



No [Rhode Island] Child Left Inside- A Local Perspective

By Mark Dennen (see web for color version)

Part I

No doubt most of you have heard of AMC's *No Child Left Inside* Initiative in which the club is trying to promote the importance of outdoor activity for young people. Not only is there an epidemic of obesity among our young housebound generation, but also an explosion of other diseases from living in our little sterilized bubbles. While this effort is well on its way nationally, it is just beginning in Rhode Island, thanks to Chris Shafer, Debbie Mitchell, Tom Eagan and others. The Narragansett Chapter is actively looking for families to join our Family Outing Committee and I thought I'd offer some suggestions for activities you and your family can enjoy - outside. As a parent and AMC member, I know it is not as easy as it sounds to get them outside. I offer this local perspective. These experiences and photos are biased toward my children, so I want to write another article (Part II) drawing from your experiences and photos. Please send them to me at mdennen@cox.net.

Tips for Getting Children Outdoors

The Importance of Packaging: Cereal manufacturers know how important it is to package whole grains to appeal to children. Same goes for the trips. "Hey, kids, lets shut off the T.V. and get our hiking stuff on and spend a day in the woods!" may work for some kids, but not mine. Instead try, "Let's go down to South Kingstown. We can check out a trail at Trustom Pond and then hang out at the beach." Even just a couple of hours outside enjoying nature can be fun. If you also provide a "treat or reward" after the trip, i.e.; ice cream, that too will entice your children to spend time outdoors.

Be realistic about Pacing: Do you want to set the local hiking



record for 4 year olds to climb Mount Tom or do you want them to enjoy the hike? Usually you have to choose. Kids don't have the patience for a 4 hour hike or bike ride, without stopping to collect rocks or jump in the puddles or pet the dogs they see along the wayso chill out and enjoy the quite time with your kids. Spending time outside is about enjoying both nature and quality family time, not about bagging peaks.

Multi-Use Areas: Hike, Bike, Kayak

Lincoln Woods- Lincoln: This is the complete package, easy to get to from greater Providence. They rent kayaks and canoes on the quiet lake. Traffic on the road throughout the park is light and, half the roads are reserved for bikers and hikers. The terrain is rolling so there are more fun downhills than the average bike path. After a hike or bike ride there is a ranch outside the main entrance on Twin River Road that offers pony rides, or for more adventurous (7 and older) one hour trail rides on horseback. There is a fresh water beach, but it is often noisy and crowded in summer.

(Continued on p. 7)



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The Gansett Gazette is published bimonthly February/March, April/May, June/July, Aug./Sept., Oct./Nov. and Dec./Jan. by: Narragansett Chapter AMC
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www.amcnarragansett.org
User Name: **members**
Enter the word "members"
(without quotes) as the User Name
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AMC Launches Online Member Center

AMC is pleased to announce the launch of its new online Member Center, a single place on AMC's website where members can log in and update their contact info, indicate their activity and volunteer interests, manage e-newsletter subscription preferences, renew their membership, or subscribe to Appalachia. For more details, check out our member center notices at http://www.amcnarragansett.org/notices/member_center/member-center-announced.html.



From the Chair

Since the start of the New Year, the Executive Board had met several times to discuss a number of long term issues facing the Chapter. From these discussions we have developed 3 goals. The first, to better recognize leaders; second, to offer more activities to families; and third, to increase membership.

We are very fortunate in the Narragansett Chapter that we have a wonderful group of dedicated leaders who volunteer their time to organize and conduct trips, activities and events. We as an Executive Board need to do more to say thank you for the many hours these people have volunteered to the Chapter and the Club. Many people may not know this, but aside from the leaders recognized at our Annual meeting, a number of local members were recently recognized at the Club's Annual Meeting. Ed Poyer received the distinguished **Volunteer Award** for his many local contributions over the past 15 years and his work with the AMC's Mountain Leadership School. Marcie Madsen received the **Warren Hart Stewardship Award** for her work on the AMC's Volunteer Steering Committee, work at the AMC's huts and the Family Adventure Camps. Other local leaders who received Stewardship Awards include: Chris Shafer, Maria Earley, Roy Benoit and Henry Cruciani, and Mary Cloos. Related to this goal of recognizing our leaders is the need to expand the group of leaders we now have, so we can offer even more activities and events and take some of the burden off the core group of leaders who now give a significant amount of their time to the Chapter.

