



The Gansett Gazette

Newsletter of the Narragansett Chapter of the Appalachian Mountain Club

Apr-May
2011
Vol. 8, No. 2

From the Chair

As I write this, the ground is once again running with cold rain, many of the trails are soggy and covered with old ice and dirty snow, and the daylight still ends before 6 pm. However, as you read this, we can hope that Punxsutawney Phil was right, and that spring will have arrived early. Our devoted and talented hiking, biking, paddling, climbing Leaders are filling our spring calendar with many varied and sure-to-be-fun activities. And our Trails Committee volunteers are planning their projects, big and bigger. It is remarkable how much our volunteers give, so that we all can enjoy the outdoors in so many different ways. No matter our interests and skill levels, there are always lots of great choices for participation and volunteering.

Our members give their time and talents in so many ways. When asked why he gives his time to carry heavy timbers through the woods to repair a broken bridge, a trails committee volunteer said, "This is a chance to give back in ways that help others, help the forest, and feed me." I often hear from our volunteer leaders that they get back at least as much as they give. Besides volunteering in the outdoors, there are other members who volunteer in ways that support and guide our Chapter to carry out the AMC mission through more administrative duties.

Robin Kuznitz is a Chapter member who describes her favorite place as "being in the middle of the woods, any woods"! Robin serves our chapter as the Membership Chair, supporting and assisting new members, hosting New Member events, representing AMC Narragansett Chapter at a variety of community events, and assisting in so many other ways, always with a gracious and welcoming manner. In her role, Robin attends monthly Board meetings, and assists the Membership staff in Boston to implement new measures such as the newly revised New Member Welcome Letter. Thank you, Robin for all you do!

Another Volunteer to recognize is Dick Schaffner, a prolific biking and hiking leader. Dick is described by other leaders and activity participants as well liked, charming, and always helpful. In fact, if a biker is having a mechanical problem, "Dick can fix" will get everything rolling again. Dick has been volunteering to lead hiking and biking

activities for a long time, and this year again leads off the biking season with the first trip, in April.

An active, highly involved family man and biking/hiking Leader, Dick encourages participants, and mentors new and potential leaders. Thank you Dick Schaffner for all you do!

Save the Date

Saturday May 21 – All are warmly invited to attend our Spring Fling daylong event. Join us in a variety of activities in the beautiful northwest part of our state. And then join us at "the Monastery" on RT 114 in Cumberland at 4 pm for supper and presentations. For more information, check our website www.amcnarragansett.org

Chapter Volunteers Receive Awards

AMC held its 135th Annual Business Meeting on January 29th in Norwood MA. The valuable, fun and informative day included multiple workshops, committee meetings, vendor displays, and camaraderie. Dr. Char Miller, the keynote speaker, presented a lively overview of both the history and the current discussions about our forests and their uses.

The Business Meeting included great recognition of many Narragansett Chapter volunteers. Jack Schempp received the prestigious Volunteer Leadership Award. Jack was recognized as an outstanding volunteer leader who is "instrumental to AMC's activities, programs and mission". Six Narragansett Chapter members received the 2010 Marian Pychowska Award for their generously given service hours. That award was given to Chris Shafer, Maria Earley, Mary Cloos, Aaron Lawrence, Marcie Madsen, and Mark Dionne. Past Chair and current Treasurer Tom Eagan was heartily thanked for his many years of service in a variety of administrative volunteer positions. Our Chapter shines!

Family Outdoor Adventures

The AMC has long understood the positive benefits of connecting children with nature.

Kids today are suffering from widespread obesity, a lack of outdoor skills, and a dwindling appreciation for the physical and emotional benefits of being active *and* outdoors.

To support the efforts of parents to get their families outdoors, the AMC is taking steps to make outdoor activities easier and less

expensive. Did you know that as of January 1, 2011, lodging rates for children and teens were cut by 25%? This means you can book a night at the Highland Center for a child under 12 for as little as \$33/night during April vacation! To stretch your dollars even farther, the Highland Center has maps, discounted lift tickets, and an LL Bean equipped gear room where you can use, free of charge, a variety of outdoor equipment ranging from snowshoes and poles to boots and outerwear.

