



The Gansett Gazette

Newsletter of the Narragansett Chapter of the Appalachian Mountain Club

APR-MAY
2010
Vol. 7, No. 2

From the Chair

By the time you receive this issue of the Gazette, the days will have gotten a little longer, the weather a bit warmer and we'll all be thinking about spending more time outdoors. I mention "thinking" about more time outdoors, because it's still March and as New Englanders we all know another Nor'easter is still just a heartbeat away. But stop for a moment and think about those warm summer days when we can once again take a quiet walk in the woods or enjoy the cool shade from a large oak tree. If you'd like to share that experience with others I invite you to join us for a chapter-wide conservation event at City Park in the Buttonwoods section of Warwick on May 8th. The RI Tree Council has made plans to plant 100 trees on Saturday, May 8th in celebration of Arbor Day and they could use our help planting, watering and mulching.

The first Arbor Day took place in Nebraska in 1872 and is now celebrated in all 50 states and in many countries around the world as a day to plant and care for trees. Trees provide us with shade, they give off vital oxygen through photosynthesis, they absorb harmful pollutants and small particles from the air, and they provide protection from the wind and reduce noise pollution. Trees also provide a home and food for wildlife, stabilize the soil and help prevent erosion, they return nutrients back to the soil, they are exciting for children to climb and they make those quiet walks in the woods possible. So please join other AMC members on Saturday, May 8th from 9am to 12pm to plant, water and mulch an awful lot of young trees. Free workshops on plant pruning and pest control will be offered by the RI Tree Council and Arpin International, an event sponsor, will provide E-Waste and shredding recycling services as well. Visit ritrees.org for more information and pictures from last year's event. I hope to see you there!

Tom Eagan
Chapter Chair

Activities

Thu. Apr. 1. AMC/URI Mastergardeners Backyard Makeover. Convert your yard to a beautiful low maintenance natural habitat with flowering plants and bushes. Provide food for birds and bees. Questions encouraged. At REI Cranston, 7:00pm. Call 401-275-5250 for directions. L Patty D'Ambra (401-949 3374

6:00pm-9:00pm, jschempp1@gmail.com), L Yvonne federowicz (401-261 3368 6:00pm-9:00pm)



Sun. Apr. 4. Look Out Rock Hike - Uxbridge, MA. Five-mile hike from River Bend Farm in Uxbridge along a remnant of the Blackstone Canal and restored control gates. Short road hike back down the Blackstone Valley to Lookout Rock is optional to one of the last canal locks. Meet at McDonald's at the Lincoln Mall at 9:00am. Boots, lunch and water required; maybe stabilicers. Call for more information. L Matt Putnam (401-862-2861, mattputnam@verizon.net)

Tue. Apr. 6. Local Hikes Planning Meeting. Meet at Stop & Shop at 6:30pm. Join us - leaders and members - to plan spring and summer hikes. Call for directions. L Herrick Spencer (401-723-1974, spencer295@cox.net)

Wed. Apr. 7. Hike and Social. Meet at 6:00pm at parking lot across from old Ryan's market. Walk to town boat launch behind Wilson's Park. L Dick Sullivan (401-338-2880)

Sat. Apr. 10. South County Safari. Meet at the Park and Ride at the towers (Rtes. 1 and 138). First we will explore Robinson Park and climb the tower. Next, we will carpool to Lefarge Park and URI boot ramp, then go on to Treaty Rock. Last of all, we will walk Narragansett Beach to the Narrow River. All of these locations have wonderful views of the bay and river. Please call to register by Thursday 4/8. L Dick Sullivan (401-338-2880)

Sat. Apr. 10-24. Beginner Rock Climbing Course. This course consists of three progressive Saturday classes, and is intended for beginner climbers and gym climbers who want to make the transition to the outdoors, or for boulderers who want to "learn the ropes." Participants will learn technical rock climbing skills with an emphasis on safety. Instruction will include learning how to tie and use various climbing knots, belaying, rappelling,

and building anchors for top rope climbing. A benefit of the course is that you meet experienced climbers and have the chance to develop climbing friendships. Students seeking climbing instruction should be serious about pursuing the sport and going on to the intermediate course. Cost for AMC members is \$60; for non-members, \$100. Student Discount: AMC members, \$40; non-members, \$80. L Peter Barlow (860-675-3772, freeclimb@aol.com), CL Brian Phillips (401-783-0133, bphillips38@cox.net)

Sat. Apr. 10. Intro to Geocaching. Learn about GEO Caching. A high tech treasure hunt. We'll first discuss what it's about and how to do it. Then head out and actually find some caches. Space is limited to register early. L Michael Martin (401-437-0957, seakayak@juno.com), CL Linda Pease (401-351-2234)