Our next goal is to offer more programs and events for families. Our **Family Outing Com-**

mittee had been inactive for a number of years and was recently re-established. We now have our first offering of family activities in years. At the Spring Fling alone, we have 3 different activities. Embracing and offering more programs to families and children not only increases member participation, it will help to ensure the next generation of outdoor enthusiasts and conservationists start off on the right foot.

And finally, our last goal is to increase membership. Club-wide membership is either flat or declining depending upon what chapter you consider. There is much more competition for our member's free time and we need to continue to offer an exciting and interesting program of events and activities to ensure our long tradition continues. The more we engage our members and get them to become more active in our chapter, the more vibrant and exciting a chapter we'll all have and enjoy.

As you can see, the Executive Board has a number of challenging goals before it. I'll keep you updated on our progress from time-to-time and I invite you to join us for a local hike, a bike ride, or a paddle. For those who are more adventurous, we regularly conduct outings in the White Mountains and our Technical Climbing group is always looking for new participants. And for those who are more Conservation minded, we have a very active Trails Committee and Conservation Committee, as you will see in this issue of the Gazette and by visiting our website at <http://www.amcnarragansett.org/>.

I challenge you to try something new this spring and summer: co-lead a trip, volunteer on a trails-project and to get involved and enjoy your membership.

Take care,
Tom

Changes in Store for AMC Outdoors and Member E- Communications

In an effort to reduce expenses and AMC's carbon footprint, *AMC Outdoors* will be published six times per year, beginning with the September issue. The magazine

will also begin running abbreviated activity listings beginning with the May issue. At the same time, AMC is stepping up its efforts in member e-communications and social networking.

Full listings will continue to be available online at trips.outdoors.org, and well as through a new e-mail based activity alert available through the AMC Member Center (www.outdoors.org/membercenter) at the end of January 2009. Members can also sign up for e-delivery of chapter newsletters, when available, on the Member Center.

Trip leaders will see new word count limits for magazine listings on the Online Trip Listing system submission forms starting February 15 for trips submitted for the May issue. A complete Q&A for trip leaders will be distributed through chapter chairs, published in the March *AMC Outdoors*, and posted to www.outdoors.org/volunteer/forms.

ACTIVITIES

www.amcnarragansett.org

Friday March 27 Conservation Bird Event:

Join Kim Calcagno at Audubon in Smithfield for an evening dedicated to the mysterious American woodcock. Beginning w/soup, salad, fresh bread and an introduction to this bird and its exuberant mating flights. Then venture outdoors to view and listen for mating flights and songs. Sturdy shoes, dress warmly and bring flashlight. If bad weather, we will re-schedule. L Linda Pease 351-2234. CL Yvonne Federowicz 354-5524.

Fri- Sun March 27-29 Zealand Hut Overnighter:

Cozy weekend at AMC backcountry hut, w/ optional hikes to Mt. Hale and Zealiff. 7.4 mi, 2300' elevation gain. 7 hrs. Somewhat strenuous overnighter for exp., fit winter hikers w/ full winter gear & winter sleeping bag. Approximate cost \$95 incl. Shapleigh hostel & hut lodging, 2 breakfasts, one dinner. L Ed Poyer (EdPoyer@gmail.com), CL Denise Poyer.

Sat March 28 Hike in Glacier Park in Westerly and Kettle Pond, start 10am. Carpooling from Kettle Pond Visitors Center, walk 3 miles in Glacier Park with a wonderful overlook of Block Island and Long Island. Then back to the Visitors Center for a short walk in Kettle Pond. Ask about carpooling. L Dick Sullivan (294-9374).

Sun March 29 Family Hike Cumberland Monastery. Easy Sunday afternoon hike at the Cumberland Monastery. 1-4 miles depending on ages and interest of group. Call or email for info. L Debbie Mitchell (743-4192

or dmitche@thebravergroup.com), CL Mark Dennen (726-2773).

Sun March 29 Hike in Wickaboxet Management

the first State Forest in RI. Start 9am. Hike past Rattlesnake Ledge 4-6 miles following woods roads. Bring water and food. Legal Orange req'd. Heavy rain cancels L. Pam Hill (269-1610 call 7-9PM or pjsh40@aol.com).

Wed April 1 Hike and Social Colt State Park in Bristol at 6pm. For info call Bob Cilette (529-1611).

