

Send to breeze.editor@amcsem.org with details.



**Rossignol Touring X  
Country Skis w/ bindings.  
190/05741776**

**Women's boots to match  
size 7 1/2 to 8**

**\$75 or Best Offer**

Great Condition, bought  
at EMS

Madeleine  
508-331-5334



\*Images are for illustration purposes only and are not the items for sale, please contact seller for details

### 6. What obstacles or challenges do you see families facing to increase children's physical activity?

**Pam:** TV, Computers, iPhones, and other technology that pulls kids in rather than having them engage in physical activity and games outdoors.

**Rod:** Families in earlier years were able to allow their children to play outdoors, safely. Today it is not the case.

### 7. What are some of your favorite outdoor activities?

**Pam:** Kayaking, golfing, and walking.

**Rod:** I hike, bike, swim, compete in Masters Track and Field, work-out regularly at school and at a fitness club, and work in the yard at my home.

### 8. If you could change one thing in order to increase children's physical activity, what would it be?

**Pam:** Have daily physical activity a requirement in the schools for a minimum of 30 minutes/day.

**Rod:** Allow school students to have daily Physical Education, taught by a certified professional. Healthy, lifetime habits will be introduced and practiced, at the same time that physical, mental, emotional and social fitness skills are being developed. Then...watch obesity and disease decline, and maximal physical health and academic performance skyrocket!



Rod Cartocci

# Take A Long Hike



Hello fellow hikers.

One of the questions I frequently get asked is whether a hiker should buy a self-inflating mattress or a fold out pad, like Z-lite, for camping overnight.

The pictures show a purple mattress (not inflated) and a yellowish foldout pad. Either item goes under your sleeping bag.

If you are looking only for comfort, the self-inflating mattress (this one from [Therm-a-rest](#)) is the way to go---hands down. But there are advantages to the pad, and this Z-lite

pad (also made by Therm-a-rest) is very popular.

I've settled on the non-inflatable pad, and here's why.

**Light weight**--Pads weigh less than inflatable mattresses; this pad weighs less than a pound.

**Indestructible**--No worries about puncturing it, or wrecking the valve.

**Convenience**--Shake it loose and it's ready to go. When I take a meal, especially in wet or rocky areas, it's the first thing I grab to sit on.

**Pack Support**--As more hikers go ultralight with frameless rucksacks, this pad provides pack support.

I admit that I miss the cushy comfort of an inflatable mattress when I sleep. For convenience, however, especially on breaks, when you want to smother ants and insects with something other than your pants, when you want to rest and air out your socks and footwear, nothing beats the pad. So why not carry both? Well, one day I may.

Happy new hiking year!

Ray's Hiking Blog: [www.TakeaLong-Hike.com](http://www.TakeaLong-Hike.com)

**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>



## Winter Wonderland

CIE           

WONS         <sub>6</sub>

SIKGN       

RETWIN      <sub>4</sub>            <sub>9</sub>

GOONIWSENHS <sub>1</sub>

LOEGVS     <sub>5</sub>

GGSELGO    <sub>7</sub>

KARPA      <sub>3</sub>            <sub>8</sub>            <sub>2</sub>

<sub>1</sub>            <sub>2</sub>            <sub>3</sub>            <sub>3</sub>            <sub>4</sub>            <sub>5</sub>            <sub>6</sub>            <sub>7</sub>            <sub>8</sub>            <sub>9</sub>

The Education Committee organizes and promotes training of trip leaders for our chapter. Two fundamental programs, Leadership Training and Wilderness First Aid, are planned and supported every year. Other programs may be offered at the committee's discretion.

The Vice Chair and Chair share tasks that typically involve the planning, co-ordination and hosting of training sessions, nominally two or three weekend sessions per year. Presenting training material is not required.

Upon expiration of the Chair's term in office, the Vice Chair normally moves into the Chair's position.

