

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | September 2019

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Backpackers geared up for campout: Guinevere Morse, left, Natalie Halloran, Bob Vogel, Joanne Newton, Ellen Thompson, Jeanne Severdija, Dexter Robinson, Ray Boucher.

Hiking & backpacking weekend

By Joanne Newton & Bob Vogel

Well, the great SEM extended hiking/backpacking weekend of August 16-18, 2019 is now history...but what a weekend it was!

Friday started with a bit of rain as we gathered at the trailhead and prepared to climb Welch & Dickey, but we decided that it was a "Go." (The backup plan had been to cross Rt. 93 and climb Stinson Mountain.) This was the first "52 with a view" for some on this hike, so we were anxious for them and the rest of us to see the views along the way.

We hiked up to the first overlook on Welch and had some views. The rain had stopped and the clouds were still skidding along between the peaks. Even though we didn't have clear prospects, these were still breathtaking.

We then proceeded—cautiously!!!—up the still damp ledges. The footing was... let's say "Un-reassuring." OK, it was "scary as all crap!" to be more blunt, as the sheer drop-offs are nothing to dismiss lightly. We went very slowly, placed each foot carefully, and everyone made it to the top of Welch without any issues. (You folks back in Massachusetts may have heard my sigh of relief when we got there safely. :-))

We had our lunch, meeting a few other hikers at the summit, and then a few sprinkles came. More raindrops as we summited Dickey, but the big, slippery ledges were behind us so we could at least relax a little bit.

Continued on page 4



View from the Chair: Fall events to enjoy!

The other day, as I walked along a beach road bordered by assorted summer green vegetation, a few red leaves amidst shiny green ones caught my eye. Poison ivy changing color is an early sign that a seasonal change is upon us. But we still can enjoy a few more months of fall hiking, biking, and paddling before the ponds ice over and the white stuff comes. We also have several special chapter events coming this fall.

Once every 12 years, it's the Southeast Mass. Chapter's turn to host the AMC-wide **Fall Gathering** and this is our year. For this special event, we reserved Camp Burgess in East Sandwich and we're expecting more than 200 AMC members from all Club chapters up and down the East coast to participate. We started planning for this event more than 12 months ago and I'd like to send out a well-deserved "thank you" to all the SEM members who volunteered to help out. Particular kudos go to Barry Young for all the time and effort he already put in organizing this event! Since I just now learned that Fall Gathering 2019 has SOLD OUT, I'm hoping that any of you SEMers who wanted to have already registered and sent in their fees! (We did warn everyone that this event tends to sell out early). But even if you missed out on registering for Fall Gathering, there's plenty of other good stuff going on.

For example, there's the special event that comes every Fall, our chapter's **Annual Meeting** and Dinner. This year we return to the beautiful Bay Pointe Club in Buzzards Bay on Saturday, November 2nd for our traditional evening of socializing, business meeting responsibilities, fine buffet dinner, Distinguished Service Award, and evening speaker. This year we're pleased to be able to offer a presentation by Holly Fitzgerald, the author of *Ruthless River*, an amazing story of resilience and survival in the wild. The Annual Meeting Flyer with evening details, speaker's presentation abstract, and registration form can be found in this issue of *The Breeze*. [Registration is open.](#)

Two other events may not be on your radar yet, but are worth noting. Due to strong interest from this spring's Leadership Training participants, we are offering [Wilderness First Aid](#) for a second time this year, Sept. 21 & 22 in Plymouth. Again, due to strong interest, a second offering of Paul Brookes' popular [Map & Compass training](#) will be held Oct. 5 & 6 in the Blue Hills. Fees for each course may be reimbursable under the chapter's scholarship policy. (See scholarship forms under *Documents* on the chapter website).

Hope you can partake in one or more of these special events, in addition to our regular lineup of Fall hiking, biking, and paddling trips.

Thanks!



Len Ulbricht, AMC-SEM Chapter Chair

2019 Executive Board

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Social Vice ChairOPEN	The Breeze Editor.....Mo Walsh	if you are interested in any
Social Media AdministratorChristine Racine	Blast Editor.....Marie Hopkins	OPEN position



Bob Vogel presents Maria Sestina (right) and Joanne Newton with their patches for completing the Red Line.
Photo by Sue Svelnis

How Red Lining changed our lives

By Maria Sestina

In the spring of 2018, Joanne Newton and I took a chance. We registered for an AMC hike, drove to the designated meeting place, climbed out of our cars, and were met by a circle of smiling faces. Not knowing a soul, we set out on an adventure that would change our lives.

Our bodies grew stronger. Our hearts expanded. Our stamina increased. We became very familiar with the beautiful Blue Hills Trails. Surrounded by experienced hikers eager to share their knowledge, we learned how to read a map, interpret trail markers, use a compass. We became wiser in the woods, more aware of local history and respectful of New England's fluctuating weather patterns. There has always been wonderful camaraderie.

Last night (August 1st), we received our Red Lining patch from the founder of "Red Lining the Blue Hills," Bob Vogel. Joanne and I came wrapped in red satin gift ribbon...but it is all of you that have been a gift to us and to one another. A year and a half ago, we thought that we had merely signed up for a hike, but we got so much more. I hope that you will join us. Take a chance. We'd love to meet you.

100 & 500 mile patches: Get yours when you strive to "Be Outdoors!"

By Ken Cohen

The AMC-SEM website offers many excellent opportunities to participate in so many terrific hiking and achievement programs.

Have you considered the "Record Hiking Miles" option? It's a great way to set personal goals and casually compete with your fellow hikers.

As an additional incentive our chapter has offered a neat looking "100 Miles" patch, which you can request after each 100 miles of AMC sanctioned hikes, with any AMC chapter, in a calendar year.

Just recently a "500 Miles" patch has been added to the mix. That patch can be requested after you've exceeded 500 miles of AMC-sanctioned hikes, with any AMC chapter, during any period of time. For example, 200 miles during calendar year 2019 and 300 miles during 2020 would fulfill that requirement. Of course, acquiring five 100 Miles patches over time would qualify you for the 500-miler.

Please check [the details](#) by clicking on "Hiking" under "Committees" on the left side of the AMC-SEM website. That will take you to the comprehensive hiking activities page. On the right side, you'll click on "Record Hiking Miles." Give it some time to load and read the details at your leisure to get started.



Record hiking miles to earn 100 Mile and new 500 Mile patches. *Photo by Ken Cohen*



Hikers on the rock slabs ascending Welch: Cathy Giordano, Delsey Sherrill, Bob Vogel, Guinevere Morse, Diane Hartley, Joanna Dixon. *Photo by Joanne Newton*

Hiking & Backpacking Continued from page 1

We headed down past the open cliff on Dickey and then back into the woods and finally back out to the cars after four hours. A bit long for a "3 hour, 5 minute" (book time) hike, considering we didn't get to sit and enjoy the views for an extended period, but careful footing takes longer, and was certainly justified by the conditions. A great hike, with five great participants and two leaders.

Saturday, eight of us (three from Welch & Dickey and five new folks) were at the parking lot to car spot and get organized for our two-day backpack to Shoal Pond. While two cars were spotted at the Ethan Pond Trailhead, we did some last minute adjusting of loaned gear and some plastic bagging, because the weather wasn't guaranteed to be fine all day. When the car spotters returned, we all met at the Zealand Trailhead, donned our packs, and started hiking.

A few miles later and one short STEEP hike up, and we were at the Zealand Falls Hut for lunch. We showed the new folks around the hut and the accommodations. Alas, it was not going to be a high living night at the hut for us. We put the packs back on and continued down through Zealand Notch with the great views of Whitewall Mountain and Zeacliff. A stop at Thoreau Falls for the spectacular view of the cascading water and a last chance to filter "good" water, so we filled up every container we had. Then off toward Shoal Pond Trail.

We met three young guys who, as it turned out, were

camped at Shoal Pond, and who told us there were two others there, too. Uh-oh, we might have space issues. :-)

Well, we continued down the 3/4 of a mile of rather overgrown Shoal Pond Trail. Up the hill and "good news," all five of those who had come had camped near each other at one end of the camping area. Off to the far end we went and found space to set up our tents...quickly, as we knew rain was in the forecast. The rain held off, and we had time to cook supper, bear bag our food, and sit around and enjoy some relaxing time together.

We had time to walk down to Shoal Pond at dusk, hoping to see a moose, but no luck. Back to the campsite. Relaxed a bit more, then at 8:00 or so everyone was tired enough to head to the tents. This was good timing, as by 8:30 there was the pitter-patter of raindrops on the tents, followed by thunder and lightning...which fortunately never got close to us, so wasn't *too* scary. Then, for at least most of us, sleep. (There was this *one* new backpacker who spent most of the night listening to the sounds outside...like the moose thrashing in the wetlands, and who insists "something" walked through the campsite during the night. :-))

Morning brought sunshine, and a beautiful day. So we rose, cooked breakfast, and packed up. We then donned raincoats and rain pants for the walk through 3/4 of a mile of wet overgrown Shoal Pond Trail. :-)) We had to again be careful walking as the trail was extremely wet with deep mud patches and slippery rocks and branches all along the way. As we started down the trail, we saw fresh moose prints in the mud, so we knew the moose was around Saturday night!