Sat April 4 Hemlock Ledges Trail Improvement Project

Meet 9am and join the Narragansett Trails Committee to span a wet area on this trail in the Arcadia Management Area. Implant step stones or possibly build bog bridges. No prior experience needed. Bring water and lunch. All tools provided by trails committee. **Raindate Sun. April 5.** Contact L. Chris Shafer (789-8331, evenings) for info.

Sun April 5 - Family Indoor Rock Climbing

Join the Family Outing Committee 6-8pm at the RI Rock Climbing Gym. Cost: up to \$25 each includes gear rental and belayers. Register early, limit 20. Contact L John Fontaine (j2fontaine@verizon.net or 354-6032).

Tues. April 7 URI Master Gardeners offers AMC Backyard Make Over

at 7pm at REI Store in Cranston. Simple steps for converting your yard into a beautiful, interesting, low maintenance, natural habitat. Hundreds of RI families have created backyard habitats that attracts birds & butterflies, flowers, shrubs; no fertilizer, pesticides, less care, reduces watering, no mowing. Roseanne Sherry, Director, Master Gardeners will discuss the program and answer your questions. Bring a friend and have refreshments. L's Yvonne Federowicz 261-3368 or Patty d'Ambr 949-3374.

Wed April 8 Hike and Social at Lincoln Woods at 6 pm. For info call Bob Cilette (529-1611).

Thu April 9 Conservation Meeting 7pm. All members welcome. Help us plan and lead events in RI and out of state, hands on or with naturalist, foresters, experts in energy, water, landscape, gardening, marine life, recycling and more. Join us and help develop stimulating new programs for 2009. Contact Jack Schempp 331-4553 or Linda Pease 351-2234 for location in Providence.

Sat April 11 Clean Up the Jewel of the Bay, Colt Park, Bristol--Help Urgently Needed-- 9:30AM- 1PM Members are invited to enjoy mild sun and sea breezes as we polish the Earth Day face of this jewel, 1 of the finest shore parks in New England. State layoffs have reduced the Park Staff to four workers, not nearly

enough to maintain this large park. We need many AMC members and friends to maintain this park. A possible "give back" for those who walk and hike the trails. Roger Williams students will join us in a clean up of the entire park. The task is simple: bag an array of "sea treasures" tossed upon the shores. Work as teams, make new friends. Bring gloves and water. Snacks and juice provided. L. Jack Schempp 331-4553 & Barbara Flagg 487-4376 for info.

Sat April 11 Tippecansett Trail Improvement Project. Join members of the Narragansett trails committee in constructing bog bridging & possibly installing step stones at various wet areas of this trail in southwest Rhode Island. No prior experience needed. Meet 9 AM. Bring water & lunch. All tools provided by trails committee. **Raindate Sun. April 12.** Contact L Chris Shafer (789-8331, evenings) to register & for details.

Sat, April 11, 18, and 25: Beginner Rock Climbing Course

which consists of 3 progressive Sat classes intended for beginning climbers and those gym climbers who want to make the transition to the outdoors. Classes are held at nearby crags in MA and CT. Must be 18-years old or 15, if accompanied by a parent/guardian. Fee for 3-day course: AMC member \$60. Non-member \$100. Student discount, AMC member \$40, non-member \$80. L & R: Brian Phillips (783-0133, bphillips38@cox.net), L Peter Barlow (860-675-3772, freeclimb@aol.com).

Tue April 14 Local Hikes Meeting at 6:30pm at Stop & Shop in N.Kingstown. Come to offer a hike or 2 for the summer time. We need to plan June/July and Aug/Sept trips. Everyone is welcome to the meeting. Call for directions (723-1974 or spencer295@cox.net).

Wed April 15 Hike and Social at Rome Point in N. Kingstown at 6pm. For info call Bob Cilette (529-1611).

Thu April 16 Trails Committee Meeting at 6:30pm. We will meet to plan out and schedule trail projects for the year. Everyone is welcome! at 152 Fishing Cove Rd. N Kingstown. For info and teleconferencing please contact Elise Del Barone (edelbarone@yahoo.com). For directions contact Marge Gaunt (295-7101).