## Volunteer Opportunity Education Committee Vice Chair

Small event planning experience helpful. Completion of Leadership Training or Wilderness First Aid desirable but not required.

To explore this volunteer position further, contact Len Ulbricht, the Education Committee Chair, at [lenu44@gmail.com](mailto:lenu44@gmail.com).



# 2014 LEADERSHIP TRAINING

Leadership Training will be held on Saturday, May 3, 2014 at Borderland State Park, N. Easton, MA. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

Please register by April 19 with Len Ulbricht at [lenu44@gmail.com](mailto:lenu44@gmail.com)

## Leadership Training - Why Take It?

In order to foster safe outdoor recreation enjoyable to all, AMC has for many years offered a variety of [training programs](#) - both for personal growth and trip leaders/organizers. The most basic program is Leadership Training. This program covers the essential elements our trip leaders need to understand when organizing, planning and managing groups of hikers, bikers, paddlers, or skiers. It is offered by all AMC chapters to train leaders with a common set of guidelines for situations they will likely face in running an outdoor activity. Anyone wishing to lead trips for our chapter should take this program.

Suppose one is uncertain as to whether or not they want to lead trips. Can they take it? ? Or how about members new to AMC who are not seeking to lead but want to learn how our organization operates. Can they take it? And there are those members who just wish to participate and not lead. Can they take it?

Yes! Yes! Yes! to all three questions. Leadership Training is for participants, too. You will learn how leaders manage groups, screening considerations leaders undertake and may ask you about to insure group compatibility, how to deal with accidents and AMC liability protections, and ways to personally prepare for your outdoor experience whether it's hiking, biking, paddling or skiing. You'll also meet and interact with SEM trip leaders who present course materials. So give LT some thought.

## WINTER WONDERLAND ANSWERS

Answers: ice , snow, skiing, winter, snowshoeing, gloves, goggles, parka

*Wanted*  
Trails Chair

## Spring 2014 WFA/CPR April 5 & 6, 2014

AMC Nobel View Outdoor Center,  
Russell, MA  
----

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

Register with Len Ulbricht, Education Chair, at [lenu44@gmail.com](mailto:lenu44@gmail.com)

### Wilderness First Aid Course (WFA)

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

Our 2013 year  
**AMC SEM's Board**  
collected toys for  
**Marine's Toys for Tots**

We collected enough toys  
for several families, and  
many children.

*We are pleased to contribute to  
such a worthwhile program!*



**TOYS FOR TOTS**



### [Registration is Open!](#)

#### The day's activities will include

138th Annual Business Meeting 4-5pm  
Clubwide committee meetings and workshops 8am-4pm  
Volunteer Leadership Awards Dinner with Guest Speaker, [Kristen Kelliher](#) 6pm

#### AMC Expo, Doors open at 8am

Outdoor destination exhibits - Chapter information - Sponsor booths - Mountain of Fleece

**Accepting Nominations for Volunteer Awards** Each year we are inspired by the dedication and hard work of our volunteers. The Annual Summit is an opportunity to recognize those who have gone above and beyond.

**Who has inspired you this year?** Visit [www.outdoors.org/Awards](http://www.outdoors.org/Awards) and nominate a volunteer for the Distinguished Service, Volunteer Leadership, Joe Dodge or Emerging Conservationist Award.

Registration is required

# Saddle up

*Yes it is a bit chilly to get on the bike...but we always have some warmer days throughout the winter*



*Ride some or all of these great rides!*

How about the **11th Annual New Year's Day Ride?**

## **January 01, 2014 (Wed)**

SEMAC 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

This is a great way to start accumulating your 2000 miles for 2014 to earn your badge.

And let's not forget the **Sunset/Full Wolf Moon Ride**

## **January 15, 2014 (Wed)**

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 contact Paul Currier - currierpaul@comcast.net or call until 7pm.

Paul Courier also leads rides every Tuesday.

Plenty of opportunities for January.