If planning your own excursion seems too daunting, check the chapter newsletter, the 'Gansett Gazette', or the Club's online activity listing for adventures like local hikes, XC and alpine ski weekends, paddles and bike rides in the warmer weather or our terrific annual Fall Festival at Cardigan Lodge! These wonderful, inexpensive activities welcome families and are a great way to get your family outside and meet other active families. Simply contact the event organizer and ask about family friendly options. You will be amazed at what's available to you.

As with many journeys, the first step is often the hardest. Follow the advice of many who spend lots of time outdoors with their kids.

Start small and set achievable goals. What about bringing your family on one outing each season? In addition to the great opportunities available throughout the AMC, the Narragansett Chapter's Family Outing Committee is organizing local family friendly events for each month of the year. January marked the kickoff of our 2011 season with a family hike/snowshoe at the Cumberland Monastery. Look for upcoming events in the Chapter's Gazette or volunteer to lead/co-lead an activity of your own. **Join us at the annual Spring Fling event on May 21, 2011 at "the Monastery" in Cumberland and hike, explore, or geocache with other active families.** Contact Deb Mitchell at debamitchell@yahoo.com for more information.

ACTIVITIES

Tue., Apr. 5. Master Gardeners/AMC-Backyard Makeover, Low Maintenance.

Simple steps for beauty, converting your yard into a beautiful, interesting habitat that attracts birds/butterflies, with native bushes and shrubs, and with minimal care. Roseann Sherry, Director, Master Gardeners will show you how. Evening at REI, Cranston. L Yvonne

**Narragansett Chapter AMC
Leadership Roster**

Chapter Chair-Bonnie England,
bonniedune@aol.com

Chapter Vice-Chair-Debbie Mitchell,
dmitchell@thebravergroup.com

Secretary-Jeannine Peterson,
surnurse@yahoo.com

Treasurer-Tom Eagan,
tomeagan.amc@gmail.com

Membership Chair-Robin Kuznitz,
rmd@psh.com

Activities Chair-Chris Shafer, 789-8331,
Christopher.Shafer@dem.ri.gov

Communications Co-Chairs-
Mark Dennen, zenmartialartist@gmail.com;
Shannon Kelley, outside@cox.net

Conservation Co-Subchairs-
Linda Pease, linda.pease@cox.net

Leadership Chair-Charlie Killam, 508- 252-
4349

Trails Subchair-Elise Del Barone,
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 Members Subchair-Chris Turgeon,
nagarnett@yahoo.ca

Family Outings Co-Subchairs-

Tom Eagan, tomeagan.amc@gmail.com;
Debbie Mitchell,

dmitchell@thebravergroup.com

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CHAPTER WEBSITE
www.amcnarragansett.org

User Name: members
Password: **kayak2001**

Federowicz (401-261 3368 7-9pm), CL Patty D'Ambra (401949-3374 7-9pm), R Rita Sheffer, REI Store (35 Prominade St, 401275 5250 10am-9pm)

Wed., Apr. 6. Hike and Social, Jamestown.
Meet at 6pm, Jamestown Town Dock. L Donna Chellis (401-423-1259)

Fri., Apr. 8. Potluck Social for new, current, prospective members. The Narragansett Chapter annual Potluck Social will be held on Friday, April 8, from 6:30 pm - 9:00 pm at the Cathedral of St. John Episcopal, 271 North Main Street, Providence, RI. New, current and prospective members are welcome to join us at this fun event. You can bring any meal you like, a hearty appetizer or dessert to feed at least six is always great. You will have an opportunity to meet committee leaders and learn about all of the upcoming spring and summer activities our chapter has to offer. Please e-mail your RSVP and/or questions by March 25 to Membership Chair Robin Kuznitz. L Robin Kuznitz (rmd@psh.com)

Sat., Apr. 9. Wachusett Over The Top Twice Hike (Figure 8). If you like the Skyline Trail in the Blue Hills, you'll like Wachusett with similar terrain & trails. Views of Monadnock, Boston & Blue Hills, Mt. Greylock and other great vistas. L Linda Pease (401-351-2234, linda.pease@cox.net), L Margie Parsons (401-247-7760, mpkayak@cox.net), L John Stevens (401-295-4203, stevens.john.m@cox.net)

