

the southeast Breeze



**AMC's Annual Photo Contest People's
Choice Award 3rd Place**
Nature's Reflection, by Lysa Amaral AMC SEM Chapter

Congratulations to SEM member Lysa Amaral for her finish in the AMC's Annual Photo Contest. Lysa won third place in the People's Choice Award. Nice Job Lysa! To see her spectacular picture of Long Lake, N.Y. and other winners [here >>](#)

Spring Leadership Training

Borderland State Park - May 3

Spring WFA/CPR

Noble View - April 5-6

Hike Planning Meetings

6:30pm - 3/5, 6/4, 9/3, 12/3

Board Meetings

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

Open Volunteer Positions

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

Biking Vice Chair
CYP Vice Chair
Communications Vice Chair
Trails Chair

Conservation Vice Chair
Education Vice Chair
XC Skiing Vice Chair

February 2014

[Visit AMC SEM Website](#)

Breeze Newsletters

Photos



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

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

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 un-

derstand 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.

CYP Leadership Training

A CYP Leadership Training class will be given in our region one Saturday in March
However, we need to guarantee 6 people.

IF YOU ARE INTERESTED IN BECOMING A CYP LEADER, CONTACT THE CYP CHAIR ASAP! cypchair@amcsem.org

2014 Executive Board

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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](#) (center bottom of page)

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 Deadline

Monthly on the 15th

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 hike, 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.



View from the Chair

By Cheryl Lathrop

Guess what giant outdoor event is happening in February? The Winter Olympics! Our country's best winter athletes will be travelling to Sochi, Russia to compete. This should make for two weeks of great watching.

But, don't just watch! And don't think you have to be an Olympian! You too can get outside and participate in winter sports. Our SEM leaders have set up hikes, bikes, and ski trips for you. And we'll have some SEM 'Olympians' completing the Winter Hiking Series with an overnight stay at Lonesome Lake hut for two nights.

Guess what other giant outdoor event is happening in February? It's Super Bowl XLVIII. It's being billed as the first, outdoor, cold weather Super Bowl. At the NY/NJ MetLife Stadium. Well, those of us that participate in SEM winter activities know firsthand what outdoor cold weather feels like—and we love it! We love getting outside.

So, enjoy the Super Bowl and enjoy the Olympics. But don't spend all of your time in front of the TV. Get outside!!! Our hardworking SEM volunteer leaders have set up some wonderful winter activities for you!

Cheryl Lathrop

Chapter Chair

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

**Feel free to contact me
anytime about anything!
chair@amcsem.org**



Your chapter chair scrunching under a log

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)

GET INVOLVED

Be a volunteer and reap the rewards

If you'd like to give back to your SEM chapter, we'll find something small for you to do to get started.

Contact the Chapter Chair at chair@amcsem.org and we'll match up your interests and capabilities with our needs.

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.

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 leaders. 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 downhill and cross-country. Contact 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 for more information.



Mountain of Fleece

Contributions go to AMC "Youth Opportunities Program" Making the outdoors accessible and meaningful to urban and at-risk youth

At the 2013 SEM Annual Meeting on November 2, SEM collected fleece to add to the AMC "Mountain of Fleece" at the 2014 AMC Annual Summit on Jan. 25. Here it is! We threw our bags of fleece into the pile!

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, coordination 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.

“...THE BEST DAY OF MY LIFE”

A twelve year old girl exclaimed, “This is the best day of my life!” The child, and her inner city peer group, had just completed a 1¼ mile hike with the Chapter Youth Program Leaders (CYP). The trail, on a former estate, was quiet and covered with crunchy fallen leaves. The rolling terrain offered a variety of tall trees, rhododendron, stone walls and foot bridges over a stream. Along some sections of the trail, busy streets and expensive homes could be seen in the dis-

tance. As they crested the last hill a blue reservoir surprised the group.

That sunny fall outing was far more than a hike in the woods. Four dedicated CYP Leaders shared their skills and time with eleven inner city boys and girls, thus making the day special for all. The children learned to read trail maps and trail blazes, observed mosses and lichens through magnifying lenses, measured the girth of trees, learned to determine the age of white pine saplings, saw where deer had browsed and practiced Leave No Trace (LNT). The group was also taught trail courtesy when meeting people and pets. Their etiquette generated compli-

ments from other site visitors.
Continued [Page 6 >](#)



August Camp 2014 Mount Rainier National Park, WA

Hike in the shadows of majestic Mount Rainier



© Peter Selig

In 2014 August Camp experiences the incredible beauty of Mount Rainier National Park. Marvel at spectacular scen-

ery, wildflowers and towering hemlocks, relive the drama of Mt. St. Helens, and hike on the shoulders of one of the highest peaks in the lower 48. Camp will be set up in the small former lumbering town of Packwood, adjacent to the park.

After a day of the activity of your choice, relax around the nightly campfire, listening to ranger talks, reports from the day’s hikes, and a description of the next day’s activities, followed by singing and conversation.

This full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, evening campfires and wonderful camaraderie.

The designated airport is Seattle-Tacoma International, and the camp fleet of vans provides transport between camp and SeaTac each Saturday.

The Application and Camper information forms, as well as detailed Camp information can found on the August Camp website at <http://www.august-camp.org/>. Plan your one or two week adventure now and be part of one of the AMC’s oldest traditions.

Southeast MA chapter leaders Leslie Carson and Éva Borsody Das will be leading hikes at August Camp during weeks 3 and 4.

Applications will be accepted after Jan 1, 2014.

- Week 1:** July 19 - July 26
- Week 2:** July 26 - Aug 2
- Week 3:** Aug 2- Aug. 9
- Week 4:** Aug. 9 - Aug. 16

Questions about August Camp? Contact SEM Chapter and August Camp leader Éva Borsody Das, at borsody@gmail.com.

