



# the southeast Breeze

June 2014



## View from the Chair

By Cheryl Lathrop

Happy spring! And look at our nice new Breeze! You can always tell when we have a change of Breeze editors, as they always put their personal stamp on the newsletter. Change is good! Variety is good! And welcome and thank you Gina Hurley, Communications Chair, for producing our chapter newsletter, *The Southeast Breeze*!

A special thank you to all of our volunteer leaders! Spring is gonna be great with all the activities you have set up for us. I signed up for the *AMC Digest* so I don't miss any—the activities get mailed right to my email inbox. Super convenient! At our chapter website [www.amcsem.org](http://www.amcsem.org), click on the "Schedules tab", and then click on "Sign up for the AMC Activity Digest."

While I love hiking, biking, and paddling—actually anything where I can get outdoors!—my personal fav is a "series"—something where you keep plugging away until you do it all—like the NH 48 4000-footers. Below you'll see me in my red hat on my last hike to finish the North-South Trail in RI. Also my shirt documenting my finish of the Red Line the Blue Hills hike series.



I'm still working on the Mid-State Trail; 12 more miles to go! And I'm still working on the 48; I keep my 48 hike record in the White Mountain Guide Online—easy! Go to our chapter website [www.amcsem.org](http://www.amcsem.org), click on Hiking on the left, then click on "White Mt. Guide" on the right.

Got something to say? Got a good idea? Want to volunteer? Feel free to contact me

anytime about anything! [chair@amcsem.org](mailto:chair@amcsem.org)



*Cheryl Lathrop*

Chapter Chair

## 2014 Executive Board

Chair	<a href="#">Cheryl Lathrop</a>	Education Chair	<a href="#">Len Ulbricht</a>
Chapter Vice Chair	<a href="#">Maureen Kelly</a>	Education Vice Chair	<a href="#">Open</a>
Secretary	<a href="#">Karen Singleton</a>	Hiking Chair	<a href="#">Paul Miller</a>
Treasurer	<a href="#">Patty Rottmeier</a>	Hiking Vice Chair	<a href="#">Leslie Carson</a>
Past Chapter Chair	<a href="#">Jim Plouffe</a>	Membership Chair	<a href="#">Jim Casey</a>
Biking Chair	<a href="#">Cheryl Washwell</a>	Membership Vice Chair	<a href="#">Ed Miller</a>
Biking Vice Chair	<a href="#">Open</a>	Membership Vice Chair	<a href="#">Ellen Thompson</a>
Cape Hiking Chair	<a href="#">Farley Lewis</a>	Membership Vice Chair	<a href="#">Kristen Yngve</a>
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Communications Chair	<a href="#">Gina Hurley</a>	Paddling Vice Chair	<a href="#">Ed Foster</a>
Communications Vice Chair	<a href="#">Open</a>	Skiing Chair	<a href="#">Barbara Hathaway</a>
Conservation Chair	<a href="#">Joanne Jarzobski</a>	Skiing Vice Chair	<a href="#">Open</a>
Conservation Vice Chair	<a href="#">Open</a>	Trails Chair	<a href="#">Open</a>
CYP Chair	<a href="#">Sally Delisa</a>	Trails Vice Chair	<a href="#">Wayne Anderson</a>
CYP Vice Chair	<a href="#">Open</a>		

## Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	<a href="#">Melissa Powers</a>
Social Vice Chair	<a href="#">Open</a>
Family Events Chair	<a href="#">Chris Pelligrini</a>
Family Events Vice Chair	<a href="#">Bill Pelligrini</a>
Social Networking Moderator	<a href="#">Susan Franconi-Salmon</a>
Webmaster	<a href="#">webmaster</a>
Breeze Editor	<a href="#">Gina Hurley</a>
Blast Editor	<a href="#">Gina Hurley</a>

Contact Chapter Chair at [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any open position.