Sat., Apr. 9-10. 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 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 Stoneheart Outdoor Learning Opportunities (SOLO). Pre-registration for volunteer leaders will begin January 15. Narragansett Chapter leaders will

receive a special rate of \$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. L Charlie Killam (charlie.killam@gmail.com), R Linda Pease (401-351-2234, linda.pease@cox.net)

Sat., Apr. 9. Help Needed, Save Blackstone Park. Trails and Conservation Committees invite you to help erect fence and close eroding trails. Gratifying project; fun work for all. Make new friends. Start at 9am and work 2-4 hours. L Jack Schempp (jschempp1@gmail.com), R Chris Shafer (P0 Box 103, Wakefield, RI 02880, 401222-2797 daytime)

Sat., Apr. 9-23. Beginner Rock Climbing Course. Course consists of three progressive Saturday classes, 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. \$60/members, \$100/non-members. Student discount, \$40/members, \$80/non-members. L Brian Phillips (401-783-0133, bphillips38@cox.net), CL Peter Barlow (860-675-3772, freeclimb@aol.com)

Sat., Apr. 9. George Washington Management Area. 8-mile hike on Walk-about Trail, plus a possible side trip to Pulaski Park, about 2 extra miles. Bring water, lunch, and extra layers. Will hike in the rain. L Gretchen Yealy (401-2283321 7-9pm, gretchen_yealy@brown.edu)

Sat., Apr. 9. Blackstone Park Trail Improvement Day. AMC Trails & Conservation Committees, invite you to help battle erosion by erecting split rail fence on Sat. April 9 to close eroded trail sections and mark alternate paths. Split rail fences are fun

to build; an interesting and gratifying project-tasks are moderate. Start at 9 am, work 2 - 5 hours. Make new friends. Bring gloves, lunch, & water. Rain Date: Sun. Apr. 10. L Chris Shafer (401-789-8331 7 - 9 PM, christopher.shafer@dem.ri.gov), CL Jack Schempp (401-331-4553), R Chris Shafer (401-789-8331 7 - 9 PM, christopher.shafer@dem.ri.gov)

Tue., Apr. 12. Local Hikes meeting at Cranston Library. Local Hikes Meeting will be at the Cranston Library on Sockanosset Cross Rd. Come after the 6:00 PM start time if members cannot make that time. Location. Near REI and Chapel Shopping Mall. Everyone welcome. For info call. L Herrick Spencer (401-723-1974, spencer295@cox.net)

Wed., Apr. 13. Hike and Social, Providence. Meet at 6pm South Water Street Gazebo. Rain cancels. L Janet Harris (401-272-6772)

Wed., Apr. 13. Arcadia Hike. 5-8 mile hike in Arcadia. Trail will be conditions dependent hoping to avoid muddy areas. Call for trail selection. 10am start. L Marcie Madsen (401-364-6538), L Margie Parsons

Sat., Apr. 16-17. Young Members: Arcadia Camping Weekend. Come join us for a weekend of primitive camping in southern RI. Learn about camping gear, and go on daily hikes of up to 6 miles. Boots, tent, camping gear, and 30-degree bag recommended. Very bad weather cancels. We have some gear to lend. L Scott Disnard (sdizzy@gmail.com)

Sat., Apr. 16. East Greenwich/North Kingstown Bike Ride. New route this year. Early season 20 mile easy intermediate ride. Helmets required. L Dick Schaffner (401-781-6310)

Sun., Apr. 17. Conservation 3 Hour Mystery Tour in Arcadia. Conservation 3 Hour Mystery Tour in Arcadia. Start near Flat River, end at Breakheart Pond. Investigate 3 invasive species treatment or restoration back to native flora sites. Learn how invasive species affect forest health & what's being done? Along the way, we'll see new native plantings, interesting cellar holes, rare plants, important bird habitat & MORE. 12:30-4:30 pm, four mostly easy miles. All welcome. L Linda Pease (401-351-2234), L Tim Grover (timothygrover56@gmail.com)