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

..THE BEST Continued from Page 5

Near the end of the adventure, the children sat for a snack break on a slope overlooking the reservoir. The LNT activities at the site included packing up all food scraps and crumbs prior to departing. Back on the trail, a young boy, who had frequently needed redirection by the group's director, dropped back with a CYP leader. "Well, if the squirrels like our food, why can't we feed them?" he asked. With an 'aha' moment, the retired teacher explained, "Well, you know how you really like junk food even though it isn't good for you?" "Yes" (vigorously nodding his head) "Well, squirrels and other wildlife are kind of the same. Our food is like junk food for them. It just is not good for their bodies." "Oh", replied the child as he looked up with sparkling eyes. And then he said in a surprised voice, "You know, you are really nice!"



At the trailhead, the children and their three parent/ chaperones enthusiastically demonstrated appreciation for the hike. As their loaded van departed, the CYP Leaders waved back to the smiling and waving group. Then the sweep leader (last person who assures entire group is ahead) shared

that a child had privately exclaimed, "This is the best day of my life!"

This adventure is a wonderful example what CYP is all about! If you would like to share your love of the outdoors with children, who might not otherwise have the opportunity, then consider becoming a CYP Leader. For information contact cypchair@amcsem.org
Sally Delisa, CYP Chair, SEM/AMC

Note: This hike was facilitated by the Framingham AMC Youth and Family Outdoor Community Coordinator. It was the first time an AMC Staffer had worked with CYP to provide an outdoor adventure for inner city youth. The successful outing could not have happened without the Our House Director's support and enthusiasm for getting kids outdoors.



Barry Farnsworth Memorial Scholarship

Map and Compass Training

To honor the late Barry Farnsworth, our recent Education Committee Vice Chair, the Executive Board has voted to create a \$100 scholarship toward the cost of M&C training tuition. Barry had a personal interest in promoting M&C training within the chapter, and the Board chose to recognize him in this manner. The funds may be used for training programs offered by any AMC chapter or those offered by non-AMC entities. This scholarship is open to both trip leaders and non-trip leaders in SEM. Interested parties should review the scholarship [application form](#) and, upon completion of training, submit an SEM scholarship application to the Education Committee chair. Reimbursement will be made upon approval by the chapter's Executive Board.

Contact Education Committee chairperson, Len Ulbricht, at lenu44@gmail.com for further information.



Spring 2014 WFA/CPR April 5 & 6, 2014

AMC Noble 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

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.

Snowshoeing

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

BOOTS	FEBRUARY	GLOVES
MAPS	PACK	POLES
SNOWSHOES	TRAILS	

Submit a photo or article
breeze.editor@amcsem.org

AMC SEM 2,000 MILE CLUB

10th Anniversary



Jack Jacobsen founded the 2,000 Mile Club in 2003 to recognize our South-eastern Mass AMC member's accomplishments of cycling 2,000 miles or more in a calendar year. After initial interest subsided somewhat, the club was successfully revived in 2007 thanks to our then interim Cycling Chair, Victor Oliver. Since then we have grown steadily and are increasing our

membership annually.

Mileage

2013 marks the 10th year of the 2K Club, as the first year of recording our mileage was 2004. Mileage must be accurately logged and recorded on your bicycle odometer and may be a combination of road cycling and mountain biking miles in whatever climate you may be enjoying. Send your mileage quarterly to our registrar, Bernie Meggison at thosemeggisons@gmail.com.

Embroidered patches of recognition are awarded to first time members only. To receive your patch, e-mail your name, AMC number, first year of qualification, and mailing (USPS) address to Paul Carrier carrierpaul@comcast.net.

This year we have two new members in our 2,000 Mile Club:

Mark Gurnee	Falmouth, Ma	2679 Miles for 2013
Kelli Covel	Taunton MA	2444 Mileage Total for 2013



Congratulations and welcome aboard!

For additional information about the 2,000 Mile Club, please contact Bernie, Jack at cyclejac51@yahoo.com or me, Paul.