Sat April 18 Help Wanted for Earth Day Project in Blackstone Park. The Conservation and Trails Committees invite you to help revive this fine old park. Restore trails

and erect fence. Tasks for all: rake, remove winter debris, plant water bars cut fence rails. Make new friends. Enjoy views and refreshments. Start 9 am, work 2-5 hours. Bring gloves and water. Phone for directions: Chris Shafer 222-2797 x 7511 days, or Linda Pease 351-2234. **Raindate Sunday, April 19.**

Sat April 18 Fort Nature Refuge, a 5 mile hike among the pine and hemlock in Northern Rhode Island. On this hike we will be visiting 3 ponds that were build by the original owners of this property. L John Ross (884-8458)

Sat April 18 South Kingstown-Narragansett Ride: Early season 20 mile easy intermediate bike ride includes only one big hill ! Get those legs warmed up! Helmets req. L. Dick Schaffner (781-6310).

Sun April 19 Noon Time Tour of Roger Williams Park Botanical Gardens. URI Master Gardeners lead this tour of tropical plants in peak season, providing cultural & environmental info about plants. Fee is \$3.50 pp. Possible walk after. L Dennis McCarthy 556-8955, CL Linda Pease 351-2234.

Wed April 22 Hike and Social in Goddard Park. E. Greenwich at 6pm. For info call Bob Cilette (529-1611).

Sat April 25 Great Swamp Hike in S. Kingstown. It is return home time for the Osprey and for all of nature at this swamp refuge. L Karen Stein (782-6589, Karen-whd@gmail.com)

Sat April 25 Big River Conservation Paddle in Coventry. Explore upper Big River in Coventry, winding through a marshy area. Expect bird life. Rentals available. L Sandy Barber (467-7881), CL Ray Buccaci (822-1407).

Sat April 25 Charlestown - South County Ride: 25-30 mile bike ride, intermediate pace. Scenic roads with rolling terrain. Helmets req'd. L Marcie Madsen (364-6538).

Sat - Sun, April 25-26 SOLO Basic Wilderness First Aid: Red Cross first aid training is certainly helpful, but when you are in a backwoods situation, you need more. This course will provide the knowledge you will need to deal with medical emergencies when you are more than 1 hour from medical care. In addition to patient assessment, this course will teach you how to treat immediate life threats, disabling injuries, hypothermia and other environmental hazards, fractures, sprains and more. This is a 2 day course and will be taught at Camp Hoffman in West Kingstown, RI. Course taught by the outstanding instructors from Stonehearth Outdoor Learning Op-

portunities (SOLO). Pre-reg. for volunteer leaders will begin Jan. 19. Chapter leaders will receive a special rate of \$60. Registration for all others will begin on February 1, cost \$115 for Narragansett Chapter members and \$165 for all others. The fee covers all instruction and materials and does not include lodging or meals. **Register early**, as this course has been a sellout for the past several years. For reg/info, call Linda Pease (351-2234).

Sun April 26 Gilbert Stuart Fish Ladder, Herring Run and Spring Festival.

300,000 herring ran this route up the Narrow River to Carr Pond in 2002! There's a mill, a museum and nature trail to explore too. Festival offers historic RI treats and activities. Families, new members very welcome. Free admission, but donation welcome. L Yvonne Federowicz (354-5524 or yfederowicz@cox.net), L Linda Pease (351-2234).

Wed April 29 Hike and Social at Sachuest Point in Middletown at 6pm. For info call Bob Cilette (529-1611).

Sat May 2 Deep Pond Hike, Exeter. Meet at 9am for this 8-10 mile hike at moderate pace. The loop consists of Tipecansett North, Deep Pond, Hemlock Ledges, and Tipecansett South. Great views of Beach Pond. Hiking boots, lunch, and water req'd. Rain will cancel. L Maria Earley (789-8331 call 7-9pm, momearley@netzero.com).

Sat May 2 Step-by-Step Hike: Blue Hills Reservation: Milton, MA. For beginning hikers who eventually want to do Northern Hikes. During the course of this series we will cover gear, clothing, nutrition and hydration while doing increasingly difficult hikes. L. Steve Harrison (270-3363) CL Sue Warthman.

Sat May 2 Kingston - Shannock - Charlestown Bike Ride. easy intermediate 32 mile ride over rolling country roads, 10am start. L Dick Schaffner (781-6310), CL Jane Vieira.

Sat May 2, 9, 16 Intermediate Rock Climbing. Course consists of 3 progressive Sat classes intended for intermediate level climbers. Preference is given to members of the Beginner course. Climbers starting at this level will be asked to demonstrate some basic climbing and safety techniques before acceptance into the course. The goal of the course is produce climbers who can safely second an experienced leader on a traditional-style multi-pitch climb. Graduates of this course are invited on the AMC climbing trips scheduled each month. Instruction will include seconding and learning the basics of placing protection and self-rescue. Course Cost: AMC Member \$60, Nonmember \$100. Student Discount--AMC Member \$40, Non Member \$80. L Peter Barlow, 860-675-3772, freeclimb@aol.com, CL Brian Phillips,

783-0133, bphillips38@cox.net.