*Ride-Leaders*  
*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 with your fellow AMC members?*

This opportunity is for all types of rider - fast, intermediate, slow, touring, special events, mountain etc.  
We will train you to lead the rides.

Contact Bike Chair - Cheryl Washwell , cawashwell@gmail.com or 774.259.4535

## 2014 Adventure Travel Trips



Adventure Travel has many exciting adventures lined up for 2014! Are you interested in hiking Big Bend, backpacking in Death Valley or maybe fly fishing in Montana? If international travel is more enticing, consider cycling in Tuscany or trekking in Peru. The adventures take our participants all over the globe in a dynamic and active group setting. To learn more about our program and view our trip listings, visit [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel).

Cascades trip group photo - Mt Adams in the background.  
Photo credit: Eduardo Garcia

## Annual Pizza Social

2014's Annual Pizza Social will fall on Friday October 31st, providing the perfect opportunity for a Costume Party/Pizza Social combination event. To participate in this event, perspective participants should contact Denise Spoor at 603-466-8137 or by email at [dspoor@outdoors.org](mailto:dspoor@outdoors.org). This information will be posted on the AMC website and in the AMC Outdoors magazine as well.

## Other Interests \*not endorsed by AMC



### MASSACHUSETTS BREAST CANCER COALITION

**The Lesbians & Friends Dance: A Party for Prevention** is a benefit for the Massachusetts Breast Cancer Coalition (MBCC), the only education and advocacy non-profit in the country working closely with an environmental research organization toward breast cancer prevention. This event for the New England LGBT community and friends will be held on Saturday, January 25th from 8:30pm-12:30am at the Holiday Inn Brookline located on 1200 Beacon Street in Brookline, MA.

Highlights for the 16th annual dance include the **musical stylings of DJ Jodi**, an abundant silent auction, complimentary hors d'oeuvres, and a cash bar. Tickets are \$40 in advance (visit [www.mbcc.org](http://www.mbcc.org) or call 617-376-6222 to purchase) or \$45 at the door. For full event information, please visit [www.mbcc.org](http://www.mbcc.org).

[Buy Tickets](#)

### DANCE WORKSHOP FOR PREVENTION:

Dancing With A Star: Chaz Bono and OUT to Dance Director Liz Nania

From 8:00pm-8:30pm at the Holiday Inn Brookline, directly before the Lesbians & Friends Dance, all event participants can enjoy a 30 minute free Beginners' Merengue Lesson by Liz Nania, Boston's premier dance instructor and Director of OUT to Dance.



Merengue is the easiest dance ever, guaranteed! It's perfect for both merengue music and top 40 club-style pop music, so you can dance it all night long; you'll learn the super-simple merengue footwork and dress it up with some fun and fancy spins. Absolutely no experience or partner needed for this easy and exhilarating dance lesson. Meet some fun new women and get your groove on; your two left feet are welcome!

To learn more about OUT to Dance, please visit [www.outtodance.com](http://www.outtodance.com).



# 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](mailto:vicechair@amcsem.org).

Check out the website: [www.nikereuseashoe.com](http://www.nikereuseashoe.com)

# ACTIVITIES

## SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

AMCS SEM "Open House" coming up this spring! Great chance for new or prospective members to get to know the chapter. Intro to Winter Fun Feb. 7-9. WFA April 5-6. Leadership Training May 3.

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at [chair@amcsem.org](mailto:chair@amcsem.org) if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoors opportunities (e.g., web work, arranging events). Something for everyone!