Wed. Apr. 14. Hike and Social. Meet at 6:00pm at CVS. L Sid Wax (401-935-5466, sid_w@yahoo.com)

Fri. Apr. 16. Caratunk Wildlife Refuge - Seekonk, MA. Caratunk is a bird sanctuary with scenic ponds and streams, and a habitat for other wildlife as well. Seeing it makes one appreciate the original owner of this former 196-acre farm who donated it for conservation and public use. Location is near the Pawtucket city line. Call for more information. L Margaret Parsons (401-247-7760, mpkayak@cox.net), CL Carol Baldwin (401-300-9263, ctbaldwin36@yahoo.com)

Sat. Apr. 17. Tri Pond Hike at Bigelow - Hollow, CT. Sponsored by Young Members Committee, but all are invited. Explore trails on Mashapaug, Bigelow and Breakneck Ponds. Six+ miles. Proper attire/hiking boots required. L Chris Turgeon (Turgeon77@ymail.com), L Linda Pease (401-351-2234)

Sat. Apr. 17. South Kingstown/Narragansett Bike Ride. Early season 20-mile easy intermediate ride. Helmets required. Call L Dick Schaffner. L Dick Schaffner (401-781-6310, dickschaff@verizon.net)

Sat. Apr. 17. Weetamoo Woods - Tiverton Walk. Two-hour hike with dogs, starting at 9:30am. Limited to eight adult hikers with one dog per person. Dogs must be well-socialized

**Narragansett Chapter AMC
Leadership Roster****Chapter Chair**-Tom Eagan,
tomeagan.amc@gmail.com**Past Chair**-Gene Mihaly,
eugene@mihaly.org**Secretary**-Jeannine Peterson,
surnurse@yahoo.com**Treasurer**-Debbie Mitchell,
dmitchell@thebravergroup.com**Membership Chair**-Robin Kuznitz,
rmd@PSH.com**Membership Vice-Chair**-Mary
Bonaventure, mlb448@yahoo.com**Activities Chair**-Chris Shafer, 789-8331,
Christopher.Shafer@dem.ri.gov**Communications Co-Chairs**-
Mark Dennen, mdennen@cox.net;
Shannon Kelley, outside@cox.net**Conservation Co-Subchairs**-
Jack Schempp, 331-4553;
Jschempp1@msn.com;

Linda Pease, linda.pease@cox.net

Leadership Chair-Charlie Killam, (508)
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edelbarone@yahoo.com**Backpacking & Northern Hikes Subchair**-
Ed Poyer, edpoyer@gmail.com**Biking Subchair**-Marcie Madsen, 364-6538,
Marcie18@att.net**Local Hikes Subchair**-Herrick Spencer,
spencer295@cox.net**Technical Climbing Co-Subchairs**-
Peter Barlow, 860-675-3772;Brian Phillips, 783-0133,
bphillips38@cox.net**Flatwater Paddling Subchair**-Linda Pease,
351-2234, linda.pease@cox.net**Sea Kayaking Subchair**-Michael Krabach,
333-5350, mkrabach@cox.net**Skiing Co-Subchairs**-Dan Reardon, daniel.reardon@verizon.net;
Elizabeth Reardon- bunnycello@yahoo.com**Young Adult Members Subchair**-Chris
Turgeon, nagarnett@yahoo.ca**Family Outings Co-Subchairs**-Tom Eagan, tomeagan.amc@gmail.com;
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5 Joy Street, Boston, MA 02108**The Gansett Gazette is published**Feb./Mar., April/May, June/July,
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Narragansett Chapter AMC
123 Greenwood Dr.
Wakefield, RI 02879**CHAPTER WEBSITE**