Wed May 6 Hike and Social in Narragansett at 6pm. For info call Bob Cilette (529-1611).

Thu May 7 EBBP Carousel Bike Ride. 22-miles on East Bay Bike Path & Colt State Park. All welcome. Kick-off to evening rides at 6pm. Helmet req'd. L Sid Wax (849-2595, sid_w@yahoo.com)

Thu May 7 & Sat. May 9 Evening Map and Compass Workshop. Learn to find your way in the back country. Topics include reading map symbols and contour lines, matching the terrain to the map, taking and using bearings, orienting map and compass, declination, determining your location and planning your route. Practice skills in the woods on Sat. \$15 includes map and materials. L Ed Poyer (783-6623, edpoyer@gmail.com)

Sat May 9 Brushy Brook Hike 5 mi moderate hike in the western end of Arcadia Management Area. Starting along the shores of Beach Pond, before passing Deep Pond on our way to the Brook. L John Ross (884-8458).

Sat May 9 Walk Boston's Emerald Neck-lace, Boston, MA. 12 miles, a long wonderful day. Walk (fast to moderate) through various parks designed by Frederick Law Olmsted. Train in, eat out. L Sandy Dunn (333-6474 before 8:30pm), CL Roy Loiselle, CL Patty D'Ambra.

Sat May 9 Upper Pawtuxet River Full Moon Paddle. Scenic from Hope to the dam at the reservoir. Ice cream stop after. Families and new members welcome. L Janet Huntley (789-8842, Moonstone_baby@yahoo.com), CL Ray Buccacci (822-1407, rbuccacci@netzero.net)

Sat May 9 Warwick Shores Bike Ride. mostly flat, lots of water views. Some main roads, 25-35 miles, depending on group, average speed 13 mph. Bring lunch. L Nancy Baker (737-3052 evenings), CL Dick Schaffner (781-6310 evenings).

Tues May 12 So. Rehoboth Bike Ride: 18 mile, easy, intermediate scenic ride. 6pm start! Helmets req's. L Carol Richards (434-8448 or carol_164@cox.net), CL Barb Flagg.

Wed May 13 Hike and Social in Garden City, Cranston at 6pm. For info call Bob Cilette (529-1611).

Sat May 16 Step-by-Step Hike Mt. Wachusett: Princeton, MA. Visit an old

growth forest on the back side of mountain's ski area. Great views from the summit. Approx. 6 miles at a moderate pace. L. Steve Harrison (270-3363), CL Sue Warthman.

Sat May 16 Spring Fling

Save the date for our Chapter's Annual Spring Fling, that will be held at the beautiful S. Kingstown Land Trust Barn in Matunuck. This year's activities will include scenic hikes, paddling, bicycling and family activities. Look for the reg/event notice and register by April 30.

Wed May 20 Hike and Social in Jamestown at 6pm. For info call Bob Cilette (529-1611)

Wed May 20 - Pasta Challenge/Rehoboth Bike Ride: Scenic rural biking. 2 rides start/end same location. 1 easy riders pace, 1 faster pace. All the pasta you can eat at the Hillside Country Club after. 6pm start! Helmets req'd. L Linda Pease 351-2234. CL Bill Rush.

Thu May 21 Trails Committee Meeting at 6:30pm. We will meet to plan out and schedule trail projects for the year. Everyone is welcome! at 152 Fishing Cove Rd. N Kingstown. For info and teleconferencing please contact Elise DelBarone (edelbarone@yahoo.com). For directions contact Marge Gaunt (295-7101).

Fri-Mon May 22-25 High Peaks of the Pemigewasset Wilderness: strenuous overnighter to Galehead Hut. Hike in via North Twin. Sunday hike to South Twin, Guyot and the Bonds. Enjoy camaraderie and hearty back-country fare, for those in good condition with mountain hiking exp.. Mod. paced, longest day, 9 mi, 3400 ft. elevation gain, up to 9 hours. Expect river fording, possibly some snow. Cost \$155 includes motel and hut lodging, 3 breakfasts and 2 dinners. L Ed Poyer (EdPoyer@gmail.com), CL Denise Poyer.