## 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 ([bikingchair@amcsem.org](mailto: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](mailto: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](mailto:pbencurrier@hotmail.com))

## Chapter Trips

(XCE) Wednesdays

BREEZE - AMC Southeastern Massachusetts Chapter - 800-372-1758 [amcinformation@outdoors.org](mailto:amcinformation@outdoors.org) Sign up

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](mailto:currierpaul@comcast.net) or call until 7pm. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto: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](mailto:currierpaul@comcast.net) or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto: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](mailto:currierpaul@comcast.net) or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto: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](mailto: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](mailto:currierpaul@comcast.net) or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto:currierpaul@comcast.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](mailto:currierpaul@comcast.net) or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto: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](mailto:currierpaul@comcast.net) or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto: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](mailto:currierpaul@comcast.net) or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto: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](mailto: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](mailto:currierpaul@comcast.net) or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto: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](mailto:currierpaul@comcast.net) or call until 7PM 508-833-2690. L Paul Currier (508-833-2690 8am - 7pm, [currierpaul@comcast.net](mailto:currierpaul@comcast.net))

## CAPE HIKES

Always looking for additional leaders to lead hikes on the cape! Contact the [capehikingchair@amcsem.org](mailto: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

### Chapter Trips

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](mailto: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 exlt 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 Offered By: Southeastern Massachusetts 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)

## 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

### 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>

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](mailto: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](mailto:picpocit@verizon.net))

**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

## HIKING

**IMPORTANT:** No pets w/o prior permission of trip leader. Individuals under 18 years of age must be

accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).

Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

### Chapter Trips

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. 16. Myles Standish East Head Reservoir Loop Hike. Thursday Morning Hike in Myles Standish S.P. East Head Reservoir Loop. Meet at 9:45 A.M. in Headquarters parking lot. Bring lunch and water. 2-3 hour hike. Snow shoe possible. L Richard Carnes (508-947-3204 evening, rcarnes2@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)

(FT) (NM) Thursdays  
Jan. 30. Thursday Morning Monastery Hike. Thursday Morning Hike. Nice easy hike on the beautiful Monastery grounds in Cumberland, RI - Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery, go past playground and park on right. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@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 9:00pm, 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)

Fri., Feb. 7-9. Intro to Winter Hiking and Cross Country Skiing at Noble View Camp. Let us show you the joys of winter hiking, snowshoeing and cross country skiing from a beautiful heated lodge in central Mass. Friday evening we will meet the group and discuss winter gear. Saturday and Sunday we'll have half - day hikes and ski trips both in the morning and the afternoon. Hot lunch will be served back at the Camp. Noble View has shared bunkrooms, a kitchen, electricity, showers, flush toilets and wood stoves. All meals are included. Winter clothing and gear will be required. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com) L Walt Granda (wlgranda@aol.com) L Jodi Jensen (jodajensen@gmail.com) CL cathy maccurtain , R maureen kelly (508-224-9188 before 8 pm, mokol773@aol.com)

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)

Sat., Feb. 15-17. Winter Hike and Overnight at Cardigan High Cabin. Presidents Weekend trip to High Cabin. Full winter gear and previous winter hiking and camping experience required. Fee includes two night's stay. Participants responsible for all food and to help carry up firewood. L Mike Woessner (508-577-4879 Anytime, stridermw@hotmail.com) CL Kevin Mulligan , R Mike Woessner (12 Bradley Ln., Westford, MA, 508-577-4879, Stridermw@hotmail.com)

Fri., Feb. 28-Mar. 2. Winter Hike Series #4. Complete the SEM Winter Series with an overnight stay at Lonesome Lake hut for two nights. Opportunity to hike the Kinsmans or Cannon. 4 group meals (dinners, breakfasts) included. Winter gear/experience required. \$90 payment needed by 1/20/14 to ensure spot. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Paul Miller (508-369-4151 before 9 pm please, paulallenmiller@verizon.net)

(FT) (NM) Thu., Mar. 13. Blue Hills Hike. We will meet at 10:00 am on Hillside Street across from the Reservation Headquarters and the State Police Barracks. It will be a leisurely 4-5 mile hike with a lunch break either before or after the hike. It will all depend on when we reach the Houghton Pond area. Make sure you bring two liters of water, snacks, and a lunch. Bring a rain jacket in case or layers of clothing depending on the weather. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Sat., Apr. 5. Great Woods Hike Norton to Mansfield. Great Woods from Yelle Conservation Area in Norton to Mansfield's Greatwoods via two previously unconnected trail systems with historical sites, vernal pools and varied glacial remnants. Car spotting. Rain or Shine. L Richard Carnes (508-947-3204, rcarnes2@aol.com), R Richard Carnes (508-947-3204 Before 9PM, rcarnes2@aol.com)