www.amcnarragansett.org

User Name: members

Password: **climb1953**and get along well with humans and other
dogs. Dog owners, bring proof of current
rabies vaccine, water and snacks for dogs and
self, and pick-up bags. For info call. L Bonnie
England (401-374-2507,
bonniedune@aol.com), CL Paul Wynn**Sun. Apr. 18. Blue Hills Spring Hike.** We
will do the scenic weather station hike and
Eliot Tower for Boston-area views. A
moderately-paced 4-5 mile hike. We can
carpool from Route 95. Hiking boots required;
hiking poles help. Bring water and lunch. Call
for more information. L Margaret Parsons (401-
247-7760, mpkayak@cox.net), CL Herrick
Spencer (spencer295@cox.net)**Sun. Apr. 18. Spring in Bloom Walk.** Patty
D'Ambra, expert in flowers, bushes, and trees,
will show you some of the finest blooms in RI,
Swan Point Cemetery, Providence. L Patty
D'Ambra (401-949-3374)**Wed. Apr. 21. Hike and Social.** Meet at
6:00pm at Aunt Carrie's Restaurant and walk
to the lighthouse. L Aram Deradoorian (401-
789-7811)**Sat. Apr. 24. Charlestown/Westerly Bike
Ride.** Intermediate 28-mile ride through rural
South County. 10:00am start. Helmets
required. L Marcie Madsen (401-364-6538)**Sat. Apr. 24. Arcadia Trail Hike.** Arcadia trail
is a one-way, seven pleasant miles with some
ups and downs, boulders hopping, and some
stream crossings. Rain will cancel the 8:30am
meeting time. L Maria Earley (401-789-8331
7:00pm - 9:00pm, momearley@netzero.com)**Sat. Apr. 24. Step-by-Step Blue Hills Into
Hike.** Intro series for people who want to get
into Northern hiking. We will cover gear,
nutrition, hydration and any other questions
you have. L Steve Harrison (401-270-33637:00-9:00pm, hikersteve@cox.net), CL Mike
Martin (490-437-0957 7:00-9:00pm,
seajkayak@juno.com), Reg/w Steve Harrison
(200 Cannon St, Cranston, RI 02920, 401-270-
3363 7:00-9:00pm, hikersteve@cox.net)**Sat. Apr. 24-25. 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 one 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 two-day
course and will be taught at Camp Hoffman in
West Kingston, RI. The course will once again
be taught by the outstanding instructors from
Stonehearth Outdoor Learning Opportunities
(SOLO). Pre-registration for volunteer leaderswill begin January 18. Cost for Narragansett
Chapter leaders is \$60. Registration for all
others will begin on February 1, and will 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 registration information, contact Linda
Pease. L Charlie Killam (508-252-4349,
CharlieK@bufftree.com), Reg/w Linda Pease
(401-351-2234, linda.pease@cox.net)**Sun. Apr. 25. Browning Woods Farm Trail -
South Kingstown.** Two-hour hike with dogs,
starting at 9:30am. Limited to eight adult
hikers with one dog per person. Dogs must be
well-socialized and get along well with
humans and other dogs. Dog owners, bring
proof of current rabies vaccine, water and
snacks for dogs and self, and pick-up bags. For

info call. L Bonnie England (bonniedune@aol.com), CL Maria Earley

Sun. Apr. 25. Block Island Hike. Expect a hike of about eight miles (probably 4-5 hours) on mixed surfaces, roads, paths and beach. Bring water, snacks, lunch, sunscreen and bug spray. Rain/bad weather will cancel. We will return on the 3pm or 5pm ferry, depending on the weather and the pace of the hike, so please plan on being back to your car no earlier than 6:00pm. L Gail Trapp (401-651-2412), CL John Feather (jfeather67@cox.net)

Wed. Apr. 28. Hike and Social. Meet at 6:00pm at Barrington Middle School tennis courts. L Gregg O'Brien (401-245-0677, goh243@aol.com), CL Wendy Farr (401-533-3084, wendyfarr42@gmail.com)



Sat. May. 1. Boston's Emerald Necklace. Discover the various parks, designed by Frederick Law Olmsted, linked together in this 11 mi. walk. Train in, eat out. L Antoinette Breed (401-751-5086, scenicroute@verizon.net), CL Roy Loiselle, CL Patty D'Ambra

Sat. May. 1. Warwick Shores Bike Ride. Mostly flat and around 32 miles. Lots of water views with some sections on main roads. Bring lunch. Average speed will be 12-14mph. Helmets required. L Nancy Baker (401-737-3052 6:00pm - 9:00pm), CL Dick Schaffner (401-781-6310)

Sat. May 1-2. Beginner Backpack for Women. Are you an experienced female hiker who would like to kick it up a notch? Backpacking is a great way to take on a new challenge and learn new skills. This trip to a RI State Management Area will give women with good hiking experience a chance to learn backpacking skills on a relaxed overnight hike. Taught by highly experienced (women) backpackers, this trip is designed to teach participants what it takes to be self-reliant in the woods. Participants will have opportunities to learn how to select and set up camp, store food, treat water and cook on a camp stove. You need to be able to hike five miles with a 20-30lb. pack over rough terrain. We will meet on Monday 4/26 to plan. You must be able to

make this meeting. Trip prospectus and equipment list will be emailed upon request. Some equipment is available for loan with conditions. Cost is \$10 for food and miscellaneous items. Possible follow up backpacking trip to NH's White Mountains 8/13-8/15. L Denise Poyer (401-783-6623 After 5:00pm, DenisePoyer@gmail.com), CL Margie Parsons (mpkayak@cox.net)