Vista of clouds skidding between the peaks from the first overlook on Welch. *Photo by Joanne Newton*

Continued on page 5



Traversing Zealand Notch with more great views!
Photo by Dexter Robinson

Hiking & Backpacking Continued from page 4

Once out on the Ethan Pond Trail, there was a bit more room and we soon took off our raingear. We stopped for lunch at the Ethan Pond Campsite, so the new folks could see what camping out was like at an established campsite, with a shelter, tent platforms, bear boxes, and an outhouse. We then filtered water one last time and headed 'down' to the cars in Crawford Notch.

Once out, we carpooled back to Zealand road, swapped folks and gear between cars and, reluctantly, parted ways for our trip homeward but with new adventures to remember and new friendships made – after the hikes themselves, always the best parts of any AMC hike. We are already planning our next backpacking trip and hope more of you join us.



Fresh water stop at the Thoreau Falls cascades.
Photo by Dexter Robinson



Camping out after a long day's hike & before rain.
Photo by Dexter Robinson



Setting up camp before sunset.
Photo by Jeanne Severdija



Natalie Halloran at beautiful Ethan Pond.
Photo by Dexter Robinson



Volunteer of the Month: Paul Corriveau

By Ed Foster, Paddling Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Paddling Committee recognizes Paul Corriveau for his numerous contributions.

Paul is one of three or four leaders who lead the majority of our trips. Without him we'd have major gaps in our schedule. And he's improved some of our existing trips by finding new and better put-ins. He's always willing to lend a hand helping people load and unload boats and, when the need arises, getting out of his boat and pulling other paddlers over shallows. Without him we'd have a much emptier and less interesting paddling schedule.

Thank you, Paul, for all you do.

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.



New volunteer needed

Help keep the SEM chapter vital and encourage our members to be actively engaged through timely Communications! Work with the committee chairs, the Blast editor, Breeze editor, webmaster, and social media administrator, and be part of the Executive Board. See more [here](#).



Members enjoying spectacular weather and scenery on Sept 8th while cycling Chatham's scenic shoreline: Bob Maccaferri, left, Carol Houghton, Ed Foster, Bernie Meggison, Barbara Gaughan, Karin Lopriore, Joe Tavilla. *Photo by Barbara Gaughan*

Family-friendly rides and activities at the Maine Woods Rambler Oct. 20

The Maine Woods Rambler is a mountain bike ride sponsored by AMC and the Bicycle Coalition of Maine. AMC's Medawisla Lodge is hosting this family-friendly gravel grind with varying ride lengths and difficulty options, including 30K, 50K, 100K, and a 1.6K smooth course for kids on any style bike.

Sunday, October 20
AMC Medawisla Lodge, Maine
Registration fee – \$45
Kids 12 and under ride for free!

The registration fee includes the ride, Sunday BBQ from 2-4pm, and day use of canoes, kayaks, paddle boards, and Medawisla Lodge. The separate Lodging packages include dinners, lodging, breakfasts and trail lunches.



Get more information on the course options, including planned routes and elevation gains, and register [here](#).



Group members Peggy Qvicklund, left, Maria Sestina, Susan Jenkins, Cathy MacCurtain, Lars Qvicklund, Linda Church, Cathy Giordano, Pete Tierney, Ellen Thompson.

Navigating woods by map & compass

By Peg Qvickland

As AMC hikers, we've been taught to always carry the 10 essentials, one of which is a compass. You know, the little lightweight plastic thing with a circle, a spinning arrow, and a bunch of numbers? I'm sure we *all* have one in our pack; they weigh next to nothing. But who knows how to use it??? Not too many of us apparently, judging by the enormous interest in Paul Brookes' recent Map and Compass weekend seminar at Blue Hills. I was one of the lucky ones to snag a spot, and what a great weekend of learning it was!

On Saturday Paul began by reviewing how to read a map. I mean *really* read a map, finding manmade structures vs natural features, what those brown squiggly lines mean, what declination really is etc., etc. It all came to life as he created a mini topographic map using a clay mountain range and gradually rising water levels to visualize changing contour lines. Valleys and saddles appeared before our very eyes.

After learning how to take a bearing, to plot a bearing, and triangulation, we headed outdoors in small groups to use our skills in a bushwack.

Aided by Paul's co-instructors, Pete Tierney and Doug Griffiths, we all managed to find our way through the forest from point A to point B without using any trails.

Sunday's class was completely outdoors. Paul had planted "flags" dispersed throughout an area of the Blue

Hills and marked them on a topographic map. This map had all the geologic features of the area—valleys, streams, etc.—but basically none of the trails. Divided into two groups and using this map, our goal was to "tag" as many flags as possible using our new map and compass skills, along with group decision making.

With Paul, Pete, and Doug's quiet background support (they wouldn't let us get *too* lost!), one group found eleven flags and the other group tagged all 15.

Returning to our cars, compasses dangling confidently from our necks, we all agreed we had learned a lot and promised ourselves to get out and use it! Thanks again to Paul, Pete, and Doug!



Paul Brookes shows Cathy Giordano, left, and Linda Church how to plot a course on a map.



Diligently working around the table are Bob Vogel, left, Jerry MacCurtain, Rob Vogel, Earl Deagle, & Joanne Newton.



Doug Griffiths, left, stands ready to help Bob Vogel, Joanne Newton, & Jerry MacCurtain.

Photos by
Peggy Qvicklund

Nominate a volunteer for the DSA!

By Maureen Kelly, DSA Coordinator

This is the time to nominate someone in SEM that you feel is deserving of the AMC SEM Distinguished Service Award (DSA), the highest service award of our chapter. Any member can submit a nomination. The reason for the award is to acknowledge the significant amount of time and energy that someone has given as a volunteer in support of SEM.

Nominees should fulfill the following criteria:

- ❖ Must be a current AMC-SEM member, has been active with the SEM Chapter for more than five years, and is currently actively contributing to the Chapter
- ❖ Has significantly contributed to different committees
- ❖ Has contributed to the AMC Club in addition to committee work
- ❖ Has contributed "above and beyond" the usual SEM high level of volunteer service

The selection process is conducted by a secret vote by the Nomination Committee, which consists of previous award recipients and is coordinated by the previous year's winner. The winner of the award will be announced at our Annual Meeting on November 2nd. Until then, the winner is a surprise! Winners receive a gold-plated Sierra Cup, a certificate, and their name added to the SEM DSA virtual plaque.

If you wish to nominate someone, fill out the [DSA Nomination Form](#), or look for it under Documents on our website. Deadline for submission is October 1. Send the form to the [AMC-SEM Chair](#). To learn more about the award, you can visit our website [here](#).



Antique Sierra cup inscribed with A.M.C. owned by longtime SEM member Bob Vogel. *Photo by Bob Vogel*



AMC-SEM's virtual plaque lists past winners of the Distinguished Service Award.

Save-the-Date!

November 2, 2019

SEM's 44th Annual Meeting & Dinner

Reunite with old friends and make new ones.

All SEM members, potential members, partners, and friends are welcome!

For more information, please [click here](#).



The BRT Blazers cycling team will earn matching funds for the BRT project in the Watershed Ride on Oct. 6.

Oct. 6 Watershed Ride will benefit Bourne Rail Trail project

By Friends of the Bourne Rail Trail

The 2019 Bourne Rail Trail Blazers are prepping their bikes for the upcoming Watershed Ride on Sunday, October 6, presented by the Buzzards Bay Coalition! They will join hundreds of others in cycling around the Bay to raise funds for and awareness of the need to restore and protect clean water in our community.

New this year, the Bourne Rail Trail Blazers' ride will be the proverbial "win/win" as, thanks to a group of donors, small in number and great in generosity, the Friends of the Bourne Rail Trail will receive a dollar-for-dollar match of the funds raised by the BRT Blazers. In other words,

for every \$1 a Blazer raises through the Watershed Ride, a matching \$1 gift will be made to the Friends of the BRT. Your donations will be helping preserve the beauty and health of Buzzards Bay and providing important assistance to the effort to create the Bourne Rail Trail!

Interested in getting involved at this year's ride? Consider becoming a BRT Blazer or donate directly to our team! More information is available [here](#).

The dream of connecting the Cape Cod Canal and the Shining Sea Bikeway via the Bourne Rail Trail took a huge step forward with the announcement of \$285,000 in State funding to support the design and engineering of Phase 1 and Phase 2 of the BRT! The Town of Bourne, in conjunction with the Friends of BRT, will receive the grant through the Department of Conservation and Recreation's MassTrails Grant Program.

The BRT is one of 71 projects funded across the State and the grant award of \$285,000 is one of the largest MassTrails grants this year.

"Our administration is proud to prioritize the state trails system, which builds community pride, connects municipalities, and improves quality of life throughout Massachusetts," said Lieutenant Governor Karyn Polito. "By working in partnership to support these 71 trail projects, we are able to invest in the enhancement of our communities, and ensure natural resources are protected and available for all to appreciate and enjoy."

We are thrilled and honored that the State has recognized the BRT as a high priority project.

Full Sturgeon Moon lights the way

By Bob Currier

AMC-SEM members took advantage of the August 15th Full Sturgeon Moon for a sunset ride along the Cape Cod canal.

The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon.

