

MAY 2014



Lookout over Easthampton and beyond,
photo courtesy of Len Ulbricht

the southeast Breeze

Open Volunteer Positions

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

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

Save the Date

Lonesome Lake Trail Work

Lonesome Lake May 31-June 1

Chapter Hut Weekend

Highland Center
September 18-21

Wilderness First Aid

November 8-9

Fall Gathering

October 17-19 - Maine

Board Meetings

6:30pm electronic

May 14, June 11, September 10,
October 8, November 12

May 2014

Visit AMC SEM Website

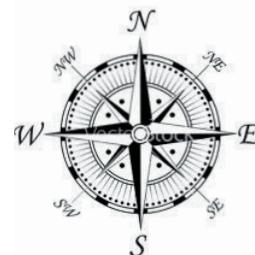


The Southeast Breeze, the newsletter of the South-eastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year.

Editor: Andrea Holden
breeze.editor@amcsem.org

Breeze Newsletters

Photos



Contact Education Committee

tee chairperson, Len Ulbricht, at lenu44@gmail.com for further information.

Map & Compass Training Opportunities

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.

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Volunteer Opportunity

Education Committee Vice Chair

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

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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 xskichair@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

Cheryl Lathrop, 508-668-4698

Vice Chapter Chair

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Maureen Kelly, 508-224-9188

Past Chapter Chair

pastchapterchair@amcsem.org

Jim Plouffe, 508-562-0051

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treasurer@amcsem.org

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cypchair@amcsem.org

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Cape Hiking Vice Chair

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Family Events Vice Chair

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Bill Pellegrini, 508-244-9203

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Melissa Powers

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Social Networking Moderator

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Gina Hurley, 508-362-6573

Breeze Editor

Andrea Holden, 508.837.6998

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

May brings us sunshine, flowers, and warm weather – and also SEM hikes, bikes, and paddles! In early May we offer our annual Leadership Training for aspiring activity leaders or anyone looking to see how trips are run. And in late May we offer our annual chapter trailwork event—the cleanup of our adopted trail in the White Mountains: The Lonesome Lake Trail. A fun weekend of work mixed with hiking!

Want to get more involved? Email me and I'll find something for you that matches your interests and capabilities.

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

Cheryl Lathrop

Chapter Chair



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)

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.

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.

CONSERVATION

Buy in bulk whenever possible. This means that instead of buying individually wrapped bags of goods such as rice, beans, etc., you can bring your own container, and fill it with rice yourself! This significantly cuts down on packaging, and it quite often less expensive. You can reuse empty pasta sauce jars (and containers like that) to put your bulk items in, and that way, you are also reusing materials. Win win!



Mt. Tom Spring Hike March 22, 2014

By Len Ulbricht

The forecast portended gloomy conditions, cloudy with chance of morning snow and showers, wind picking up, temperature near freezing, not one's preferred choice for the first spring hike of the year. The day's plan called for hiking up Bray Loop, Lost Boulder, Keystone Ext and DOC to the west facing ridge of the Metacomet-Monadnock Trail, turn south along the precipice to Mt. Tom, double back and continue north along the ridge line past Goat Peak to Mt. Nonotuck, double back again and return via Teabag to reservation headquarters, a distance of 8.9 miles with 900 ft. elevation gain.

We arrived at the trailhead with overcast conditions, temperature at 32 degrees, and ice on the trail. The slippery kind of ice, the kind nothing but spikes will handle. Gloves, fleece and parka time, and on with the micro-spikes. Ahhhh the joys of spring. Though the uphill climb was gradual and well blazed, it was slow going on the ice bound trail. After a couple of delayering stops, about 3/4 of the way to the ridge line flurries and a light shower forced us to put on rain gear. It is spring, isn't it? The ice and frequent gear swaps slowed our pace. It wasn't long before decision time came upon reaching the ridge. Behind schedule, we bagged the southerly spur to Mt. Tom and followed the ridge line north.

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Object to receiving fund-raising emails from the AMC?
Call the AMC to specify your preferences! 800-372-1758

COMING EVENTS

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. trailservicechair@amcsem.org.

Chapter Hut Weekend (9/18-9/21)

Mark your calendars!