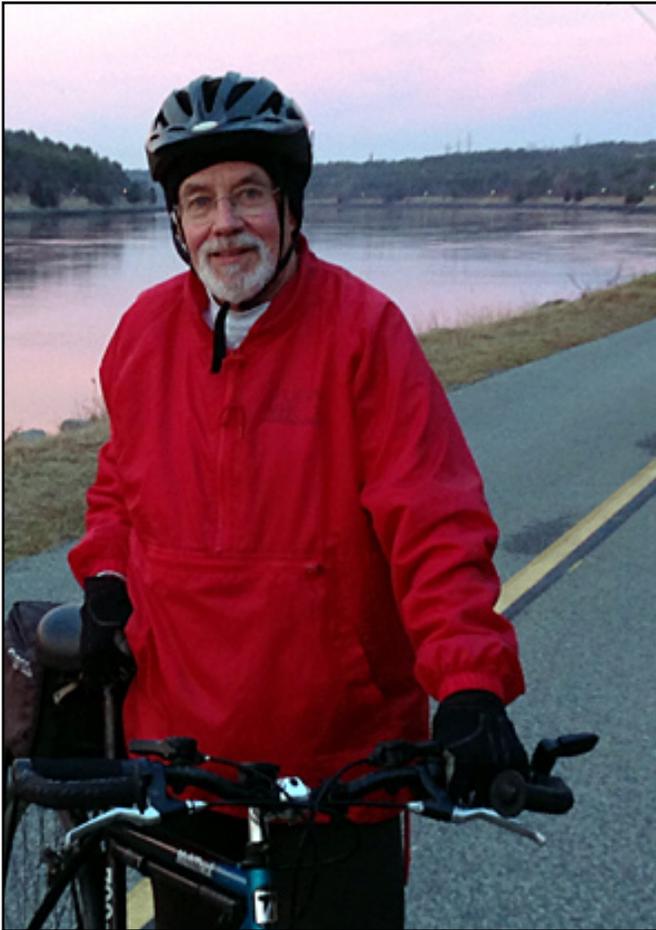
2000 MILE CLUB 2013

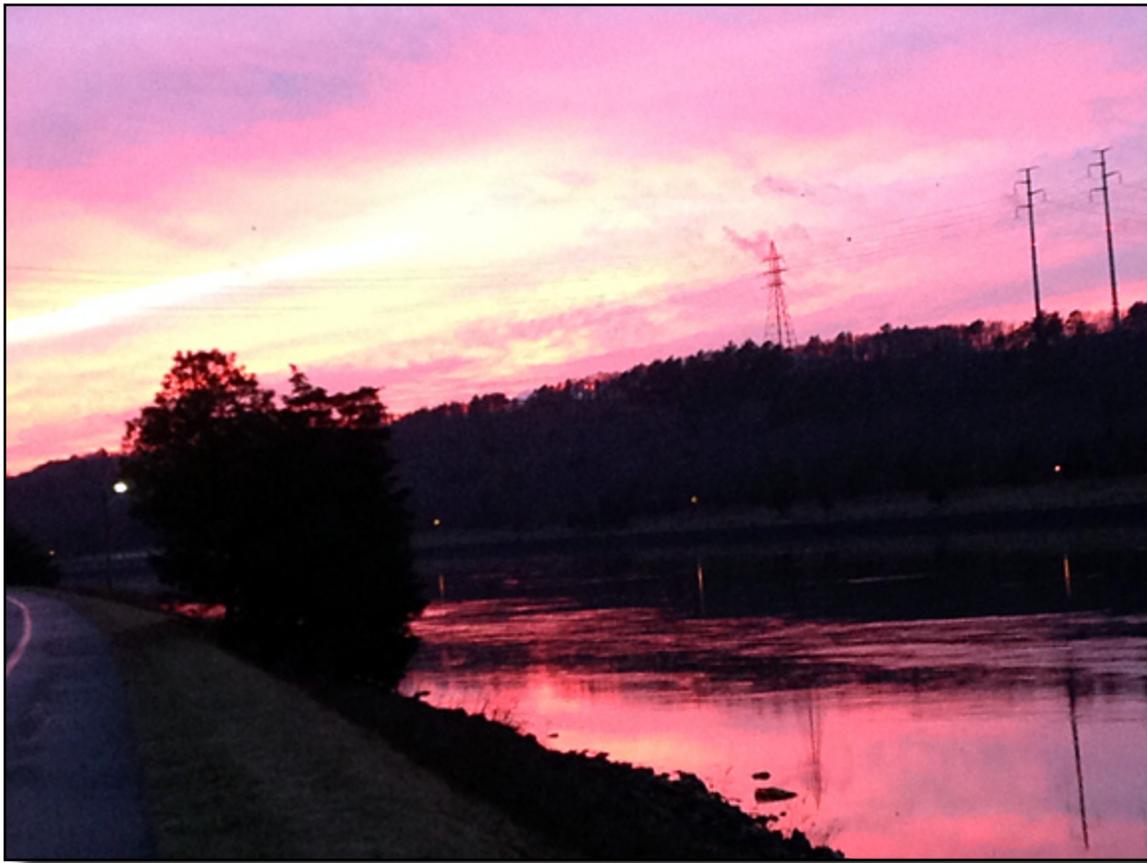
NAME	LOCATION	QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4	YTD TOTAL	COMMENTS
Robyn Saur	Falmouth	1,120	1,204	1,176	1,051	4,551	
Glynn Mathieu					3,904	3,904	
Ron Sikora	Cotuit	255	1,178	1,662	431	3,526	
Paul Corriveau	"				3,365	3,365	
Bernie Meggison	W Harwich	741	864	1,018	660	3,283	Great cycling season!
Lee Eckhart	Assonet	70	1,306	1,446	415	3,237	
Linda Church	Falmouth	427	796	1,177	600	3,000	
Mark Gurnee		564	787	1,099	229	2,679	
Joe Tavilla	Osterville	126	1,058	1,483		2,667	WOW,, hope the new heart valve is a hummer
Jim Kilpela	Wareham			1,981	520	2,501	
Lawrence Cohen	S Easton	199	1,052		1,152	2,403	
Paul Currier	Sandwich	230	656	806	452	2,144	Been cranking out the trips and mileage
Lawton Gaines	Canton	0	513	1,313	297	2,123	
Kelli Covel	Taunton			2,123		2,123	New member,, welcome! From Florida
Jean Orsa	Yarmouth Port				2,029	2,029	
Riders who participated in the program but fell short of reaching the 2000 mile mark							
Rachel Thibeault	Brockton				1,915	1,915	
John F Sullivan	Marshfield	110	471	925	285	1,791	
Joe Barry	Yarmouth Port	978	618			1,596	
Ed Foster		129	455	455	456	1,495	129 miles so far, road & mountain bike.
Barry Gallas	Cotuit		611	585	167	1,363	
						0	
						0	
Grand Totals		4,949	11,569	17,249	17,928	51,695	



SUNSET/FULL WOLF MOON RIDE

To have a great sunset, there must be clouds to disperse the multitude of colors across the sky. Tonight the entire sky was alive and illuminated with pinks, purples, reds, violets, yellows, golds and more as the sun descended. The picture that includes yours truly was taken facing EAST - the opposite direction from sunset. In the few years I have been on the cape, I've met so many, many people who have been here for so long who have never experienced the ongoing changing and spectacular outdoors that is continuously waiting for folks like us to observe. - Paul Currier





TUESDAYS Sunset/Full Moon Road Cycling Rides

Scheduled all year long. 22+/- miles or 2 hours; flat to rolling/hilly. Riders and tires pumped and ready to roll; helmets, spare tube & tools, and water required. Contact leader Paul Currier at currierpaul@comcast.net or 508-833-2690 for location and time.

Photo by Barbara Gaughan

Why I Love Snowshoeing!

By Gina Hurley



If you have not had the pleasure of snowshoeing make the effort to get out there and try it this winter. Snowshoeing is a great winter activity for many reasons. Here are a few of my reasons for picking this as my absolute favorite winter activity.

1. It is great cardio activity.
2. It is easy to learn.
3. You can snowshoe just about anywhere there is snow....hiking trails, golf courses, closed forest roads, to name a few.
4. You do not need a lot of equipment....appropriate outdoor winter clothing, winter boots, and snowshoes. You can add hiking or ski poles for balance, and more of a workout.
5. Snowshoeing is often a very quiet, serene, and peaceful activity. Who doesn't need peace and quiet!

Hopefully these reasons resonate with you, and sparked your interest in snowshoeing. If you want to learn more about snowshoeing the following websites are great resources. From getting started to choosing snowshoes these resources will give you all the information you need to get out there!