Cyclists gather on the Cape side of the canal near the railroad bridge: Paul Currier, left, Barbara Gaughan, Bill Cook, Chic Godfrey, Marilyn Dunn, Debbie Sadoff, Janet Brenzel, Mike Driscoll, Jeffrey Hyman, Jim Hathaway, Mike Garrity, Pati Kent, Ted Rowan. *Photo by Barbara Gaughan*



AMC-SEM Biking 1,000-Milers

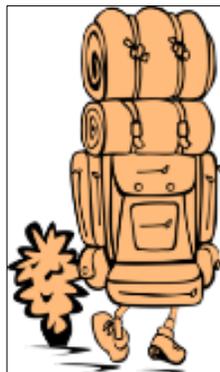
NAME	Q1 Miles	Q2 Miles
Joe Balboni	786	951
Richard Beaudoin	456	891
Grtz Jean-Claude Castelein		999
Bill Cook		681
Paul Currier	704	1,144
Larry Decker		270
Lee Eckart		1,408
Susan Eliason		84
Lawton Gaines		386
Jim Kipela	379	1,007
Larry Kornetsky	454	1,254
Mike Garrity	456	1,833
Barbara Gaughan	48	267
Mark Gurnee	421	965
Glenn Mathieu		527
Bernie Meggison	73	630
Ed Nelson	1,189	2,875
Louis Outor		778
Rick Roberts	1,205	2,302
Robyn Saur		1,788
Joe Tavilla		187
Rob Wheeler		

For info about joining the Thousand Mile Cycler's Club, contact Paul Currier. paulbcurrier@comcast.net

AMC 2020 reservations now open

Whether you want to check out a new destination or revisit an old favorite, reserve your spot for 2020 today. Members save up to 20% on lodging—and when you [book next year's reservation](#) before 12/31/19, you'll lock in 2019 prices

**Early booking discount not valid at the Stephen & Betsy Corman AMC Harriman Outdoor Center, which will accept individual 2020 reservations beginning on 11/1/2019.*



Backpacking 102: Gear What do I need?

By Bob Vogel, Hike Leader

Well, if you already are a New Hampshire day hiker, and you want to go backpacking, the equipment needs could be relatively minimal...

- A sleeping bag. Actually that's about all you really need. My first backpack that's about all I had. But there are a few more desirable items to have.

- A sleeping pad. I quickly discovered that the hard wooden floor of a shelter was not comfortable. And unless you have a tent, you are confined to shelters, so...

- A tent. Although many AMC members have a two person tent, and are willing to share... if you help carry part of the tent. Well, now you are all set... If you like eating cold food, or are planning to cook over a fire. (Trust me, that isn't as romantic as it sounds, it isn't fun on a rainy day.) So you may wish to buy...

- A stove. (But again this can be "shared" equipment, especially if you learn to carry "easy backpacking meals," Read that as "things you just add hot water too, then wait a couple minutes, and eat out of the bag.") And, unless you want to boil all your drinking water, or carry chemical water treatment ...

- A water filter. (Again, these can be shared items on AMC trips.)

Sure there are a lot more "little things." You'll need: cup, spoon, some rope and a bag to hang your food. But you don't want to add too many more items, because remember, you're going to have to carry it all... So the last item?

- A pack big enough to carry everything, or with attachment points to lash gear on the outside.

To get your copy of Bob Vogel's "Guide to Backpacking," email Bob at vogel.r@comcast.net or look for monthly installments in *The Breeze*.

The
Southeastern Massachusetts Chapter
of the
Appalachian Mountain Club
invites members, friends, and families to our
44th Annual Meeting

**Saturday, November 2nd,
2019**

**The Bay Pointe Club
Buzzards Bay, MA**

<https://baypointeclub.com>

No charge if you just join us for the social hour and business meeting!

4:30 pm – **Registration & Cocktail Hour** – free appetizers & cash bar

5:30 pm – **Annual Meeting** (no charge)

6:30 pm - **Buffet Dinner & Guest Speaker**- \$25.00 per person (\$35.00 per person after 10/24)

Guest speaker presentation abstract and registration form follow.

Questions? Contact Len Ulbricht at chair@amcsem.org

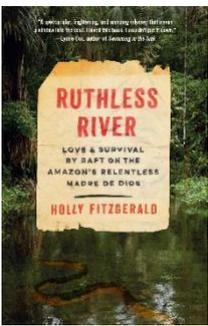
2019 Annual Meeting and Dinner Special Guest Speaker: Holly Fitzgerald



Author of recently published

RUTHLESS RIVER: Love and Survival by Raft on the Amazon's Relentless Madre de Dios

Presentation Abstract



Ruthless River is a story of survival in the remote Amazon interior of South America. In 1973, during a delayed around-the-world honeymoon, the plane carrying Holly Fitzgerald and her husband crash landed in a Peruvian penal colony. Stranded near a tiny town on the banks of the Rio Madre de Dios, they built a raft and traveled downriver to a Bolivian town from where they hoped they could travel on to Brazil. But, instead, after being swept off course by a huge storm they found themselves in a swampy dead end, surrounded by quicksand and unable to get to shore. As we'll learn, these inexperienced rafters faced a frightening ordeal of survival without clean water, food, or shelter and threatened by swarming insects and lurking predators.

Ruthless River tells a harrowing story in which escape seemed impossible. In her presentation, Ms. Fitzgerald will provide us with a personal glimpse into this life-changing ordeal.

✂️ *****

AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

\$25.00/per person; \$35.00 Oct. 25 – Oct. 31st

Deadline to Register is Thursday, October 31st

To register for the Annual Dinner, fill out the [Registration Form](#) below and mail your check (payable to AMC-SEM) to: **Patty Rottmeier, 1 Belmont Rd. TH5, W. Harwich, MA 02671**

AMC SEM 2019 Annual Dinner Registration		
Today's Date		
Your Name		
Email		
AMC Member?		
Price		
I'd Like to Volunteer		
<i>Bring a Friend --- We'll See You There!</i>		



Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA13+

A9-13

B5-8

Cless than 5

Indicates pace

1very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

CConservation

BICYCLING

Fri., Sep. 13. Adventure Ride #13, Cape Cod, MA. Adventure Ride #13 " Punkhorn Circumnavigation" Mostly dirt ride, exploring the vast Punkhorn Conservation area. An overview of the park, so you can return and do further, more in depth hiking or biking on the many trails. This is a "No Drop " tour. Relaxed pace ride. A larger tire bike is recommended -- we will ride on dirt paths, gravel roads, cart ways and quiet paved back roads. Self Contained Ride. Bring Water, Snacks, Lunch, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register for Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Meet at the Dennis Senior Center 1045 MA-134, South Dennis, MA 02660 (Corner 134 and Setucket) Park away from building. Mileage --- 20 +/- Miles, Allow 4+ Hours Arrive : 9:45 AM Leave : 10:00 AM. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF))

Sat., Sep. 14. Evening Road Cycling - Sunset & Full Harvest or Corn Moon Ride. Cape Cod, MA. 22+/- Miles & 2 ½ - hours. Flats & Hills -This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon, which is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulcorri@gmail.com Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulcurrier@comcast.net)

Mon., Sep. 16. Gravel Adventure Ride #3, Cape Cod, MA.-- Start 10:00 AM--Bicycle Gravel Adventure Ride #3 "Buggy Whip" A Mixed Terrain Tour Featuring Scenic Bicycle Sidewalks, Quiet Paved Roads, Dirt Roads, Cart Ways and Trails. See Princess Beach, Ye Olde Stoney Brooke Cart Way, Hayes Conservation and More. Relaxed Pace, No Drop Ride. Bring Water, Lunch, Snacks. Carry necessary equipment to sustain your cycle also--tubes, etc. No Services Available. Approximately 20 miles--3 hours +/- . This ride is a Loop. Larger Tire Bike (Mountain Bike, Cycle Cross, Hybrid, Gravel Bike, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. Start Dennis Senior Center, 1045 MA-134, Dennis, MA 02660 Route 134 and Setucket Road--Park Away from Building. Arrive 9:45 AM for 10:00 AM Start Register for Updates, Weather, Cancellations, etc. paulcorri@gmail.com. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF) bicycle routes.)