Map & Compass

The SEM Executive Board has approved funding for a scholarship to promote map and compass skill development for SEM members. A special application form (the Barry Farnsworth Memorial Scholarship) has been created and is now available on the SEM website under "Documents". See <http://amcsem.org/assets/pdf/schapp.bf.pdf>. The scholarship offers up to \$100 toward the M&C tuition offered by AMC or any AMC chapter, or a

non-AMC entity (e.g., REI). For further information contact Len Ulbricht at education@amcsem.org.

Current AMC M&C offerings

May 8 M&C workshop, Narragansett Chapter, see <http://activities.outdoors.org/search/index.cfm/action/details/id/75358>

Oct 24-26 M&C Weekend at Mohican in NJ, see <http://activities.outdoors.org/search/index.cfm/action/details/id/73824>

REI Map & Compass offerings

May 3 at Rocky Woods, Medfield and May 24 at Goddard State Park in Rhode Island. See <http://www.rei.com/class/49378/market/140>

[From Mt. Tom Page 4 >>](#)

And then - spring arrived. The rain stopped, the cloud cover dissipat-

ed, blue sky appeared and old sol warmed away the chill. On went the sun glasses, off came the rain gear, parka and gloves, for a short

while at least. Soon the wind began blowing up the face of and over the precipice, setting in a chill. But the sun shone on and cheered us on our way. We passed one lookout after another with views over Easthampton out to the Berkshires. Goat Peak offered a treat - raptors. A hawk and then an eagle floated upon the air above us and glided out over the landscape. Gorgeous. Further along toward Nomotuck at another lookout ice covered an oxbow lake, formerly part of the Connecticut River. Thick with ice and snow, it's shore outline was lost in the white blanket covering fields of a farm tucked in the arms of the lake. Finally the decent towards our return home. Just in time to beat the gated 4 pm entrance closure. Though shortened to 6 miles, a great introduction to spring hiking. A do-again hike when real spring arrives.

Ice on the trail, photo courtesy Len Ulbricht

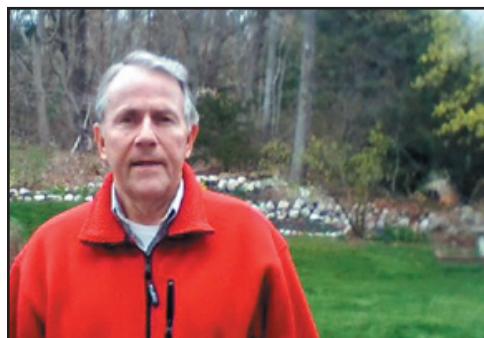


The Oxbow Lake, photo courtesy Len Ulbricht

Bill Doherty finishes Greenlining

By Bill Doherty

I have to admit it - I enjoy hiking the Blue Hills. Last year, 2013, was a great year for the SEM Redline the Blue Hills (RLBH) Series. Our leaders Joe Keogh, Michael Swartz, Maureen Kelly and Jim Casey led us all over the reservation, completing an astounding 114 miles of trails. This started with the weekly Thursday evening hikes in April and culminated with the Skyline End-



to-End hike in November.

I try to attend most of the RLBH hikes. I like the camaraderie, the gentle ribbing and support everyone provides. We also learn a lot from each other. It is a talkative and social group. The amazing diversity of the terrain in the Blue Hills provides endless opportunities for our leaders to vary the hikes from easy walks to more difficult hill climbs. After a couple of easy hikes we generally walk at a very good pace. Further you can increase the intensity of your individual workout just by just carrying more weight in your pack. Over time this really does increase your physical endurance and overall conditioning. Hiking with the SEM RLBH is an excellent way to improve your health while having fun.

I hiked on my own to complete my remaining Greenline trails. Being directionally challenged, I am forced to use some of the skills I learn from our leaders to find my own way in the woods. It builds self confidence. Further, I found out that what Bob Vogel told me was true. He said that you can occasionally get lost in the Blue Hills but you can't stay lost in the Blue Hills. Within 15 to 20 minutes of wandering you will usually come to a road or a larger trail and be able to get your bearings on your map. The serenity of being alone in the woods can be appreciated because you can really savor the quiet and enjoy the beauty of the Blue Hills.

I encourage my fellow RLBH hikers to get out there and finish the trails they need in order to collect a coveted RLBH patch.

Lonesome Lake Trail work

May 31, 2014 - June 01, 2014 (Sat - Sun)

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.