<http://www.rei.com/learn/expert-advice/snowshoes.html>

<http://www.snowshoemag.com>

<http://www.outdoors.org/publications/outdoors/2014/learnhow/tromping-technique.cfm>

SEM Winter Hikers Test their Skills on a Frigid Mt. Monadnock



Minus 20 degree windchill on the summit! (Sal Spada photo)

By Paul Miller, SEM Hiking Chair

While the “Nor’easter” snowstorm that hit parts of New England on January 2nd and 3rd may not have fully lived up to the weather forecasters’ foreboding predictions, their predictions for intense cold to follow overnight on Jan. 3rd and into the morning of Jan. 4th were right on. When I woke up before dawn that Saturday morning, the temperature outside my home in North Attleboro was well below zero. However, with predictions for the thermometer to rise into the mid-teens that afternoon, accompanied by mostly sunny skies and moderate winds; I made my own prediction that this was going to be excellent winter hiking

weather for SEM Winter Series Hike #2 to Mt. Monadnock in southern New Hampshire.

I was right.

A combination of unanticipated visits by relatives, awesome XC skiing conditions back in Mass., and the weather forecasts had shrunk our numbers significantly. However, 13 hearty SEMers showed up at the main parking area for Monadnock State Park off Poole Rd., in Jaffrey, NH at the designated time of 8:45 am. By then, the temperature had risen to a “balmy” four degrees below zero. Based on a quick visual reconnaissance of the trail by leaders Walt Granda, Maureen Kelly, Mike Woessner, and myself and the

recommendation of the park rangers, we modified our plans a bit and decided to attempt the summit and then return again via the White Dot Trail. According to the ranger who collected our \$5.00 per person fee in the park store (too cold in the unheated entrance kiosk...), the White Dot: 1) was broken out, 2) had the least ice, and 3) should only require microspikes. This third point meant we could all shed a little weight by leaving both our crampons and snowshoes in the cars.

As many of you know, I usually abhor the popular White Dot Trail. While this is the most direct route to the summit, it’s typically swarming with often loud and ill-prepared

day trippers. However, with the cold weather on this particular Saturday, crowds were not a problem. What's more, the recent snowfall actually made the White Dot Trail a very pretty choice for this winter hike.

After everyone signed in, slipped on their microspikes, and shouldered their still-heavy winter packs, we "circled up" for a few minutes. This provided the leaders with an opportunity to once again remind everyone that, on days like this, it was very important to adjust clothing layers to prevent overheating, drink plenty of water to stay hydrated, and keep an eye on each other for signs of frostbite. At around 9:30 am, we finally hit the snow-covered trail with Walt in the lead keeping a nice slow pace. This gave everyone a chance to warm up gradually and loosen up our still-stiff legs after the two-hour drive up from Massachusetts. The trail was covered in snow but easy to negotiate, with our microspikes providing a little extra traction. In not too long a time, we made our first stop to peel off a layer or two of clothing and drink some water.

Once the trail started getting a little steeper, one of our party convinced himself that he wouldn't be able to keep up with the group, so - after a little discussion among the leaders -- Walt walked him back to the car. I took the lead, maintaining my usual steady, snail-like, but often-appreciated pace. (Walt later rejoined us and the other hiker used the time waiting for our return as an opportunity to practice his snowshoeing on the gentler trails low down on the mountain, so it all worked out ok.)

The trail only got steeper as we made our way up the mountain, but as the trees thinned out a bit; we were rewarded with nice views



Those hiking poles and microspikes sure helped (Mike Woessner photo)

back toward Mt. Wachusett and the Boston area. Along the way, we encountered perhaps a half dozen other well-bundled-up hikers who were making their way back down the mountain. They reported good views; but also very cold temps and high winds on the exposed summit. As we got closer to the summit, with cairns replacing the occasionally visible white dots to mark the trail, we started feeling the full force of the wind and the biting cold. This called for yet another layering adjustment. After passing through several wooded areas near the summit and scrambling up a few steep areas on the trail, we made our final push to the mountain's dramatic summit, which we had all to ourselves. This is a rare occurrence indeed on this popular and accessible mountain!

While the views were indeed fine, the high wind and cold temps kept us from dawdling up there for very

long. (An earlier summiteer we encountered on the trail had told us that, using an anemometer and thermometer, he calculated that the wind chill on the summit to be in the area of 20 degrees below zero...). Instead, we started back down the steep and snowy White Dot Trail, which - not surprisingly -- proved a lot trickier to descend than climb. (Full crampons or even snowshoes may have worked better here, but the microspikes represented an acceptable compromise...) While several of us took tumbles on the slippery trail, to the best of my knowledge, we all had "soft" landings, with no bodily damage experienced.

Once we got back to a more protected wooded area on the trail, we stopped for a quick lunch and some good-natured kidding. Soon after starting up again, we encountered Walt on his way up to join us, although he was barely recog-

nizable all covered up and with his snow goggles on.

Other than a bit of slipping and sliding on some of the trickier sections of the trail, the rest of the hike back down to the cars was uneventful, but very enjoyable. This was particularly the case when passing through some pretty, peaceful, snow-draped groves of birch

trees. We got back to our cars at about 3:00 pm, having completed the four-mile round trip hike with something like 1,800 ft. elevation gain in about five hours of hiking time. Not a record to be sure, but nothing to be ashamed of either. Particularly considering the relatively harsh weather conditions.

Since no one experienced any signs of hypothermia, frost bite, or dehydration, and most everyone expressed their pleasure and appreciation; this trip helped prove a point we've been making all season: with appropriate knowledge, caution, gear, and clothing - real winter hiking can be both safe and very enjoyable.

A short break at a cairn near the summit (Mike Woessner photo)



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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>

Hiking Safely



By Ray Anderson

Mount Katahdin is the peak having the greatest spire measure in Eastern United States. Français : Vue aérienne du mont Katahdin.

Hiking safely is a big subject worthy of many posts. For a start, here are some suggestions on this important topic.

MAPS: No matter how short or how easy the hike is, don't go anywhere without some type of map. If you get injured, and you raise help on your cell, the first question asked is, "Where exactly are you?" To say you're in Wompatuck Park makes things difficult and



adds to rescue time. Carry a map.