Fri., Sep. 20. Gravel Adventure Ride #4, Cape Cod, MA. Start 10AM-- Bicycle Gravel Adventure Ride-- A Mixed Terrain Tour. This ride will feature Gray's Beach Conservation Area. We will then meander thru back roads and trails to Hyannis Harbor. Also, the group will cross the new Bass River Bridge on the CCRT. After riding along the harbor for a bit we will head back north thru cranberry bogs to the start. A portion of this ride is in the "city"-- so expect some congestion and traversing of busy roads. We will be on sidewalks and roads and bikeways in Hyannis. Part Rural, Part Urban--Expect to ride on pavement, bike sidewalks, bike paths, dirt cart ways and dirt trails. Approximately 25 miles. 3 -4 Hours. Larger Tire Bicycle (Mountain Bike, Cycle Cross, Hybrid, Gravel, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. This ride is a large loop. Relaxed Pace, "No Drop" Ride. This is a Self Contained Ride. Bring Water, Lunch, Snacks. Carry proper equipment to maintain your cycle--tubes, etc. Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Arrive 9:45 for 10:00AM Start Register for Updates, Weather, Cancellations, etc. Feel Free To Email With Questions. paulcorri@gmail.com. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF) Bicycle Routes)

Continued next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Mon., Sep. 23. Bicycle Gravel Adventure Ride #5, Cape Cod, MA. Start 10AM-- Bicycle Gravel Adventure Ride #5 "Nye's Neck"-- A Mixed Terrain Tour. This ride will feature The Lake Wequaquet Area and Nyes Neck. We will access this section via the Phinneys' Lane Paved Bike Sidewalk. View and Ride Dirt Lake Roads and Lake Camps--Although Interesting, there are some Dead Ends and Turn-Arounds on this Tour, as we explore the lake region close up. We will then meander down back roads and sidewalks thru Hyannis, cross Cranberry Bogs on the way back to the start. A portion of this ride is in the "city"-- so expect some congestion and traversing of busy roads. We will be on sidewalks and roads and bikeways in Hyannis. Part Rural, Part Urban--Expect to ride on pavement, bike sidewalks, bike paths, dirt cart ways and dirt trails. Approximately 30 miles. 3 -4 Hours. Larger Tire Bicycle (Mountain Bike, Cycle Cross, Hybrid, Gravel, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. This ride is a large loop, some turn arounds. Relaxed Pace, "No Drop" Ride. This is a Self Contained Ride. Bring Water, Lunch, Snacks. Carry proper equipment to maintain your cycle--tubes, etc. Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Arrive 9:45 for 10:00AM Start Register for Updates, Weather, Cancellations, etc. Feel Free To Email With Questions. paulcorri@gmail.com. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF) Bicycle Routes)

Fri., Sep. 27. Gravel Adventure Ride #6, Cape Cod, MA. Start 10AM-- Bicycle Gravel Adventure Ride #6 " The Nickerson Nick"- A Mixed Terrain Tour. This ride will traverse the Punkhorn then onto Nickerson. Thru the back side of Nickerson we will head south to the Ancient Hamilton Cart Way. We will then meander thru back roads into The Hawks Nest. Thompson Field Conservation is next, leading thru to Banks Conservation Area and then back thru the Punkhorn to the start. Expect to ride on pavement, bike sidewalks, bike paths, dirt cart ways and dirt trails. Approximately 25 miles. 4 Hours. Larger Tire Bicycle (Mountain Bike, Cycle Cross, Hybrid, Gravel, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. This ride is a large loop. Relaxed Pace, "No Drop" Ride. This is a Self Contained Ride. Bring Water, Lunch, Snacks. Carry proper equipment to maintain your cycle--tubes, etc. Start Dennis Senior Center, 1045 MA-134, Dennis, MA 02660 Route 134 and Setucket --Park Away From Building Arrive 9:45 for 10:00AM Start Register for Updates, Weather, Cancellations, etc. Feel Free To Email With Questions. paulcorri@gmail.com. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF) Bicycle Routes)

Mon., Sep. 30. Bicycle Gravel Adventure Ride #7, Cape Cod, MA. Start 10AM-- Bicycle Gravel Adventure Ride #7 "Crooked Cartway"-- A Mixed Terrain Tour. This ride will feature the Crooked Cart Way in the Barnstable Conservation, Trail of Tears Area. This ride is on faster terrain than the others, uses mostly paved roads and bicycle sidewalks. A fairly direct route from start to finish and a good way to experience riding across Barnstable. Nice dirt section along entire Crooked Cart Way and a few others dirt sections. Quiet roads for the most part. Tour Return on 6A Sidewalk--Very Bumpy, MTB Worthy! Expect to ride on pavement, bike sidewalks, bike paths, dirt cart ways. Some Urban Riding on the Edge of Hyannis-- Approximately 35 +/- miles. 3 -1/2 to 4 Hours. Larger Tire Bicycle (Mountain Bike, Cycle Cross, Hybrid, Gravel, etc.) is necessary. Tire size 1-1/4 (32mm) or larger recommended. This ride is a Big Loop. Relaxed Pace, "No Drop" Ride. This is a Self Contained Ride. Bring Water, Lunch, Snacks. Carry proper equipment to maintain your cycle--tubes, etc. Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Arrive 9:45 for 10:00AM Start Register for Updates, Weather, Cancellations, etc. Feel Free To Email With Questions. L Paul Corriveau paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF) Bicycle Routes)

Fri., Oct. 4. Adventure Ride with Larry and Elvis #14, Mid-Cape, Harwich, MA. An Elvis Tribute Ride. Ride the Hidden Gravel Roads, Cart Ways and Trails of the many Cranberry Bogs of Cape Cod. Explore the Punkhorn, Upper Bells Neck, West Reservoir and Herring River. Arrive 9:45 for 10:AM Start About 20 Miles, 3-4 hours. Larger tire bike, MTB, etc. Relaxed Pace, No Drop Ride. Bring necessary bike equipment, tubes, pump, etc. Carry Snacks, Water, Lunch-- No Nearby Services. Register to receive updates, weather cancellations, etc. paulcorri@gmail.com Start Location: Depot Street, Harwich where CCRT crosses Depot-- Small Dirt Parking Lot on CCRT. Near old, now closed, [Depot Bike Shop and Big Rock Oyster](#).. L Paul Corriveau paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF)

Mon., Oct. 7. Gravel Adventure Ride #8, Cape Cod, MA. Bicycle Gravel Adventure Ride #8 " Quiet Cape" A Mixed Terrain Tour. Enjoy the "Quiet Cape". Ride features many remote and little used gravel fire roads, cranberry cart ways and quiet paved roads throughout Mid Cape -- Including those in Brewster and Harwich, the Punkhorn and Hawks Nest. Approximately 30 miles-- 4 hours. Larger Tire Bike Necessary. Ride is a large Loop. Relaxed Pace, No Drop Ride. Self Contained--Bring Lunch, Snacks, Water. Carry extra tubes, tools, pump and necessary repair items. Arrive 9:45AM for 10:00 AM Start Dennis Senior Center, 1045 MA-134, Dennis, MA 02660 (Corner 134 and Setucket) Park away from building. Register to receive cancellations, updates, weather delays, changes, etc. paulcorri@gmail.com. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF)

Continued next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Fri., Oct. 11. Adventure Ride #10, MA. Adventure Ride # 10 "Creepy Cape Cod" Cape Cod, MA This is a fun filled ride for the Halloween season. Explore the Cape that you will not see advertised in Chamber of Commerce brochures---No cheerful family vacations here---This is "The Cape of Mayhem and Murder". Cape Cod's lovely rural villages truly rival those of "Midsummer" for the commission of Nefarious Deeds. This ride includes brief stops at notable sites on which crimes have been perpetrated, terrifying events have occurred, or hauntings currently take place. This is a relaxed pace, "no drop" tour. A larger tire bike is recommended -- we will ride on some dirt roads, cart ways and bicycle sidewalks in addition to quiet paved back roads. Self Contained Ride. Bring Water, Snacks, Lunch, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register For Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Mileage --- 25 Miles, 3-4 Hours Arrive : 9:45 AM Leave : 10:00 AM. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF))

Sun., Oct. 13. Bicycle Adventure Road Ride #9, Cape Cod, MA. Start 9:30 AM--"The Earl Of Sandwich" A nice, scenic, Fall Tour! Ride the country roads of Cape Cod--from Mid Cape to the Canal. Explore the back road options that take us fairly directly to the canal from Yarmouth Port without traffic. A road bike is suitable for this trip, since roads are paved. We will be on bicycle sidewalks also. Some riders will choose to pedal a larger tire bike for comfort on some bumpy roads. A MTB is also suitable since the pace will be relaxed. and leisurely, "No Drop". Route will pass thru Cummaquid, along Lake Wequaquet, then North on quiet back roads to Spring Hill and across the Board Walk to the Canal. All without riding on the Service Road---No Service Road! Lunch Stop will be at Sea Food Sam's on the Canal. Order there or bring your own lunch -- picnic tables available for either choice. <http://www.seafoodsams.com/view-sandwich-location-menu/> This is a Self Contained Ride. Bring Water, Snacks, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register for Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Start Grays Beach-- 400 Center St, Yarmouth Port, MA 02675 Mileage --- 50 Miles, Approximately 5 Hours including Lunch. Note Time : 9:15 AM Arrive : 9:15 AM Leave : 9:30 AM. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF))

Mon., Oct. 14. Sunset and Hunter's Moon or Blood Moon Road Cycling, MA. Sunset and Hunter's Moon or Blood Moon Road Cycling 22+/- Miles/ 2 +/- hours. Flats & Hills. Traditionally, tribes spent the month of October preparing for the coming winter. This included hunting, slaughtering and preserving meats for use as food. This led to October's full Moon being called the Hunter's Moon and sometimes Blood Moon or Sanguine Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Fri., Oct. 18. Gravel Adventure Ride #2, Cape Cod, MA. "Cobies Choice" Hidden trailways to Nickerson. Friday, October 18, 2019 Explore the scenic hidden Cape. Traverse the Punkhorn and other Conservation areas on the way to Nickerson State Park. This ride is a large loop. Large Tire or MTB recommended. 30 miles +/- 4 Hours. Arrive 9:45 AM Leave 10:00AM Self Contained Ride. Bring Water, Food, Bike Equipment, Tire Repair etc. Register for details, updates, cancellations, weather delays, etc. paulcorri@gmail.com Start Dennis Senior Center 1045 MA 134 Route 134 and Setucket Road Park away from building. L Paul Corriveau (paulcorri@gmail.com, Cape Cod Motor Vehicle Free (CCMVF))

