



The Southeast Breeze

Monthly e-newsletter of the Appalachian Mountain Club
Southeastern Massachusetts Chapter
July, 2012

WRITTEN BY YOU FOR YOU

View from the Chair

By Jim Plouffe, Chapter Chair

In the upcoming months, there are several events planned for the membership. These events have been planned for a wide range of members, from the casual armchair member, to the active outdoor member, to the young families that populate a lot of our membership. These events highlight the very ideals that we stress in our Chapter, from Conservation and revitalization efforts to pure recreation and camaraderie to the fostering of outdoor education to our very youngest members. We have worked hard to provide the best possible experience for our members while trying to make it "wallet-friendly." In most cases, the attempts have been made to reduce the actual cost of these events so the burden is lifted from families with struggling means.

The first of our events is a perfect example—the first Annual Family Weekend at Noble View Outdoor Center in Russell, MA. August 17-19th, we've planned a 2-night family getaway at this wonderful location, just two hours outside of Boston. At only \$55 a person for the entire weekend (up to a \$200 max for families), we've developed an affordable yet exciting weekend for both children and adults alike. This is an ideal time to expose the youngest members to what we hold so close to our hearts. Next, we've planned a great trails event for our new project at D.W. Field Park in Brockton. With the help of the AMC professional staff, we've planned a day long program to teach about trail creation and maintenance. This project will be well served by this new addition to our ongoing efforts to revitalize this National Historic Register park.

Shortly after our trails event, we will be having our annual party, um, well, Chapter Hut Weekend. We basically take over Cold River Camp for the long weekend of September 20th through 23rd. While we will be having varying recreational events, it is also a perfect time to relax on the front porch or in a cozy cabin and just sip a drink or converse with your friends. This event sold out last year and is very close to doing so again, so reserve your spot. Now, rounding out our major events (not including all the hikes, bikes, paddles, and ski trips), we have the SEM Annual Dinner on November 3rd. This event is a little more formal of an event than our typical event, but always proves to be a great time. This year, we will be travelling back to Onset to Salerno's, a great function hall in a wonderful location.

I hope you join me in one or all of these events as I finish up the last of my terms as Chapter Chair. It shall be fun.

CONTACT THE SEM CHAPTER CHAIR: chair@amcsem.org



NOTICES

Regular Meetings:

SEM Executive Board (6:30pm selected 2nd Wednesdays)
(contact chair@amcsem.org for more info)

Hike Planning Meetings 2012 (6:30pm 1st Wed. quarterly)
(contact hikingchair@amcsem.org for more info)

Where to find activities (hikes, bikes, paddles, etc.)

1. The monthly e-Breeze - arrives by email
2. AMC Outdoors - arrives by snailmail
3. Online trip listings (activities.outdoors.org)
4. Sign up for *short notice* trip listings at www.amcsem.org

Pix and Article Submissions

We encourage SEM members to submit articles and photos for both The Breeze and our website. Materials for publication will be edited for content and to fit available space. Please send to communicationschair@amcsem.org.

Next Month's e-Breeze Deadlines: 7th trips; 15th articles/pix

SEM Non-members

Not an SEM chapter member? Want the Breeze? Contact the AMC Member Center and set your preferences. Or get a copy at our website at www.amcsem.org.

Volunteers needed!

Curious about the inner workings of your chapter? Volunteer for the Executive Board! Have technical skills? Volunteer for our website! Have writing/editing skills? Volunteer for the *Breeze*! Like kids? Volunteer for CYP! Want to get out more? Volunteer to lead a hike, bike, or paddle! We have lots of volunteer positions open! Please contact chair@amcsem.org if you'd like to get more involved with the chapter.

Find us on Facebook * Follow us on Twitter
CHAPTER WEBSITE: www.amcsem.org

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult. All participants in AMC activities are required to sign the AMC waiver form provided by the leader. Preview the waiver at: www.amcsem.org, Documents.

The Southeast Breeze, the e-newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year. **Editor:** Cheryl Lathrop, **Asst. Editor:** Ann McSweeney, **Proofreader:** Kate Patrolia. **Change of Address** to AMC, 5 Joy St., Boston, MA 02108, 800.372.1758, or www.outdoors.org/membercenter

2012 Executive Board & Committee Chairs

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<hr/>	
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Social Chair Jodi Jensen, 781-762-4483
Family Events Chair Chris Pellegrini, 508-244-9203

STAFF:

Social Networking Susan Salmon (moderator)
Webmaster webmaster@amcsem.org
Breeze Editor communicationschair@amcsem.org

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

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(Note: Not all committees are active each month.)

SEM STATS

BIKING STATS

In the last month, we had 12 rides with 92 riders who rode a total of 2087 miles.

--Jon Fortier, Biking Chair

HIKING STATS

The hiking committee completed 70 hikes this year. The hikes ranged from easy local hikes to more challenging hikes in the Berkshires and New Hampshire. The monthly introductory hikes have been well attended and have encouraged fifteen new members to join our scheduled hikes.

--Walt Granda, Hiking Chair

WANTED: BREEZE EDITOR

Knowledge of WORD and words is all it takes.

Contact communicationschair@amcsem.org

SWAP * BARTER * SELL * TRADE

For sale: For Sale: Men's Nike Air Flight Condor shoes, size 12. Worn once. \$50. Contact Sue Salmon: 508-285-2440

THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE OUTDOOR EQUIPMENT.
Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.



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www.explorebocachica.com

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

CHAPTERWIDE EVENTS



First Annual SEM Family Weekend Southeastern Massachusetts Chapter At AMC's Noble View Outdoor Center August 18th and 19th, 2012

[MORE INFO](#)

- Family Games
- Family Hiking
- Movie on the lawn (weather permitting)
- Outside campfire for cooking marshmallows

- Warm Comfortable Lodge
- Full kitchen for some great family style meals
- Hot Showers
- Social hour(for adults after kids bedtime!)

AMC's Noble View Outdoor Center is in Russell, Massachusetts, only about 2 hours from Boston..... far enough away to be an adventure, but close enough for a weekend trek.

5th Annual Chapter Hut Weekend at Cold River Camp Southeastern Massachusetts Chapter of the AMC September 20 – 23, 2012

AMC's Cold River Camp is in Evans Notch, NH, on the easternmost part of the White Mountain National Forest.

[MORE INFO](#)



- Hiking
- Biking
- Paddling
- Movie on the lawn
- Social hour(s)
- Trail food cook-off

- Horseshoes
- Playground for children
- Campfires
- Warm Comfortable Lodge
- Library
- Hot Showers

MEMBERSHIP COMMITTEE

The Kids Are Out of School. Now What?

By
Julieanne Capone
Membership Committee



Are the kids already complaining of boredom? Has the illusion already disappeared that summer is supposed to be a constant pool party, backyard barbecue, or trip to Disney?

The Appalachian Mountain Club has many offerings for kids and families to break up the monotony of summer.

The Southeastern Chapter will be offering our first annual Family Weekend at Noble View Camp August 18-19th, it will definitely be a weekend full of activities for all ages! There is also a new website (kids.outdoors.org) specifically for families in the Boston and NYC area; the site is loaded with tips, discussions, and exciting events! There are always simpler activities that can foster curiosities in the outdoors such as pitching a tent in the backyard for a night of “camping”, collecting bugs in a jar, bird watching with a pair of binoculars, pressing flowers, flying a kite, or a contest to grow the tallest sunflower!

