

the southeast **Breeze**



Lonesome Lake Winter Hike

Photo courtesy Ken Carson [Page 9 >>](#)

SEM LONESOME LAKE TRAILWORK May 31- June 1

Open Volunteer Positions

Contact Chapter Chair at chair@amcsem.org

if you are interested in a position on the Executive Board.

CYP Leader Training
April 12, 9-3:00, Marshfield

Hike Planning Meetings
6:30pm - June 4, September 3,
December 3

“Celebrate Blue Hills” Day
April 26, Blue Hills

Board Meetings
6:30pm electronic
April 9, May 14, June 11
September 10, October 8
November 12

- Biking Vice Chair
- CYP Vice Chair
- Communications Vice Chair
- Trails Chair
- Conservation Vice Chair
- Education Vice Chair
- XC Skiing Vice Chair

Spring Leadership Training

Chapter Hut Weekend
September 19-20 2014

Borderland State Park - May 3

Wilderness First Aid
Fall 2014

April 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

Are you a detail person, long-time chapter member or 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 down-hill 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.

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.



2014 Executive Board

Chapter Chair

chair@amcsem.org
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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 Deadline

Monthly on the 15th

Sign-up for the Breeze

Call 800-372-1758 or email

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

April showers bring May flowers! Yes, it is a little muddy this month. But, at least the snow is gone (hopefully!)

How about those great Conservation events in March! And there are more coming up in April. Watch our SNEL (Short Notice Email List). And you can always click on the “Schedules” tab on our website, then click on “conservation”, to see all of our upcoming conservation activities.

Are you ready to “Celebrate the Blue Hills” on April 26? We love our local Blue Hills, and we wanted to celebrate them with a day of hiking, paddling, and trail work. All topped off with a cookout! On our website, click on the “Schedules” tab, then “all SEM activities”—and sign up for one of the many “Celebrate the Blue Hills” fun events!



Courtesy Cheryl Lathrop

Want to get more involved? Email me and I’ll find something for you. We have both large and small volunteer needs. And I’ll find something that matches your interests and capabilities.

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

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)

TREKKING THE ALPS

By Gina Hurley
Communications Chair

ONE OF MY DREAM ADVENTURES is to trek through the Alps.

This year my husband and I are celebrating 25 years of marriage, and want a big vacation, so we are looking into making this dream adventure come true. I have planned many big trips, including several long distance backpacking trips, such as the Long Trails, the Tahoe Rim Trail, and the John Muir Trail. However, trekking in the Alps offers so many possibilities, that

it is hard to zero in on one area.

In doing my research I found 20 classic trekking routes covering several different countries, including France, Switzerland, Austria, Italy, Germany, and even Slovenia. Where to begin? Of course if you want to do some day hiking, any of these classic routes can be broken into a one or two day trip, but if you are considering a long distance trek, other factors have to be considered. Distance, duration, ascent, and grade are all factors to think about. The shorter treks are about 6 days, with many averaging 12-15 days,

and a few treks can take a month or longer to complete.

All the routes have accommodations along the way. Some treks have mountain huts or hostels, and most provide access to small towns with typical accommodations, such as hotels and B & Bs. Since there are huts and hostels along the way, you do not need to bring all of the gear you typically need backpacking, such as a tent, stove, and dinner and breakfast food. You spend the nights at the huts, so

Continued on page 7

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.

Volunteer Opportunity Education Committee Vice Chair

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

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

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

To explore this volunteer position further, contact Len Ulbricht, the Education Committee Chair, at lenu44@gmail.com.

Map & Compass Training Opportunities

A map and compass (M&C) are two of the ten must have essentials for wilderness hiking. (Do you know the other eight?) Key elements of M&C instructional training include basic compass use, correction for magnetic variation, terrain map reading, following a compass course, triangulation and bushwhacking. If M&C is new to you or if you could use a refresher session, consider the following M&C offerings.

March 9, 15 or 22 at Rocky Woods in Medfield. Offered by REI. See <http://www.rei.com/outdoorschool/140/programs/23>

April 25-27 at Cardigan Lodge in NH. Offered by NH Chapter. See <http://activities.outdoors.org/search/index.cfm/action/details/id/72532>

May 2-4 at Highland Center in Crawford, Notch NH. Offered by AMC. See <http://activities.outdoors.org/search/index.cfm/action/details/id/70838>



SEM is offering the Barry Farnsworth Memorial Scholarship for Map & Compass training. This scholarship will help defray the tuition expense for any of the above training opportunities. Contact the Education Chair, Len Ulbricht, at lenu44@gmail.com for further details.

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.

Alan Greenstein Completes RLBH Green Sequence



Third time around and in excess of 375 miles later, I think that I am beginning to have a feel for the lay of the land in the Blue Hills Reservation. The variety of trails traversed on the Thursday night RLBH hikes supplemented by the skillful planning of Trail Master Extraordinaire, Joe Keogh, during the winter "off-season" supported my completing the Green Sequence in just under 14 months. Great fun all around except maybe for the "wettest ever" Thursday night hike during the summer of 2013.

-Alan Greenstein

Joe Keogh presents Alan Greenstein with RLBH patch.
Let's congratulate Alan Greenstein! Photo courtesy Joe Keogh

Want to see your photo on our website?

You know the rotating/changing banner photos on our chapter website, www.amcsem.org? Well, we're looking for some new ones! If you have a great photo of a SEM activity or of the outdoors, please send it to the chapter webmaster, webmaster@amcsem.org. We can provide a photo credit in the corner! Requirements: High quality. Horizontal format is best. Generally the bigger the file size, the better the picture. (Not 72 dpi)

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 understand when organiz-

ing, 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.

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership in 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 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>

**SHARE YOUR SKILLS AND
MAKE A DIFFERENCE WITH YOUTH!**

Hear a Child Say, **“THIS IS THE BEST DAY OF MY LIFE!”**

The Southeastern Massachusetts Chapter
Of the Appalachian Mountain Club Offers

CYP Leadership Training

By Jess Wilson, AMC Leadership Training Mgr.