Fri., Oct. 18. 2019 Fall Gathering Bike Main Roads and Back Streets from Camp Burgess2, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants Ride from Camp Burgess and take main roads and back streets for 25 miles through scenic Cape Cod towns making stops along the way at Cotuit General Store, Loop Beach and other scenic areas. Ride will be mostly flat with a few gentle rolling hills and take approximately 2 and 1/2 hours. Participants must have road bike in good working condition, helmet, spare tube and water or fluids for hydration. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, they must be picked and returned to the Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Jeffrey Hyman (jsh17@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Sat., Oct. 19. 2019 Fall Gathering Bike Dennis Rail Trail, Dennis, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants. We will pedal 35 miles on the Dennis Rail Trail, the most scenic trail on the Cape from Dennis to Orleans passing cranberry bogs ponds, Rock Harbor and end in Orleans Center. We will make several stops at points of interest and scenic views along the way Trail is flat and the pace will be 12 - 15 mph. Required equipment helmet, spare tube. water and snack. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, for the Dennis ride, they can be delivered to the start point at the Cape Cod Rail Trail head on Route 134 in Dennis Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Bernie Meggison (617-930-4029, thosemeggisons@gmail.com)

Sat., Oct. 19. 2019 Fall Gathering Bike from Camp Burgess through Sandwich and Cotuit, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants We will do a 22 mile road ride starting at Camp Burgess and ride through Sandwich to the quintessential Cape Cod village of Cotuit. We will enjoy stops at points of interest and scenic views of Nantucket Sound. We will ride on busy main roads and quiet secondary roads that will have some flat and rolling hills. Pace will be 13 - 15 mph in a follow the leader style. Participants need road bike in working condition, helmet, spare tube, water and snack. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, participants will need to pick bike up at Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Barbara Gaughan (barbaragaughan12@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Bike Cape Cod Canal, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants. We will carpool from Camp Burgess to parking lot at Sanwich Recreation area. We will ride the bike trail along the canal for 13 miles at a 8 - 10 mph pace. Road and or hybrid bike in good working condition is appropriate. Participants must have helmet, spare tube, water and snack. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, participant will need to pick up bike at Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Jeannine Audet (milmod@aol.com)

Sat., Oct. 19. 2019 Fall Gathering Bike Trail of Tears, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants. We will carpool from Camp Burgesss to start. Mountain Bike Ride of approximately 10 miles on the Trail of Tears. We will proceed at a slow pace on single track trails, no jimps etc. Mountain bike with suspension is recommended. Participant must have helmet, spare tube, water and snack. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, bikes must be picked up and returned at the Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Larry Kornetsky (Larrykornetsky@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Sun., Oct. 20. 2019 Fall Gathering Bike Bike, Dennis, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering., limited to 20 participants. This ride is a leisurely exploration of some of the oldest grave sites in the mid cape area. Cape Cod has some of the most beautiful classic carved stones in the country. We will view those fine examples of 1600s thru 1800s Grave Stone Art -- Winged Skulls by Lamson and Noyes of Boston, Stevens carvers of Newport and William Coye of Plymouth. Brief stops with narrations at various graveyards including small pox cemeteries, remote single entombments and the longest columbarium in New England. Native American resting places will also be visited. This is a "No drop" tour, relaxed pace ride. A larger tire bike is recommended -- we will ride on dirt cemetery paths, gravel roads, cartways, bicycle sidewalks and quiet paved backroads for a distance of 25 - 30 miles. Self contained ride, bring water, snacks, lunch, spare tube and tools to repair bike. Helmets required. Dennis Cycling Center will offer a 10% discount on all rentals for the fall gathering. Depending on the volume of rentals, they may be able to deliver bikes to Camp Burgess. Otherwise, they must be picked up and returned to the Dennis Cycling Center. Here's the web address: www.DennisCycleCenter.com Follow the link to RENT NOW, then enter promo code AMC2019 Their phone number is 508-398-0011 Owner, Matt This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-limited to 20 participants. L Paul Corriveau (paulcorri@gmail.com)

Sun., Oct. 20. Adventure Ride #11, Dennis Senior Center, Dennis, MA. "Tour De Graves" Mid-Cape Edition This ride is a leisurely exploration of some of the oldest grave sites in the Mid-Cape Area. Cape Cod has some of the most beautiful classic carved stones in the country. We will view these fine examples of 1600's thru 1800's Grave Stone Art -- Winged Skulls by Lamson and Noyes of Boston, Stevens Carvers of Newport and William Coye of Plymouth. Brief stops with narrations at various graveyards including small pox cemeteries, remote single entombments and the Longest Columbarium in New England. Native American resting places will also be visited. This is a "No Drop " tour. Relaxed pace ride. A larger tire bike is recommended -- we will ride on dirt cemetery paths, gravel roads, cart ways and bicycle sidewalks in addition to quiet paved back roads. Self Contained Ride. Bring Water, Snacks, Lunch, etc. Carry the proper equipment to maintain your bike--tubes, tools, etc. Register for Updates, Weather, Cancellations, Changes, Etc. paulcorri@gmail.com Meet at the Dennis Senior Center 1045 MA-134, South Dennis, MA 02660 (Corner 134 and Setucket) Park away from building. Mileage --- 25-30 Miles, Allow 4+ Hours Arrive : 9:45 AM Leave : 10:00 AM. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF))

Fri., Oct. 25. Adventure Ride #1, Dennis, MA. "Big Dipper" Friday October 25, 2019 Ride Fire Roads, Cart Roads, Cranberry Trails and sand Trails thru Mid Cape. 70% Dirt --the rest is quiet paved. Ride remote areas of Brewster and see hidden conservation areas and roadways. Thompson,Hawks Nest, Bellsneck, Herring River, etc. Large Loop. Need large tire bike MTB recommended. 30 miles +/- 4 Hours. Bring Food, Bike supplies, Tire repair, etc. Start Dennis Senior Center 1045 MA134 Route 134 and Setucket Park away from building. Register for weather updates, cancellations, etc. paulcorri@gmail.com Arrive 9:45 AM Leave 10:00 AM. L Paul Corriveau (Cape Cod Motor Vehicle Free (CCMVF))

Sun., Oct. 27. Adventure Ride #14, Dennis, MA. "Autumn Excursion" Sunday 27, October, 2019 A relaxed ride thru surrounding woodlands to enjoy the colors and vistas of the season. The ride will tour the most scenic Mid cape has to offer for the fall season. Dirt and paved. Register for changes,updates, weather, cancellations -- paulcorri@gmail.com Bring food and bike supplies--tire repair etc. Large tire or MTB recommended. Arrive 9:45 AM Leave 10:00AM Start Dennis Senior Center, 1045 MA-134 corner Route 134 and Setucket Park away from building. L Paul Corriveau (paulcorri@gmail.com)

Tue., Nov. 12. Sunset & Full Beaver Moon Road Cycling:, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of small hills. For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulcorri@gmail.com Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

BICYCLING

Thu., Dec. 12. Sunset and Full Cold Moon Cycling, MA. - - 22+/- Miles/ 2 +/- hours. Flats & Hills. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

Thu., Sep. 12. Hike Eagle Pond, Cotuit, MA. Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., Sep. 14. Hike-Brewster, Punkhorn Parklands (C3C), Brewster, MA. Wooded, hilly trails with 4 pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 am 3 hours. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Thu., Sep. 26. Wellfleet/Truro Bay to Breakers, Cross-cape hike (B3C), Wellfleet, MA. One-way hike from Cape Cod Bay, Truro to Newcomb Hollow Beach, Wellfleet. Meet 9:45 a.m. Newcomb Hollow Beach for car shuttle to Truro, Ryder Beach. Extended time: 2.5 to 3 hrs. From Rte 6 Orleans/Eastham Rotary, go 11 mi. Turn Right on Gross Hill Rd. Continue on Gross Hill Rd to Newcomb Hollow Beach. L Janet Kaiser (508-432-3277 Before 9 PM, jtkaiser@comcast.net, AMC Life Member, Cape Hikes leader many years.) L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sat., Sep. 28-28. Hike Herring River Harwich, Harwich, MA, MA. 3 1/2 hour hike on wooded trails. Bring lunch. Directions: From Route 6 take Exit 9A onto Route 134 South. At third traffic light, turn left onto Upper County Road. Immediately turn left onto Great Western Road. Travel 2.1 miles then park in Sand Pond Parking Lot on left. Meet at 9:45 and hike 10 am - 1:30 pm. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Thu., Oct. 3. Hike Wellfleet Newcomb Beach: EASY, Wellfleet, MA. Walk wooded hard-packed sand roads and trails weaving in and out of several pond areas ending with a short beach walk. 2 hrs From Rte 6 in Wellfleet right at green sign for Newcomb Hollow; IMMEDIATE left up hill Gross Hill Rd for 2 mi. At stop sign bear left until road ends at Newcomb Beach Parking Lot. Meet at 9:45 for 10:00 start. L Pat Sarantis (508-430-9965 Before 8:30 PM, patsarantis@gmail.com)