Sun., Apr. 17. Mt. Wachusett "figure 8" hike. About 8 miles, twice over the summit, about 1,500 ft. uphill, moderate pace. Bring water, lunch and extra layers. Will hike in the rain. L Margie Parsons (401-247-7760,

mpkayak@cox.net), CL Gretchen Yealy , R Gretchen Yealy (401-228-3321 7-9 PM, gretchen_yealy@brown.edu)

Wed., Apr. 20. Hike and Social, Jamestown. See Spring arriving at Beavertail Pt. L Karen Stein (401-782-6589, karen.whd@gmail.com)

Wed., Apr. 20. Hike and Social, Wickford. Meet at 6pm Municipal Parking Lot behind Wilson's. L Dick Sullivan (401-338-2880)

Sat., Apr. 23. Spring Hike in the Blue Hills. Start 9:30 am. View spring time as it awakens in the Blue Hills. The leaves are just opening so the views will be great going up to the weather station and while doing some of the sky line trail. Five miles only. We will carpool from Pawtucket. L Herrick Spencer (401-723-1974, spencer295@cox.net), CL Kristine Caproni (kristinacaponi1@gmail.com)

Sat., Apr. 23. South County Ride. 30 mile ride through South County. Rolling terrain, really nice area, moderate pace. Helmets req'd. 10 am start. L Marcie Madsen (401-364-6538), CL Tish Griffin

Sun., Apr. 24. Buck Hill Chepachet hike. Explore RI history and visit the tri-state boundary. Moderate 6 mile hike with plenty to see. Great hike for new members. Meet at 9:30 AM at the large trail head parking lot. Turn is past fire tower on Buck Hill Rd. off Rte. 100 (Wallum Lake Rd.) Chepachet, RI. May be muddy! Reg. required. L Matt Putnam (4018622861, mattputnam@verizon.net)

Wed., Apr. 27. Hike and Social, Cliff Walk, Newport. Meet at 6pm. CVS on Bellevue Ave. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Sat., Apr. 30-Oct. 31. Top-Rope Set-Up Course. Approximately 4-hour course designed to teach gym climbers, or those with some experience climbing, how to safely set-up a top-rope outdoors using natural protection. Course will be taught on an ad hoc basis and arranged at the convenience of the instructor. Instruction is same curriculum taught in beginner AMC classes held each spring, but covers just top-rope set-up. Designed for those who do not want to go on any further in climbing than top-roping. L Brian Phillips (401-783-0133, bphillips38@cox.net)

Sat., Apr. 30-May 14. Intermediate Rock Climbing Course. Course consists of three progressive Saturday classes, and is intended for intermediate level climbers. Preference 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 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)

Sat., Apr. 30. Willimantic River quick water Paddle. 10 miles, quick water with lots of rocks and riffles. Good opportunity for experienced paddlers with desire to expand skills and explore river paddling on fast moving water. Wet/dry suit, knowledge of paddling strokes and good boat control skills required. L Gary Whitney (401-539-0922, garywhitney3@cox.net), CL Steve Harrington , R Steve Harrington (401-434-3409, sjhep1@hotmail.com)

Sat., Apr. 30. Warwick Shores bike ride. A mostly flat ride with lots of water views. Some sections on main roads. 25-35 mi. depending on the group. Bring lunch. Moderate paced ride 13 mph. Helmets req'd. L Nancy Baker (401-737-3052 evening, nancy_baker@brown.edu), CL Dick Schaffner (781-6310 evening)

Sat., Apr. 30. Step-by-Step Blue Hills hike. Time to Learn the Basics of Northern hiking. Short hike with much instruction. We will cover basics of clothing, gear, nutrition & hydration. This is a progressive series of hikes. L Steve Harrison (401-270-3363 7:00-9:00pm, hikersteve@cox.net), CL Susan Warthman , R Steve Harrison (401-270-3363 7:00 -9:00 PM, hikersteve@cox.net)

Mon., May. 2. Blue Hills Hike. Moderate 5-7 mile hike, Skyline & other trails w/some steep hills. 9am meet call for location. Proper footwear. Bring water and lunch. Reg. req'd. Heavy rain cancels. L Marcie Madsen (401-364-6538)