Think back to your childhood, it’s probably where your interest in the outdoors started! Put an end to the complaining, boredom, television, and video games today!

Summer
vacation

CONSERVATION COMMITTEE

D.W. Field Project Work Day – June 10, 2012

By Maureen Kelly, Conservation Chair

Volunteers: Alan Greenstein, Becky Strohe, Doug Griffiths, Marty Griffiths, Mike Curtin, John Plouffe, Jim Plouffe, Maureen Kelly

On Sunday morning, June 10, SEM chapter had its second work event at D.W. Field Park in Brockton. Eight people arrived by 8:00 am to put in a half day's work. The weather was beautiful and although we were fearful of the mosquitoes, the breeze kept them away for the most part. Even though the gates were shut, many local people were out that morning to use the park: dog walkers, runners, walkers and bikers.

We didn't have a fully solid plan of what we were going to do that day other than to continue with trail widening and clearing, and trash pickup. We knew that we wanted to open up some of the views of the water and reduce the thick undergrowth between the trail and the road. We drove to the first parking lot and sat on the benches to enjoy the view of the water, except we couldn't see the water. Well, I'm exaggerating a little but there was a lot of vegetation along the edge of the pond and you couldn't see the water very well. Jim Plouffe said, "well, here's our first task of the day, let's open up the view to the water here from these benches."

I am the kind of person that doesn't like to cut things down (killing as opposed to allowing to grow) but sometimes cutting things down improves an area and makes it more enjoyable. We got to work with saws, loppers and clippers and when we had finished, it looked great! We left a small birch tree and 2 matching clumps of alder shrubs that the bees were visiting and also a mound of poison ivy that no one was willing to pull out. It looked so good that we wanted to make it even better, as if it were our own backyards. We raked out the dead leaves, pulled up the tree sprouts, picked up the trash and wished we had a lawnmower to finish off the job.

I'm amazed at the amount of wildlife in this urban park. A large bullfrog supervised our work for a while and a flicker parent fed his/her babies who were nesting high in a dead tree. We could see the head poking out of the hole looking for more. A pair of swans protected 5 rather large, fluffy-down young between them and a bright male pumpkinseed sunfish was guarding his nest. White water-lilies dotted the edges of the pond and the center of the pond where it wasn't very deep. Blueberry bushes were everywhere.



The southern end of 30-Acre Pond where we were working has some areas that are used for unwanted activities: casual meet-ups, drug use and homeless camps. While the rest of us were working on the first clearing project, Alan Greenstein, looking slightly alien covered in safety gear, used his power cutter to take down shrubs and small trees in two of these areas of unwanted activity. Our thought was that if we opened up the area and gave it more visibility, the activity would move elsewhere. Mike Curtin was the clearer behind Alan and removed and

stacked the cut brush in neat piles. The hand-tools group, Doug and Marty Griffiths, Becky Strohe, John Plouffe, Jim Plouffe and me came in and cut the smaller shrubs and plants, hauled trash and did the finish work. The area was opened up to views of the pond in 3 places and the visibility from the trail and road were improved.



Before trail work –
note the view from the bench



After trail work –
note the view from the bench

Thank you to the volunteers that came on June 10 for our work project; we worked well together. Our next phase of the project at D.W. Field Park is to begin to GPS the trails to produce a trails map, continue with trail widening and maintenance and look at replacing the dilapidated benches along the pond. Please consider joining us in this endeavor to improve the conditions of an urban, Southeastern Massachusetts park. Email chair@amcsem.org or conservationchair@amcsem.org or call Jim at 508-562-0051 for more information or to help. Thank you.

SEM's Nike Reuse-A-Shoe Program:

www.amcsem.org/news.html
www.nikereuseashoe.com

CONSERVATION COMMITTEE

D.W. Field Park Project- Continued

By Maureen Kelly, Conservation Chair

Ironmen and Ironwomen Wanted

D.W. Field Park in Brockton is hosting its 8th annual Mini-Triathlon on Sunday, September 23, 2012. I would like to see if we could get some AMCSEM participants in this event. Put together your own team of 3 or sign up for your favorite event and I'll make up teams. I know we have people that do these activities on a regular basis and do them well. This will be a fun event and a way to publicize AMCSEM to the greater Brockton community. Proceeds support the Brockton Neighborhood Health Center, an important part of health care in the city.

Mini Triathlon

14 mile bike, 1.7 mile kayak, 4 mile run

Be an ironman / ironwoman and compete in each event yourself

or make a team of 3

D.W. Field Park, Brockton, MA

Sunday, September 23, 2012 9:00AM

<http://www.dwftriathlon.org/WebSite/Main.htm?1332158534406>

The proceeds of the Triathlon will go to the Brockton Neighborhood Health Center. Please contact Maureen Kelly to sign up or for more information conservationchair@amcsem.org or call 508-224-9188.

C Y P COMMITTEE

Chapter Youth Program and Girl Scout Troop 268

By Sally Delisa, CYP Chair



Girl Scouts®

The Chapter Youth Program (CYP) found a good match with Girl Scout Troop 268 in Marshfield. Throughout the year we provided assistance for their Camping Interest Project. Walt Granda demonstrated a variety of packs along with information about essential clothing and pack contents. George Danis taught the girls how to use a compass and trail maps. Joyce Wallis, with assistance from husband, Luther, demonstrated cooking with a reflector oven and making ice cream. Sally Delisa provided training in Leave No Trace, Hiking Safety, and Lost in the Woods.

For our grand finale, we led them on a hike in Nelson Memorial Forest. The girls ate a brown bag supper while overlooking the North River. CYP Leaders Eva Borsody-Das, Joyce Wallis, and Sally Delisa provided thirteen girls and their four adult chaperones with song, plant identification, and development of individual awareness while in the forest environment.

Girl Scouts were a good match for us at this year. It was amazing that none of the girls had walked in those beautiful woodlands in their home town!

HIKING COMMITTEE

RED LINE the BLUE HILLS NEWS

Dexter Robinson (right) receiving his RLBH patch from RLBH hike leader Joe Keogh. Dexter has the distinction of being the very first person to finish redlining the Blue Hills. He finished on 12.02.06 in our very first season.

Bill Doherty finished redlining on 05.08.12.

Ann Duggan finished redlining on 06.07.12

See the RLBH website: www.amcsem.org/RLBHWS

See all RLBH finishers at: www.amcsem.org/RLBHWS/m_finishers.htm



Recognize any of the guys and gals in the picture below? It was taken at the observatory on the top of Blue Hill on a recent Thursday night RLBH hike. Happy trails! ---Ray Anderson



HIKING COMMITTEE



Take a Long Hike

By Ray Anderson



Hello fellow hikers.

Most hikers, at some point, will get blisters on their feet. The usual precautions are: break in new footwear, start slowly and build up to bigger mileage, wear a liner sock, or don't wear a liner sock, keep band-aids and bandages handy, etc. All well and good; do whatever works. But if you really want to head off blister problems, practice the tip below.