**Board Meetings:  
June 11, September 10,  
October 8, November 12**

# Save the Date

[Chapter Hut Weekend](#)

September 18-21

[Fall Gathering \(AMC\)](#)

October 17-19, Jefferson, Maine

[Wilderness First Aid](#)

November 8-9

## *The Breeze Has A New Look*

We hope you like the new look of the Breeze....simple and sleek! We want to keep it simple so that you could get the information you want and need to get you spending more time in the outdoors. And more changes are coming. We will be moving to just one newsletter this summer....a July/August edition. Although we will continue to publish a monthly newsletter from September to June, July and August will be a combined

edition. **Also, the July/August edition will be the last one that will include the listing of activities.** We will always provide the website link for the activities. This is the most up to date way of providing you current information. Starting with the September 2014 edition the activities will be just a click away! To find current activities, [click here](#), or see the listings at the end of this edition.

## *Important Chapter Information and Links*

### **Find activities (hikes, bikes, etc.)**

1. The monthly *Breeze* - email
2. *AMC Outdoors magazine* - mail
3. [Online trip listings](#)

### **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.

**Submissions must be copy ready.**

Credit for all photos must be included.

Send to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

### **Breeze Deadline**

Monthly on the 15th

### **Sign-up for the Breeze**

Call 800-372-1758 or email

[amcinformation@outdoors.org](mailto:amcinformation@outdoors.org)

**Where to find [Breeze newsletters](#)**  
(current and past).

### **Volunteers Wanted**

Volunteer for the Executive Board. Do you have skill and want to see where you fit? We have volunteer positions open! Contact [chair@amcsem.org](mailto:chair@amcsem.org)

### **Want SEM activities delivered right to your email inbox?**

Sign up for AMC "digests". Access the Member Center from our [homepage](#) or call 800-372-1758.

# Ten 'Gifts' Join Six

By Sally Delisa, CYP Chair

Eight SEM members gave an April Saturday for training to become Leaders in the Chapter Youth Program (CYP). Three of the current CYP Leaders joined the April trainees for lunch and an afternoon of related games/activities. Two additional SEM members had previously completed training in March during a combined CYP/Family Hiking class. That brings our total to ten new people. CYP Leaders must also have completed AMC Leadership Training. We are delighted to report that on May 3, the final three completed that requirement. These ten new people join six active CYP Leaders. Their 'gifts' will be shared with area children. Each CYP Leader

donates gifts of time, energy, skills and joy in the outdoors to benefit lucky children at agencies such as Inner City Housing groups, YMCA, Boys and Girls Clubs and Scouts. In the past, due to a lack of available CYP Leaders, SEM has cancelled at least two activities. We have also been slow to recruit new agencies due to our lack of available leaders. These issues should not happen again. Sixteen CYP leaders now represent all parts of our region including the Cape. Their 'gifts' will be shared with youth throughout our region. **CYP IS ON A ROLL!** If you know of a group of children who might benefit from CYP activities, please send an email to [cypchair@amcsem.org](mailto:cypchair@amcsem.org)



Photos courtesy of Sally Delisa, SEM CYP Chair

# **SEM in Norwood**

SEM was invited to the recent Advanced Instruments Health Fair in Norwood on May 1. Our display joined Whole Foods, the Norwood Country Club, L.L. Bean and others during the two hour event. Table

Sitting was a delightful adventure and we may have recruited some new members as we distributed information. It was also a pleasure to chat with current AMC members who stopped by the table.



Photo courtesy of Sally Delisa, SEM CYP Chair

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## **THE COMMUNICATIONS COMMITTEE NEEDS YOU!**

- **Do you like the Breeze?**
- **Have ideas for improving it?**
- **Do you like technology?**
- **Do you have an interest in publishing?**
- **Do you simply want to help out?**

**If any of these apply to you, please contact the Communications Chair.**

**WE NEED YOU!**

# Conservation Tip

By Joanne Jarzowski, Conservation Chair

Eat organic whenever possible; it is better for both the environment and better for you! Here are a couple of reasons why:

- Studies show that organic food is higher in nutrients than conventionally grown foods.
- They do not contain neurotoxins. Neurotoxins? Yep, neurotoxins--those pesky compounds that damage brain and nerve cells. The majority of pesticides fall under the category of neurotoxins, therefore, by eating organic, you cut the risk of being exposed to them.
- According to the US Environmental Agency, pesticides used in farming pollute the source of drinking water for about half of the American population.
- Since pesticides and herbicides are not used on organic farms, the surrounding wildlife is not exposed to harmful chemicals.