Saturday, April 12, 2014

At Ventress Memorial Library

Marshfield, MA

9:00-3:00

Materials and Lunch Provided

TO REGISTER for a space, materials and lunch in the
Chapter Youth Program Leadership Training
contact Sally Delisa, cypchair@amcsem.org
Or call 781-834-6851 (Best time between 7-9 p.m.)

only need to carry food and gear for a day hike each day.

There are circuit routes, starting and ending in the same small European town, and then there are distance routes, where you start in one country and end in another.

An interesting circuit route is the Tour of the Matterhorn. For this trek you start and finish in Zermatt, Switzerland. It is a 91 mile hike that takes about 8-10 days to complete. The Matterhorn stands at the center of this circuit trek.



The Walker's Haute Route is another trek. This one starts in Chamonix, France, and ends in Zermatt, Switzerland. It is 112 miles, and takes about 12-14 days. The

20 routes seem to have a bit of everything, and each seems appealing in their own right.

SO HOW DO YOU CHOOSE?

I am not sure, and am trying to figure that out.

Oh, what a problem! There are guidebooks published by Cicerone (www.cicerone.co.uk) for most of these treks. There is also a lot of information on the web. If Trekking the Alps is on your bucket list, I hope you have the adventure of a lifetime. I'm planning on it!

COMING EVENTS

CYP Leader Training (4/12) : TO REGISTER for a space, materi-

als and lunch contact Sally Delisa, cypchair@amcsem.org Or call 781-834-6851 (Best time between 7-9p.m.) www.amcsem.org/events_cyp.train_04.12.14.pdf

Celebrate Blue Hills Day (4/26): Come

celebrate the Blue Hills with the Southeast Mass Chapter on Saturday, April 26. We are offering hikes for all levels, a paddle on Ponkapoag Pond and trail work. Enjoy your activity and then join us for a cookout at 4:00pm by Houghton's Pond for \$6/person <http://activities.outdoors.org/search/index.cfm/action/details/id/73692>.

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 scenery, 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.augustcamp.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 Eva 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.

Leadership Training (5/03): 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 SEM chapter members. For more information go to <http://activities.outdoors.org/search/index.cfm/action/details/id/73661>

Lonesome Lake Trail Work (5/31-6/1)" Join us for trailwork on our adopted trail "Lonesome Lake Trail" on May 31-June 1, in beautiful Franconia Notch. Stay at the hut; tools provided; all are welcome. trailsvicchair@amcsem.org.

Chapter Hut Weekend (9/19-9/21): Mark your calendars; more information to come!

community places

Massachusetts Breast Cancer Coalition SWIM, KAYAK, WALK OR RUN

This half-day event is held rain or shine and every dollar you raise goes to the Massachusetts Breast Cancer Coalition's work toward breast cancer prevention! For more information [visit >>](#)

YEAR ROUND. BLUE HILLS HIKES

Blue Hills (Milton, MA) hikes and other activities run year round [visit >>](#)

Activities are not a part of AMC, nor endorsed by AMC. They are provided as a resource for chapter members, as AMC also believes in getting outside. Send your activity web link (url) to the webmaster@amcsem.org and/or breeze.editor@amcsem.org for consideration.

The SEM Communications Chair and SEM Executive Board will be the sole judge of a submission's appropriateness for posting.

Please join us for the annual Cape Cod Canal Clean Up. SEM participates every year and it's a great event to give back to our beautiful Cape Cod.

CAPE COD CANAL CLEAN UP

<http://www.americorpscapedod.org/volunteer-opportunities-2/annualsignature-events/canal-clean-up/>

When: Sat, April 19, 9am - 1pm
Where: Buzzards Bay, Bourne, MA

Annual signature event, Canal Clean-Up, a day to spruce up our beloved canal, will celebrate the 100th anniversary of the Cape Cod Canal along with the Army Corps of Engineers! Please join us in making the canal a even more enjoyable spot to spend your days! Interested in joining us?

CONSERVATION



Use one less paper napkin than you normally would. The average American uses about 2,200 napkins per year. That is about six per day! If everyone used just one less napkin per day, it would save more than a billion pounds of napkins from landfills. You can conserve even more paper by using cloth napkins at home. These save both money and the environment!

Object to receiving fund raising emails from the AMC?

Call the AMC to specify your preferences! 800-372-1758

SEM VOLUNTEERS NEEDED – to "Table Sit"



Melissa Powers & Ed Miller "Table Sitting"

We need "table sitters". Folks willing to sit at a table and talk to the public about what we do locally. Many people think we only hike the AT! We get a lot of opportunities to have a SEM "table" at EMS, REI, LLBean, Wellness Day, State Park, etc. So, we need *you* to hand out SEM brochures and chat with folks that stop at the table. Bring your backpack, your bike, or your new paddle as a great prop to bring people to the table. Great opportunity to give back to the chapter!

Ideally we'd like a long list of folks to call on when an opportunity arises, so no one has to invest an entire day, but only a 2-hour shift.

Contact the Membership Committee: membershipchair@amcsem.org, membershipvicechair@amcsem.org. Or the Chapter Chair, chair@amcsem.org, or Vice Chair, vicechair@amcsem.org



Alan, Robert, and Maureen on the Fishin' Jimmy Trail. Photo courtesy Sal Spada.