Tip: Air out your feet. Yep, that's the best advice I was ever given on avoiding blisters, and I learned it at a seminar in New Hampshire that prepared AT thru-hikers. The advice has served me well. In the photo, I'm at Kearsarge Pass in the Sierras on the Pacific Crest Trail. My boots and socks are airing out; my feet are absorbing air and sunlight. After break, I will put what was my left sock on my right foot and reverse the process during my next break. I will also wear my socks inside out after the first break and reverse this procedure several times a day.

This may seem like overkill, but I've never gotten a raw blister on my feet. Bacteria thrive in moist, stinky, air-deprived spots. And these are the spots that chafe and turn into blisters. The trick is to air out your feet, and keep your socks dry. I probably carry too many socks, but I change out of wet socks, hang the wet ones on my pack straps, and put on new socks. Like you, I hate blisters.

Visit Ray's hiking blog: www.TakeaLongHike.com

HIKING COMMITTEE

Thursday Morning Hikers Conservation Finale

By Sally Delisa, Hike Leader



The theme of our season's final Thursday Morning Hike was "Conservation".

Our wildflower list included more than a hundred prime pink lady's slippers, starflower, Canada mayflower, sheep's laurel, sarsaparilla, bellwort, buttercups, goats-beard, lance-leaved violets, toadflax, blue flag, cinquefoil and an aquatic bladderwort.

Several Baltimore orioles were heard high up in the tree canopy, but only one male was spotted. Other birds included an unidentified warbler, blue jays, robins, red tailed hawk and redwing blackbirds.

Five snakes included a three foot long black racer and a small garter snake. Two unidentified turtles topped our list. The hikers were treated to observing one in the process of laying eggs in the middle of a sandy patch on the trail!

Thursday Morning Hikes will resume in September.



(Photos courtesy of Art Hart)

HIKING COMMITTEE



BASH BISH FALLS HIKE - SUMMER 2012

HIKING COMMITTEE

Pictures from June 23 transit hike up Mt Hale to Zealand Hut and return via beaver ponds along Zealand Trail, with Highland Center postscript.



Zealand Hut rest stop



Summit of Mt. Hale



Beaver Pond, Zealand Trail



After the Storm, Highland Center

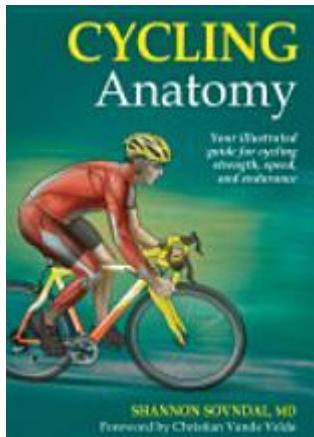
Photos courtesy of Len Ulbricht.

BIKING COMMITTEE



WOODS HOLE RIDE: Six early-risers showed up for the 8:00 AM start in Falmouth Sunday morning. The weather was ideal and the traffic on the Shining Sea bike path was just beginning to pick up. We rode to Woods Hole, where a few of us indulged in the wonderful pastries at Pie in the Sky. We then took a quick spin through the village and around Eel Pond before heading out Church Street to Nobska Light. On Nobska Road we saw more bikes than cars. We then got back on the trail for the ride back to the starting point at Depot Road. Linda, Marie, and Nicole decided that the ten-mile ride was enough, although Linda had pedaled a few miles before the start. John, Wes, and Jon continued up the trail to West Falmouth Harbor and back for an 18 mile total ride through very scenic territory. Perfect weather, few hills, and great company

made for a most pleasant morning. Participants: Jon Fortier (leader), Nicole Fortier, Linda Church, Marie Peeler, John Gould, and Wes Ewell.



CYCLING BOOKSHELF

CYCLING ANATOMY by Shannon Sovndal, M.D.

"The cyclist in motion is amazing. So many aspects of human physiology come into play when you ride a bicycle. Your cerebral cortex supplies the motivation and plan of attack when you climb onto your bike. You effortlessly maintain the stability and direction of your bicycle through the unconscious balance and coordination provided by your cerebellum. Your heart, lungs, and vascular system supply much-needed oxygen to the mitochondria of your muscles. Through both aerobic and anaerobic energy conversion, your muscles contract and perform a huge amount of work. All this creates heat and your skin and respiration help keep the temperature well regulated. Your skeletal system supplies the structural foundation of the entire system. Nearly every physiologic system needs to function in coordination to allow you to complete your bike ride. If you stop and think it through, you realize that it's truly remarkable."

and your skin and respiration help keep the temperature well regulated. Your skeletal system supplies the structural foundation of the entire system. Nearly every physiologic system needs to function in coordination to allow you to complete your bike ride. If you stop and think it through, you realize that it's truly remarkable."

"See what it takes to maximize cycling power, speed, and endurance! Cycling Anatomy will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement. Cycling Anatomy features 74 of the most effective cycling exercises, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. Cycling Anatomy goes beyond exercises by placing you on the bike and into the throes of competition. Illustrations of the active muscles involved in cornering, climbing, descending, and sprinting show you how the exercises are fundamentally linked to cycling performance. From steep inclines to slick terrains, Cycling Anatomy will ensure you're prepared for any challenge that comes your way. You'll also learn how to modify exercises to target specific areas, reduce muscle tension, and minimize common cycling injuries. You'll also learn ways to pull it all together to develop a training based on your individual needs and goals. Whether you're training for an upcoming century ride or just want to top that killer hill with strength to spare, Cycling Anatomy will make sure you get the most out of every ride."

BIKING COMMITTEE

Cyclists' Culinary Corner

Coconut Mixed Berry Crumble

Submitted by Dan Egan

4 cups mixed berries, thawed if frozen
2/3 cup light brown sugar, unpacked
1/2 cup whole wheat flour
1/4 cup quick-cooking oats
2 Tbsp light margarine (like "ICBINB" light)
2 Tbsp butter
1/4 cup shredded coconut

Preheat oven to 350 degrees F. Toss berries in an 8x8 inch baking pan. Sprinkle the top of the berries with the shredded coconut. Melt the butter and margarine in a small bowl in the microwave (it's fine if it doesn't melt completely). In another small bowl combine sugar, flour and oats. Then add the melted butter and mix until crumbly. Drop bits of the crumble over the berries. Bake until berries just start to bubble, about 35-40 minutes.

From Eat Yourself Skinny: <http://www.eat-yourself-skinny.com/>

RIDING SEASON HAS ARRIVED!

The riding season and weather has finally arrived. Our leaders continue to schedule rides that fit every type of rider, from beginner/introductory rides to easy rider, intermediate and trail (easy off road) rides. If there's something you want to see, let us know. We have a few exciting rides in the planning stages including a day in Nantucket and a weekend tour in the fall. You may even see a ride/cookout coming up soon. Remember, as all AMC activities are, our rides are open to non-members. So tell your friends or better yet, bring them along. If you wish to receive ride announcements via email, please send me an email at bikingchair@amcsem.org.