Sat May 23 Ten Mile River Kayaking Paddle: time to reveal what is hidden on the upper half of this river. Smaller kayaks will work better. L Antoinette Breed (751-5086, antoinettebreed@verizon.net), CL Herrick Spencer (723-1974, spencer295@cox.net).

Sat-Mon May 23-25 White Mtns. Trails/Hiking Weekend, Gorham, NH. Improve Pinkham Notch trails Sat afternoon and Sun; intermediate hike Mon. Lodging/most meals at Camp Dodge. L Chris Shafer, CL Maria Earley (789-8331 7-9pm), R Chris Shafer (789-8331 call 7-9pm or christopher.shafer@dem.ri.gov).

Sun May 24 Hike from the Uxbridge Riverbend Visitor Center and visit the Center.

Get great views from Look Out Rock, hike beyond the Goat Hill lock on the north side of the Blackstone River. Orange and hiking boots req'd. L Linda Pease (351-2234), CL Matt Putnam (405-0571).

Tues May 26 Barrington Bike Ride: 18 mi flat ride, water views. 6pm start! Helmets req'd. L. Carol Richards (434-8448, carol_164@cox.net), CL. Barb Flag.

Wed May 27 Hike and Social at Roger Williams Park at 6pm. For info call Bob Cilette at 529-1611. L Janet Harris (272-6772).

Thu May 28 East Greenwich/North Kingstown Evening Bike Ride, 6pm start, 20 mi intermediate ride. Helmets req'd. L Dick Schaffner (781-6310).

Sat May 30 Westerly/Watch Hill Bike Ride, 32 mi ride. Beaches, mansions, ocean views, a lighthouse. Lunch by the harbor. Intermediate pace. 10am start. Helmet's req'd. L Marcie Madsen (364-6538).

Sat May 30 Block Island Hike: 8 mi, bring water, snacks and lunch. Rain cancels. Ask about carpooling. L Gail Trapp (651-2412), CL John Feather (jfeather67@cox.net).

Sat May 30 Step-by-Step Hike Wapack Trail- Pack Monadnock: Greenfield, NH. We will hike Pack Monadnock and possibly North Pack, depending on the fitness level of the group. Views from both summits to the north and of Mt. Monadnock are beautiful. Moderate pace covering 5-8 miles depending on the trails taken. L. Steve Harrison (270-3363), CL Sue Warthman.

Tues June 2 Swansea Bike Ride: 18 mi ride w/scenic views. 6pm start! Helmets req'd. L Carol Richards (434-8448, carol_164@cox.net), CL. Barb Flag.

Fri-Sun June 5-7 Alpine Lakes & Gardens - club wide event. Enjoy the remarkable miniature beauty of alpine flowers while hiking along the majestic southern Presidential Ridge. Int. challenge, moderate pace, 7 mi, 7 hr day, w/ 2500' elevation gain and some steep, exposed sections. For fit, exp. mountain hikers interested in blooms, not peaks. Cost \$175 includes hotel and full service hut lodging, tips, breakfasts & 1 dinner. L Ed Poyer (EdPoyer@gmail.com).

Sat June 6 Put-in: Taylor's Landing, Rt. 138, South Kingstown. Take-out: Biscuit City Landing. 10 mi; no portage. This first section is an interesting but arduous paddle. Fee. L Denise Poyer (539-9017 or denise.poyer@wpwa.org).

Sat June 6 Western Cranston Scituate Bike

Ride. Strong intermediate riders welcome. Helmets req'd. L Dick Schaffner (781-6310).

Sun June 7 - Family afternoon hike at the Norman Bird Sanctuary. Possibly meet for lunch then a short afternoon hike. There are many trails at the sanctuary that are appropriate for young children and families. E-mail leaders Craig and Terry Gaspard (gaspard782@aol.com) for further information.

Sun June 7 Kickimuit - East Bay Flat Water Paddle. It could be an evening paddle; we'll decide closer to the date. L Linda Pease 351-2234, L Gregg O'Brien 245-0677.

Thur-Sun July 2-July 5 Adirondacks High Peaks Region Weekend. Enjoy 3-days of challenging day hikes to non-4000' footers in the Adirondacks High Peaks region. Hikes 4-8 mi featuring steep and very rugged terrain, some scrambling. For fit, experienced mountain hikers. \$195 includes 3 nights lodging at a guide company's lodge, 3 breakfasts, 2 dinners. Dinner supplied by leaders and prepared as a group. **Space is limited, register early.** L Sean Buckley, register/w CL Ed Poyer (EdPoyer@gmail.com).