Location: New Hampshire, White Mountains, NH

Nearby AMC Destination: Lonesome Lake Hut

Registrar information: <http://activities.outdoors.org/search/index.cfm?action/details/id/75143>

Trip at a Glance

Activity:	Trail Work
Offered By:	Southeastern MA
Status:	Open
Location:	New Hampshire, White Mountains, NH



THANK YOU ANDREA HOLDEN!

The May newsletter is Andrea's last one as editor. Thank you Andrea for all of the work you have done to get our newsletter published each month. It is a huge undertaking. You have done an amazing job, and will be missed. Thank you, thank you, thank you!

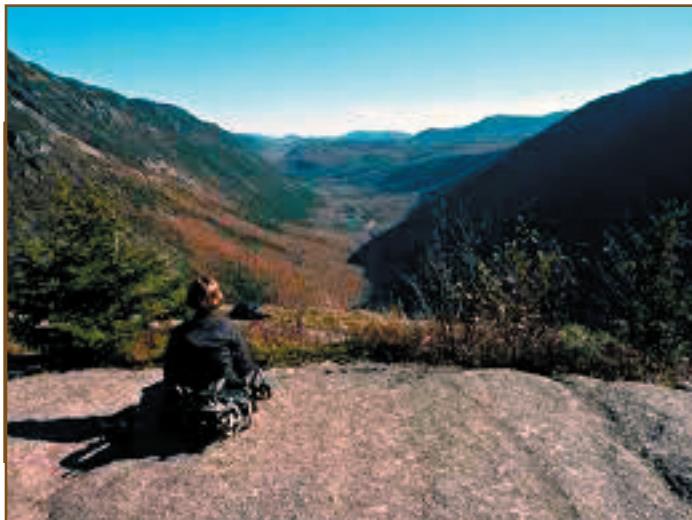
If you would like to step in to help the Communication committee with the next newsletter, please email Gina Hurley, the Communications Chair at communicationschair@amcsem.org

WHY VOLUNTEER FOR AMC? Gain work experience! Add it to your resume! Got a little free time to help us grow? Are you a people person who likes to help others? Are you concerned about environmental issues? Do you enjoy outdoor activities? If this sounds like you, then you may be interested in some opportunities to help our chapter of the AMC grow and better accomplish its mission. Get in touch with us and we'll be happy to tell you more. Contact: chair@amcsem.org

Chapter Hut Weekend

These weekends are full of fun, hikes, paddles, bikes and most important laughs.

MARK YOUR CALENDARS
SEPTEMBER 18TH - 21ST
WE WILL BE HOSTING OUR
ANNUAL SEM CHAPTER HUT WEEKEND AT
**THE HIGHLAND CENTER AT CRAWFORD
NOTCH, NEW HAMPSHIRE**



*Don't miss out on the fun!
Reserve your spot at Chapter Hut Weekend Now!*

We are excited to be hosting this weekend at the beautiful Highland Center. The accommodations will not disappoint. Your package includes your lodging as well as breakfast and dinner. The food is absolutely delicious and we can meet up after our various activities over a drink in front of the fireplace.

WITH AN EXTENSIVE TRAIL NETWORK AT ITS FRONT DOOR, WATERFALLS, LAKES, AND MORE,
THE HIGHLAND CENTER IS THE PERFECT BASE FOR ANY OUTDOOR ADVENTURES.

WE HAVE ALREADY HAD PEOPLE RESERVING THEIR SPOTS.
DON'T WAIT - BOOK YOUR RESERVATION TODAY!

This will be a year you won't want to miss.
Check out our [flyer](#) to learn more and register.

For questions and reservations contact Melissa Powers at socialchair@amcsem.org

Spring skiing: East versus West

By Gina Hurley

Spring skiing is something I look forward to each year. There is nothing like skiing in a light jacket, or just a t-shirt. This year I had the good fortune to enjoy spring skiing out west, and up north. After a business trip to Portland, Oregon, my husband and I took a day to ski at Timberline. Timberline is a beautiful hotel and ski resort on Mount Hood. It is the only ski area in North America that is open all 12 months of the year. While traveling out west several years ago, my husband and I skied there in mid-July, vowing to come back to try it during the winter season when the mountain would be fully open. Late this March we had our chance. Timberline is a very unique mountain. With 3,690 feet of vertical drop (more than anybody else in the Pacific Northwest), it is located near the top of an 11,245 foot volcano.