Sat. May 1, 8, 15. Intermediate Rock Climbing Course. Course consists of three progressive Saturday classes and is 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 to produce "seconds" who can safely belay and follow an experienced leader on a traditional style multi-pitch climb. Graduates of the course are invited on AMC climbing trips scheduled each month where they are matched with experienced climbers. Instruction will include learning how to tie and use various climbing knots, belaying, rappelling, ascending, seconding and learning the basics of placing protection. L Brian Phillips (401-783-0133, bphillips38@cox.net), L Peter Barlow (860-675-3772, freeclimb@aol.com)

Tue. May. 4. So. Rehoboth Bike Ride. 18 mile easy intermediate scenic ride. 6 PM start. Helmets req'd. L Carol Richards (401-434-8448, carol_164@cox.net), CL Ted Bell (401-615-5348, tcbell1@cox.net)

Tue. May. 4. Tuesdays at Ten Series. Moderately-paced bike ride on the East Bay Bike Path. Approximately 26 miles. Call Ls for starting location. Limit 12. Rain cancels. Helmets required. L Larry Rollins (401-521-7188 6:00pm - 9:00pm, RollinsLF@excite.com), L Sue Rollins (401-521-7188 6:00pm - 9:00pm)

Wed. May. 5. Hike and Social. Meet at 6:00pm at Veteran's cemetery off of Route 2 in Exeter for a walk on the roads through the cemetery. L Dick Sullivan (401-338-2880)

Thu. May. 6. EBBP Carousel Bike Ride. 22-mile ride on East Bay Bike Path through Colt State Park. All are welcome. 6:00pm start. Helmet required. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Thu. May. 6. Map & Compass Workshop and Off Trail Practice. (Evening May 6 and daytime May 8). Learn to find your way in the back country. Topics include reading map symbols & contour lines, matching the terrain

to the map, taking & using bearings, orienting map & compass, declination, determining your location and planning your route. Practice skills in the woods on Saturday. \$15 includes map and materials. L Ed Poyer (edpoyer@gmail.com)

Fri. May 7-9. Watch the Skiers Weekend. Picnic and cheer on spring skiers. Sunday hike is Ls choice. Stay at a backcountry ski lodge in Conway. Cost of \$100 includes two nights, two breakfasts and one dinner. L Steve Harrison (401-270-3363 7:00-9:00pm, hikersteve@cox.net), CL Sue Warthman (401-270-3363 7:00-9:00pm), Reg/w Steve Harrison (200 Cannon St, Cranston, RI 02920, 401-270-3363 7:00-9:00pm, hikersteve@cox.net)

Fri. May. 7. Weetamoo Woods - Tiverton, RI. Weetamoo Woods is named after a female sachem of the Pocassetts. This is a 4.5-mile hike along Borden Brook and the site of a 1800s sawmill. The marked trail goes through a forested swamp of holly and coastal oak, habitats for wildlife and nesting birds. Meet at the commonly used southern entrance. Directions: from Tiverton Four Corners (on Route 177), head east on Route 179 for 0.5 miles. Entrance is on the left. Register by Wednesday 5/5. L Margaret Parsons (401-247-7760, mpkayak@cox.net), CL Mary Alice Smith (401-851-6906, marysmith4@gmail.com)

Sat. May. 8. Chapter Tree Planting with RI Tree Council Experts. Help reforest Buttonwood Park, Warwick. Plant 6'-8'trees. Also, attend a workshop on planting, mulching and pruning. Start at 9:30am and leave when you must. Bring a shovel, water, lunch, family and friends. L Jack Schempp (401-331-4553 6:00pm - 9:00pm, jschempp1@gmail.com), L Chris Schafer (401-222-2797 1:00pm - 3:00pm), Reg/w Linda Pease (130 Sunbury Street, Providence, RI 02908, 401-351-2234 6:00pm - 9:00pm)



Sat. May. 8. Kingston/Shannock/Charlestown Bike Ride. Kingstown, Shannock and Charlestown. Easy-to-intermediate 32-mile bike ride over rolling country roads, with a lunch stop at the

beach. Helmets required. L Dick Schaffner (401-781-6310), CL Jane Vieira

Sat. May. 8. Parker Woodland Hike, Coventry. 5-7 miles, moderate hike through Rhode Island. History and scenic beauty. 9:00am start. L Pam Hill (401-269-1610 7:00-9:00pm, pjsh40@aol.com)