Useful Biking Web Sites:

<http://www.coloradocyclist.com>
<http://www.westernbikeworks.com>
<http://www.nashbar.com>
<http://www.biketiresdirect.com>
<http://www.voler.com>
<http://bikebarnracing.com>

Biking Safer than the Couch:

By Cassandra Spratling, Detroit Free Press



Physical, mental benefits
Bicycling benefits the mind as well as the body, health professionals say. "Biking builds stamina and upper and lower body strength," says Dr. Ronny Otero, head of emergency medicine at Henry Ford Hospital's Sterling Heights Medical Center. "Studies show that people who bike have better moods and are more efficient workers." "Biking burns a lot of calories without burning you up,

and it's a good exercise for the brain," Agrees family medicine physician Dr. Lee Green, professor of medicine at the University of Michigan Health System. "A good workout on the bike can help you unwind." It offers variety as well. "It's a sport that can be done pretty much any way you like — from a leisure ride to a high-speed, long-distance race," he says. "Pretty much anyone can do it because it's easy on your joints." What's more, bicycling is relatively safe, doctors say. "As a physician, I see more serious consequences from not biking," Green says. "I'd rather treat people for scrapes or a broken collarbone than heart attacks because they didn't bike. Biking is much safer than the sofa. It's sitting on the sofa that kills."



SUMMER SOLSTICE RIDE 2012

SOCIAL COMMITTEE

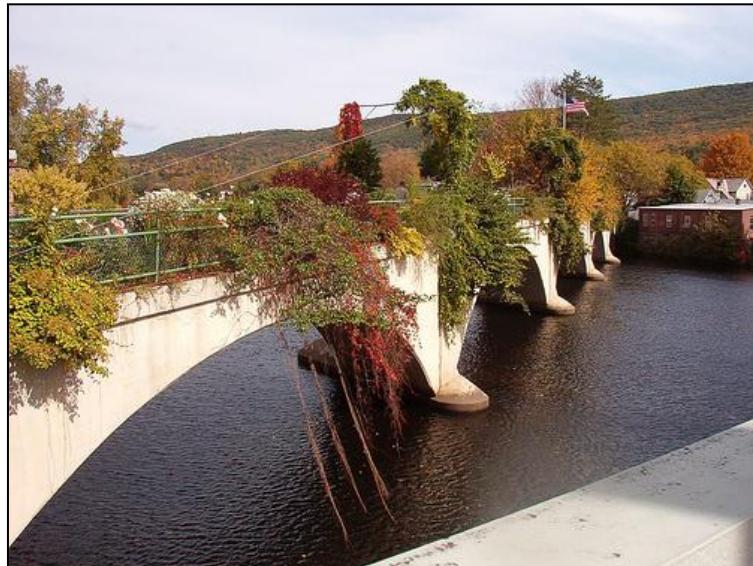
By Jodi Jensen, Social Chair

Join us on Saturday, July 21, to see the Bridge of Flowers and Glacial Potholes in Shelburne Falls, MA. This trolley bridge was built in 1908. The bridge, no longer in use after 1927, was transformed into the Bridge of Flowers by the Shelburne Falls Woman's Club in 1929.

This is a wonderful hidden gem. The town is also very charming. The movie, "Labor Day," staring Kate Winslet and Josh Brolin was being filmed there in June.

Time permitting, we will also visit High Ledges Wildlife Sanctuary, which has a 4 mile trail system. There will be carpooling options.

Contact Jodi Jensen, leader, at 781-249-8346 or email jodajensen@gmail.com (preferred).





WHY VOLUNTEER FOR THE AMC?

Gain work experience! Add it to your resume!

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



The Breeze accepts:

COMMUNITY CONNECTIONS: Upcoming Community Outdoor Activities You Might Be Interested In. Send items to communicationschair@amcsem.org

PERSONAL POSTS: This section of the Breeze highlights our members. If you have news, or know of news, contact the communicationschair@amcsem.org

SWAP STUFF: THE E-BREEZE WILL PUBLISH FREE ADS FOR MEMBERS TO SWAP/BARTER/SELL/TRADE OUTDOOR EQUIPMENT. Send your ads to: communicationschair@amcsem.org . Please put "BREEZE – SWAP" in the subject line.

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

COLUMNISTS: Got something to say? Want to be a regular Breeze columnist? Contact the Breeze editor to volunteer! communicationschair@amcsem.org



The Southeast Breeze

is written by chapter members. All you have to do is assemble it using Microsoft WORD (and fix typos). Interested?

Contact communicationschair@amcsem.org

needs an editor! The monthly e-newsletter



NEWS FROM "JOY STREET"

The following information is from the AMC's central office at Joy St. in Boston and is written by them. Please contact them for additional details on anything in this section.
[\(cmartell@outdoors.org\)](mailto:cmartell@outdoors.org)

Save the Date for AMC's Fall Gathering

AMC's 2012 Fall Gathering will be held on October 19-21, at the Greenkill YMCA Retreat Center in Huguenot, NY. This year's gathering is being hosted by the New York-North Jersey Chapter in honor of their 100th Anniversary as a chapter. Everyone is invited to this club-wide event which will include hiking, biking, paddling and many more activities in the Catskill Mountains. Watch for details in the upcoming issues of AMC's *Outdoors* magazine or by visiting the NY-NoJ Chapter's website <http://www.amc-ny.org/>

Member Center Benefits

Don't forget to check out the Member Center to find out about the latest AMC events, projects, and deals. Log in to see the newest member deal with Backcountry.com. AMC members receive a discount on selected merchandise. Use code 6NT-1-GSDYA. Some exceptions apply.

AMC's Full-Service Camps

Openings are still available at AMC's full-service camps in Maine and New Hampshire. Whether you're looking for a fun relaxing time on a lake, ocean or river, these AMC's camps are sure to meet your needs. Checkout this page for details on these camps <http://www.outdoors.org/lodging/camps/index.cfm>

AMC's Mountain Watch Program is Looking for Volunteers

AMC's Research Department is looking for volunteers to help track flower and fruit timing of mountain plants. AMC depends on its volunteers because researchers can't collect all the information needed to answer science questions and since mountains have high variability as to the flowering and fruiting season.

Volunteers can be highly valuable help in scientific monitoring efforts because they can stay longer than students or staff, are a very dedicated group of individuals and their data quality can be on par with professionals.

Volunteers can sign-up for a one-time volunteer opportunity which is a great way for families to be involved in trail activities or for someone who is looking for a local community conservation engagement

Or volunteers can sign-up for the Basic Plant Monitoring opportunity. Volunteers in this category would watch the plant before, during, and after flowering or fruiting, and they would detail all stages between flower bud development to seed set. The volunteer can choose to Adopt-a-Peak/Trail Section and would perform repeat observations at the same location(s).

For more information on AMC's Mountain Watch Program, go to www.outdoors.org/mountainwatch

Another Successful Trip for AMC's Adventure Travel Program

This past May, 14 participants and 2 leaders hiked approximately 60 miles on the Beara Peninsular in southwest Ireland. The first two days found the trekkers walking through fog as thick as pea soap – typical Irish weather. The following days were under bright blue skies, as the picture above shows, which was the reason the trekkers came home with sun tans! For more information on AMC's Adventure Travel program visit www.outdoors.org/adventuretravel.