WHISTLE: The lowly referee whistle enables you to give the universal signal for distress--three sharp blasts.

FIRST AID KIT: Get a [first aid kit](#) for you and for providing help to others. I once met a hiker who had a nasty cut on his back; he'd fallen on the broken branch of a blow-down and gotten stabbed. He had no bandages or ointments with him, and I was able to help him.

EXTRA WATER: I always carry an additional small bottle inside my pack. You never want to run out, and water can also be used to clean a wound.

RAIN JACKET WITH HOOD: Some type of rain gear is a must. A [hooded rain jacket](#), sometimes

called a shell, always comes with me, even on a short hike on a nice day. If there is one item I consider indispensable, it is this. Be prepared for foul weather.

The picture by the lake was taken in the 100 mile wilderness in Maine---that last gasp before [Mt. Katahdin](#). The other picture shows my family on the scenic summit of Mt. Liberty, a popular 4000 footer in New Hampshire.

Ray's Hiking Blog: www.TakeaLongHike.com

Photo credit: Wikipedia

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS)

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 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

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) for more info.

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.

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

(XCE) Tuesdays

Feb. 4. Tuesday Cycling. Middays. 22+/- Miles or 2+ hours. Road cycling with views & stops at unique and interesting places. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 11. Tuesday Cycling. Middays. 22+/- Miles or 2+ hours. Road cycling with views & stops at unique and interesting places. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Fridays

Feb. 14. Sunset/Full Snow Moon Rise Ride. Sandwich Recreation area to Mashnee Island. Return to the canal for sunset and full Snow Moon Rise. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 18. Tuesday Cycling. Middays. 22+/- Miles or 2+ hours. Road cycling with views & stops at unique and interesting places. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(XCE) Tuesdays

Feb. 25. Tuesday Cycling. Middays. 22+/- Miles or 2+ hours. Road cycling with views & stops at unique and interesting places. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 4. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 11. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Sundays

Mar. 16. Sunset/Full Worm Ride. Cycling the canal

and Gray Gables/Masnhee Island for sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 18. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Thursdays

Mar. 20. Vernal Equinox - Salute to Spring Ride. Skaket Beach to Audubon in S Wellfleet. Return on some inner nook & cranny beach/marsh roads for sunset. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Mar. 25. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 1. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 8. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Sunset/Full Pink Moon ride. Cycle Sagamore hills/shores/canal/Mass Maritime for sunset over Onset Bay. Return for Plymouth Bay moonrise. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday.

Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 22. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Apr. 29. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(AN) Sat., May. 3. Leadership Training. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. L Maureen Kelly (mokel773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(CE) Tuesdays

May. 6. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 13. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Wednesdays

May. 14. Sunset/Full Flower Moon Ride. Cycling the canal and Gray Gables/ Masnhee Island for sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 20. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday.

day. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

May. 27. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 3. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 10. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Fridays

Jun. 13. Sunset/Full Strawberry Moon Ride. Cycle hills/shores/highlands/canal to Mass Maritime for sunset. Return for moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 17. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Tuesdays

Jun. 24. Tuesday Cycling. Scenic Cycling on Cape Cod - 22+ miles/2 hours. C2B-C2D. Casual intermediate road cycling. Alt. day Monday. 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

Sat., Apr. 12. Leaders choice paddle. Registration required - contact Leader. PFD/spray skirt wet/dry suit required. L Bill Fischer (508-420-4137) before 9pm wmbarbarafischer@comcast.net. L Bill Fischer (508-420-4137 before 9 pm, wmbarbarafischer@comcast.net)

Wed., Apr. 16. PADDLE-Leader's Choice. Registration Required. Probably Barnstable Harbor, Well's, Bridge, and Brickyard Creeks, a trip of about 8 to 9 miles. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Apr. 23. PADDLE-Leader's Choice. Registration Required. Weather permitting, Lewis Bay, otherwise Popponesset Bay and the Mashpee River. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Apr. 26. Leaders choice paddle. Registration required - contact Leader. PFD/spray skirt wet/dry suit required. L Bill Fischer (508-420-4137) before 9pm wmbarbarafischer@comcast.net. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net)

Wed., Apr. 30. PADDLE-Leader's Choice. Registration Required. Barnstable or Sandwich Old Harbor, or Scorton Creek. L Ed Foster (508-420-7245, erfoster@comcast.net)

CAPE HIKES

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

Chapter Trips

Sun., Feb. 2. Hike - Sandwich Maple Swamp (C3B).

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.") Contact the Cape Hikes Chair: capehikingchair@amcsem.org. Cape Hikes are generally suspended during the summer months due to parking problems.

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

Hilly hike through varied terrain. Two hours. Take Rte 6 to Exit 3 turn S on Quaker Meetinghouse Rd., 1st left on Service Rd just past Mill Rd on right. Meet 12:45 PM. 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). Upland woods, stream. Rain cancels. From Mashpee rotary, Rt28N to Falmouth 2.1m; R on Martins Rd. 12:45. 2hrs. 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 board-

walk with views of Sandy Neck, Chapin Beach. 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. See web listing for directions. 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)

Thu., Mar. 6. Hike-Truro, Bearberry Hill (C3C). Sand path Ballston to Longnook Bchs, hilltop 360 views. Rte 6 to Pamet Rd, R off ramp, L at S Pamet Rd to beach pkg lot. Meet 9:45, 10:00 start. 2 hrs. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Sun., Mar. 9. Barnstable-Under the tunnel & through woods (C3C hike). 2 hrs. Newer trails with a unique feature. From route 149, W. on Race Lane, lot short distance on Left. Meet at 12:45 PM. L Gary Miller (508-540-1857, garymaxxx@gmail.com)

Thu., Mar. 13. Hike-Brewster, Punkhorn Parklands (C3C). Hills, ponds. Exit 9B Rte 6; 2.0 mi. to R on Satucket, to R on Stony Brook Rd, 0.3 mi R on Run