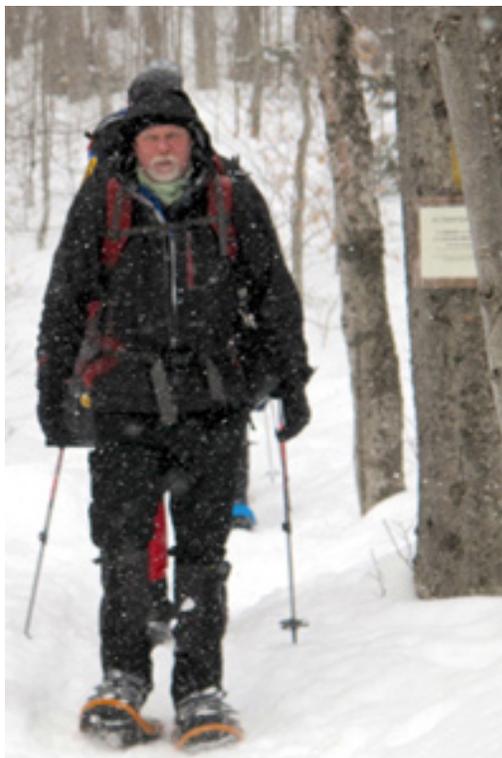
Kinsman Pond Shelter. Photo courtesy Robert Price.

worked fine on the snow-packed trails, a couple of sections of trail had proved more challenging.

One section in particular sticks in my mind (I had half-jokingly referred to it as the “crux” of our hike...). While in the lead at one steep section not too far from the summit, I had encountered an obstacle. To the left of the trail immediately in front of me was a fairly steep drop off into the woods. To the right, an ice-encrusted boulder protruded menacingly into the trail. The available footpath itself was very narrow, slippery looking, and angled ever so slightly toward the drop off. After stopping for a moment to figure out how I was going to negotiate this obstacle,

I lunged toward a small tree just past my reach, caught the tree, and successfully swung my way around the boulder. Probably not the smartest move, but it worked.

Since I had no idea how I was going to help everyone else get past this obstacle, luckily for the group, SEM hike leader extraordinaire, Wayne Anderson, bounded up the trail in his full crampons (Wayne being the only one of us who had had the sense to wear crampons, rather than microspikes), established his sturdy body against the same tree I had used, dug in his crampons, and made sure that everyone made it safely around the protruding ice-encrusted boulder.



Mountain Man Wayne. Photo courtesy Ken Carson



Maureen and Paul heading out. Photo courtesy Ken Carson

From the hut, we had used the adjacent Lonesome Lake Trail and then the Kinsman Ridge Trail to get to the summit of Cannon. As is typical of winter hikes in the White Mountains, both trails got prettier and prettier as we climbed higher up on the mountain, with hardwoods changing to birch trees and finally to conifers and the snow getting progressively deeper (although never deep enough to require snowshoes...). Once at the summit, we climbed the summit tower, which was being buffeted by some pretty impressive wind gusts, and then hiked a little ways down to the Tram Lodge, which was operating today, even though the tram itself was not. While luxuriating in the lodge after devouring our cafeteria lunches,

we had briefly pondered returning to the hut via the slightly longer Hi-Cannon Trail, an idea I quickly squelched after looking at the trail map and noticing that at one section of the trail, the contour lines appeared very, very close, indicating significant steepness. "That's where the ladders are," one of our party contributed. But, since ladders are rarely of any use when buried in snow, we all agreed to descend the same way we had come up.

Other than having to negotiate that same obstacle again on the way down (with Wayne once again providing the safety cushion...), the hike back down to the hut was a blast. Not only was gravity on our side this time around, but the well-cushioned, snow-covered trails were very easy on the knees. We took advantage of multiple opportunities to "butt slide," a highly refined winter hiking technique that's fast, easy on the legs, and a whole boatload of fun! At one of the trail intersections, we encountered a several younger people (also staying at the hut, but not part of our group) who were in the final stages of completing what -- compared to our own modest hike -- was a near-epic hike; having already climbed up to North Kinsman via the Fishin' Jimmy Trail, traversed the challenging Cannonballs on the unbroken-out Kinsman Ridge Trail, and were now on their way up to the summit of Cannon, before returning to the hut later that afternoon!

Since it was still kind of early when we arrived back down at the lake (not surprisingly, butt sliding is a lot quicker than hiking...), we took the long way around. This provided us with another opportunity to cross the frozen lake and look back to enjoy the amazing views that it affords of Mounts Lafayette, Lincoln, and Little Haystack on the Franconia Ridge across Franconia Notch.

Upon our return to the hut at about 3:00 pm, I took the opportunity to



Leslie, Maureen, and Alan in the hut. Photo courtesy Sal Spada

change into a fresh base layer of clothing in my bunkroom (always a luxury!). Back in the main hut, we patiently held off breaking out the cheese, crackers, and wine for our traditional pre-dinner "happy hour" almost until our SEM compatriots who had climbed North Kinsman returned at about 5:00 pm. Led by Maureen Kelley, this small group of SEMers had pioneered an enjoyable, new (for us) loop hike that involved taking the Fishin' Jimmy and Kinsman Ridge Trails up to the 4,293-foot summit of North Kinsman, and then returning via the Kinsman Pond and Cascade Brook Trails, an almost 7-mile round trip hike with approximately 2,260 feet of elevation gain; quite a bit more ambitious than our own relatively modest 4.2 mile (round trip) Cannon hike, with a measly 1,400 feet of elevation gain.

After preparing dinner (spicy Shrimp Creole!), devouring it, cleaning up, and then socializing a bit, we all trickled off to our bunkrooms to hit the sack. With the temperature on Saturday night a relatively "balmy" plus-six degrees (twelve degrees warmer than on Friday night!), many of us found ourselves stripping off layers to keep from overheating in our winter sleeping bags. (Ordinarily, plus six degrees would seem pretty cold, but -- of course -- everything is relative...). Sunday morning, after preparing and eating breakfast, cleaning up, and packing up our stuff; we donned our



In the Woods. Photo courtesy Sal Spada

ground in Franconia Notch. On Friday, when we first arrived at Franconia Notch, lugging our full winter packs (loaded down with the group food and our personal beverages) up the 1.6-miles to the hut with its 1,000 feet of elevation gain had been a bit of a struggle for some, and certainly a good cardio workout for everyone. However, as usual, the hike back down to the trailhead was a breeze.