These are a few of the big reasons, but there are many more. This website lists those mentioned above, as well as several more: [15 Reasons to Eat Organic Foods](#)

## CONSERVATION MINDED? LOVE THE OUTDOORS? ESPECIALLY LOVE SOUTHEAST MASS? WANT TO VOLUNTEER?



**The AMC SEM Conservation and Trails Committees are looking for your help—and you don't even have to leave home! Just a few minutes a day...**

We need someone computer literate to search and find South East Mass trails and conservation community activities and simply let us know about them—enter them into the OLTL (On Line Trip Listing) system [5 min] and send them out on our SNEL (Short Notice Email List) [5 min]. Only 10 minutes at your computer for each one! We also ask that you receive activities that others email you and then enter them also. Quick! Easy!

Contact the Chapter Chair, [chair@amcsem.org](mailto:chair@amcsem.org), if you can volunteer to help out!

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

By Melissa Powers, Social Chair

Mark your calendars for September 19th - 21st as we will be hosting our annual SEM Chapter Hut Weekend at The Highland Center at Crawford Notch, New Hampshire. These weekends are full of fun, hikes, paddles, bikes and most important laughs.



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.

Questions? Contact Melissa Powers at [socialchair@amcsem.org](mailto:socialchair@amcsem.org)

# Leadership Training

By Len Ulbricht, Education Chair

We had ten SEM members complete Leadership Training this spring. Three of the trainees are targeting CYP, and one already signed up for WFA in November. All are now eligible to begin the co-leading process toward attaining certification as SEM trip leaders.

The SEM Leadership Training includes both classroom presentations by SEM senior trip leaders and outdoor role plays emulating group management situations. Also included this year were exercises on decision making and screening to better prepare the participants for managing trip situations. SEM trip leaders participating in the day were Eva Borsody Das, Bob Vogel, Sally DeLisa, Leslie Carson and Len Ulbricht. In addition, Winslow Carroll from AMC Leadership Development facilitated the exercises and discussed AMC's approach to managing risk.

Looks like we have a good group of leader candidates. Congratulations to our new leaders!

- Peggy Qvicklund
- Barry Young
- Patti McNally
- Tom Madden Jr.
- Mike DeBartolomeo
- Jean DeBartolomeo
- Karen Singleton
- Jay Vivian
- Paul Brooks
- Peter MacPherson



Photo courtesy of Len Ulbricht, Education Chair

# Biking



By Cheryl Washwell, Biking Chair

We are so glad that biking seasons is upon us. We are developing new leaders and some 'old' ones are returning! We have Jack back in the saddle doing rides in the southeast area and a number of leaders for all areas of the cape. We have a great weekend on Nantucket planned! And you have to experience Paul's Full Moon rides! Just getting going – Jodi is doing an easy one!

Please keep checking the following link as we continue to add more rides.

<http://activities.outdoors.org/search/index.cfm?type=1&grp=10&com=5>

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## Red Lining the Blue Hills

By Paul Brookes

I am back from England and just completed Red Lining the Blue Hills, 'Blue' series. I started with the new year (Jan 7 for me) and finished yesterday (May 10). Total distance walked 173 miles, over 4 months. Of that, my dog Sunny hiked with me every day other than two of the days: 166 miles!

It was a much different experience than the first time round which I did during the summer months. This time the majority of the walking was in the winter with micro spikes or snow shoes. Those days when the temperature was in single digits I would rarely see another hiker and found these were some of the most enjoyable hikes of all. Those days when I hiked in fresh or falling snow, Sunny would bound ahead, in and out of the snow drifts until tired then would recuperate by walking in my snow-shoe footsteps. He's quite the hero of my hikes.