Sun., Oct. 6. Cape Cod Canal/Town Neck, Sandwich, MA. Taking advantage of low tide we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand then through the Town Neck neighborhood. Gather at 12:45 for a 1 pm start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Thu., Oct. 10. Hike--Short Camp Burgess to Maple Swamp hike, Sandwich, MA. This 4 mile, 2 hour hike starts from Camp Burgess in Sandwich, winds through trails and roadways through a rural neighborhood, and encompasses a portion of the Maple Swamp Conservation area before heading back to Camp Burgess along other trails. The terrain is wooded paths and cartways with some hills and rutted pathways. Hiking poles and sturdy footwear are advised. We will meet in the lower parking lot at Camp Burgess. From Route 6, mid-Cape Highway, take Exit 3, going south toward Quaker Meeting House Road (opposite from Route 6A). Go 2.5 miles and turn left onto Cotuit Road at the traffic light. Go .3 miles and fork left onto Farmersville Road. Go 1.1 miles and turn left onto Stowe Road. Go .5 miles and Camp Burgess is on your left. Pass by the first Burgess entrance, buildings up the hill on your left, pond on your right, and the parking lot is up a short driveway on your left. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a fourth year SEM/Cape hikes Level I leader with WFA training.)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

(FT) (NM) Sat., Oct. 12. Hike - Brewster Nickerson State Park (C3C), Brewster, MA. Hike around the ponds and back area hills. From Rt 6 East take Exit 12. At end of ramp, turn Left onto Rt 6A West and go 1.6 miles to park entrance on Left. Enter park and take first Left on Flax Pond Rd to pkg lot at end. Meet 9:45 Two and one half hours. Rain cancels. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Fri., Oct. 18. 2019 Fall Gathering Hike Ryder Conservation/Lowell Holly, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering. This 4 mile hike will take you thru Ryder Woods, a Sandwich conservation area and Lowell Holly, a Trustees of Reservation property. Trails are mostly flat with a few moderate climbs. We will walk on foot paths crisscrossed with tree roots, sandy beach, boardwalk, carriage roads. Poison ivy, ticks are risks. Views of Mashpee & Wakeby Ponds - among the largest freshwater bodies on Cape Cod. Leader will share fun facts along the way. Participants need sturdy footwear, water, snack and hiking poles optional. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-. L Barbara Gaughan (barbaragaughan12@comcast.net)

Fri., Oct. 18. 2019 Fall Gathering Hike short Hike from Camp Burgess to Maple Swamp Conservation Area, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering. This 4 mile, 2 hour hike leaves right from Camp Burgess on foot. After heading out through the Burgess farm, the initial section is on a wooded path and through a rural neighborhood. Then we head into a Town of Sandwich Conservation Area, Maple Swamp. This area was used as wood lots by the early settlers of Sandwich who had their farms along the ocean shore line. You will be surprised that oxen could pull wood carts along some of the cart paths that we will hike. We will be on both cart paths and narrow rutted trails with several moderate hills. Hiking poles are highly recommended in addition to sturdy hiking shoes and water. This hike is a loop with no easy bail-out. We will finish on a wooded path back to Camp Burgess. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. L Robin McIntyre (robinm McIntyre@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Hike From Ryder Beach Truro to Newcomb Hollow Beach Wellfleet, Truro, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. If you are unfamiliar with Cape Cod, this is your opportunity to travel to the outer Cape and hike from Cape Cod Bay to Newcomb Hollow Beach on the National Seashore. It will take a little over an hour to drive to the hike. We will then need to take a few minutes to spot cars on either end of the hike. The 5 plus mile hike will take you on dirt roads, railroad beds, paved streets and wooded trails. Along the way you will see portions of the Old Kings Highway, the Hamburger home, examples of "Bauhaus School architecture and lots of flora and fauna. "Bauhaus school" is the "Modernist" architectural movement, started in Germany 1919. "100 Anniversary" of the Bauhaus School this year. There is a Bauhaus school in Chicago, ongoing in US since 1937, We will stop at Snow Pond for a lunch break. Newcomb Hollow Beach is the site of the fatal white shark attack last summer. At the conclusion of the hike, we will need to shuttle drivers to their cars at hike start. On your way back to Camp Burgess you may want to make a stop at the visitor's center at the National Seashore. Participants need sturdy footwear, water, bagged lunch and hiking poles optional. L Richard Kaiser (rjkaiser@comcast.net) L Janet Kaiser (jtkaiser@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Naturalist Hike, Bourne, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. limited to 20 participants. Join Nancy Wigley, AMC Life Member and Educator/Naturalist (author of "Trailside Treasures, Plants of Cape Cod" and "Looking at Lichens, A Journey of Discovery beginning on Cape Cod"), on an informative hike in the Four Pond Conservation Area to explore the necklace of fresh water ponds (following its journey to the sea), springs, spillways, and site of the old Tahanto Fishing Club, the Iron Foundry, Trout Hatchery and Grist Mill. This is an enchanting woodland rich in history now hidden by lovely ferns, club mosses, partridgeberry, and orchids, etc. providing ideal habitat for wildlife. Walk in the footsteps of two of our presidents, Grover Cleveland and Calvin Coolidge, who fished these ponds. Easy 2.5 - 3 miles even terrain with one or two slight inclines. Travel Time from Camp Burgess is 20 - 25 minutes. Participants need sturdy footwear, water, snack and hiking poles optional.. L Nancy Wigley (nrwigley@verizon.net) CL Maureen Kelley (mokel773@aol.com), R Maureen Kelley (mokel773@aol.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sat., Oct. 19. 2019 Fall Gathering Hike West Barnstable Conservation Area, West Barnstable, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. This is one of the few trail systems on Cape Cod that may actually deserve the name "hike," both because of the rolling nature of the terrain and the steepness of individual sections of trail. So a spirit of adventure is in order, along with sturdy boots. Visitors are rewarded with a trek through a magnificent pine and hardwood forest, which may whet the appetite for further explorations of this 1,114-acre conservation area crisscrossed by many miles of trails. We will hike to Walker's Point, a wooden deck built by NEMBA (New England Mountain Bike Association) to memorialize a friend. Then we will continue to a trail I call whoop de doos to Dube Rock. From there we will wind through the woods on the Trail of Tears to Scott Rock YA trail. Then after a series of ups and downs we connect to the Beech Tree trail, hopefully the Beech Trees will be in full color, gold. We will then continue to the highest point in Barnstable for a wonderful view to the west. If it is a very clear day we may see Martha's Vineyard. The hike is a little over 5 miles but will feel like more. The pace is 2 to 2.5 miles per hour but will be adjusted for the group. Good supportive footwear a must, hiking poles helpful, water for hydration and a snack are recommended. Ticks and poison ivy will be present throughout hike. L David Selfe (kdsselfe@comcast.net) CL Kathy Selfe (kdsselfe@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Hike Long Hike from Camp Burgess through Maple Swamp Conservation Area, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. Enjoy an autumn day on Cape Cod on this 8.5 mile hike. Who said Cape Cod is flat? Hikers new to the Cape may be surprised to find trails that reach from 40 ft. to 250 ft. above sea level with slopes that get your heart pumping! You'll experience a cross section of a glacial moraine running from Sandwich to Brewster so be on the lookout for some loose rocks and tree roots. The area is densely forested with maple, pine, oak and holly trees. A Quaking Bog and Maple Swamp decked out in autumn colors are unique features not to be missed. Trails range from single lane to ancient cartways, may be grassy in spots. Paved roads and power lines separate Camp Burgess from Maple Swamp. We'll travel at a moderate pace. **MUST HAVE:** sturdy hiking boots, hiking poles, hat, rain gear, plastic bag/ small mat to sit on, 2+ liters of water for hydration, lunch, high energy snacks, sunscreen, bug spray, tick repellent (Permethrin) * Please protect yourself against disease transmitting ticks and poison ivy. Consider: GPS, compass. L Jane Harding (janeharding@comcast.net) L Catherine Giordano (cmgiordan@msn.com)

Sat., Oct. 19. 2019 Fall Gathering Hike Mashpee River Woodlands, Mashpee, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. Walk the trails on the east side of the Mashpee River which are owned and maintained by the Trustees of the Reservations. The route follows the river quite closely, and provides nice views. Approximately a three and half-mile out and back, with plenty of small hills. This area was originally a fish and canoe camp until it was donated in the 1950's to The Trustees. Now it is mostly a recreational area for boaters and walkers, but essentially its own natural world. Ticks and poison ivy present. Sturdy shoes/boots, water, snack, poles if desired, but not necessary. L Farley Lewis (farlewis@comcast.net)

Sat., Oct. 19. 2019 Fall Gathering Hike short Hike from Camp Burgess to Maple Swamp Conservation Area, Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event-if you wish to participate in this activity, please register for the Fall Gathering at www.outdoors.org/fallgathering. This 4 mile, 2 hour hike leaves right from Camp Burgess on foot. After heading out through the Burgess farm, the initial section is on a wooded path and through a rural neighborhood. Then we head into a Town of Sandwich Conservation Area, Maple Swamp. This area was used as wood lots by the early settlers of Sandwich who had their farms along the ocean shore line. You will be surprised that oxen could pull wood carts along some of the cart paths that we will hike. We will be on both cart paths and narrow rutted trails with several moderate hills. Hiking poles are highly recommended in addition to sturdy hiking shoes and water. This hike is a loop with no easy bail-out. We will finish on a wooded path back to Camp Burgess. L Robin McIntyre (robinmcintyre@comcast.net)