A new online community for getting kids outdoors locally – kids.outdoors.org

AMC has launched a new registration-based online community for parents and youth volunteers interested in “how to” and “where to” advice on getting kids outdoors close to home in the Boston and New York City areas. Each community will offer expert advice and more than 100 outdoor activities, based on content from AMC's *AMC Outdoors* magazine, “Great Kids, Great Outdoors” blog, and two new books: *Outdoors with Kids Boston* and *Outdoors with Kids New York City*. Each community will also offer:

- Ability to search for recommended outdoor trips via Google Maps
- A local blog focused on outdoor advice and ideas for parents
- A local event calendar, including AMC chapter family activities
- Ability to share a trip idea, photos, comments, ratings
- Ability to share any trip or post via social media

How you can help

- The site is live now for your viewing pleasure: <http://kids.outdoors.org/>
- If you have kids, or work with kids, share your own trip ideas or contribute to discussions
- Use the Facebook recommend and Tweet buttons on the site to tell your friends
- If you are tabling at a family event, we can provide you with cool KO stickers and other materials
- If you find any issues, or want to suggest improvements, send them along to Kelly Powers at kpowers@outdoors.org
- Don't forget to tell families about our new *Outdoors with Kids Boston* and *NYC* books, available at PNVC, Highland Center, and our online store.



IRELAND TRIP 2012

CHAPTER ACTIVITIES

Note: These activities are taken directly from the AMC central online activity listing system.

All activity information appears exactly as entered by the activity leader.

Please contact the activity leader directly for any additional information on an activity.

activities.outdoors.org

SAVE THE DATE

CLUB-WIDE ACTIVITIES

AMC's Fall Gathering, October 19-21 www.amc-ny.org

CHAPTER-WIDE ACTIVITIES

National Trails Day, June 2

SAVE THE DATE

SEM Chapter Hut Weekend, Sept 20-23

SEM Wilderness First Aid (fall) November 2012

SEM Annual Meeting, November 4, 2012

SEM Winter Hiking Series, November 3, 2012

(See our website for details: www.amcsem.org,
and click on the "Upcoming Events" tab)

CHAPTER ANNOUNCEMENTS

Watch our [website](#) for the latest in AMC SEM!

NOTE ACTIVITIES MARKED FOR :

FT = First Timer **NM** = New Member

FULL LIST of ACTIVITIES at AMCSEM.ORG
(see 'schedules' tab)

Last minute activities (and cancellations) are posted on our Short Notice Email List (SNEL). Sign up for this list on our website, amcsem.org.

CHAPTER FUN

SEM FAMILY WEEKEND. August 18-19. AMC Noble View Outdoor Center. [MORE INFO](#)

SEM Chapter Hut Weekend. Thu., Sep. 20-23. Cold River Camp, Evans Notch 1-3 nights. Can't beat location, activities, price. Preference given to SEM Members. L/R Jim Plouffe (508-586-1394, Chair@amcsem.org) [MORE INFO](#)

CHAPTER PROJECTS

D.W. Field Park Revitalization Project. We need your help to make this project a reality. If you are interested in helping, please email Jim Plouffe, chair@amcsem.org or Maureen Kelly, conservationchair@amcsem.org

SEM's Nike Reuse-A-Shoe Program.

www.amcsem.org/news.html

www.nikereuseashoe.com

WANTED: BREEZE EDITOR

Knowledge of WORD and words is all it takes.

Contact communicationschair@amcsem.org

Know what's happening in your chapter?

If not, visit our website, find us on FACEBOOK, or follow us on TWITTER

www.amcsem.org * www.facebook.com/AMCSEM * www.twitter.com/amcsem

HIKING / BACKPACKING

HIKE PLANNING MEETINGS: are held the 1st Wednesday of March, June, September, December. Contact hikingchair@amcsem.org for information.

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration req'd for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at activities.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Rating codes (e.g. C4D): first letter indicates distance in mi , middle number indicates pace, second letter indicates terrain.

Miles	Pace (mph)	Terrain
AA = 13+	1 = very fast (2.5)	A = v. stren.
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

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

(FT) (NM) Thursdays

Jul. 5. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(AN) (CE) Mon., Jul. 9-13. Acadia NP Multi-Sport July Camp. Join us for a week of hiking, biking, kayaking, and relaxing in one of Maine's premier outdoor destinations. We will be car camping using the Blackwoods Campground as our base camp. Leaders will plan multiple activities each day in and around the park. L Ken Jones ((508) 697-0142 6-9 PM except Thursdays, lotsoluck@comcast.net), CL Hadley Donaldson ((617) 823-1509), CL Luther Wallis ((508) 923-1935), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jul. 12. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Jul. 14. Arethusa Falls /Frankenstein Cliff. A pleasant walk along Bemis Brook while viewing several waterfalls. Then the hike will proceed to the Frankenstein Cliff Trail for a possible view of Mt. Washington on a clear day. L Susan Chiavaroli ((508) 252-4164 7-9PM, brillo6452@yahoo.com), CL Anne Diggan , R Nancy Coote ((508) 596-8222 7-9 PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Jul. 19. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Jul. 21. Mt. Tecumseh - A moderate 4K. Are you thinking about bagging your first 4K? Mt. Tecumseh is one of the easier 4K hikes, it's not too far north and it's a good way to start. Join us whether this is your first or your 48th. The hike will be moderately paced, 5.6 miles and 2400' elevation. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Karen Singleton ((508) 730-7701 before 9pm, karen.singleton@comcast.net), R Maureen Kelly ((508) 224-9188 before 8pm, mokel773@aol.com)

(FT) (NM) Thursdays

Jul. 26. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 2. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Fri., Aug. 3-5. Wildcat and Washington. Join us for 2 nights in Pinkham Notch at Joe Dodge Lodge. Hike Wildcat D on Friday to warm up your legs. Saturday we'll head out early for the Mt. Washington summit via the Tuckerman Ravine Trail. Return on the Boott Spur Trail. Sunday, a nice short walk to stretch your legs at Glen Ellis Falls. Cost includes 2 nights lodging in shared rooms, 2 dinners and 2 breakfasts. L Maureen Kelly ((508) 224-9188 before 8pm, MoKel773@aol.com), CL Jim Casey (Cmne@comcast.net), R Maureen Kelly ((508) 224-9188, Mokel773@aol.com)

(AN) (CE) Mon., Aug. 6-9. White Mountain Hut to Hut Trek. Our Trip this year will trek across Franconia, Garfield, and Zealand Ridges while enjoying lodging and meals at the AMC Greenleaf, Galehead, and Zealand White Mountain Huts. L Ken Jones ((508) 697-0142 6pm-9 pm except Thur., lotsoluck@comcast.net), L Leslie Carson ((508) 833-8237), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, (508) 697-0142 6 pm - 9 pm except Thur., lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 9. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Aug. 16. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe

Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Sat., Aug. 18. Introduction to AMC Hiking-Walkabout Trail. Enjoy an untouched hiking trail that was cut and named by Australian soldiers back in 1965, while their ship, the Perth, was in dry dock in Newport, Rhode Island. The name refers to the wanderings of the Aborigines of Australia. L Susan Chiavaroli ((508) 252-4164, brillo6452@yahoo.com), CL Nancy Coote (nmcoote@yahoo.com), R Nancy Coote ((508) 596-8222 7-9PM, nmcoote@yahoo.com)

(FT) (NM) Thursdays

Aug. 23. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Sat., Aug. 25. Tripyramid Loop. 11.1 mi loop, el. North Peak 4,140 ft, Middle Peak 4,110, net el change 2,800 ft. wet sections, steep sections, views. Experienced and conditioned hikers only. This is a long strenuous hike with steep rock ascent and loose gravel descent. L Len Ulbricht (lenu44@gmail.com), CL Karen Singleton (karen.singleton@comcast.net), R Len Ulbricht ((508) 359-2250 before 9 pm, lenu44@gmail.com)