Photos courtesy of Joe Keogh

## More Red Lining the Blue Hills

Several SEM members have been working on Red Lining the Blue Hills. Here are some pictures of recent hikes. All photos are courtesy of Joe Keogh.



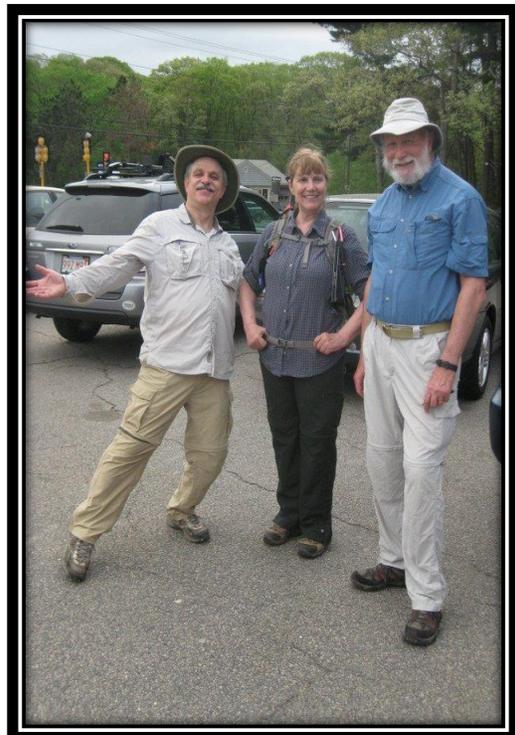
Hikers on Babel Rock



Hikers on The Crags at Rattlesnake Hill



Putting out the fire on hill by Murphy Path



Michael Swartz, Nancy Coote & Joe Keogh



## CALLING ALL WOMEN! BACKPACKER'S "GET OUT MORE" TOUR

This one-of-a-kind mobile tour brings BACKPACKER'S authoritative advice to life. The 50+ event Tour features in-depth retail workshops and presentations that inform and inspire active and aspiring outdoor women while covering the unique challenges women face while hiking, camping and backpacking, the specialized equipment designed specifically for women and the current state of fashion in the outdoor industry. For more details visit [www.Backpacker.com/womensedition](http://www.Backpacker.com/womensedition)

## Are You An AAA Member?

Do you have an AAA membership? Do you like to bike? If you answered yes to both of these....read on. AAA Southern New England covers your bicycle, too! AAA Bicycle Service is free and available to all membership levels AAA Members automatically receive two bicycle calls per year. If your bicycle breaks down while you're out for a ride, simply call the road service number on your AAA card (1-800-AAA-HELP).



**National Trails Day is June 7!** Click [here](#) for more information and to find a National Trails Day activity near you.

# SEM 100-Mile Hiked Patches

By Paul Miller, SEM Hiking Chair

This month, I had the pleasure of awarding SEM 100-Mile Hiked patches to Alan Greenstein, Kathy Fagan, and Dan Fagan. Congratulations to them!!

Any SEM member that would like to have his or her name entered into the 100-mile hiking log spreadsheet (accessible from the SEM Hiking Page on [www.amcsem.org](http://www.amcsem.org)) to be able to log their own AMC hiking mileage to earn a patch, should contact the Hiking Chair via email [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)



Alan Greenstein receiving his patch from Paul Miller.  
Photo courtesy of Sal Spada



Kathy and Dan Fagan receiving their patch from Paul Miller.  
Photo courtesy of Joe Keogh

## 10 Essentials for Summer Day Hikes

Before you go out for a fun day hike, don't forget to put these items in your daypack. ([www.wildlife.state.nh.us](http://www.wildlife.state.nh.us))

1. Map
2. Compass
3. Warm Clothing  
(jacket, pants, hat)
4. Extra Food and Water
5. Flashlight or headlamp
6. Matches/Firestarter
7. First Aid Kit/Repair Kit
8. Whistle
9. Rain/Wind Jacket and Pants
10. Pocket Knife

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# Passings

Luke Leonard, a long time SEM chapter member, passed away recently. Luke, from Lakeville, also served on the SEM executive board as the conservation chair. In addition, he was involved in hiking and trail work.