Fri July 10-Sat July 18 Hike the Sawtooth Mountains in Idaho: stunning views, 10K peaks, 300 high glacial lakes, awesome sunsets, no crowds, old west. Day hikes focus on the beautiful Sawtooth Wilderness, 50 mi N of Sun Valley. Log cabins, dine out evenings. Intermediate hikes 6-10 mi/day for experienced mountain hikers, moderate pace. Optional rafting, fishing, kayaking. Cost \$1450 plus airfare, includes meals, lodging (2 per room), van, park fees. Phone for prospectus L Jack Schempp (331-4553 or jschempp1@msn.com), CL Jerry Bernardini (886-4735).

AMC NARRAGANSETT CHAPTER SPRING FLING

Saturday, May 16, 2009, Appetizers served: 4:00PM – All activities are free.

The South Kingstown Land Trust Barn, 17 Matunuck Beach Rd, Charlestown, RI

Dinner: Appetizers, barbecue, green and potato salads, chicken, burgers (inc.veggie), hot dogs, grilled veggies, desserts, beverages.

Directions: From the North/East: Take Route 4 South to Tower Hill Rd/Rte 1. Continue on Rte 1 South until you see signs for Matunuck Beach Rd. Take next left onto Rte 1 North. Turn right on Matunuck Beach Rd. The SKLT Barn is immediately on right. **From South/West:** Take Rte 1 North. Turn right on Matunuck Beach Rd. The SKLT Barn is immediately on right.

Activity	Leader and Contact	Description
Local Hike	Contact Leader Karen Stein (782-6589) to register.	Spring hike at Trustom Wild Life Refuge - Meet us at the SKLT Barn at 1:45 PM or at the wildlife refuge. We will return a few hours later for the afternoon/evening events at the Land Trust Barn. Bring comfortable shoes and some water for the hike.
Spring Flower Walk	Contact Leader Patty D'Ambra (949-3374) for time/location.	Explore the magnificent Land Trust property. Search for favorite and new species on your ramble through the meadows, fields and woodlands of beautiful South County.
Family Paddling	Contact Leader Chris Shafer (789-8331 evening) or (222-2797 ext 7511 days) or Christopher.shafer@dem.ri.gov	Worden's Pond – 1pm start - Kayakers and canoeists welcome, as well as beginning paddlers. Inquire in advance about free use of extra canoes available at the launching site or you may reserve in advance AMC rental kayaks. Rainy/windy weather forecast will likely result in postponing this event to Sun. May 17. For details, contact leader.
Family walk/stroll	Contact Leader Debbie Mitchell (743-4192)	Ninigret Park/Matunuck Beach area 2:00pm - 3:00pm. Children of all ages welcome, easy access to/from car and bathrooms. We'll be very flexible about itinerary.
Family Informational	Contact Leader Tom Eagan (tomeagan.amc@gmail.com)	SKLT Barn – 3:15pm to 4:15pm - "Staying Found in the Woods". This one hour session will help prepare parents to take their children into the woods and avoid getting lost. We'll also talk about what to do should it happen anyway. Indoor session.
Sea Kayaking	Contact Leader Mike Krabach. 333-5350) (mkrabach@cox.net) CL Barbara Flagg	Great Salt Pond - Launch at 10:00am. Leisurely paddle down to Galilee, around Great Island and back in time to attend the Spring Fling at the SKLT Barn. See pictures at http://www.amcnarragansett.org/photo_albums/sea_kayaking(salt_pond_051207/thumb)
Flatwater Paddling	Contact Leader Linda Pease (351-2234) for time/ location.	Worden's Pond - Enjoy a quiet paddle as we circumnavigate Worden's Pond and explore the Chipuxet River. Recreational or sea kayaks welcome. Wet suits recommended.
Bike Ride I	Contact Leader Steve Morra (231-5365) CL Roger Cole for time and location.	Easy Rider Ninigret/Matunuck: 18 mile, easy ride, including stops at pre-colonial Fort Ninigret, scenic and historic Ninigret Park and a beach walk. Helmets required. Rain cancels.
Bike Ride II	Contact Marcie Madsen (364-6538) for time/ location.	Intermediate Ride: 28 mile , easy-intermediate pace (not too fast not too slow). Beaches, rolling country roads and the carefree beauty of South County. Helmets required. Rain cancels.
Presentation	Prentice K. Stout Galapagos Islands – presentation/slides 6:00pm – 7:00pm	Galapagos Island - RI photographer and naturalist Prentice K. Stout will present a lecture about his travels to the Galapagos Islands. Stout has traveled widely and his photographs have been featured in such publications as National Geographic. Before retiring, he was a marine education specialist at URI's Graduate School of Oceanography.