(AN) (CE) Mon., Aug. 27-31. Gulf Hagas and Mount Katahdin Backpack. Join us for an night of tent camping in the Gulf Hagas area with a hike along the Rim Trail followed by three nights of lean to accommodations at Chimney Pond in Baxter State Park. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Mount Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones ((508) 697-0142 6-9 pm except Thursday, lotsoluck@comcast.net), CL Luther Wallis ((508) 310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Walnut Street, MA 02324, (508) 697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Aug. 30. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 6. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 13. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

Thu., Sep. 13-16. Adirondack Sampler. Visit the 6 million acre Adirondack Park in upstate New York. In September summer crowds are gone, there are no bugs. The nights are cool for sleeping and the water in the lakes is still warm enough to swim. Base tent camp at ADK Loj group site. Visit Adirondack Museum in Blue Mt. lake. Hike the high peaks and canoe Saranac Lake. Fees for museum, camping, rentals and food. Limited to 12 participants. \$50 deposit due by 8/12. L Mike Woessner ((508) 577-4879, stridermw@hotmail.com), CL Kevin Mulligan , CL Luther Wallis , R Mike Woessner (12 Bradley Ln., Westford, MA 01886, (508) 577-4879, Stridermw@hotmail.com)

(FT) (NM) (AN) (XCE) (SN) Thu., Sep. 20-23. SEM Chapter Hut Weekend. Join us for our fifth annual trip to Cold River Camp, situated in Evans Notch, NH near the Maine border. Stay one, two, or three nights. The third night allows us to spend the entire day Friday hiking, biking, and kayaking. Can't beat the location, activities and the price. Cost is per person, per night and includes a comfortable cabin with a fireplace, meals and all the fun you can handle. Open to all AMC members clubwide, but preference will be given to SEM members if space becomes limited. L Jim Plouffe ((508) 586-1394, Chair@amcsem.org), R Jim Plouffe ((508) 586-1394)

(FT) (NM) Thursdays

Sep. 20. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(FT) (NM) Thursdays

Sep. 27. Red Line the Blue Hills (C3C). Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (RLBH_leader@amcsem.org), L Maureen Kelly , L Michael Swartz , L Ellen Correia , R Jodi Jensen ((781) 249-8346 early evening, RLBH_registrar@amcsem.org)

(CE) Sun., Sep. 30. Wapack Trail end to end. Section #1, 9.1 miles from MA 119 to NH 123/124. Join us as we traverse the ridgeline of the Wapack Range in southern NH. This area is remote, with great views of southern NH and north central MA. This first section include a climb to the summit of Mt Watatic. Upon registering, further info will be provided. L Fred Wason ((508) 838-6049, fmwason@gmail.com), CL Steve Maxfield , R Steve Maxfield ((508) 944-0321, fredmax56@aol.com)

CAPE COD HIKES

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

Miles	Pace (mph)	Terrain Type
AA = 13+	1 = v. fast (2.5)	A = v. strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average

C = <5	4 = leisurely	D = easy
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Watch our [chapter website](#) and the short notice email list for notices for events!

Mon., Jul. 2. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 6:45 pm. Less than 2 hours. L Janet Kaiser ((508) 432-3277, jtkaiser@comcast.net), CL Jane Harding

Thu., Sep. 13. West Falmouth-Bourne&Cardoza Farms (C3C). Wooded flats, hills, bogs, ponds, cattle tunnel. Meet 9:45 for 10:00 start, 2 1/4 hours. Bourne Bridge, 28S, or 151 W to 28 S. Thomas Landers exit. R to stop sign; R on 28A. Quick L into lot. Heavy rain, wind cancels. L Cathy Giordano ((508) 243-3884 before 9 PM, cmgiordan@msn.com)

Sun., Sep. 16. Brewster, Nickerson State Park (C3C). Hike the ponds of Nickerson SP. Woods trails. Some hills. Entrance to park on 6A, Brewster. Stay on main road 1.7 mi to pkg at Fisherman's landing on R. Meet 12:45. Heavy rain cancels. L Janet DiMattia ((508) 394-9064, jandimattia@verizon.net)

Thu., Sep. 20. Truro - Bearberry Hill (C3C). Sand path w 360 ocean view ending at LongnookBch. Rte 6 to Pamet Rd, R off ramp, L on S Pamet Rd to beach pkg lot at end. Meet at 9:45 for 10:00 start, 2 hrs. L Pat Sarantis ((508) 430-9965, patsarantis@gmail.com)

Sun., Sep. 23. E Sandwich Benjamin Nye (C3C). E Sandwich Benjamin Nye, meet at 12:45 PM start 1 PM. Rte 6 Chase Rd turn N, 1st L Old County Rd. Park in circular drive across from Nye home. L Jane Harding ((508) 833-2864 Before 9 PM, janeharding@comcast.net), R J Harding (20 Great Hills Drive, E Sandwich, MA 02537, (508) 833-2864 Before 9PM, janeharding@comcast.net)

(CE) Thu., Sep. 27. Harwich, Herring River - (C3C). Hike along Harwich Reservoirs and River - Park at Sand Pond on Great Western Rd. L Peter Selig ((508) 432-7656, pandmselig@hotmail.com)

BIKE RIDES

NOTE: Approved helmets, water bottles, & spare tires req'd. If start time & location aren't indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, check *AMC Outdoors*, visit www.amcsem.org (schedules), or use the AMC online trip listing system: activities.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

Bike Ride Ratings		
Mis	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

WANTED: Ride Leaders and Co-Leaders. WANTED: Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (bikingchair@amcsem.org) for more info.

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

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

(FT) (NM) Sun., Jul. 1. First Sunday Ride. 10 to 20 miles in and around D. W. Field Park in Brockton/Avon. This is for all skill levels and bike types. Children allowed but contact ride leader. D. W. Field Park is a 750 acre park on Brockton and Avon, highlights include 7 ponds and a stone observation tower. Helmets and spare tube required. Registration not required but cancellations only sent to registered participants. Meet in the Oak St parking lot @ 8am. L Jon Fortier ((508) 982-1855, jon.of.carver@gmail.com)

(FT) (NM) (CE) Tuesdays
Jul. 3. Suunset/Full Buck Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

Tue., Jul. 3. Cape Cod Ride. Lots of beaches and water views on this Cape Ride. Follow-The-Leader style with occasional stop to re-group, water, restrooms, scenic viewing. 30-35 miles. PACE = 13-15mph. L Joe Tavilla ((508) 450-1934, silverski@earthlink.net)

(FT) (NM) Thu., Jul. 5. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) Thu., Jul. 12. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Tuesdays
Jul. 17. A Dennis South Shore Ride. We'll start in the evening on the Rail Trail on Rte. 134 in Dennis and ride to West Dennis Beach, then along the shore to Old Wharf Road and the cottage colonies. Continue to Wychmere Harbor and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium. Return on the rail trail. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) Thu., Jul. 19. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