Wed., May. 4. Hike and Social, Mt. Hope Farm, Bristol. Meet at 6pm Mt. Hope Farm, Rte 136, entrance south of the main entrance. L Gregg O'Brien (401-473-8132, goh243@aol.com), CL Wendy Farr (401-533-3084, wendyfarr42@gmail.com)

Thu., May. 5. Map & Compass Workshop and Off Trail Practice. 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 fee. L Ed Poyer (401-783-6623, edpoyer@gmail.com), CL Charlie Killam

Thu., May. 5. EBBP Carousel Bike Ride. 22 mile ride on East Bay Bike Path and through Colt State Park. All are welcome. 6:00 pm start. Helmet required. This is the kickoff to our Thursday evening rides. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Sat., May. 7. Bear Mountain/Sages Ravine - Conservation Northern Day Hike. More like VT than CT. Set your feet on the Appalachian Trail over CT's highest summit with a 3 state view, and a visit Sage's Ravine. If you're happy hiking the Blue Hills, you'll be happy here. Approx 7 miles, 2000 vertical feet, at a very moderate pace. Early carpool/late return. L John Stevens (401-487-2629, stevens.john.m@cox.net), L Linda Pease (401-351-2234, linda.pease@cox.net), CL Scott Disnard (sdizzy@gmail.com)

Sat., May. 7. Annual Arbor Day Tree Planting with Tree Council. It's fun to plant trees for a greener RI, and watch them grow. Learn more about planting and mulching, and meet new people. Contact Ls for location. L Jack Schempp (401-331-4553, jschempp1@gmail.com), R Larry Rollins (110 Cathedral Ave, Providence, RI, 401 521 7188 7-9 pm)

Sat., May. 7. Kingston/Shannock/Charlestown Bike Ride. Easy intermediate 32 mile ride over rolling country roads. Lunch stop at the beach. Helmets required. L Dick Schaffner (401-781-6310), CL Jane Vieira

Tue., May. 10. Tuesdays at Ten Biking Series. Moderate bike ride on the East Bay Bike Path. Approx 26 miles. Call leaders for starting location. 10am start. Limit 12. Rain cancels. Helmets req'd. L Sue Rollins (401-521-7188 6-9PM, RollinsLF@excite.com), L Larry Rollins (401-521-7188 6-9PM, RollinsLF@excite.com)

Wed., May. 11. Arcadia/Mt. Tom & Escoheag Trail Hike. 5-7 mile fast paced hike includes Mt. Tom's ledges. Car spot. Bring lots of water and lunch. 10am start. L Marcie Madsen (401-364-6538), L Margie Parsons (401-247-7760)

Wed., May. 11. Hike and Social, Ten Mile River Greenway, Rumford. Meet at 6pm Thompson School parking lot, Ferris Ave. L Steve Harrington (401-434-3409, sjhep1@hotmail.com)

Thu., May. 12. South Rehoboth Bike Ride. 18-mile easy-intermediate scenic ride. Start 6:00 pm. Helmets required. L Carol Richards (401-434-8448, carol_164@cox.net), CL Ted Bell (401-615-5348, tcbell1@cox.net)

Sat., May. 14. Big River Hike, West Greenwich. 12:00 AM start. A scenic area, easily reached off of Rt 95. from exit 6 South. Come to see spring emerging from the streams and ponds for this 3-4 mile hike. L Sandi Barber (401-4677881 evenings)

Sat., May. 14. Charlestown/Westerly Bike Ride. 28-32 mile ride over rolling terrain. Mostly back roads. Intermediate pace. Helmets req'd 10am start. L Marcie Madsen (401-364-6538, marcie18@att.net)

Sat., May. 14. Ten Mile River Paddle. Come to appreciate the Ten Mile River Council's work to keep this scenic water way a haven for birds, wild life and fish. Small kayaks are best. One portage. L Herrick Spencer (401-723-1974, spencer295@cox.net), CL Barbara Flagg (bakayaker51@verizon.net)