TO REGISTER - Please make your check payable to: "Narragansett Chapter AMC"

MAIL TO: Tom Eagan, 29 Tockwotton Farm Road, North Kingstown, RI 02852 Email: tomeagan.amc@gmail.com

SPRING FLING DINNER– REGISTRATIONS POSTMARKED BY APRIL 30, 2009					
AMC Members	Guests and Non-Members*		before 4/30	after 4/30	Total
_____	_____	Age 12 & over	\$12 EACH	\$15 EACH	= \$
_____	_____	Age 3 – 11	\$6 EACH	\$8 EACH	= \$
_____	_____	Age 2 & under	free	free	= free
All Activities – Contact Leaders Above to Register			free	free	= free
*Non-members who join the AMC (and pay dues) at the Spring Fling will enjoy the Spring Fling for free.					
TOTAL AMOUNT ENCLOSED \$ _____					

NO CHILD IN RI LEFT INDOORS (CONTINUED)



Goddard Park - East Greenwich: You can bike the paved roads or hike the wooded trails along the bluff overlooking East Greenwich Cove. Trails running south from the Carousel extend 3+ miles if you want to travel that far (shorter trails are available), while loop trails north of the Carousel are about 2 miles long and there is easy access to public rest rooms, paved roads and a snack shop during the summer. Plentiful parking is available near the beach so you can also enjoy a walk on the beach or a swim during the summer. Goddard Park is also a great place for a picnic and horse back riding is available just up the road.

Blackstone River and Bikeway- Cumberland/Central Falls: There are many ways to see this area. The Blackstone Valley Tourism Council runs guided boats tours of the river from the Cumberland/Central Falls Line. After (or instead of) this, you can see this quiet river by canoe or kayak (rentals available along the river on Mendon Road), or you can bike along the river via the bike path (which also begins in Cumberland at the old Lonsdale Drive-in near the Central Falls line and continues about 10 miles

into Woonsocket). The southern section, near Central Falls, includes a boardwalk over a swamp and a ride through the meadow. Go near sunset and you can see deer, rabbits and bats in the meadow at old Drive-In.

Hiking

Trustom Pond- South Kingstown: Trails are flat and short with great views of the Ocean. You can also hang out at the beach.

Watson Farm- Jamestown: After visiting geese, goats, ducks, etc. at the historic farm, you can hike through the meadow to the waterfront, which affords a great opportunity to collect sea shells.

Browning Mills Pond - Arcadia - a loop trail about a mile and a half long circles the pond. Kids can fish in the pond which is stocked with trout during the summer or you can canoe or kayak and have a picnic.

Cross Country Sking/ Hiking

Pulaski Park- Gloucester: This is my favorite activity . Not just because it's fun , but because there are so few outdoor activities for the winter. You can cross country ski all season for less than the cost

of 1 trip to a New Hampshire ski area. I would recommend the Cedar Swamp Trail, marked in red. It is a manageable distance (1.5 miles) plus it has a fun downhill near the start. Bring a thermos of hot chocolate or cider, as well as orange vests. If kids are brand new to skiing, I would recommend just a flat local playground to get the hang of it before going to Pulaski.

Biking

Almost anywhere- R.I. I love the bike paths, and I ride them with my daughter all the time. Although you don't have to worry about cars, you will run into dogs, rollerbladers, bikers and walkers. all darting about , so you need to stay alert. I will often play a game where we will explore a new road (at least for my daughter) to a surprise destination- a fruit stand, a country store or a playground. It teaches your kids don't just drive to a bike path and bike, but that biking is a transportation choice and can be a great way to explore new areas.

These are a few great places where I take my kids. Let me know where you go with your family and we'll publish several suggestions in the next issue of the Gazette or on the our website. I can be reached at .mdennen@cox.net



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**THE AMC GANSETT GAZETTE APRIL/MAY
SPECIAL ISSUE FAMILIES & SPRING FLING**



**NO RHODE ISLAND KIDS
LEFT INDOORS– Page 1**