Sat. May. 8. Big River Conservation Flat Water Paddle in Coventry. Explore Big River in Coventry, winding through a scenic marshy area. Expect bird life and escape civilization. For rentals, call Steve Morra at 401-231-5365. L Sandy Barber (401-467-7881), L Barbara Flagg (401-487-4376, bakayaker51@verizon.net)

Sun. May. 9. Buck Hill Tri-State Hike. Six-mile tri-state marker hike for RI, MA and CT. One of the state's original roads in Pascoag. Parts of this trail are rocky and may be muddy. Directions: Route 100N from Pascoag, going left to Buck Hill Road. Parking lot access road is 2.3 miles on the right. Hiking boots are required. Bring water and lunch. Ask about carpooling. Call for more information. L Matt Putnam (401-862-2861, mattputnam@verizon.net)

Tue. May. 11. Tuesdays at Ten Series. Moderately-paced bike ride in Narragansett. 20-30 miles. Call Ls for starting location. Limit 12. Rain cancels. Helmets required. L Larry Rollins (401-521-7188, RollinsLF@excite.com), L Sue Rollins

Wed. May. 12. Hike and Social. Meet at 6:00pm at East Ferry for hike to Fort Wetherill. L Bob Richardson (401-225-4003)

Wed. May. 12. Scituate Bike Ride. 20-mile ride through Scituate Reservoir lands and rolling country roads (a bit hilly). Intermediate riders. 6:00pm start. Helmets required. L Jane Vieira (401-862-6031), CL David Natale

Sat. May. 15. Big River Hike, West Greenwich. Starts 10:30 am. This scenic area, located in central RI, has for some reason been forgotten. It will be a hike of 3 to 4 miles on level ground. There will be a stop for refreshments after the hike. Meeting spot easily reached from I-95 exit 6 for info call. L Sandi Barber (401-467-7881 evenings), L Herrick Spencer (401-723-1974, spencer295@cox.net)

Sat. May. 15. Step-by-Step Visit an old growth forest. Time for instruction on this moderately-paced 6-7-mile hike. Carpool from RI with food afterwards. L Steve Harrison (401-270-3363, hikersteve@cox.net), CL Mike Martin (401-437-0957 7:00-9:00pm, seakayak@juno.com), Reg/w Mike Martin (401-437-0957 7:00-9:00pm, seakayak@juno.com)

Sun. May. 16. Underground Railroad Stroll (Conservation). Did you know Elizabeth Buffum Chase was a conductor? Did you know which city her station was in? Visit Daggett House in Slater Park, which was the Pawtucket station. Learn about slavery then and now. Related issues will be explored from different perspectives. We'll take a stroll on the beautiful bike path along the Ten Mile River starting in the park. Families and history buffs are welcome. L Linda Pease (401-351-2234, linda.pease@cox.net), CL Kristin Caproni (401-952-8698, kristincaproni1@gmail.com)

Sun. May. 16. Westerly/Watch Hill Bike Ride. Intermediate paced 32 mile ride, start/end in Westerly. Ride this beautiful area before the tourists arrive. Beaches, mansions, ocean views. Lunch by the harbor. 10am start. Helmets req'd. L Marcie Madsen (401-364-6538)

Tue. May. 18. Tuesdays at Ten Series. Moderately-paced bike ride in Seekonk/Swansea. 20-30 miles. Call Ls for starting location. Limit 12. Rain cancels. Helmets required. L Larry Rollins (401-521-7188, RollinsLF@excite.com), L Sue Rollins

Wed. May. 19. Pasta Challenge/Rehoboth Bike Ride. Scenic rural biking. Two rides start/end same location. One easy riders, one faster pace. All the pasta you can eat at the Hillside Country Club after. 6pm start. Helmets req'd. L Linda Pease (401-351-2234, linda.pease@cox.net), L Bill Rush

Wed. May. 19. Hike and Social. Meet at 6:00pm on Blackstone Boulevard. L Janet Harris (401-272-6772), CL Herrick Spencer (401-723-1974)



Sat. May. 22. Spring Fling Kayaking in Salt Pond. Spring Fling activity. Sea kayaking in the Great Salt Pond. Launch at 10:00. Back in time to attend the Spring Fling at the South Kingstown Land Trust Barn. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Barbara Flagg (401-487-4376, Bakayaker51@verizon.net), Reg/w Michael Krabach