Hill Rd. 1.3 mi park on left. Meet 9:45 a.m. 2 hours. L Janet Kaiser 508-432-3277. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sat., Mar. 15. Hike- Harwich, Herring River (B3C). Woods walk, river views, bogs and reservoir. Rte 6 Ex 10, Rte 124 S for 1.3 mi, R @ Main St. Go 2 mi, park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Saturdays

Mar. 22. Hike - Provincetown Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet 9:45am, Race Point Beach pkg.lot. 3hr walking. 2+ hours looking for whales & lunch! (5+hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Mar. 27. Hike -Mashpee-Mashpee River Woodlands (C3C). Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg. Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (farlewis@comcast.net)

Saturdays

Mar. 29. Hike - Provincetown Whales Whales (B3B). Walk beach to Race Point Lighthouse with binoculars. Meet***10:45am***, Race Point Beach pkg.lot. 3hr walking. 2+ hours looking for whales & lunch! (5+hours RT). L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Mar. 30. Hike - Yarmouth Three Ponds (C3C). Hike - bogs, ponds, woodland trails. Meet 9:25. Two hours. Exit 8 S from Rte 6. R. at second light. Go thru light to L on Yarmouth Rd. In mile pkg on side of road. Bad weather cancels. L Janet DiMattia (jandimattia@verizon.net)

Saturdays

Apr. 5. Hike - Provincetown Whales and Trails

(B3B). Meet at 9:45pm at Herring Cove Beach (far right of the right parking lot). Walk via bike trail/sand/salt marsh to Race Point Lighthouse. 3 hours walking + 2+ hours for lunch, whales. Bring binoculars! L Nancy Braun (508-487-4004, nancytruro@comcast.net)(508-487-4004)

Sun., Apr. 6. Hike - Hawksnest State Park Harwich (C3C). Spring woods walk. Two hours. meet 12:45. Rte. 6 Exit 11. L at light then immediate R on Spruce Rd. Pkg approx. 0.8 on either side of road. Bad weather cancels. Doubt? Call L. L Janet DiMattia (jandimattia@verizon.net)

Thu., Apr. 10. Hike - Cataumet Greenways. Bourne Bridge to Otis rotary, 1st exit Cataumet. L on 28A s, 1/4m R on Longhill Rd, L on CountyRd, R on Red Brook Harbor, 1/2 m past stop sign park lot on R 9:45 AM.Diverse terrain. Heavy rain cancels. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com), R Catherine Giordano (PO Box 1289, North Falmouth, MA 02556, 508-243-3884 before 9 pm, cmgiordan@msn.com)

Sat., Apr. 12. 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)

Sun., Apr. 13. Hike - Barnstable Conservation (C3C). Hike - Meet at 12: 45 PM for 1:00 PM start. 3 Hour Hike. Barnstable Conservation (C3C) Exit Rt. 6 at Exit 5, Head South and Park on Service Rd. Hike Barnstable Conservation Land and Otis Atwood land. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Thu., Apr. 17. Hike-Truro, Ryder Beach (C3C). Beach, woodland trails,hills, scenic bay views. Rte 6, L on Prince Valley Rd.to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m.,

jtkaiser@comcast.net)

Janet DiMattia (jandimattia@verizon.net)

Sun., Apr. 20. Hike - Nickerson State Park Brewster (C3C). Easter Sunday spring hike ponds, woodland trails. Meet 12:45. Two hours. Enter park from 6A in Brewster. Stay on main road 1.8 mi. to L on dirt road pkg at Fishermans landing. L Janet DiMattia (jandimattia@verizon.net)

(AN) Sat., May. 3. Leadership Training. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

Thu., Apr. 24. Hike-Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 miles. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hours. L Farley Lewis (farlewis@comcast.net)

(C) Sun., May. 4. Hike - Mashpee/Barnstable Santuit Pond (C3C). Bogs, woodland trails, field w/Bird's Foot violets in bloom! Rte. 6 Exit 5, So on Rte. 149 to Rte 28. R on 28, r on Santuit-Newtown rd for 0.8 to yellow gate, pkg on L. Meet 12:45. Two hours. L Nancy Wigley (nrwigley@verizon.net)

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Hikes, family hike, paddle and trail work. Cookout at 4:00, \$6. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

Thu., May. 8. Hike - Craigville Beach (C3C). Beach hike, Rte 6 to Exit 6, turn S take 1st R on Shottflying Hill Rd., follow signs to Craigville Beach, park to R of bathhouse. Meet 9:45 AM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sun., Apr. 27. Hike - Maple Swamp Sandwich (C2B). Hilly hike. Take Rte 6 to Exit 3 turn S and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Sun., May. 11. Hike-Eastham, National Seashore, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters /Nauset Light. Rte 6 turn R at lights at Visitor Center. Go to Doane Rock Picnic area Pkg lot on R, 1 mi. Meet 12:45 p.m. 2 hrs. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Thu., May. 1. Hike-Harwich, Hawks Nest State Forest (C3C). Wooded hike past Olivers, Hawks Nest, Walkers Ponds. Rte 6, Ex11, L at traffic light, quick R onto Spruce Rd. Park 1/3 mi at 2nd blue hydrant. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Thu., May. 15. Last Hike/Picnic Great Island, Wellfleet (C3C). Meet at 9:45 Am for 10:00 AM start. Hike/Picnic - From Wellfleet Center take Chequesett Neck Rd, to Great Island Parking Lot. Hike on Trail, return via Cape Cod Bay Beach. End of season Picnic, bring food to share. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., May. 3. Hike - Truro Bound Brook area (B3C). Saturday 3-3 1/2 hour hike woods, dunes, beach. Bring lunch. Meet 9:45. From Rte 6- L on Prince Valley Rd to end. R on County Rd. First L on Ryder Beach Rd. Pk at end. Bad weather cancels. L

Fri., Jul. 11. Hike Full Moon Cape Cod Canal (C3C). Hike canal to Sandwich boardwalk and back. From 6A take Tupper Rd and turn N onto Freezer Lane, park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-

2864 before 8 PM, janeharding@comcast.net)

Looking for families that want to hike! Contact familyeventschair@amcsem.org.