Sat., May. 14. Step-by-Step- Mt. Shaw hike. Fantastic views from summit. 6 miles with 1,600 ft. of elevation gain. Slow pace with time given for instruction. Contribution to drivers for carpool. Possible eat out after. L Steve Harrison (401-270-3363 7:00-9:00pm, hikersteve@cox.net), CL Susan Warthman, R Steve Harison (401-270-3363 7:00-9:00pm, hikersteve@cox.net)

Tue., May. 17. Tuesdays at Ten Bicycle Series. Moderate paced bike ride in Seekonk/Swansea. 20 to 30 miles. Call leaders for starting location. 10am start. Limit 12. Rain cancels. Helmets req'd. L Sue Rollins (401-521-7188 6-9PM, RollinsLF@excite.com), L Larry Rollins (401-521-7188 6-9PM, RollinsLF@excite.com)

Wed., May. 18. Hike and Social, N. Kingstown. Meet at 6pm, lower parking lot behind the recreation building on Frenchtown Rd. L Dick Sullivan (401-338-2880)

Wed., May. 18. Pasta Challenge bike ride, Rehoboth. Scenic rural biking. Two rides start/end at Hillside Country Club. One easy riders, one intermediate pace. All the pasta you eat eat at the Club afterward. 6pm start. Helmets req'd. L Linda Pease (401-351-2234, linda.pease@cox.net), L Bill Rush, CL Gail Larkin (401-792-2282, gplarkin@cox.net)

Sat., May. 21. Spring Fling Tree Plant Identification walk. Tree/Plant identification, and Cumberland Monastery History, easy stroll. L Patty D'Ambra (401-949-3374)

Sat., May 21-Oct. 29. Lead Climbing Mentoring Course. Potential Ls invited to participate. Designed for experienced trad

seconds/experienced sport climbers who want to learn to trad lead climb. Must have at least a season's worth of experience seconding trad climbs or leading sport climbs. Climb one-on-one with an experienced leader. No fee for course, but all trips to climbing destinations will be covered by the student, including transportation and lodging. L Brian Phillips (401-783-0133, bphillips38@cox.net)

Sat., May. 21. Spring Fling Cumberland Bike Ride. Moderate bike ride in Cumberland, some hills. Approx 30 miles. Call leaders for time and start location. Limit 12. Rain cancels. Helmets req'd. L Sue Rollins (401-521-7188 6-9PM, RollinsLF@excite.com), L Larry Rollins (401-521-7188 6-9PM, RollinsLF@excite.com)

Sat., May. 21. Spring Fling Sea Kayaking. Sea kayak from Bold Point, East Prov. Tide and weather determine final route. Back in time to attend the Spring Fling in Cumberland. L Mike Krabach (401 333-5350, mkrabach@cox.net)

Sat., May. 21. Spring Fling Butterfly Farm hike. This is a moderate hike of five miles along the Historic Section of Rte 123 in Lincoln RI. We will see the Arnold House, Moffit Mill and Blacksmith Shop and have many wonderful views of the rolling hills and Lincoln Woods State Park. After we could take in some of the nicer views of the Blackstone River Bike Path before heading to the Monestary for the Spring get together. L Dick Sullivan (401-3382880)

Sat., May. 21. Spring Fling Easy Rider Biking, Blackstone Bike Path. We'll check out the new section from Central Falls/Cumberland line to Manville or maybe all the way to Woonsocket. L Linda Pease (401-351-2234, linda.pease@cox.net), CL Christine & Richard Ayres (508-245-6913, sunbird20@comcast.net)

Sun., May. 22. Westerly/Watch Hill Bike Ride. 30 mile ride starting in Westerly. Rolling terrain, beautiful beach side communities, lunch by the harbor. Nice ride before tourist season arrives. Moderate pace. Helmets req'd. L Marcie Madsen (401-364-6538), CL Dave Natale

Sun., May. 22. Wolf Hill Hike. Moderate 5.5 hike with historical significance and views of Providence. Great for new members and beginning hikers. Meet at 9:30 at the railhead on Waterview Drive next to the Smithfield Police Station just off route 116. Reg. required. L Matt Putnam (401-862-2861, mattputnam@verizon.net)

Tue., May. 24. Tuesdays at Ten Bicycle Series. Moderate paced ride in South County. Approx 30 miles. Call leaders for starting location. 10am start. Limit 12. Rain cancels.