Sat. May. 22. Spring Fling Bike Ride. 32 mile intermediate ride. Start/end S. Kingstown Land Trust Barn. Beaches, rolling country roads. Return in time to attend the Spring Fling festivities. 12:30 start time. Helmets req'd. L Marcie Madsen (401-364-6538,

marcie18@att.net)

Sat. May. 22. Spring Fling Easy Rider Bike Ride. 18 mile easy ride including stops at precolonial Fort Ninigret and a short beach walk. Start/end at S. Kingstown Land Trust Barn. Back in time to attend the Spring Fling festivities. Helmets req'd. L Steve Morra (401-231-5365)

Sun. May. 23. Exeter/Charlestown/S. Kingstown Bike Ride. 30-35 mile intermediate ride through Exeter/Charlestown w/some roads you've not been on before. Really nice ride. 10am start. Helmets req'd. L Marcie Madsen (401-364-6538, marcie18@att.net)

Thu. May. 27. East Greenwich/North Kingstown Bike Ride. Thursday evening East Greenwich/North Kingstown 20-mile intermediate bike ride. 6:00pm start. Helmets required. L Dick Schaffner (401-781-6310)

Fri. May 28-31. High Peaks of the Pemigewasset Wilderness. Strenuous overnighter to Galehead Hut. Sunday hike to South Twin, Guyot, Bond and West Bond. Enjoy camaraderie and hearty backcountry fare. For those in good condition with mountain hiking experience. Moderately paced; longest day: 9 miles, 3400 Ft elevation gain, up to 9 hours. Expect river fordings, possibly some snow. \$170 fee includes hostel and hut lodging, 3 breakfasts and 2 dinners. L Ed Poyer (401-783-6623, edpoyer@gmail.com)

Sun. May. 30. Rhode Island Veterans Cemetery Walk. Walk through the Veterans Cemetery on Sunday, May 30. This hike will combine AMC, Yankee Trails, and Westerly Land Trust people. Time is 10:00am. L Dick Sullivan (401-338-2880)

Advance Notices

Sat. Jun. 5. Western Scituate/Cranston Bike Ride. Western Scituate/Cranston 30-mile bike ride. Tough hills around the Scituate Reservoir. Strong intermediate riders are welcome. Helmets required. L Dick Schaffner (401-781-6310), CL Jane Vieira

Sat. Jun. 5-6. Rock Climbing at the Gunks. Climbers comfortable on 5.4 routes or better. Climbers whom have attended the climbing classes are given preference. Contact the L to register and get specific trip information. L Brian Phillips (401-783-0133, bphillips38@cox.net), CL Jeannine Peterson (surnurse@yahoo.com)

Sat. Jun. 5. Step-by-Step: Mount Monadnock. Moderate pace, 6-8 mile hike with time for instruction. Carpool from RI with ice cream afterward. L Steve Harrison (401-270-3363, hikersteve@cox.net), CL Mike Martin (401-437-0957 7:00pm -

9:00pm, seakayak@juon.com), Reg/w Mike Martin (401-437-0957 7:00pm - 9:00pm, seakayak@juno.com)

Sat. Jun. 5. Source to Sea Paddle. \$10 donation/WPWA. Put-in: Route 165 Bridge, Exeter. Take-out: Wyoming Dam, Bridge Road, Hope Valley. Lunch at the WPWA Campus. 6.5 miles; one portage. This is the most scenic leg of the trip with winding, challenging stretches through the Arcadia Management Area. Many obstacles to negotiate through this stretch, so long boats may have problems. Must register. 9:00am; be on time. L Denise Poyer (401-539-9017, denisep@wpwa.org)

Tue. Jun. 1. North Rehoboth Bike Ride. 23 mile scenic intermediate ride. 6pm start. Helmets req'd. L Carol Richards (401-434-8448, carol_164@cox.net), CL Barbara Flagg (bakayaker51@verizon.net)

Thu. Jun. 10. Swansea/Somerset Bike Ride. 18 miles, water views. 6pm start. Helmets req'd. L Carol Richards (401-434-8448, carol_164@cox.net), CL Ted Bell (401-615-5348, tcbell1@cox.net)

Fri. Jun. 11-13. Mount Garfield Weekend. Magnificent views. Moderate pace for 10 miles RT with 3000' elevation gain. Sunday Ls choice. \$115 includes two nights, two breakfasts and one dinner. L Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net), CL Mike Martin, Reg/w Steve Harrison (200 Cannon St, Cranston, RI 02920, 401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net)