If you are not familiar with Timberline, it is located in Government Camp, approximately one hour from Portland, Oregon. It is the mountain lodge where the movie *The Shining* was filmed. Driving the long and winding 6 mile road to get to the lodge and ski resort is excit-

ing and beautiful. It is an interesting ski resort; one of the few where you can actually ski down the mountain from the parking lot before the ski lifts open. The day we skied the

amazing, and the views spectacular! To learn more about this wonderful ski resort go to <http://www.timberlinelodge.com/>

Fresh tracks on Mt. Hood at Timberline. Photo courtesy of Gina Hurley



View from Wildcat....it never gets old. Photo courtesy of Gina Hurley

mountain had received 18 inches of fresh new powder overnight. With 41 trails, and over 400 inches of snow this year, the conditions were

Although skiing out west is phenomenal, skiing in the northeast is what I know. It is where I learned to ski, so has sentimental value. Even with some of the more challenging conditions, there is something special about skiing in your own "backyard." Wildcat is a great, rustic mountain located in Pinkham Notch, NH. There is no volcano to ski on, and there is less vertical drop than Timberline, but there is that amazing view of Mount Washington and the ravines. On a clear day, like the one I had, the view is spectacular. Wildcat does not get as much snow as Timberline, and thus did not have the same amount of base as Timberline did this spring, but, with all 47 trails still open in early April, it was a great day to cruise the slopes. The chart below compares the two mountains. Although the numbers may matter to some, both mountains delivered with great views and great fun! I hope you were able to get in some spring skiing. If not, put it on your to-do list for next year. It is a great way to cap off a season for fun.

	Timberline	Wildcat
Annual Snowfall	444 inches (13-14 season)	200 inches (average)
Current Base Depth	147 inches	18-36 inches
Number of Trails	41	47
Vertical Drop	3,690	2,112

Milestone Celebrations

A beautiful spring hike at Ponkapoag Pond.
In the middle, holding his tree, is Eddy DeSantas, who turned 93 on April 20th.

Happy Birthday, Eddy!



Photo courtesy of Deborah Lepore

Are you or someone you know celebrating a milestone with an outdoor activity?

Are you turning 60, 70, 80, or 90+ and still enjoying the outdoors, like Eddy? If so, tell us about it. We would love to include your story in our newsletter. Send entries to breeze.editor@amcsem.org.

Spring Products To Be Excited About

Interview with Peter Casson, Schools General Manager, Eastern Mountain Sports

By Gina Hurley

I had the chance to interview Peter about the new products he and Eastern Mountain Sports are excited about. Below is his list, along with links to learn more about these great new products. I also asked Peter a few questions about his own outdoor adventures. His favorite activities are stand-up-paddling and kayaking. He enjoys doing both with his 4 and 8 year old children. Although a dream trip was hard to come up with, Peter is currently planning a 3 day overnight kayak trip in ME with his 8 year old. Sounds like a fun trip!



• EMS Wapack

- With a pack as well-designed and comfortable as the EMS Wapack, you'll wish you could quit your job and just be a full-time backpacker instead (as if that thought has never crossed your mind before!)
- Wapack 60
 - MSRP \$159
 - In stock in all stores and EMS.com
 - Additional detail at: <http://www.ems.com/product/index.jsp?productId=22249506>
- Wapack Youth 50
 - MSRP \$139
 - In stock in all stores and EMS.com
 - Additional detail at: <http://www.ems.com/product/index.jsp?productId=22249496>

• EMS Long Trail Packs

- Fully featured with clean lines and new technology to keep you as comfortable as possible, the updated EMS Long Trail 70 is a well-thought-out work of art that'll keep you on the trails for years to come.
- MSRP \$229
- In stock in May in all stores and EMS.com

• EMS Boreal 20 Sleeping Bags

- Updated for 2014 with Insotect Cubic construction and Pinneco Core insulation, the EMS Boreal 20 is now a more perfect solution for your lightweight, three-season sleeping needs than ever before.
- MSRP \$199-209
- In stock in May in all stores and EMS.com

• EMS Velocity 35 Sleeping Bag

- New for 2014 with a shortened zipper and lighter weight construction, the Velocity 35 is a perfectly packable, ultra-lightweight synthetic sleeping bag designed to meet all of your fast-packing needs.
- MSRP \$229-\$239
- In stock in May in all stores and EMS.com

- NOTE: One of our employees is carrying this on his Appalachian Trail thru-hike. Follow his adventures at <http://www.emsoutstores.com/wordpress/why-weve-never-followed-an-appalachian-trail-thru-hiker-until-now/>