Sun., Oct. 20. 2019 Fall Gathering Hike Cape Cod Canal/Town Neck Beach Sandwich, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. This activity will take advantage of low tide and we will hike 4 - 4.5 miles along the canal, Town Neck Beach, Sandwich, the popular Sandwich Boardwalk and the neighborhood streets of Town Neck. Town Neck Beach is a popular reporting location for Boston TV Stations during northeasters. See evidence of the damage first hand. The terrain will vary from very rocky to soft and hard packed sand and paved streets. Leader will share fun facts along the way. Scenic end to Fall Gathering and last chance for a "lobstah" roll at Seafood Sam's. Participants need sturdy footwear, water, snack and hiking poles optional. L Barbara Gaughan (barbaragaughan12@comcast.net) CL Joanne Newton (newt665@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Sun., Oct. 20. 2019 Fall Gathering Hike Santuit Pond, Mashpee, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. Take a final short hike at Santuit Pond a parcel of property managed by Mashpee Land Bank and is a short drive away from Camp Burgess on the Sandwich/Mashpee border. This land was set aside to preserve the open natural space for fish and wildlife conservation, natural habitat preservation and unobstructed public recreation. The hike will take us past Santuit Pond and river and we will see a newly restored herring ladder. We will continue on past working and non-working cranberry bogs and if we are lucky we might see a witch hazel tree in bloom. We will hike on wooded trails with a few climbs. Ticks and poison ivy are a risk. Participants need sturdy footwear, water, snack and hiking poles optional. L David Selfe (kdselife@comcast.net) CL Kathy Selfe (kdselife@comcast.net)

Thu., Oct. 24. Hike Coast Guard Beach Eastham, Eastham, MA. 2 hour hike. Visit Salt Pond, salt marshes, Coast Guard Beach. Directions: From Route 6 take Right into National Seashore Salt Pond Visitors Center. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Oct. 27. Hike Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area Cotuit Rd. Sandwich, MA. Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Heavy rain cancels. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

Thu., Oct. 31. Hike South Truro to Poors Hill, Truro, MA. Woodland trails, hills, and pavement walking. Scenic bay views, houses and places of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Turn right on County Road, then an immediate left on Ryder Beach Road. Park at the end in marked spaces, near beach entrance. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (508-364-5047 Before 9 p.m., jtkaiser@comcast.net, AMC life member, Cape hikes leader many years.) CL Richard Kaiser (508-246-7582 before 9 PM)

Thu., Nov. 7. Hike Long Nook Truro, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Thu., Nov. 14. Hiking Truro Bearberry Hill, Truro, MA. Pretty, soft and hard-packed sand trail with two good-size hills ending with a 15-minute beach walk. Hike includes 2 outstanding vistas: Bearberry Hill with 360 degree view plus overlook down to Longnook Beach. Meet at 9:45 for 10:00 start: 2 hours. From Rte 6 in Truro take the Pamet Rd exit and go right off ramp to left on South Pamet Rd and follow to beach parking lot. L Pat Sarantis (508-430-9965 Before 8:30 PM, patsarantis@gmail.com)

Thu., Nov. 21. Hike - South Cape Beach Mashpee (C3C), Mashpee, MA. Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45.AM 2 hours. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Thu., Dec. 5. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills throughout the hike. This is not a novice hike. We will have views of Back River from the Leary Property and often see birds along the shoreline. From the Bourne Bridge/Cape side, take the 1st exit off of the rotary just past the State Police building onto Trowbridge Road and go 0.6 miles. Take a left onto County Road at the blinking light and go 1.0 mile. Park on the left at 221 County Road (small sign) for 6 small cars. Other cars will park across the street at the Leary Property. GPS will work to get you to this location. L Robin McIntyre (508-789-8252 Before 9 p.m., robinm McIntyre@comcast.net, Robin is a fourth year SEM/AMC Level 1 hike leader with WFA training.)

Continued on next page

Activities

For the most current information, [search activities online](#)

EDUCATION

Sat.-Sun., Sep. 21-22. Wilderness First Aid Two-Day Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives 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. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6:00 pm, [reddougg@aol.com](mailto:redDoug@ao.com)) **SOLD OUT**

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing: Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also: - works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed. - participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner. - interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to Leonard Ulbricht chair@amcsem.org.

Ongoing: Treasurer, Southeastern Mass Chapter, MA. Dear fellow SEM Member, Your SEM Executive Board is seeking a volunteer to serve as chapter treasurer. In this position you will work with other Board members and the chapter chair to establish an annual budget, submit monthly financials updates to the Board, and insure financial reporting aligns with AMC H/Q policies and procedures. Some familiarity with basic Excel spreadsheets or accounting software helpful. Training will be provided where needed. Our current treasurer has established a well documented routine that has worked for many years and should be easy to transfer to a successor. To explore this position further contact SEM chapter chair, Len Ulbricht, at chair@amcsem.org.

HIKING

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

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

(FT) (NM) Thu., Sep. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. 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 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(FT) (NM) Thu., Sep. 12. Thurs Morning Hike Blue Hills, Shea Memorial Rink 651 Willard Street, Quincy MA 02169. Meet at 9:45 am, Shea Rink parking lot for 5-6 mile hike. Sawcut Notch Path to Great and Little Dome with a possible extended hike to CC Camp. Hiking boots, water, rain jacket, snacks, and lunch required. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9 PM, wlggranda@aol.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

(NM) Tue., Sep. 17. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to sometime before 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

(FT) (NM) Thu., Sep. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See Sept. 12 listing.

(FT) (NM) Thu., Sep. 19. Thurs. Morning 10:00 AM Hike Copicut Woods, Indian Town Rd, Fall River, MA. Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: hiking boots, rain gear, water and snacks. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioreserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. We will be hiking on many trails lined with pine needles bordering beautiful stone walls. There are some bog bridges so make sure you have sturdy hiking boots. There is an old farm house and barn foundations to explore also. Hike will be approximately 4.5 miles. L Joanne Newton (508-215-9470 Best before 9 PM, newt665@comcast.net)

(NM) Tue., Sep. 24. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Sept. 12 listing.

Thu., Sep. 26. Thursday AM Hike on Bay Circuit Trail through Walpole Conservation Land, 109 Robbins Road, Walpole, MA. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the Bay Circuit Trail through Conservation Land. Mostly flat but with a few steep, but short sections up and down eskers. L Hans Luwald (508-668-0462 Before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9 pm, dlepore2@gmail.com)

Fri., Sep. 27. Morgan - Percival, NH. Join us on a Friday hike up Morgan, across, and down Percival. These two peaks have great views of Squam Lake, as well as several features which make them extra fun... such as the ladders on Morgan and the boulder cave on Percival. (Both of which 'can' be bypassed... but why would you want to miss the fun?) 5.5 miles, 1535 feet of elevation gain., L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Joanne Newton (newt665@comcast.net), R Joanne Newton (newt665@comcast.net)

Sat., Sep. 28-29. Beginner Backpack to...?, NH. The third in our series of Beginner Backpacks will take us to... Well, We don't know as this goes to press. What we do know is that it will be a 'moderate' backpack, and we won't be climbing any 4000 Footers or anything like that. Contact the registrar if interested, and we'll let you know where we've decided to go! The general plan will be for a few hours of hiking in on Saturday, and enjoyable night in the woods, and then a hike back out on Sunday, early enough to beat the traffic home. Destination may be "back country", not a shelter or tent platforms. So no 'facilities' such as toilets etc. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Samantha Fisher CL Joanne Newton , R Joanne Newton (newt665@comcast.net)

Sun., Sep. 29. Blue Hills, 840 Hillside Street Milton MA. Start the day with a 5.5 mile hike on rolling hills along the yellow triangle trail and a loop around Houghtons Pond. Bring snack and water. No dogs. Storm cancels. L Beth Mosias (bmosias@yahoo.com)

(FT) (NM) Thu., Oct. 3. Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Borderland State Park, Sharon, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$5.00 for residents, \$6.00 for non-residents.. L Deborah Lepore (617-778-4339 before 9 PM, dlepore2@gmail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Sat., Oct. 5-6. Hiking Map and Compass for beginners (Sat/Sun), Blue Hills, MA. Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map which does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. Only those that have not taken a map and compass course previously are eligible for the workshop, this ensures everyone in the group is at the same level. The fee for the workshop is \$58 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 which is a navigating compass with adjustable declination correction, list price \$44 (but currently \$30.25 on Amazon). If interested, please contact Doug Griffiths to register ([reddoug@aol.com](mailto:redDoug@comcast.net)). L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

Thu., Oct. 10. Thursday Morning Hike, Blue Hills, Milton, MA. For our Thursday morning hike, we will go to the Blue Hills... and hike some trails that most people don't normally hike. There won't be a lot of big hills (not a 'Skyline Trail' type hike.). L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.)