Wed., Jul. 25. Wednesday Wheelers - Dennis. Start on the south side of Dennis to some interior roads over to Chatham Light and Morris Island. Must be able to keep a 14-15 mph AVERAGE pace. Lunch after the ride at Chapin's Beach Bar. Distance: 45 miles Pace: intermediate 14-15 mph average Start Time: 10:00 A.M. Terrain: Rolling with a few hills Start Location: Requires Registration This is a combined Charles River Wheelmen / AMC ride. L Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net), R Larry Kornetsky ((617) 513-6716, thecanoe@comcast.net)

(FT) (NM) Thu., Jul. 26. Thursday Night Bike Rides. 6pm at various start locations in SE MA. Easy paced, helmets required. Rides are between 18-22 miles and will run every Thur. night at 6pm right through the end of August. Call or email leader, Jack Jacobsen, for info. L Jack Jacobsen ((508) 353-3708, cyclejac51@yahoo.com)

(FT) (NM) (CE) Wednesdays

Aug. 1. Sunset/Full Sturgeon Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Aug. 14. A Chatham Ride. An evening start on the Rail Trail in Harwich. Ride into Chatham and Stage Harbor, Morris Island, along the shore by the lighthouse and fish pier and continue into North Chatham to Allen's Point and a view of the breaks. Return to the Rail Trail and perhaps include an ice cream stop at Harwich Bob's Ice Cream Emporium before returning to the starting point. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Fridays

Aug. 31. Sunset/Full Red Moon Ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Sep. 11. A Dennis North Shore Ride. An evening start on Main St. in S. Dennis. Ride to Scargo Tower (hill) and continue to Harbor View Beach and a shore tour of the quaint roads and beaches of the north shore to Chapin Beach. Return on some streets (another hill) and some cycling roads to the start point. If time allows, a stop at Bray Farm. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Saturdays

Sep. 22. Autumnal Equinox/Sayonara to Summer Ride. 25 +/- mile ride From Skaket Beach in Orleans for a tour of the bay including Rock Harbor. Return on some nook and cranny roads including Sunken Meadow, Crooks, Campground, Thumpertown, and First Encounter Beaches for sunset at Skaket - one of our premier sunset locations. Tires and riders pumped and ready to roll about 2 hours before sunset. Helmets, tube and tools, and water required as is registration. Changes sent to registered riders only. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Saturdays

Sep. 29. Sunset/Full Harvest Moon ride. From Sagamore Rec Area ride through Sagamore and along the canal at an intermediate pace for 22 miles. Beautiful sunset over Buzzards Bay and moon rise over Plymouth Bay. Ride starts about 2 hours before sunset. Tires and riders pumped and ready to roll. Helmets, spare tube and tools and water required as is registration. Cancellation/rescheduling sent to registered riders. L Paul Currier ((508) 833-2690 Until 7pm, currierpaul@comcast.net)

CHAPTER YOUTH PROGRAM (CYP)

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

Watch our [chapter website](#) and the short notice list for notices for CYP events!

PADDLES

For info on SEM canoe & kayak trips, check *AMC Outdoors*, visit amcsem.org, use the online trip listing system: trips.outdoors.org, (set Committee to "canoe/kayak", set Chapter to "Southeastern MA"). Contact the paddle chair: paddlingchair@amcsem.org

Trip Ratings/Levels:

Level 1- No previous or little sea kayak experience is required.

Level 2 - You should feel that you can perform the following: a) paddle 6 miles in a day given the weather conditions for that day; b) a wet exit; c) maintain a straight heading without the use of a rudder; and d) turn your kayak using forward and reverse "sweep" strokes.

Level 3 - All of the above, and in addition feel confident in: a) assisting and performing a deep water rescue; b) paddle 13 miles in a day given the conditions for that day; c) paddle in 10 to 15 knot winds with seas of 2 to 3 feet; d) be able to launch and land from a beach in these conditions; e) use a marine band VHF radio.

Level 4 - All of the above plus: a) paddle 15 miles in a day given the conditions for that day; b) paddle in 20 knot winds; c) handle open ocean, large swells.

Level 5 - All of the above, and be able to paddle 20 miles in 25 knot winds with adverse sea conditions.

Wed., Jul. 4. Swan River/Pond, Dennis, MA. R6 exit 9 for W Harwich/Dennisport, R134 S past Patriot's Square to 2nd set lights L Upper County road past Hart Farm, L Clipper Lane to put-in on Swan PondPaddle down River to mouth on Nantucket Sound, lunch on sandbar & return circumnavigating Swan PondLimitations: Life Vest required, Spray Skirt

may be required if windy. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com)

Sat., Jul. 7. Jackknife Cove and Pleasant Bay. We'll paddle out to the Cut and see what changes winter hath wrought. Lunch looking out over the cut, then cross the cut, go around Strong Island and return. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Jul. 11. Boston Harbor Outer Islands. Circumnavigate several Outer Harbor Islands. Put-in, Hull Gut. Hull, Ma. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Jul. 14. Follins Pond/Mill Pond, Dennis, MA. Route 6 exit to route 134 north, Left Setucket road, Left Mayfair road, Left Follins Pond road to town landing at the end. Limitations: life vest required, spray skirt may be required if windy. Paddle Follins Pond to Weir Creek bridge & if tide permits into Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond. L Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com), CL Paul Corriveau ((362) 508-0451 before 6 pm, paulcorri@gmail.com)

Wed., Jul. 18. Westport River West Branch. Paddle down West Branch of Westport River to harbor and the Let. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Jul. 21. Monks Cove & Back River. Leisurely 8-mile tour around Monk's Cove, Phinney's Harbor, and scenic Back River. PFD and spray skirt required. Launch at 10:30am, Monk's Park off Shore Road in Pocasset. Barlow's Landing Road from Route 28S to Shore Road. Right on Shore road, left onto Valley Bars Rd. Park at RR overpass. L Wesley Ewell ((774) 313-7599 7am-9pm, twofootartist@yahoo.com)

Wed., Jul. 25. Mattapoisett to Haskell or West Islands. Put-in is Ned's Point (41° 39.064 - 70° 47.649), Mattapoisett. Call for directions. Depending on wind/sea conditions we will lunch at either Haskell Is. to the north or West Is. to the south. PFD and Spray skirts required. Sea Kayaks only. Level 3, distance ~14 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Sat., Jul. 28. Bass River South, Dennis. Route 6 exit 9, Route 134 South, Right Upper County road, Left Main st, Right Cove road to town landing at end. Limitations: Life Vest required, Spray Skirt may be required if windy. Paddle down river to mouth on Nantucket Sound with lunch on West Dennis Beach. L Paul Corriveau ((508) 362-0451 before 6 pm, paulcorri@gmail.com), CL Jean Orser ((508) 362-0451 before 6 pm, jeanorser@aol.com)

Wed., Aug. 1. Assonet River to Battleship Cove. Put-in is Hathaway Park (41° 47.621 - 71° 4.376), off Water St., Assonet. We will paddle out to and down the Taunton River to Battleship Cove. Total distance ~15 miles. Sea Kayaks only, PFD and spray skirts required. Level 3. If the tide has been calculated correctly, this should be an easy paddle. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net), CL Haven Roosevelt ((508) 636-0006 anytime, havenesq@comcast.net)