• Jetboil Joule Group Cooking System:

- A trusted companion on any adventure—and 2013 OutDoor Industry Award winner—the Jetboil Joule Group Cooking System provides unparalleled cold-weather performance and ease of use for expert backpacking groups and alpinists. New regulator systems and inverted canister design make boiling water for a group fast and efficient.
- MSRP \$199.95
- In stock now on EMS.com
- Additional details at: <http://www.ems.com/product/index.jsp?productId=24484676>

• BioLite Stove and Kettlepot:

- BioLite Stove
 - If you've been trying to find a way to pack a little lighter, be a little greener, and have a little more fun when cooking in the wilderness, then the BioLite CampStove is exactly what you're looking for! This innovative stove will simultaneously boil water and charge your gadgets using biomass, which decreases your carbon footprint and eliminates the need to carry the extra weight of a solar charging panel and fuel canisters.
 - MSRP \$129.95
 - In stock now in all stores and EMS.com
 - Additional details at: <http://www.ems.com/product/index.jsp?productId=16895996>
- KettlePot
 - The newest addition to the BioLite family, the KettlePot cooks like a pot, pours like a kettle, and stores your CampStove inside to save valuable pack space.
 - MSRP \$50
 - In stock now on EMS.com
 - Additional details at: <http://www.ems.com/product/index.jsp?productId=24084096>

• Leatherman Juice CS4

- An update to a classic tool. Pliers, wine opener, scissors and much more coming in a nice little package makes it a must have for your pack.
- MSRP \$79.95
- Anticipated in-stock in May in all stores and EMS.com

• Petzl Tikka RXP

- Reactive Lighting! An integrated light sensor adjusts the light output of this headlamp to your conditions, look down the trail and you'll get up to 215 lumen beam to see your way look down at your map and the light dims to an appropriate level.
- MSRP \$94.95
- In stock in limited stores (including Hyannis MA) and

EMS.com now; Will be in all stores in May

- Additional details at: <http://www.ems.com/product/index.jsp?productId=19459966>

• **Goal Zero Lighthouse 250 Lantern**

- The Goal Zero Lighthouse 250 is both a lantern and USB power hub in one convenient unit, perfect for use on camping trips or during a power outage. Up to 250 lumens of light and an large internal rechargeable Li-ion battery with a 5v usb output to charge your other gadgets. Charge at home with wall socket, in the field with the built in dynamo hand crank, or use a Goal Zero solar panel (not included).
- MSRP \$79.95
- In stock now at EMS.com
- Additional details at: <http://www.ems.com/product/index.jsp?productId=29603826>

• **Garmin Vivofit Fitness band**

- Track your day to day activity with this fitness band from Garmin. Learns your daily activity levels and sets goals to encourage you to step up your fitness. tracks steps distance and heart rate when

paired with a Garmin chest strap (available w/ select versions). Track your progress on Garmin Connect.

- MSRP \$129.99
- In stock in all stores and EMS.com by May
- Additional details at: <http://www.ems.com/product/index.jsp?productId=32680986>

• **Tifosi Dolomite 2.0 Sunglasses**

- Built to provide technically advanced eye protection to enthusiasts of all sports and outdoor activities, Tifosi Dolomite 2.0 sunglasses with Fototec lenses are guaranteed to enhance your sport whether you're running a 10k, riding a century, or heading out on the weekend for a kayak fishing trip. The Polarized Fototec lens automatically adjust from 32.1- 11.9 visible light transmission meaning you don't spend time interchanging lens when you have variable light conditions. Tough Grilamid frames and built in venting to prevent fogging make these perfect for strenuous activity.
- MSRP \$99.95
- In stock now at EMS.com
- Additional details at: <http://www.ems.com/product/index.jsp?productId=34658286>

Biking

Biking

Spring is here!!! The roads will have our presence on them again!

There will be many opportunities to enjoy the great outdoors on our bikes this upcoming season.

If you have never had the pleasure of enjoying one of Paul C's cape rides, try one of these: Paul's once a month Tuesday rides, and his famous Full Moon rides 5/14 and 6/13.

And Jack is back after double hip replacements – His rides are in the Lakeville – Fairhaven areas. And they are so very enjoyable.