Sat., Aug. 9. Hike - Full Moon West Dennis Beach (C4C). Rte 6 Exit 9A S Rte 134, go straight, cross Rte 28, go to end, turn Right. In 0.5 mi turn Left to beach pkg near entrance and concession bldg. Meet 7:00 p.m. < 2 hrs. L Janet Kaiser (508-432-3277 Before 9 p.m.)

Chapter Trips

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Family Hike. A Family hike in conjunction with the chapter's "Celebrate Blue Hills" event. Appropriate for children 3+, under 3 in carrier. L Christine Pellegrini (chrispellegrini@yahoo.com) CL Bill Pellegrini (billpellegrini@yahoo.com)(chrispellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8 PM, chrispellegrini@yahoo.com)

EDUCATION

Looking for a vice chair! Contact education@amcsem.org

Chapter Trips

(AN) (XCE) Sat., May. 3. Leadership Training. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. L Len Ulbricht (lenu44@gmail.com) CL Len Ulbricht (508-359-2250, lwu9944@verizon.net), R Len Ulbricht (11 Hilltop Circle, Medfield, MA 02052, lenu44@gmail.com)

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)

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.

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

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

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor skills with local groups of kids. Additional training and screening required. L Sally Delisa (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

FAMILY

Looking for ideas for new and fun Family Hikes.

Chapter Trips

Sat., Feb. 1. Winter Hike #3 - Mt. Pierce. We'll summit 4,312-ft. Mt. Pierce in the Presidentials.

Previous winter hiking experience 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)

(NM) Thu., Feb. 6. Blue Hills (Thurs Hike). Meet at third parking area on Route 28 in Milton.(limited parking) at 10:00AM. Take Route 95 North, then take 93 towards Boston. Take exit 5 North towards Milton and the parking area will be on your left. L Sue Chiavaroli (150-846-6452 7PM-9PM, brillo6452@yahoo.com)

Fri., Feb. 7-9. Intro to Winter Hiking and Cross Country Skiing at Noble View Camp. Intro to winter hiking and xcountry skiing at heated Noble View Camp in central Mass. All meals included. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) L Walt Granda (wlgranda@aol.com) L Jodi Jensen (jodijensen@gmail.com) CL cathy maccurtain , R maureen kelly (508-224-9188 before 8 pm, mokel773@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)

Thu., Feb. 13. Borderland Full Moon Hike. Evening 2 hour hike/snowshoe. L Bob Vogel (vogel.r@comcast.net) L Jim Casey (cmne@comcast.net) CL Nancy Coote , R Nancy Coote (nmcoote@yahoo.com)

Sat., Feb. 15-17. Winter Hike and Overnight at Car-digan High Cabin. Presidents Weekend trip to High Cabin. Full winter gear and previous winter hiking and camping experience required. 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)

Thu., Feb. 20. Thursday morning Hike Joe's Rock/ Birchwold, Wrentham (C3C). Meet 10:00 a.m. at Joe's Rock Recreation Area in Wrentham, MA. Wooded hike or snowshoe with short climb up to Joe's Rock. Bring lunch, snacks, water. Wear layers and suitable footwear. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

Thu., Feb. 27. Thurs. Adams Farm Hike, Walpole, MA. Meet at 10 am on the Adams Farm parking lot , located on 999 North Street in Walpole, MA. We will hike 5 miles over relatively level terrain on mostly wide, well-maintained trails. Bring proper footwear for the weather, rain gear, lunch, water. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (781-828-0572 before 9 pm)

Fri., Feb. 28-Mar. 2. Winter Hike Series #4. Stay at Lonesome Lake hut and hike Kinsmans/Cannon. 4 group meals included. Winter gear/experience required. \$90 payment needed by 1/20/14. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Paul Miller (paulallenmiller@verizon.net) L Maureen Kelly (mokel773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Paul Miller (508-369-4151 before 9 pm please, paulallenmiller@verizon.net)

(FT) Thu., Mar. 6. Thurs Morn. Hike (Walk) in Historic Plymouth. Meet at 10:00 AM parking lot beyond Jenny's Grist Mill, 6 Spring Lane, Plymouth, MA. L Ellie MacPherson (508-224-6465, elliemacp@comcast.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. Bring lunch, snack, and water. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Thu., Mar. 20. Thursday Morning Moose Hill/TTOR Hike. Meet at 10AM at the Moose Hill Audubon parking lot for a 6 mile hike over relatively flat terrain with some gentle climbing. No parking fee for Audubon members; small fee for non members. Bring appropriate footwear, water and lunch. Storm cancels. L Deborah Lepore (781-828-0572 Before 9 PM, DLepore2@GMail.com)

(FT) (NM) Sun., Mar. 23. Ponkapoag Pond Hike. Intro. hike, great for new members. Hike around Ponkapoag Pond. Easy terrain, 4.5 miles. Bring sturdy footwear, water and snacks. Heavy rain cancels. Meet at 8:45 am Ponkapoag Golf Course (Rt. 138) parking lot in Canton. L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com)

Sat., Apr. 5. Great Woods Hike Norton to Mansfield. Great Woods from Norton to Mansfield via two previously unconnected trail systems. 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)

(AN) (XCE) Sat., Apr. 5-6. WFA Training. SOLO taught WFA/CPR for hiking leaders and outdoor enthusiasts to be held in Russell, MA. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Sun., Apr. 6. Braintree Pass Path Hike. Intro hike through the beautiful Braintree Pass Path. Easy terrain, 4.5 miles. Bring sturdy footwear, water and snacks. Meet at 9:00 am at the parking lot at the intersection of Rt. 28 and Chickatawbut Rd. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

Thu., Apr. 17. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station.

Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguentner@comcast.net)

(FT) (NM) Thu., Apr. 17-Sep. 18. Red Line Blue Hills. Hike all the trails in the Blue Hills. Location varies each week. 6pm. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Wolcott and Border Path Hike. Intro hike through Wolcott and Border Path in conjunction with the chapter's "Celebrate Blue Hills" event. Easy 4.5 miles. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Cathy Fagan (fagankd@msn.com), R Cathy MacCurtain (781-848-9506, camaccurtain@aol.com)

(FT) (NM) Sat., Apr. 26. "Celebrate the Blues Hills" Beginner's Hike. A leisurely 4-5 mile hike with some rolling hills in conjunction with the chapter's "Celebrate the Blue Hills" event. L Sue Chiavaroli (508-496-6452 7-9 PM, brillo6452@yahoo.com) CL Nancy Coote (508-596-8222 7-9PM, nmcoote@yahoo.com), R Sue Chiavaroli (508-496-6452 7-9 PM, brillo6452@yahoo.com)

Sat., Apr. 26. "Celebrate the Blue Hills" Skyline Trail End-to-End Hike. Rugged 9-mile end-to-end hike on the Skyline Trail in conjunction with the chapter's "Celebrate the Blue Hills" event. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com) L Paul Miller (paulallenmiller@verizon.net), R Walt Granda (508-999-6038 Before 9 pm, wlgranda@aol.com)

Sat., Apr. 26. "Celebrate Blue Hills" Fast & Hilly Skyline Trail Hike. Fast hike on rugged Skyline Trail for 5-6 miles in conjunction with the Chapter's "Celebrate Blue Hills" event. L Eva Borsody

das (borsody@gmail.com), R Eva Borsody-Das (borsody@gmail.com)

(C) (FT) (NM) (SN) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Hikes, family hike, paddle and trail work. Cookout at 4:00, \$6. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(AN) (XCE) Sat., May. 3. Leadership Training. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Sun., May. 4. Buck Hill Hike. Challenging 3.5 mile Sunday hike (not for beginners) to the rocky summit of Buck Hill with great views. Bring sturdy footwear, water and snacks. Meet at 9:00 am at Houghton Pond parking lot. Heavy rain cancels. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com)

(C) (FT) (NM) Thu., May. 8. Thurs Morn. Hike - Wollomonopoag Conservation Area. Thu., May 8. Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Cons. parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L. Muriel Guenther (508-699-7461 before 9:00pm mguenther@comcast.net). B3C. 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)

Fri., May 9-11. Mt. Greylock Backpack Hike. Enjoy a spring weekend hiking Mt. Greylock and camping under the stars. Backpacking experience preferred, but not necessary. L Leslie Carson (508-833-8237 Before 9 PM, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com) L Mike Woessner (stridermw@hotmail.com), R Leslie Carson

Sat., May. 17. North Pack Monadnock Hike. 8-mile hike to North Pack Monadnock on the Wapack Trail. L Walt Granda (508-999-6038 Before 9:00 p.m., wlgranda@aol.com) CL Luther Wallis (lew89@comcast.net), R Walt Granda (508-999-6038 Before 9:30 pm, wlgranda@aol.com)

Sat., May. 31. Mt. Holyoke Range Hike. Enjoy some of the nicest views along the Metacomet-Monadnock Trail, hiking the Seven Sisters and Mt. Holyoke. L Leslie Carson (508-833-8237 Before 9 PM, ltc929@comcast.net) L Eva Borsody das (borsody@gmail.com), R Leslie Carson

(FT) (NM) Sat., Jun. 21. Long/Ell Pond Hike on Narragansett Trail. Long / Ell Pond Hike along the Narragansett Trail to the cliff that overlooks Long Pond. L Sue Chiavaroli (508-242-4164 9AM-5PM, brillo6452@yahoo.com) CL Nancy Coote (nmcoote@yahoo.com)

Sat., Jun. 28. Alpine Garden via Nelson Crag Loop Hike. Alpine Garden hike on Mt. Washington. Also see leader's hike on June 29th. L Paul Miller (508-369-4151 before 9:00PM, paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

Sun., Jun. 29. Mt. Crawford Hike. Hike to the summit of Mt. Crawford to enjoy the views. Also see leader's hike on June 28th. L Paul Miller (paulallenmiller@verizon.net) L Eva Borsody das (borsody@gmail.com), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

PADDLING

Always looking for additional paddle leaders! Contact the canoe/kayak committee at paddlingchair@amcsem.org

Chapter Trips

Sat., Apr. 26. "Celebrate Blue Hills" Ponkapoag Pond Paddle. Paddle Ponkapoag Pond in conjunc-

tion with the chapter's "Celebrate Blue Hills". PFD required. Wet/dry suit recommended. Launch at 1:00. L Betty Hinkley (bhinkley@mindspring.com) CL George Wey (geowey@comcast.net), R Betty Hinkley (Bhinkley@mindspring.com)

Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Hikes, family hike, paddle and trail work. Cookout at 4:00, \$6. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

(AN) Sat., May. 3. Leadership Training. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. L Maureen Kelly (mokel773@aol.com), R Len Ulbricht (lenu44@gmail.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 xcskchair@amcsem.org. Also looking for xc and downhill ski leaders!

Chapter Trips

Fri., Feb. 28-Mar. 2. XC Ski White Mtns. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Feb. 28 and Mar. 1 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135

per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their amenities. We'll ski at Jackson or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with a pizza, salad and socializing on Friday night (nominal charge) around 6:00 or 6:30. Bring a snack to share and your favorite beverage. After registering by phone with the AMC Leader, call the Old Field House to reserve your room. If you don't have a roommate, I'll try to match you up with one or you have the option of paying for a single supplement. Space is limited, so reserve a spot soon. 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 9 pm, barb224@tmlp.net)

TRAILS

Looking for leaders to lead trail work events. Contact chair@amcsem.org. Looking for a trails chair.

Chapter Trips

(C) (AN) (CE) Sat., Apr. 26. "Celebrate Blue Hills" Trail Work Event. Help maintain the trails we love in conjunction with the chapter's "Celebrate Blue Hills" event. N. Skyline between Reservation Headquarters and Elliot Circle. Tools & training provided. 12:30am - 3:30 pm. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), R Ken Jones (508-697-0142 5:00-9:00pm (except Thursdays), lotsoluck@comcast.net)

(C) (NM) Sat., Apr. 26. "Celebrate Blue Hills" - Hike, Paddle and Trailwork Event - Join Us!. "Celebrate Blue Hills" - Hikes, family hike, paddle and trail work. Cookout at 4:00, \$6. L Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com) CL Karen Singleton (karen.singleton@comcast.net), R Maureen Kelly (508-224-9188 before 8 pm, mokel773@aol.com)

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