I'd like to thank the other trip leaders - Leslie Carson, Wayne, and Maureen - for making this, the finale of the 2013-14 SEM Winter Hiking Series such a success (and particularly Leslie and Maureen for the wonderful group meals they prepared...). I'd also like to thank everyone else who participated in both this trip and the entire Winter Series.

I, for one, had a blast!

PUZZLE ANSWERS

Words: spring, birds, grow, tulips, daffodils, grass, hike, bike, April

Final Answer: Spring is here.

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

AMCS SEM "Open House" Sat. March 29, 4-9:00pm!
Bourne Community Center, Bourne, MA. Great
chance for new or prospective members to get
to know the chapter. Come meet our leaders and
see what SEM is all about. Free food. Slide shows.
A great night!

Looking for a 3rd member for our Bylaw Update
Committee to serve from now til 11/1/2014 An-
nual Meeting. Contact chair@amcsem.org

AMC SEM is always looking for volunteers to vol-
unteer 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 indoorsy opportunities (e.g.,
web work, arranging events). Something for ev-
eryone!

SEM "Celebrate Blue Hills" Day (April 26, Blue
Hills)
SEM Leadership Training (May 3, Borderland)
SEM Annual Meeting & Dinner, Sat. Nov. 1.

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 show-
ing 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.

AMC SEM 2,000 Mile Club. AMC SEM has a unique
2,000-mi Club. Certificates of achievement and
embroidered award patches are presented annu-
ally 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

(CE) Tuesdays

Apr. 1. Tuesday Cycling. Scenic Cycling on Cape
Cod - 22+ miles/2 hours. C2B-C2D. Casual inter-
mediate road cycling. Alt. day Monday. Rides in-
clude views of and occasional stops at known and
lesser known unique and interesting places. Tires
and riders pumped and ready to roll. Helmets,
spare tube & tools, and water required. Cancel-
lation or rescheduling sent to registered riders
only. 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 inter-
mediate road cycling. Alt. day Monday. Rides in-
clude views of and occasional stops at known and
lesser known unique and interesting places. Tires
and riders pumped and ready to roll. Helmets,
spare tube & tools, and water required. Cancel-
lation or rescheduling sent to registered riders
only. L Paul Currier (508-833-2690 8am - 7pm,
currierpaul@comcast.net)

(CE) Tuesdays

Apr. 15. Sunset/Full Pink Moon ride. Road cycle
the hills and shores of Sagamore and Highlands
Cliff and along the canal to Buzzards Bay and
Mass Maritime Academy for sunset over Onset
Bay. Return along the canal may include a stop
at 3 Mile Outlook before moonrise over Plymouth
Bay. Tires and riders pumped and ready to roll.

Helmets, spare tube & tools and water required. Cancellation/rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(AN) Sat., May. 3. Leadership Training. 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 SEM chapter members. L Maureen Kelly (mokol773@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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Wednesdays

May. 14. Sunset/Full Flower Moon Ride. Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours. We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day -Start at Freezer Road in Sandwich for Road Cycling along the canal and through Gray Gables and Masnhee Island at an intermediate pace for 22+/- miles or 2 hours.

We'll catch the sunset over Buzzards Bay and the moonrise over the Sagamore Bridge. Tires and riders pumped and ready to roll. Helmets and spare tube, tire tools, and water required. Cancellation/rescheduling sent to registered riders. Alt day - Tue. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

(CE) Fridays

Jun. 13. Sunset/Full Strawberry Moon Ride. Road cycle the hills and shores of Sagamore and Highlands Cliff and along the canal to Buzzards Bay and Mass Maritime Academy for sunset over Onset Bay. Return along the canal may include a stop at 3 Mile Outlook before moonrise over Plymouth Bay. Tires and riders pumped and ready to roll. Helmets, spare tube & tools and water required. Cancellation/rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. 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. Rides include views of and occasional stops at known and lesser known unique and interesting places. Tires and riders pumped and ready to roll. Helmets, spare tube & tools, and water required. Cancellation or rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8am - 7pm, currierpaul@comcast.net)

CANOE/KAYAK

Please see "paddle" committee. Contact paddlingchair@amcsem.org

Chapter Trips

Sat., Apr. 12. Leaders choice paddle. Leaders choice paddle. Contact leader for info. PFD/Spray skirt Wet/dry suit req. 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. 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. Weather permitting, Lewis Bay with lunch on Egg Island. We'll explore Uncle Robert's Cove and perhaps Hyannis Inner Harbor. Otherwise Popponesset Bay and the Mashpee River. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Apr. 26. Leaderschoicepaddle. Leaderschoice paddle. Contact leader for info. PFD/spray skirt wet/drysuit required. L Bill Fischer (508-420-4137) before 9 pm. Email wmbarbarafischer@comcast.net. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net)

Wed., Apr. 30. PADDLE-Leader's Choice. Barnstable or Sandwich Old Harbor, or Scorton Creek. If the 4/16/14 trip goes as planned we'll do Sandwich Old Harbor, Scorton Creek, or the eastern end of Barnstable Harbor, otherwise we'll do the 4/16/14 trip. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., May. 3. Paddling- Walker & Mill ponds. Paddle Walker and Lower Mill Ponds, Brewster. L Bill Fischer

(508-420-4137) wmbarbarafischer@comcast.net. Registration Required. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net)

Wednesdays

May. 7. Paddling - Indian Lakes, Marston Mills. Paddle Middle & Mystic fresh water ponds. Lunch on beach at end of Mystic Lake. Distance about 7 miles. Life jacket required. Spray skirt may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Saturdays

May. 10. Paddling - Follins/Mill Ponds, Dennis. Paddle Follins & Mill Ponds. Lunch on beach. Life vest required/spray skirt may be required depending on conditions. Distance 7-9 miles. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., May. 14. Paddling - Pamet Harbor. Paddle Pamet River from the Bay and surrounding marsh. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (Box 352, South Wellfleet, MA 02663, 508-349-2950, djp1958@comcast.net)