We are also organizing a weekend on Nantucket. Special thanks to our Treasurer Patty who will be our gracious tour guide for the weekend. (Psst it's also her birthday and we are going to celebrate it on Saturday night with a Good Old New England Clam Bake.) You don't need to know Patty to come! It will be a great weekend at an absolutely priceless location with great people and great fun.

We have reserved some beds at the **Star of the Sea Hostel**

<http://www.hiusa.org/massachusetts/nantucket/nantucket>

We will be taking the Traditional Ferry out of Hyannis on Friday June 20th at noon. We will return on Sunday June 22nd. There is some flexibility with the return times on this. We have beaches to stroll, sunsets to enjoy, biking all over to soak in the unique splendor of Nantucket with Patty showing it off and knowing all the great places to enjoy.

The cost to register for this event is \$160. This includes travel, lodging and Saturday's New England Clam Bake. Breakfast is provided at hostel if you like. All other meals and sundries we will pay for on our own.

Space is limited please register with Bike Chair (Cheryl W.) at bikingchair@amcsem.org Include name, address, telephone, email and emergency name and number.

See you on the bike soon!

Joyfully submitted,

Cheryl Washwell, Bike Chair AMC SEM

Pre-Fall Gathering 2014

Come early to Fall Gathering and stay up to three nights in the AMC Maine wilderness lodges at deeply discounted rates. Choose from cabins with facilities, rustic cabins, or bunkhouses, all sited close to a log lodge, a Maine wilderness lake, and inviting hiking trails. Hike a hill, paddle a lake, or sit on a porch. Full family-style meals included.

Take this opportunity to visit AMC's newest facilities in Maine and see what all the excitement has been. Come to Maine early and make your drive worth it!

Dates: Oct 14, 15, or 16, the three nights immediately preceding Fall Gathering.

Location: Little Lyford Lodge and Cabins and Gorman Chairback Lodge and Cabins are about 45 minutes from Greenville, ME, in the heart of AMC's 67,000 wilderness acres.

Accommodations and Costs:

Little Lyford Lodge and Cabins

- Cabin: \$ 85
- Bunkhouse: \$ 58

Gorman Chairback Lodge and Cabins:

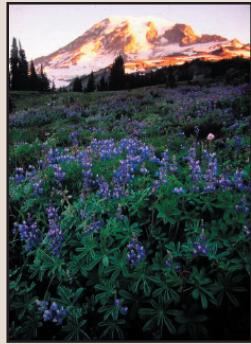
- Deluxe Cabin: \$ 112
- Cabin: \$ 95
- Bunkhouse: \$ 73

The per night rates above are valid for 1 to 3 nights, Oct 14, 15 or 16, and will be taxed at 8%. Cabin rates are double occupancy. Deluxe cabins at Gorman Chairback Lodge have private bath. Guests can call AMC reservations (603-466-2727) any time and reserve whatever space is still available. To get these rates, mention Group #246008.



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 be 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 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.

Fall Gathering 2014



Katahdin 13, photo courtesy Kim Sanders



Chairback Canoes, photo courtesy Peg Nation

You ARE INVITED

AMC's Fall Gathering October 17-19, 2014, a traditional AMC club-wide activity for AMCers, their families, and guests of all ages.

Gear up now for some great AMC fun this October in Maine when AMCers from all chapters will gather for three days of fun and exciting outdoor activities and socializing along the Maine coast! Grab your friends and make plans now for Jefferson, Maine, near the waterfront village of Damariscotta.

Dates: Oct 17, 18, and 19, 2014

Cost: To be determined soon, but reasonable!

Location: Picture-perfect Maine summer camp, beautiful Camp Wavus on Damariscotta Lake in Jefferson, Maine.

Activities: Hiking, biking, socializing, exploring the Maine coast, and having fun!

Register: www.amcmaine.org under AMC Fall Gathering 2014

FMI: www.amcmaine.org or email Larry Dyer at lwdamc@maine.rr.com

ACTIVITIES

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

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

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 indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

SEM Leadership Training (May 3, Borderland)
SEM Annual Meeting & Dinner, Sat. Nov. 1.

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.

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)

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.