## SOUTHEASTERN MASSACHUSETTS ACTIVITIES

**The July/August edition will be the last one that will include the listing of activities.** We will always provide the website link for the activities. This is the most up to date way of providing you current information. Starting with the September 2014 edition the activities will be just a click away! To find current activities, see below, or [click here](#).

### 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](mailto:bikingchair@amcsem.org)) for more info.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. ([bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready to roll; helmets and water req'd. L Paul Currier (508-833-2690 8am-7pm, [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net))

#### Chapter Trips

##### (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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:bikingchair@amcsem.org). L Cheryl Washwell (774-259-4535 between 7am - 8pm, [cawashwell@gmail.com](mailto:cawashwell@gmail.com)) CL Patty Rottmeier ([prottmeier@aol.com](mailto:prottmeier@aol.com)), R Cheryl Washwell (774-258-4535 7am-8pm, [cawashwell@gmail.com](mailto: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](mailto:currierpaul@comcast.net))

## **CAPE HIKES**

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

### Chapter Trips

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](mailto: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.)

## **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](mailto:chair@amcsem.org)

### Volunteer Opportunities

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

## HIKING

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

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

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

### Chapter Trips

(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](mailto:swartz@brandeis.edu)), R Cathy Garry (508-524-8621 before 9 pm, [cathygarry@comcast.net](mailto: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](mailto:swartz@brandeis.edu)), R Cathy Garry (508-524-8621 before 9 pm, [cathygarry@comcast.net](mailto: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](mailto:swartz@brandeis.edu)), R Cathy Garry (508-524-8621 before 9 pm, [cathygarry@comcast.net](mailto: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](mailto:brillo6452@yahoo.com)) CL Nancy Coote ([nmcoote@yahoo.com](mailto: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, [lrc929@comcast.net](mailto:lrc929@comcast.net)) L Maureen Kelly ([mokel773@aol.com](mailto:mokel773@aol.com)), R Leslie Carson (508-833-8237, [lrc929@comcast.net](mailto:lrc929@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](mailto:swartz@brandeis.edu)), R Cathy Garry (508-524-8621 before 9 pm, [cathygarry@comcast.net](mailto: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 accommodation options available. L Paul Miller (508-369-4151 before 9:00 PM, [paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net)) L Eva Borsody das ([borsody@gmail.com](mailto:borsody@gmail.com)), R Paul Miller (508-369-4151 before 9:00 pm, [paulallenmiller@verizon.net](mailto: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 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)

(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, 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 (mokol773@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)

## **PADDLING/CANOE/KAYAK**

Always looking for additional paddle leaders! Contact the canoe/kayak committee at [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org)

### Chapter Trips

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. 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, 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)

#### Chapter Trips

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 Deadneak. Registration required. L Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net), R Bill Fischer (508-420-4137 before 9pm, wmbarbarafischer@comcast.net)

Wed., Jul. 9. Paddle - Oyster Pond/Stage Harbor - Chatham, MA. Launch 10:30 AM; PFD/spray skirt required; Put-in: from Route 6, take Exit 11 South to Left on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. Description: From Oyster Pond, up the river to Stage Harbor, across to Mill Pond. Back across part of Stage Harbor to lunch on the beach. After lunch, perhaps go out to the Sound to look around, then back down the River to Oyster Pond. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

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

Wed., Aug. 20. Paddle - Swan Pond/River, Dennis, MA. Launch 10:30 AM; PFD required/spray skirt if windy; Put-in: Clipper Lane off Upper County Road, Dennis; put-in (Swan Pond) is on the left. Description: Down the river to the Sound; if possible, we'll go out into the Sound for a short time, but that will depend on what the outlet is like and the weather. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

#### **TRAILS**

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