Thu., Apr. 17. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

(C) (FT) (NM) Thu., May. 8. Thurs Morn. Hike - Wollomonopoag Conservation Area. Meet 10:00am in Conservation Area parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of

deer. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net), R Muriel Guenther (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenther@comcast.net)

(FT) (NM) Sat., Jun. 21. Long/Ell Pond Hike on Narragansett Trail. We'll hike along the Narragansett Trail to the cliff that overlooks Long Pond. The hike will then descend through a gorge of rhododendrons and hemlocks to a beautiful lunch spot along another pond. A great hike for new members and hikers. L Sue Chiavaroli (508-242-4164 9AM-5PM, brillo6452@yahoo.com) CL Nancy Coote (nmcoote@yahoo.com)

## 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

(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)

(CE) Fri., Jan. 17-20. XC Ski Weekend in White Mountains. SEM and Boston Forty+ join together for xc skiing, snowshoeing and camaraderie at Carlson's Lodge in Twin Mountain, a few miles from Bretton Woods. Friday, Saturday and Sunday nights lodging and continen-

## **Join an AMC Adventure Travel Trip to Peru - May 31– June 13, 2014**

Hike the Inca Trail  
Tour Machu Picchu  
See Cuzco and the Sacred Valley  
Visit Lake Titicaca

Contact Leaders for details:  
Ron Janowitz: Ron@Ronjanowitz.com  
Robin Melavalin: Rmelavalin@rcn.com



tal breakfast (cereal, juice, toast, & coffee) are included in rates that range from \$87 to \$119 plus taxes per night per room. After registering with Leader, call Carlson's Lodge at 800-348-5502 to reserve your room. A 14-day cancellation policy applies. Pizza and salad on Friday night at Carlson's and Saturday and Sunday dinners at local restaurants are extra. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

(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)

(AN) (XCE) Tue., Mar. 4-6. Mid-Week XC and downhill skiing. Join in for three fun filled days of XC or downhill mid-week skiing at Bretton Woods, Jackson, Attitash, Wildcat or other local ski area. Stay in the Shapleigh bunkhouse for three days, Tuesday March 4 through

Thursday March 6, departing the 7th. Pricing includes three breakfasts and dinners at the Highland Center. Optional fourth day skiing on drive up. Come and enjoy great skiing, après ski socializing and meals to please. Please note that a trip leader will not be managing the group and each skier should act accordingly and use their own judgement in selection of terrain suitable to their skill level, be it XC or downhill. Pricing base on up to 10 participants and capped at \$215 per person for three days, with meals, discount ski tickets extra. A greater turnout lowers your cost, a tough to beat deal. Full payment due by February 10. No refunds after February 17. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

## AMC SEM 100-MILE HIKING CLUB



**Log your miles; earn an awesome patch!**

SEM Hiking Committee has just initiated an "100-Mile Hiking Club" for SEM members who get out on the trails regularly with the club.

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

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



Mount Rainier from Van Trump Park, Mt. Rainier National Park.

## August Camp 2014

Experience Van Trump Park, Mt. Rainier National Park and Mount St. Helens with AMC's August Camp, July 19 to Aug. 16, 2014.

Come for one or two weeks, starting any Saturday. It's a full service summer camp for grown-ups, with hikes at all levels every day! Details available in December at [www.augustcamp.org](http://www.augustcamp.org).

Questions?

Contact Sam Jamke, 472-2536 before 8 pm or [regionaldirectornh@amc-nh.org](mailto:regionaldirectornh@amc-nh.org)