Saturdays

May. 17. Paddling - Mashpee Wakeby Ponds, Mashpee. Paddle 2 fresh water ponds about 7 miles. Lunch on beach at end of Wakeby pond. Life jackets required. Spray skirts may be required depending on conditions. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., May. 24. Paddling- Shoestring Bay. A menu of options, depending on conditions - Masphee

and Santuit Rivers, Ockway Bay, Popponesset Creek, Shoestring Bay, Popponesset Bay, Nantucket Sound and Pinguickset Marsh. Possible lunch spots - Gooseberry Island, Thatch Island, Meadow Point and Crocker's Neck Beach. Likely wildlife galore!. Probably approximately 8 miles. Registration required. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (508-420-7245 anytime)

Wed., May. 28. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor, Southway/Monomoy, or Hall's Creek. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required -contact leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jun. 4. Paddling - Lewis Bay. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove. Lunch on Egg Island. L Bill Fischer (508 420 4137) wambarbarafischer@comcast.net Registration Required- contact Leader for put-in information. L Bill Fischer (508-420-4137 BEFORE 9 PM, wambarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Saturdays

Jun. 7. Paddling - Bass River South from Cove. Paddle 'fingers', Grand Cove to Nantucket Sound. Lunch West Dennis Beach. Life jacket required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wednesdays

Jun. 11. Paddling - Herring River North. Paddle upstream to Coy Brook, East & West reservoirs, 8-9 miles. North bridge lunch. Life vests required. Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL paul corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jun. 14. Paddling - Wellfleet Harbor. Paddle Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (508-349-2950, djp1958@comcast.net)

Wed., Jun. 18. Paddle - Pleasant Bay. We'll paddle around Allen Point, past the Chatham Fish Pier, around Tern Island and then out to the Chatham cut where we'll have lunch. We'll return around Strong Island for a 10 plus mile paddle. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 21. Paddling - Great Hill. Approximately 13 mile open and flat water trip to and around Great Hill. Launch site and time upon registration. PFD, 14' plus boat, level 3-4 skills all required. Registration Haven Roosevelt, 508-636-0006, Havenesq@comcast.net; paddlewu@gmail.com. L Haven Roosevelt (508-636-0006 Any time, Havenesq@comcast.net)

Wed., Jun. 25. Paddling - Nauset Marsh, Eastham. Nine plus mile paddle. Contact leader for directions to put-in. PFD req'd. Spray skirt may be req'd. level 2/3. Registration Required. L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Jun. 28. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 16. Paddling - Shoestring Bay. A menu of options, depending on conditions: Masphee

and Santuit Rivers, Ockway Bay, Popponeset Creek, Shoestring Bay, Popponeset Bay Nantucket Sound and Pinquickset Marsh. Possible lunch spots - Gooseberry Island, Thatch Island, Meadow Point and Crocker's Neck Beach. Likely wildlife galore! Probably approximately 8 miles. Registration required. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Sat., Jul. 19. Indian Lakes. Explore Middle Pond and Mystic Lake. Possibly Hamblin Pond, Likely 6+ miles. L George Wey (781-789-8005, geowey@comcast.net), R george wey (781-789-8005 any time, geowey@comcast.net)

Wednesdays

Jul. 23. Paddling - Follins/Mill Ponds, Dennis. Paddle Follins to Weir creek & if tide is ok into Mill Pond passing crab creek conservation area and back to circumnavigate Follins Pond, 7-9 miles. Beach lunch. Life vest required. Spray skirt may be required. Registration required. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Jul. 26. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 30. Paddle - Pleasant Bay. We'll paddle around Allen Point, past the Chatham Fish Pier, around Tern Island and then out to the Chatham cut where we'll have lunch. We'll return around Strong Island for a 10 plus mile paddle. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Aug. 9. Paddling - Herring River North. Paddle upstream to Coy Brook, East & West Reservoirs, 8-9 miles. Lunch North Bridge. Life vests required. Spray skirts may be required. Registration required. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com) CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Aug. 13. Paddling - Wellfleet Harbor. Wellfleet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 16. Paddling - Slocum River. Mostly flat water trip down Dartmouth's Slocum River and up Little River, about 14 miles. PFD, 14' plus boat, level 3 skills all required. Registration required. Haven Roosevelt 508-636-0006, Havenesq@comcast.net; paddlewu@gmail. L Haven Roosevelt (508-636-0006 any time, havenesq@comcast.net)

Sat., Aug. 23. Leader's Choice Paddle. Depending on conditions, Barnstable Harbor or Southway/Monomoy. We'll probably paddle 8 to 10 miles in relatively protected waters. Arrive no later than 10:15 for a 10:30 departure. Registration required - contact Leader. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Aug. 27. Paddling - Pamet Harbor. Pamet Harbor. PFD required. Launch at 10:30 am. Registration required. L Don Palladino (djp1958@comcast.net) (508-349-2950). L Don Paladino (508-349-2950, djp1958@comcast.net), R Don Palladino (Box 352, South Wellfleet, MA 02663, 508-349-2950, djp1958k@comcast.net)

CAPE HIKES

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

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

Chapter Trips

Saturdays

Apr. 5. Hike - Provincetown Whales and Trails (B3B). Meet at 9:45am, Herring Cove Beach parking lot, (far right of the right parking lot). Walk on bike trail, pine barrens, over dike, and through marsh to Race Point Lighthouse. Bring your binoculars! Hike will last 3 hours, but allow 2+ hours for lunch while scanning with binoculars for whales (5+ hours RT). 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. Diverse terrain, bogs, farms, rolling woodland trails. Bourne Bridge to Otis rotary, 1st exit Cataumet. L on 28A s, 1/4m R on Longhill Rd, L on County Rd, R on Red Brook Harbor, 1/2 m past stop sign park lot on R 9:45 AM. 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 at parking lot 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 to woodland trails, hills, and scenic bay views. Route 6, then left on Prince Valley Road to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 a.m. 2 hours. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

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)

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

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Hike, Paddle, Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up

to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. 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)