Fri. Jun. 11-13. Bike Maine Shores. Charming villages in scenic, salty Maine. On Saturday, 30-mile Kennebec loop. On Sunday, 20-30-mile York loop. Some rolling hills. Deluxe motel with breakfast for \$135 dbl/occupancy. (two dinners out). L Jack Schempp (401-331-4553 6:00pm - 9:00pm, jschempp1@gmail.com), L Herb Kingsbury (207 439 6449 5:00pm - 8:00pm)



Sat. Jun. 12. Kayaking Wickford Harbor and More. Launch Wilson Park 10:00 am. Intermediate sea kayaking paddle. Distance (at least 10 mi.) and route to be determined by weather and members. L Mike Krabach (401-333-5350, mkrabach@cox.net), CL Ray

Bucacci (401-822-1407)

Sat. Jun. 12. Source to Sea Paddle. \$10 donation/WPWA. Put-in: Behind Dow Little League field at Hope Valley Fishing Access, Route 3, Hopkinton. Take-out: Alton Fishing Access, Hopkinton. Eight miles; three portages. First short stretch will be on a seldom-paddled section that includes a portage around a horseshoe dam at historic Hope Valley Mill. Abundant Mountain Laurel. Optional side trip to an abandoned mill raceway. End at Alton Pond. Must register. 9:00am; be on time. L Denise Poyer (401-539-9017, denisep@wpwa.org)



Sun. Jun. 13. Clam Cake Bike Ride - Narragansett. Intermediate 37-mile bike ride along beaches to a lighthouse with a lunch stop for famous clam cakes. 11:00am start. Helmets required. L Barb Flagg (401-487-4376, bakayaker51@verizon.net), CL Bill Rush

Sun. Jun. 13. Easy Rider Clam Cake Ride. South County bike path to Aunt Carries, to the beach, and ice cream break. 25 miles at 10-12 mph, easy pace. Helmets req'd. L Michael Krabach (401-333-5350, mkrabach@cox.net), L Linda Pease (401-351-2234)

Tue., Jun. 15. Quonset Point Bike Ride. 22 mile ride winding through Quonset Point and Davisville including a unique waterfront village. 6pm start at Daves Market parking lot across from Burger King, Post Road NK. Helmets req'd. L Barbara Flagg (401-487-4376, bakayaker51@verizon.net), CL Bill Rush

Thu. Jun. 17. South County Bike Ride. Looking for someone to ride with mid day, mid week? 35+miles, So. County area, intermediate pace. 10am start. Helmets req'd. L Marcie Madsen (401-364-6538, marciel8@att.net)

Sat. Jun. 19. Source to Sea Paddle. \$10 donation/WPWA. Put-in: Alton Fishing Access, Hopkinton. Take-out: Potter Hill Road, Ashaway. 14.5 miles; one portage. Lunch at Bradford Fishing Access. This is the longest stretch of the trip. We will be paddling into the Pawcatuck River, just below our put-in point. After that, there is a small broken dam that is easy to run at moderately high water. After lunch, we will portage around a

functioning fish ladder and continue through scenic but increasingly settled landscape. Must register. 9:00am; be on time. L Denise Poyer (401-539-9017, denisep@wpwa.org)

Sat. Jun. 19. Buzzards Bay Brewery Ride. 30-mile relatively flat ride through scenic Westport and Dartmouth. Intermediate level at 12+mph, with few stops. Picnic at brewery after the ride. Helmets required. L Sue Rollins (401-521-7188 6:00pm-9:00pm, RollinsLF@excite.com), L Larry Rollins (401-521-7188 6:00pm-9:00pm)

Tue. Jun. 22. Barrington Bike Ride. 18 mile, flat ride, water views. All welcome. 6pm start. Helmets req'd. L Carol Richards (401-434-8448, carol_164@cox.net), CL Ted Bell (401-615-5348, tcbell1@cox.net)

Wed. Jun. 23. Pasta Challenge/Rehoboth Bike Ride. Scenic, rural biking. Two rides start/end same location. One Easy Riders, one faster pace. All the pasta you can eat at the Hillside Country Club after. 6pm start. Helmets req'd. L Linda Pease (401-351-2234, linda.pease@cox.net), L Bill Rush

Sat. Jun. 26. Scituate/Western Cranston Ride. 30 mile ride through Scituate Reservoir lands and rolling country roads. A bit hilly. Intermediate riders. 10am start. Helmets req'd. L Jane Vieira (401-862-6031), CL Dick Schaffner (401-781-6310)

Sat. Jun. 26. Step-by-Step Mount Osceola and East Peak. Looking for your first 4000-footer? Moderate pace for 8.4 miles RT with 2400' of elevation gain. Carpool from RI with food afterward. L Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net), CL Mike Martin, Reg/w Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net)