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

(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)

(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)

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

(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)

(NM) Fri., Jun. 20-22. Exploring Nantucket Bike and Walk.. Enjoy a weekend on Nantucket! Special thanks to our Treasurer Patty who will be our gracious tour guide for the weekend. (Psst it's also her birthday and we are going to celebrate it on Saturday night with a Good Old New England Clam Bake.) You don't need to know Patty to come! It will be a great weekend at an absolutely priceless location with great people and great fun. We have reserved some beds at the Star of the Sea Hostel <http://www.hiusa.org/massachusetts/nantucket/nantucket> We will be taking the Traditional Ferry out of Hyannis on Friday June 20th at noon. We will return on Sunday June 22nd. There is some flexibility with the return times on this. We have beaches to stroll, sunsets to enjoy, biking all over to soak in the unique splendor of Nantucket with Patty showing it off and knowing all the great places to enjoy. The cost to register for this event is \$160. This includes travel, lodging and Saturday's New England Clam Bake. Breakfast is provided at hostel if you like. All other meals and sundries we will pay for on our own. Space is limited please register with Bike Chair (Cheryl W.) at bikingchair@amcsem.org. L Cheryl Washwell (774-259-4535 between 7am - 8pm, cawashwell@gmail.com) CL Patty Rottmeier (prottmeier@aol.com), R Cheryl Washwell (774-258-4535 7am-8pm, cawashwell@gmail.com)

(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., 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 Pinquicset 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) wmbarbarafischer@comcast.net Registration Required- contact Leader for put-in information. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@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. level2/3. 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, Popponesset Creek, Shoestring Bay, Popponesset 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 the capehikingchair@amcsem.org

Chapter Trips

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)

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

(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.)

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)

HIKING

IMPORTANT: No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Chapter Trips

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

(C) (NM) Thu., May. 1. Thurs. Hike at Mass Audubon Broadmoor Sanctuary, Natick. Meet at 9:45 am at the Broadmoor Wildlife Sanctuary at 280 Eliot Street (Rt 16) in Natick, Mass. We will hike 5 scenic miles over relatively flat terrain on well maintained trails. \$10:00.- fee for entrance and Naturalist. Bring proper footwear for the weather, rain gear, lunch and water. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com)

(FT) (NM) Thursdays

May. 1. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then

show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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) (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)

Tuesdays

May. 6. Tuesday Morning Blue Hills Conditioning Hike Series. Hike hilly Skyline Trail on successive Tuesday mornings 4/1-5/20, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 6 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike elsewhere depending on group interest. Register once for entire series. L Len Ulbricht (lenu44@gmail.com), R Len Ulbricht (lenu44@gmail.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-

(FT) (NM) Thursdays

May. 8. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Tuesdays

May. 13. Tuesday Morning Blue Hills Conditioning Hike Series. Hike hilly Skyline Trail on successive Tuesday mornings 4/1-5/20, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 6 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike elsewhere depending on group interest. Register once for entire series. L Len Ulbricht (lenu44@gmail.com), R Len Ulbricht (lenu44@gmail.com)

(FT) (NM) Thursdays

May. 15. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@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)

Tuesdays

May. 20. Tues. Morning Blue Hills 'Conditioning' Hike Series. Hike hilly Skyline Trail on successive Tuesday mornings 4/1-5/20, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 6 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike elsewhere depending on group interest. Register once for entire series. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

Tuesdays

May. 20. Tuesday Morning Blue Hills Conditioning Hike Series. Hike hilly Skyline Trail on successive Tuesday mornings 4/1-5/20, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 6 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike elsewhere depending on group interest. Register once for entire series. L Len Ulbricht (lenu44@gmail.com), R Len Ulbricht (lenu44@gmail.com)

(FT) (NM) Thursdays

May. 22. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and eleva-

tion will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(C) (FT) (NM) (AN) (CE) (SN) Thu., May. 29. North Hill Wildflower Hike. On this hike, our group can anticipate seeing a variety of wildflowers which we will stop and observe along the trails. We will hike at a relaxed pace over some of Duxbury's upland trails and hills, past a large kettle hole, and along an old cart path. Then, we will drop down and hike past a cranberry bog and around a large pond owned by Audubon. There will be a separation/snack break about half way. Following the hike, those wishing for more on their own may wish to hike nearby Round Pond. The Bay Circuit Trail goes across that property and there is a bench overlooking the pond. The last time the leader offered this hike, we spotted several varieties of wildflowers, including about one hundred Lady Slippers in prime bloom. In addition to flowers, we saw five snakes, several birds, and even gave wide birth to a turtle laying her eggs in the middle of a sandy trail. Registration required. 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)

(FT) (NM) Thursdays

May. 29. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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) Thursdays