Sun., Apr. 27. Hike - Maple Swamp Sandwich (C2B). Hilly hike through historic woodlands which date back to original settlers, home to Maple swamp, quaking bog and other sites. Take Rte 6 to Exit 3 turn S on Quaking Meetinghouse Rd and take immediate L on Service Rd, Maple Swamp approx. 1 mile on R. From upper Cape take exit 4 turn S over highway and take immediate right onto Service Rd, Maple Swamp approx. 1 mile on left. Meet 12:45 PM start 1 PM. L Jane Harding (508-833-2864 before 8 PM, janeharding@comcast.net)

Thu., 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)

(AN) Sat., May. 3. Leadership Training. 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 SEM chapter members. L Maureen Kelly (mokel773@aol.com), R Len Ulbricht (lenu44@gmail.com)

(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)

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., May. 11. Hike-Eastham, National Seashore, Doane Rock (C3C). Hike Nat'l Seashore Lands to Three Sisters/Nauset Light. Rte 6 turn R at Eastham 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. 15. Last Hike/Picnic Great Island, Wellfleet (C3C). Meet at 9:45 Am for 10:00 AM start. Hike/Picnic - From Wellfleet Center take Chequessett 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)

Fri., Jul. 11. Hike Full Moon Cape Cod Canal (C3C). Two hour hike, to enjoy the sunset and full moon while we walk to end of canal, east on Town Neck Beach to Sandwich boardwalk and back through Sagamore village. From 6A take Tupper Rd and turn N onto Freezer Rd., park in lot at end of road. Meet 5:45 PM, hike starts 6 PM. L Jane Harding (508-833-2864 before 8 PM,

janeharding@comcast.net)

Sat., Aug. 9. Hike - Full Moon West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m.)

CHAPTER YOUTH PROGRAMS

Share Skills With Youth - Our group works with facilities to plan and lead children in outdoor activities. If you're interested in the gratifying experience of getting kids out on the trails and discovering nature, please contact the SEM CYP Coordinator for workshop details. cypcoordinator@amcsem.org

Chapter Trips

(NM) (CE) (SN) Sat., Apr. 12. Chapter Youth Program Leadership Training. Become a Chapter Youth Program Leader and make a difference in the life of a child. Share your skills with children who might not otherwise have a chance to get out on a trail. Here is a description of our November, 2013 hike with children from a housing authority: 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. 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 compliments

from other site visitors. See the SEM website for CYP Leaders. www.amcsem.org Click on CYP in the left column. L Sally Delisa (781-834-6851 7-9 p.m., delisally@yahoo.com), R Sally Delisa (781-834-6851 7-9 p.m., delisasally@yahoo.com)

CONSERVATION

Looking for a vice chair for our conservation committee to help the chair plan and execute conservation events for the chapter. Contact the conservationchair@amcsem.org

Chapter Trips

(C) (FT) (NM) Sat., Apr. 19. CONSERVATION ALERT: Cape Cod Canal Cleanup. Please join us, for the annual Cape Cod Canal Clean Up. SEM participates every year and it's a great event to give back to our beautiful Cape Cod. Come celebrate the 100th anniversary of the Cape Cod Canal! Buzzards Bay, 9 am-1 pm. This is not a leader-led event. Please make your own plans to attend. L Joanne Jarzowski (conservationchair@amcsem.org)

(C) (FT) (NM) Sat., Apr. 26. CONSERVATION ALERT: Massasoit SP Spring Clean Up Day. SAVE THE DATE! 2014 State Park Clean up day is Saturday, April 26 and Massasoit State Park will have it's spring Clean-Up Day on that day. More information and details will be posted soon on our Facebook page: <https://www.facebook.com/pages/Friends-of-Massasoit-State-Park/110253339052017> THIS IS NOT A LEADER-LED TRIP. PLEASE MAKE PLANS TO ATTEND INDIVIDUALLY! L Joanne Jarzowski (conservationchair@amcsem.org)

(C) (FT) (NM) Sat., Apr. 26. CONSERVATION ALERT: 2014 Mass. Park Serve Day. Join us for DCR's Park Serve Day 2014. This year's event features parks from the Berkshires to Cape Cod, giving you a wide range of volunteer opportunities to choose from. Last year, more than 4,000 volunteers participated in DCR's Park Serve Day. During this statewide day of volunteer service, we will work together to get state parks and beaches across

Massachusetts ready for the recreation season by cleaning coastlines, clearing trails, planting flowers, painting picnic tables, and more. So please, take a moment to check your calendar and sign up to volunteer. We look forward to seeing you out there! <http://web1.env.state.ma.us/DCR/Parkserve/> This is not a leader-led trip. Please make your own plans to attend. L Joanne Jarzowski (conservationchair@amcsem.org)

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. 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 SEM chapter members. 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)

EXECUTIVE COMMITTEE

Looking for a 3rd member for our Bylaw Update Committee to serve from now til Nov. 1 Annual Meeting. Contact chair@amcsem.org

Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is

required. L Sally Delisa (picpocit@verizon.net)

Chapter Trips

(FT) (NM) (AN) Sat., Nov. 1. SEM Annual Meeting. SEM Annual Meeting. L Cheryl Lathrop (chair@amcsem.org)

FAMILY

Looking for ideas for new and fun Family Hikes. Looking for families that want to hike! Contact familyeventschair@amcsem.org.

Chapter Trips

(FT) (NM) Sat., Apr. 26. "Celebrate Blue Hills" Family Hike. Join us for a Family springtime hike through the Blue Hills Reservation on the Skyline Trail in conjunction with the chapter's "Celebrate Blue Hills" event. Located only minutes from the bustle of downtown Boston, the DCR Blue Hills Reservation stretches over 7,000 acres from Quincy to Dedham, Milton to Randolph, providing a green oasis in an urban environment. Rising above the horizon, Great Blue Hill reaches a height of 635 feet, the highest of the 22 hills in the Blue Hills chain. From the rocky summit visitors can see over the entire metropolitan area. We will be hiking on the skyline trail out to the infamous Whale Rock where we will take a break and enjoy a snack. The rock actually looks like a whale from a distance and is a great place to take pictures. Appropriate for children 3+, under 3 in child carrier. Hike begins at 10:30. Registration necessary. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). 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)

HIKING

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

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

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.