Thu., Oct. 10. Full Moon Hike at Borderland State Park DCR, 259 Massapoag Ave., North Easton, MA. Come and Hike under the Full Hunter's Moon. Also called the Harvest Moon. We will be hiking about 5 miles on mainly flat wide trails in and around the parks 2 large ponds. The moon is scheduled to rise at 5:15 pm. and if the sky is clear we will be in for some breathtaking views of the ponds and the fields. Temperatures at night are beginning to drop this time of year so dress in layers. Water resistant hiking shoes are required as the trails can be a little wet. A detailed Poop sheet. will be sent to all who Register. Registration is required Please include in your Registration E mail: 1) The date of the hike you wish to attend (Sometimes more than one are listed) 2) A Contact Number 3) A description of your latest hiking experience. L William Cannon (508-649-6730, bcannon56@gmail.com, AMC member for 9 years, Full Moon Leader for 3 years) L Susan Svelnis L Nancy Coote L Patricia McNally (bcannon56@gmail.com), R Bill Cannon (508-649-6730, bcannon56@gmail.com)

(FT) (NM) Thu., Oct. 17. Thursday Morning Hike - World's End (C3C), Hingham, MA. World's End (C3C). Meet at 10am in the Parking lot, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das (borsody@gmail.com)

Sat., Oct. 19. 2019 Fall Gathering Hike Sandy Neck Nature Trails, West Barnstable, MA. This activity is part of the 2019 AMC Fall Gathering and is open to registered participants of that event. Sandy Neck Nature Trail is an eight (8), mile Loop that is rated as moderate. This hike route passes through soft sand, sometimes flat, and sometimes rolling hills. One will experience sand dunes, marshland, fir trees, little privately owned cabins, as well as the waters of Cape Cod Bay. Many land and sea birds call this area home. The drawback of this hike is that the trail and beach are very exposed. Hikers should be prepared for any weather situation such as very hot sun, rain, etc etc. Make sure all bring plenty of fluids and snacks, sun protection and some sort of hat. The benefit of this hike is its visual beauty, making it a very camera, friendly hike. Most important there are many turn arounds or smaller trails during the hike. The first trail is about a mile from the start. We can take a left for a very short spur that goes through the dunes, cedars, and out to the ocean. The next trail is 2.25 miles from the start. There are two other short spur trails along the main Nature Trail. We will carpool from camp and park at the Sandy Neck Beach parking lot. A very short walk brings us to the beginning of our adventure. Participants need sturdy footwear, water, bagged lunch and hiking poles optional. L Ken Carson (kcciii@comcast.net) CL Leslie Carson (lrc929@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

HIKING

Thu., Oct. 24. Bird Street Conservation land hike, Bradley Lessa Park, Stoughton, MA. Easy, flat 4.5 mile hike on conservation land in Stoughton MA. Pretty lunch spot by pond. May be wet in areas so wear appropriate footwear. Rain cancels. Route 24 to exit 18B (Rte 27 N Stoughton MA). At light take left; Go .4 miles to next light. Go right onto Pleasant Street. Follow Pleasant 1.3 miles to end. Turn right onto Route 138. Follow 138 2.0 miles to Plain Street on left. Town Spa restaurant is at corner. Follow Plain Street for 1.3 miles to intersection. Take left onto West Street. Go .5 miles and Bradley Lessa Park will be on left Follow dirt road to end. GPS 1239 or 1251 West Street. L Rachel Thibeault (508-583-5534 before 8:00 PM, rateebo@yahoo.com)

Sun., Nov. 3. Sunday morning - 3rd Annual Arnold Arboretum autumn-peak hike!, Jamaica Plain, MA. Arnold Arboretum - including two vistas, bonsai exhibit, and "Explorer's Garden." We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. bring water, sturdy footwear, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 for a 10:00 start. There is plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels. Leashed dogs are okay. L: Ken Cohen (508-942-1536 Before 8:00 pm,

k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(FT) (NM) Thu., Dec. 26. Thursday AM Ponkapoag Pond Hike, Canton, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, dlepore2@gmail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

PADDLING

Wed., Sep. 25. Paddle Cotuit Bay, Cotuit, MA. Arrive at the put-in, 80 Old Shore Road, Cotuit, by 10:00 to allow time to unload and park up on Putnam Ave. (unless you have a Barnstable beach sticker). Bring water and a lunch. PFDs are required by Massachusetts law and spray skirts may be needed depending on wind and wave conditions. We'll paddle around Oyster Harbors (Osterville Grand Island) passing through Cotuit, North, and West Bays and the Seapuit River. Lunch will be on a sandy beach on the Seapuit River. Plan on a 6 to 7 mile paddle. L Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Sat., Oct. 5. Paddle Long Pond, Harwich/Brewster, Harwich, MA. Circumnavigate Long Pond and Small's Pond. Lunch on beach and paddle back to put-in for 6-7 miles. Wear PFD, bring spray skirt in case of wind. Bring water and lunch. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Sat., Oct. 12. Paddle Herring River North, West Harwich, MA. Paddle upstream to Coy Brook and up Coy Brook as far as the tide allows. We'll paddle through the East Reservoir and then to the Herring River for lunch at North Road Bridge. After lunch we'll continue up the Herring River to the West Reservoir to see the herring run and then return down the Herring River to the put-in. Wear a PFD and bring a spray skirt in case of wind and waves. Bring lunch and water. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Wed., Oct. 16. Paddle Mashpee/Wakeby Ponds, Mashpee, MA. Arrive at the put-in, Fisherman's Landing, 373 Main Street, Mashpee, by 10:00 to allow time to unload and park your car. Bring water and a lunch. PFDs are required by Massachusetts law and a spray skirt may be needed depending on wind and wave conditions. We'll Paddle two of the largest fresh water Ponds on Cape Cod, about 7 miles, and should have nice fall conditions. Lunch will be on a sandy beach with picnic tables. L Bill Fischer (508-420-4137 before 9pm, wambarbarafischer@comcast.net)

Sat., Oct. 19. Paddling Indian Ponds, Marston Mills, MA. Paddle Middle Pond and Mystic Lake, two fresh water ponds in Marstons Mills. Lunch will be on a beach at end of Mystic Lake. Distance about 7 miles. Life jacket required. Spray skirt may be required. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Sat., Oct. 26. Paddle Bass River South, Dennis, West Dennis, MA. From the launch on Grand Cove, paddle south on the Bass River and explore the 'fingers' and bays near the mouth on Nantucket Sound. Lunch on West Dennis Beach. Return and paddle around Grand Cove for 7-8 mile paddle. Wear a PDF, bring a spray skirt in case of wind and bring water and lunch. L Jean Orser (jeanorser@gmail.com) CL paul corriveau (paulcorri@gmail.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

SKIING

Fri., Jan. 10-12. Cross Country Skiing in Waterville Valley, Mountain Fare Inn, 5 Old Waterville Rd., Campton, NH. Join us for a weekend of cross country skiing at the Waterville Valley Ski Resort. We will stay at the beautiful Mountain Fare Inn in Campton, NH, just a short drive from skiing. The inn offers a full breakfast & later checkout on Sunday @ 3:00 pm, so we can ski for 2 days. We will dine out for dinners. Other potential activities include snowshoeing, fat tire biking & hiking, depending upon snow conditions & group interest. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Jeff Hyman CL Dia Prantis

Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH. Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Snowshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza

SOCIALS

(C) (FT) (NM) Fri., Oct. 18-20. 2019 Fall Gathering, Sandwich, MA. The 2019 AMC Fall Gathering will be hosted by AMC's Southeastern Massachusetts Chapter! Discover where the locals hike, bike, and paddle on Cape Cod-join us a weekend of outdoor fun at Camp Burgess, which boasts nearly 300 acres of forests, meadows, trails, and freshwater ponds, and offers activities like zip lining, a climbing wall, volleyball, and more! The fall is a great time to visit the Cape-the leaves start to change, the air turns crisp, and the summer crowds disappear. At this event, you'll be able to explore the best "the Cape" has to offer-we're planning a wide variety of hikes, bike rides, and paddles (weather permitting). The weekend will also include live music, yoga, and campfires. One-night, two-night, or single-day options are available. L Barry Young (Pastchapterchair@amcsem.org)

TRAILS

Sat., Sep. 28. Trail work at Blue Hills, Milton, MA. No experience necessary! Beginners are welcome! Experienced volunteers are also welcome! This is your chance to give back to the Blue Hills and make the trails safer for everyone! And get dirty! SEM Trail Maintenance in the Blue Hills Area: Part of the Skyline Trail, SEM's adopted trail, from the State Police Barracks eastward to Route 28 When: Saturday, September 28, 2019 (weather permitting) Where to meet: 8:45 am, main (large) parking lot of Houghton's Pond at 840 Hillside Street, Milton. Meet at north end of lot near the exit. Type of work: easy maintenance, trimming vegetation, clearing stairs, etc. SEM will supply tools, gloves and snacks. Please bring water, any special food and wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. Also, volunteers (past and present) are invited to attend our year end luncheon immediately following this event. Please contact Skip Maysles to reserve your spot at a local eatery. Register by Thursday, September 26 with Skip Maysles at skip.maysles@outlook.com. L Skip Maysles (skip.maysles@outlook.com) L Peter Tierney (pxtierney@gmail.com)