Sat., Aug. 4. Monk's Cove to Bassett's Is.. Put-in is Monks Cove (41° 42.235 - 70° 37.002), Pocasset. Pick up Barlows Landing Rd. off Rte 28 in Bourne. Follow it into Pocasset. Turn right onto Shore Rd. at the church. Go 8/10's of a mile and turn left onto Valley Bars Cir. We will paddle out and around Wings Neck then over to Bassett's Island for lunch. Sea Kayaks, PFD and spray skirt required. Total distance under 12 miles. L gifford allen ((774) 392-0634 anytime, gifallen@comcast.net)

Wed., Aug. 8. Slocum River Giles Creek. Eleven mile round trip down river, up Giles Creek and back. I-195, Exit 12, South Faunce Corner, cross Rt 6 to Old Westport Rd to Chase Rd, R on Russells Mills Rd to town park on left. PFD required. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 11. Lewis Bay. Lewis Bay, Uncle Robert's Cove, lunch on Egg Island, perhaps a foray into Hyannis Inner Harbor. L Ed Foster ((508) 420-7245, erfoster@comcast.net), CL Bill Fischer ((508) 420-4137)

Wed., Aug. 15. Weir River, Hingham Bay Islands. Put-In at Beach Pkg. Lot off Rt. 3A, just before Hingham Harbor Rotary. Level 3 Paddle. PFD, Spray Skirts Req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Sat., Aug. 18. Nauset Marsh, Eastham. 9mi.+paddle.put-in, 1.5mi. N of Rt. 6 Eastham Rotary to Hemenway on R. PFD, Spray Skirts Req. Level 3 Paddle L George Wey (781-789-8005, geowey@comcast.net) CL Bill Fischer. L George Wey ((781) 789-8005 anytime, Geowey@comcast.net), CL Bill Fischer ((508) 420-4137, wmbbarrafischer@comcast.net)

Wed., Aug. 22. Allens Pond. DeMarest Lloyd SP to Allens Pond. I 195 Exit 12, South Faunce Corner Rd, cross Rt 6 to Old Westport Rd, R Russells Mills Rd, south on Horseneck Rd, straight on Barneys Joy Rd, follow signs to DeMarest Lloyd State Park. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Aug. 25. Leader's Choice. Boston Harbor or Hingham Bay. Put-In: Hull Gut, Hull, Ma. Level 3 Paddle. PFD, Spray Skirt Req. L George Wey (781 789-8005, geowey@comcast.net). L George Wey ((781) 789-8005 anytime, geowey@comcast.net)

Wed., Aug. 29. Clay's Creek and Barnstable Harbor. We'll pick our way through Clay's Creek and eventually emerge into Barnstable Harbor. Maybe get into Hallett's Mill Pond. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Sat., Sep. 1. Wellfleet Harbor. Put-in: From Route 6 in Wellfleet turn left at the traffic light toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Palladino ((508) 349-2950, djp1958@comcast.net)

Wed., Sep. 5. Shoestring Bay. Several options depending on conditions. Preregistration for put in info. Spray skirts required. L Louise Foster ((508) 420-7245 Anytime, janelouise@comcast.net)

Saturdays

Sep. 8. Mashpee-Wakeby Ponds. Mashpee-Wakeby Ponds. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: From Rt. 28 take Rt. 130N 2 mi to R at "State Landing" sign. LEVEL: 2 LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Wed., Sep. 12. Onset Buttermilk Bay. Onset to Buttermilk Bay. Rt 25, Exit 1 to Onset, L on 6E/28S to Main Ave, 0.2 mi L Riverside Dr, Park on grass. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Sat., Sep. 15. Leader's choice. Sandwich Old Harbor or Barnstable Harbor, or maybe Hall's Creek depending on wind direction. L Ed Foster ((508) 420-7245, erfoster@comcast.net)

Wed., Sep. 19. Pocasset Harbors. A leisurely 8-mi. tour around Bassett's Island and the harbors of Pocasset. PFD req. Spray skirt rec. Launch 10:30AM. Call for location. L Wesley Ewell ((774) 313-7599 7:00AM-9:00PM, twofootartist@yahoo.com)

Saturdays

Sep. 22. Indian Lakes, Marstons Mills. DESCRIPTION: Indian Lakes, Marstons Mills. Leisurely trip following shoreline, lunch on sandy beach. PUT-IN DIRECTIONS: Rt. 6, Exit 5 South on Rt 149 for 2.9 miles and turn right onto Mistic Drive (will have Indian Lakes sign). Cont. 0.7 miles to lane on right "Town Way to Water" LIMITATIONS: Life vest required. L Nancy Wigley ((508) 548-2362, nrwigley@verizon.net)

Wed., Sep. 26. New Bedford Harbor. New Bedford Harbor Acushnet River. I-195 Exit 15 RT18S, At 4th light L Cove St to E Rodney French Blvd. Park at 1480 Rodney French on street. pfd req. L Haven Roosevelt ((508) 636-0006 Any Time, havenesq@comcast.net)

Saturdays

Sep. 29. Meetinghouse Pond, Little Pleasant Bay, Orleans. DESCRIPTION: Meetinghouse Pond, Little Pleasant Bay, Orleans. PUT-IN DIRECTIONS: From Rt 28 E on Main St to R on Barley Neck Rd, right at next fork (Barley Neck Rd) to town landing on R. LIMITATIONS: Life vest and spray skirt required. L Betty Hinkley ((508) 241-4782 any time, bhinkley@mindspring.com)

TRAILS & TRAILWORK

Contact the trails chair: trailschair@amcsem.org

Watch our short notice list for trails events!

FAMILY EVENTS

Watch our [chapter website](#) and the short notice email list for notices for family events!

(FT) (NM) Fri., Aug. 17-19. SEM Family Weekend. Join SEM for its First Annual Family Weekend at Noble View Outdoor Center. We'll spend the weekend hiking, playing games and cooking smores. Don't miss this great family weekend just 2 hours from Boston. L Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net), L Christine Pellegrini , R Jim Plouffe ((508) 586-1394, jimplouffe@comcast.net)

SOCIAL COMMITTEE & SOCIAL EVENTS

Watch our [chapter website](#) and the short notice email list for notices for social events!

(FT) (NM) (CE) Sat., Jul. 21. Social Trip-Bridge of Flowers/High Ledges Mass Audubon, Shelburne Falls, MA. A day trip to visit the Bridge of Flowers in Shelburne Falls, MA, and walk through High Ledges Wildlife Sanctuary. We will plan to have lunch in Shelburne Falls. Opportunities for carpooling. L Jodi Jensen ((781) 249-8346,

jodiajensen@gmail.com), CL Ellen Correia ((508) 954-4099, ellenr.correia@gmail.com), R Jodi Jensen ((781) 249-8346, jodiajensen@gmail.com)

SKIING (XC and DOWNHILL)

Contact the ski chair: xcskichair@amcsem.org

We had great fun this past winter – cross country skiing and downhill skiing. Watch our [chapter website](#) and the short notice email list for notices for events for next winter!

 **Think green**
If you print your e-Breeze, please recycle it when done



The Southeast Breeze

is written by chapter members. All you have to do is assemble it using Microsoft WORD (and fix typos). Interested?

Contact communicationschair@amcsem.org

needs an editor! The monthly e-newsletter

MAY 1208, JUNE 1203, July 1196