Jun. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jun. 12. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jun. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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

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 Les-

lie Carson (508-833-8237, ltc929@comcast.net)
L Maureen Kelly (mokel773@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(FT) (NM) Thursdays

Jun. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@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 accomodation 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 28h. 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)

(FT) (NM) Thursdays

Jul. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm,

cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 10. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 17. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 24. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Jul. 31. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.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 sum-

mit 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)

(FT) (NM) Thursdays

Aug. 7. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Aug. 9-16. Baxter State Park 7-Day Backpack. EXPERIENCED BACKPACKERS ONLY: A scenic backpack in the Maine Wilderness, we will travel through Baxter State Park, staying at three different Ponds. The trip will be leisurely, allowing us to paddle in Russell Pond at the beginning of the week, spend a midweek night in a remote lean-to at Davis Pond, and then access Chimney pond via the Northwest Basin trail, where we'll stay for four nights. As long as weather holds up, we'll traverse the Knife Edge from Baxter peak to Pamola peak. There will be space for 4 people total on this trip and we'll have group dinners. Contact the leader for details of the trip including difficulty levels and prior experience required. L Jim Plouffe (508-562-0051 5-8 PM, jimplouffe@comcast.net), R James Plouffe (508-562-0051 5-8 PM, jimplouffe@comcast.net)

(FT) (NM) Thursdays

Aug. 14. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm,

cathygarry@comcast.net)

(FT) (NM) Thursdays

Aug. 21. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Mon., Aug. 25-27. White Mtns. Hut Hike (multi-day). Enjoy one of the best hikes in the Whites with superb views, summittting 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

(FT) (NM) Thursdays

Aug. 28. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 4. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a

walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

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) Thursdays

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 Cheryl Lathrop (chair@amcsem.org), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Thursdays

Sep. 25. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) (XCE) Sat., Nov. 8-9. Wilderness First Aid (WFA) Training [Foxboro]. The WFA course runs 8:30 am -4:00 pm Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$145 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Len Ulbricht (lenu44@gmail.com), R Len Ulbricht (lenu44@gmail.com)

(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 (jodajensen@gmail.com)

PADDLING

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

Chapter Trips

(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 can-

didates 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)

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)

Wed., Jul. 2. Paddle Cotuit Bay. Paddle Cotuit bay, PFD and spray skirt req. 10:30 am. Route 28 to south on Putnam, Left on Old Shore to town landing. Unload and park back up on Putnam. Paddle 3 Bays, Lunch on Deadneck. Registration required. L Bill Fischer (508-420-4137 before 9pm, wmbbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbbarbarafischer@comcast.net)

Sat., Jul. 12. Paddle Waquoit Bay Falmouth. Paddle Waquoit Bay, Falmouth. PFD and spray skirt req. 10:30am. Rt. 28 to Whites Landing Rd. (near Mashpee town line.) Nice river and Possible bay Paddle. Registration required. L Bill Fischer (508-420-4137 BEFORE 9 PM, wmbbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbbarbarafischer@comcast.net)

Wed., Aug. 6. Paddle Cotuit Bay. Paddle Cotuit Bay. PFD and spray skirt req. 10:30am. Rt. 28 to left on Putnam. L on Old Shore to town landing. Unload and park back up on Putnam. Paddle 3 Bays and lunch on Deadneck. Registration re-

quired. L Bill Fischer (508-420-4137 before 9pm,
wmbarbarafischer@comcast.net)

SOCIALS

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

Chapter Trips

(FT) (NM) (AN) Thu., Sep. 18-21. CHAPTER HUT WEEKEND 2014 (Highland Center). Chapter Hut Weekend 2014 at the AMC Highland Center. Join us for some Fabulous Chapter fun at the beautiful Highland Center at Crawford Notch, New Hampshire. The weekend will be chock-full of good times, good food, great company and lots of outside activities. In the White Mountains' awe-inspiring Crawford Notch, you'll lose all sense of time. With magnificent waterfalls, soaring cliffs, and surrounding forest, the natural world will draw you in. Hike to nearby peaks or take a quiet stroll around a mountain lake. Either way, the choice is yours. Plenty of hikes along with bike and paddle trips to make this weekend have something for everyone to enjoy! Register Now and Reserve Your Spot. Spaces are limited. L Melissa Powers (socialchair@amcsem.org), R Melissa Powers (socialchair@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) 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)