Sat. Jun. 26. Full Moon Evening Kayaking. Full Moon Paddle start 6:00 pm. URI Bay campus. Route and distance TBD. Expect night paddling on return. Light needed. L Ray Bucacci (401-882-1407, rbucacci@netzero.net), CL Barbara Flagg (401-487-4376, Bakayaker51@verizon.net), Reg/w Ray Bucacci

Sat. Jun. 26. Source to Sea Paddle. \$10 donation/WPWA. Put-in: Laurel Street, Ashaway. Take-out: India Point, Westerly. Lunch will be pizzas at a private residence in Westerly. 10 miles; no portage. This final leg still holds a few challenges and a lot of interest. We'll encounter two stretches of Class 2 rapids. These are usually fun to run, but, if preferred, may be portaged with some difficulty. The last stretch will be in tidal waters. Expect wind and waves. Certificate of completion will be presented at lunchtime. Must register. 9:00am; be on time. L Denise Poyer (401-539-9017, denisep@wpwa.org)

Sun. Jun. 27. Upper Pawtuxet Afternoon Flat Water Paddle. Beautiful, scenic paddle from the Village of Hope to the dam at the Scituate Reservoir. Hope the glorious mountain laurel is out! Ice cream afterward. L Sandi Barber (401-467-7881), CL Cherine Whitney (401-539-0922, cherinewhitney@cox.net)

Tue. Jun. 29. Jamestown Bike Ride. 23-mile ride around Jamestown. Shorter route possible. 6:00pm start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Fri. Jul. 2-5. Adirondacks High Peaks Region 3-Day Weekend. Enjoy 3-days of challenging dayhikes to non-4000' footers in the Adirondacks High Peaks region. Hikes 4 - 8 miles featuring steep and very rugged terrain; some scrambling. For fit, experienced mountain hikers. \$215 includes 3 nights lodging at a very nice 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 (edpoyer@gmail.com), CL Ed Poyer, reg/w Ed Poyer (edpoyer@gmail.com)

Tue. Jul. 6. Kayak Rescue Practice. Join us for improving your kayak rescue skills. Come to observe, practice, and learn, including self and assisted rescues. L Mike Krabach (401-333-5350, mkrabach@cox.net), CL Ray Bucacci (401-882-1407, rbucacci@netzero.net)

Thu. Jul. 8. Older Male Members Canoe/Kayak. Wyoming Pond - Wood River. Open to all who appreciate older male

members. L Gary Whitney (401 885-1506, garywhitney3@cox.net), Reg/w Gary Whitney

Sat. Jul. 10. Kingston/Narragansett Great Island Bike Ride. Scenic 34-mile flat, easy-intermediate ride along South County bike path and coastline. 10:00am start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Sat. Jul. 10-11. Rock Climbing, Cathedral and Whitehorse Ledges - NH. Climbers comfortable on 5.7 routes or better. Participation determined by the number of Ls to seconds. Dinner Saturday is a cost-share BBQ. Register with L to get specific trip information. L Peter Berard (508-285-5975, pberard@ryanironworks.COM), CL John Fontaine (johnfontaine1@verizon.net)

Sun. Jul. 11. Ft. Wetherill kayking. Kayak from Ft. Wetherill, 10:00 am start. Distance and route TBD by weather and seas. Level 4 type paddle. L Ray Bucacci (401-882-1407), CL Bill Rush (whr0316@msn.com)



Tue. Jul. 13. Kayak Rescue Practice. Join us for improving your kayak rescue skills. Come

to observe, practice, and learn, including self and assisted rescues. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-882-1407, rbucacci@netzero.net)

Sat. Jul. 17. E. Greenwich/Exeter/Slocum Bike Ride. Intermediate paced (12-14avg) 35+mile beautiful ride of country rolling hills. Lunch at Silver Springs Pond. 9:30am start. Helmets req'd. L Nancy Baker (401-737-3052 6 to 9pm), CL Dick Schaffner (401-781-6310)

Thu. Jul. 22. Newport Bike Ride. 20+ mile evening ride along Ocean Drive and beaches. All are welcome. 6:00pm start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Tue. Jul. 27. Kayak Rescue Practice. Join us for improving your kayak rescue skills. Come to observe, practice, and learn, including self and assisted rescues. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-882-1407, rbucacci@netzero.net)

Tue. Aug. 3. Kayak Rescue Practice. Join us for improving your kayak rescue skills. Come to observe, practice, and learn, including self and assisted rescues. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-882-1407, rbucacci@netzero.net)