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

Chapter Trips

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)

(FT) (NM) Sun., Apr. 6. Braintree Pass Path Hike. Sunday intro hike through the beautiful Braintree Pass Path in Blue Hills. 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)

(FT) (NM) Thu., Apr. 10. Thursday Hike in the

Blue Hills. Nice Thursday morning hike through the Blue Hills. Meet at 10:00 AM at the third parking area on the left on Route 28 in Milton. There is limited parking. There are some parking areas along the road. Take Route 95 North, and then take 93 towards Boston. Take exit 5 North towards Milton. L Sue Chiavaroli (508-496-6452 7PM-9PM, brillo6452@yahoo.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)

(FT) (NM) Thu., Apr. 17-Sep. 18. Red Line Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH_leader@amcsem.org) L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thu., Apr. 24. Thurs. Morn. Hike-Cornell Farm/Little River Reserve. Meet at 9:45 at Cornell Farm parking area for a 6-mile hike. The hike will explore the DNRT Frank Knowles-Little River Reserve and the Trustees Cornell Farm. The trails will take us on the newly a constructed boardwalk and suspended bridge through wetlands, pass stone walls and farmhouse foundations. The crown jewel of DNRT's Little River Reserve is the Boardwalk Trail, which features a 200-foot-long suspended boardwalk and viewing platform that takes hikers 15 feet above a red maple swamp for a bird's eye view of the mound-and-pool wetland below. The trail then connects to two long boardwalks that cross through pristine salt marsh at the head of Little River, allowing visitors to wander over the estuarine environment. Benches

along the boardwalk provide visitors with a place to take in salt marsh vistas extending nearly half a mile south toward the mouth of Little River. A wooded upland trail across DNRT's Jonny Point property connects the two salt marsh boardwalks. Some trails could be wet and soggy so waterproof footwear is suggested. Bring snacks/lunch, rain jacket and at least one liter of water. Heavy rain will cancel. L Walt Granda (508-999-6038 before 9 PM, wlgranda@aol.com)

(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 terrain 4.5 miles. Bring sturdy footwear, water and snacks. Meet at 1:30 am at the parking lot to the left of the Trailside Museum. Heavy rain cancels. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). 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 Blue Hills" Beginner's Hike. A leisurely 4-5 mile hike with some rolling hills but basically flat in conjunction with the chapter's "Celebrate the Blue Hills" event. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). Meet at 12:45 for 1:00 start. 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. App. 9-mile long, 6-hour hike in conjunction with the chapter's "Celebrate Blue Hills" event. Great spring conditioning hike to get you ready for some 4000 footers in NH! Join

us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). 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. Join us for a fast and hilly loop on the rugged and rocky North & South Skyline trails, on to Tucker and beyond if we have time, 1pm-3:30pm, in conjunction with the Chapter's "Celebrate Blue Hills" event. Meet at Houghton Pond parking lot playground. Limited to experienced hill walkers who can maintain a steady pace with few breaks. Then join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). 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" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout

at 4:00pm by Houghton's Pond. Cost for the cook-out is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. 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. 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 SEM chapter members. 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. 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 Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net), R Muriel Guenthner (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

(AN) Fri., May 16-18. Mt. Greylock Hiking/Backpacking. Enjoy a spring weekend hiking Mt.

Greylock and camping under the stars. Backpacking experience preferred, but not necessary. Hike over Mts. Prospect, Williams, Fitch and Greylock - 8+ miles. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Mike Woessner (stridermw@hotmail.com) L Maureen Kelly (mokel773@aol.com), R Leslie Carson

Sat., May. 17. North Pack Monadnock Hike. Great springtime hike near the MA/NH border. This section of the Wapack Trail to North Pack Monadnock offers some great views and a few challenging sections to the summit. The 8-mile hike will start at the Miller State Park using the Wapack and Cliff trails. 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. 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)

Sat., Jun. 21-22. Bonds and Bondcliff Hike. Hike and camp in the Pemigewasset Wilderness with unsurpassed views. Hiking Zealand Mtn., West Bond, Mt. Bond and Bondcliff. Camping at Guyot campsite. Backpacking experience needed. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

Sat., Jun. 28. Alpine Garden via Nelson Crag Loop Hike. We'll visit the Alpine Garden on Mt. Washington on a challenging, but rewarding loop hike via the Nelson Crag, Alpine Garden, Lion Head, and Tuckerman Ravine Trails. Experienced hikers only. Also see leader's hike on June 29th. Several overnight accommodation options available. L Paul Miller (508-369-4151 before 9:00 PM, 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. A relatively easy White Mountain hike to the summit of Mt. Crawford from Rte 302 in Crawford Notch where (weather permitting) we'll get to enjoy the beautiful views. Also see leader's hike on June 28th. Several overnight lodging available. 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)

(AN) Sat., Aug. 2. Whiteface and Passaconaway Loop Hike. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Will summit both Whiteface (4,020 ft) and Passaconaway (4,043 ft). Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn. hikers only. Magnificent views from bare ledge precipices. Elevation change 2850 Ft, 10+ mile loop. L Len Ulbricht (lenu44@gmail.com) CL Walt Granda (wlgranda@aol.com), R len ulbricht (lenu44@gmail.com)

(AN) Mon., Aug. 25-27. White Mtns. Hut Hike (multi-day). Enjoy one of the best hikes in the Whites with superb views, summiting Mts. Monroe, Washington, Clay, Jefferson, Adams and Madison. Stay at Lakes of the Clouds and Madison huts, dinners and breakfasts included. Cost \$212 per person. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson

Sat., Sep. 13-14. Mt. Isolation Hike. Hike along the Rocky Branch Ridge, camp among the stars and summit Mt. Isolation surrounded by wonderful views of the Presidential Range. Several river crossings. Backpacking experience needed. L Leslie Carson (508-833-8237, ltc929@comcast.net) L Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) (AN) Fri., Feb. 6-8. Winter Fun Weekend (hiking, snowshoeing, xc skiing, etc.). SEM Annual "Winter Fun" Weekend at Noble View. Hiking, snowshoeing, XC skiing, sledding, etc. DETAILS TO COME. L Walt Granda (wlgranda@aol.com) L Jodi Jensen (jodiajensen@gmail.com)

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 with us to see spring plants, birds and fish in conjunction with the chapter's "Celebrate Blue Hills" event. Launch time is 1:00 and paddle should last about 1.5 hours. PFD required. Wet/dry suit recommended. Join us after the hike for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). 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" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located

19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. 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)

(AN) Sat., May. 3. Leadership Training. 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 SEM chapter members. L Maureen Kelly (mokol773@aol.com), R Len Ulbricht (lenu44@gmail.com)

Wed., May. 21. Paddling - Long Pond, Harwich. Paddle the perimeter of Long Pond; lunch half-way around. Put-in: Exit 10 North from Route 6; R on Long Pond Rd; L to parking/beach. PFD required. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Sat., May. 31. Paddling- Meeting House Pond/Little Pleasant Bay. Put-in: Main St. Orleans to Barley Neck Rd; R to TL at Meeting House Pond. PFD, spray skirt required. Paddle out to Little Pleasant Bay; side trip into Arey's Pond. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

SOCIALS

Looking for leaders to lead social events. Contact: socialchair@amcsem.org

Chapter Trips

(FT) (NM) (AN) Fri., Sep. 19-21. CHAPTER HUT WEEKEND 2014 (Highland Center). Chapter Hut Weekend 2014 at the AMC Highland Center. L Melissa Powers (socialchair@amcsem.org), R Patty Rottmeier (treasurer@amcsem.org)

(FT) (NM) (AN) Sat., Nov. 1. SEM Annual Dinner. SEM Annual Dinner. L Melissa Powers (socialchair@amcsem.org)

TRAILS

Looking for leaders to lead trail work events. Contact chair@amcsem.org. Looking for a trails chair. (We have a trails vice chair!)

Volunteer Opportunities

Until Filled. SEM needs a TRAILS CHAIR !. SEM needs a Trails Chair. Contact chair@amcsem.org to volunteer! L Cheryl Lathrop (chair@amcsem.org)

Chapter Trips

(C) (AN) (CE) Sat., Apr. 26. "Celebrate Blue Hills" Trail Work Event. Give back a little this year by helping maintain the trails we all love in conjunction with the chapter's "Celebrate Blue Hills" event. We will perform trail work on a section of the North Skyline between Reservation Head-

quarters and Elliot Circle. Tools and training will be provided. 12:30am - 3:30 pm. Join us after the trail work for a fun cookout at 4:00 pm at Houghton's Pond. Cost for the cookout is \$6/person. Sign up for the cookout with your leader when you sign up for the activity (hike, paddle, or trail work). L Maureen Kelly (508-224-9188 before 8pm, mokel773@aol.com), R Luther Wallis (lew89@comcast.net)

(C) (NM) Sat., Apr. 26. "Celebrate Blue Hills" - Hike, Paddle and Trailwork Event - Join Us!. "Celebrate Blue Hills" - Join the Southeast Mass Chapter in celebrating this 7000 acre parcel of land incorporated in 1893, containing 125 miles of trails and 22 hills with a day full of events on Saturday, April 26, 2014. The Blue Hills Reservation is located 19 miles South of Boston and is bounded by the towns of Quincy, Braintree, Randolph, Canton, Dedham and Milton. Numerous fun options! Sign up for an easy, intermediate or rugged hike on trails showing a variety of habitats and views of Boston, Mt. Wachusett or points south. Have little ones? Try the family hike. Or sign up to paddle the shores of Ponkapoag Pond in hopes of seeing early spring plants and birds. You could also choose to do Trail work and give back to the Reservation by brushing and edging

the trails with rocks on the popular Skyline Trail. All of these activities will be hosted by knowledgeable leaders. They are listed individually online and you must register for them. Enjoy your choice of activity and then join us for a cookout at 4:00pm by Houghton's Pond. Cost for the cookout is \$6/person payable by cash on the day of the event. Sign up for the cookout online when you sign up for an activity. Please join us; we hope to share this wonderful park and the activities with you rain or shine. 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)

(C) Sat., May 31-Jun. 1. Lonesome Lake Trail work. Come get dirty and enjoy the scenery of Franconia Notch as we embark on our annual trail maintenance of Lonesome lake trail. We will work Saturday and spend the night at Lonesome lake hut. The work will consist lite maintenance of brushing, water bar clean-outs and brush removal. Possible hike on Sunday depending on time. L Wayne Anderson (wanderson@mxcsi.com) CL Maureen Kelly (mokel773@aol.com), R Wayne Anderson (wanderson@mxcsi.com)

COMMUNITY CONNECTIONS

Upcoming Community Outdoor Activities You Might Be Interested In. Send items to breeze.editor@amcsem.org

PERSONAL POSTS

This section of the Breeze highlights our members. If you have news, or know of news, contact the breeze.editor@amcsem.org

SWAP STUFF

The E-BREEZE will publish FREE ADS for MEMBERS to SWAP/BAR-TER/SELL/TRADE/FREE OUTDOOR EQUIPMENT. Send your ads to: breeze.editor@amcsem.org, put "BREEZE - SWAP" in the subject line.

ADVERTISING

Got an AMC-related outdoorsy business? Run a paid business card-sized ad in the Breeze for \$10/month (\$100/year)! Contact: breeze.editor@amcsem.org

COLUMNISTS

Got something to say, want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! breeze.editor@amcsem.org

Want to get
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