Helmets req'd. L Sue Rollins (401-521-7188 6-Sat., May 28-30. Camp Dodge 9PM, RollinsLF@excite.com), L Larry Rollins (401-521-7188 6-9PM, RollinsLF@excite.com), CL Marcie Madsen

Wed., May. 25. Hike and Social, Narragansett. Meet at 6pm Narragansett Towers. L Sue Boland (401-751-5086)

Sat., May. 28. Greenville/Scituate/Western Cranston ride. 32 miles through rolling country roads. Some hills. Helmets req'd. L Jane Vieira (401-862-6031), CL Dick Schaffner (401-781-6310)

Trails/Hiking Weekend. Improve trails at Pinkham notch Sat/Sun- no experience req'd. Tools provided; intermediate hike Monday. Lodging/most meals at Camp Dodge. L Chris Shafer (401-789-8331 7- 9 PM, christopher.shafer@dem.ri.gov), CL Maria Earley (401-789-8331 7 - 9 PM), R Chris Shafer (401-789-8331 7- 9 PM, christopher.shafer@dem.ri.gov)

Sat., May. 28. Lazy Dazy Easy Flat Water Holiday Paddle on Queens River. Complete with potluck and cookout after. Limited due to 2880) parking (call early for kayak rentals). L Janet

Huntley (401-789-8842, moonstone_baby@yahoo.com), L Linda Pease (401-351-2234, linda.pease@cox.net)

Sun., May. 29. Memorial Day Walk Veterans Cemetery. I will be leading a walk through the cemetery in honor of all vets. This will be a combination walk including AMC, Yankee Trailers & Westerly Land Trust hikers of about 2 hrs We will use Master Gardeners trails to arrive at the various Memorials. We will be meeting at the entrance on Rte. 2. L Dick Sullivan (401-338-

AMC NARRAGANSETT CHAPTER SPRING FLING
Saturday, May 21, 2011 The Monastery, Rt 114 Cumberland, RI
 Area Fun Activities All Day – see descriptions and contact information below

Appetizers 4:00 to 5:00 pm in the Senior Citizen Building on the grounds of The Monastery in Cumberland
Dinner 5:00 to 6:00 pm followed by Ice cream social and Presentations from 6:00 to 7:00 pm
Directions: From the North/East: 95 South to Exit 4 -Rte 295S, exit 1 onto Diamond Hill Rd, take left, go south on Rt 114.
From South/West: 295 North to exit 11, onto Diamond Hill Rd. take right, go south on Rt 114, entrance about 1 mile.

| Activity | Leader and Contact | Description |
|-------------------------------|--|--|
| Local Hike | Contact leader Dick Sullivan 401-338-2880 | Butterfly Farm hike - This is a moderate hike of five miles along the Historic Section of Rte 123 in Lincoln RI. We will see the Arnold House, Moffit Mill and Blacksmith Shop and have many wonderful views of the rolling hills and Lincoln Woods State Park. Registration required. |
| Flatwater Paddling | Contact Leader Chris Turgeon , turgeon77@y mail.com | Flatwater paddling on Blackstone River, near Manville Dam, families with children age 9 and older welcome. Registration required. |
| Family Walk | Contact Leader Debbie Mitchell 743-4192, dmitchell@thebravergroup.com | Family geo-caching hike on Monastery grounds. Explore historic 9 Men's Misery, former monks quarry while searching for geo-caches |
| Sea Kayaking | Contact Leader Mike Krabach. 333-5350, mkrabach@cox.net | Sea Kayak from Bold Point East Providence. Tide and weather determine final route. Timed for arrival at the monastery for appetizers |
| Spring Tree Plant Walk | Contact Leader Patty D'Ambra, 949-3374 | Tree/Plant identification, and Cumberland Monastery History, easy stroll. Registration required. |
| Bike Ride I | Contact leader Linda Pease, linda.pease@cox.net, CL Christine & Richard Ayres, sunbird20@comcast.net | Easy Rider Biking, Blackstone Bike Path We'll check out the new section from Central Falls/Cumberland line to Manville or maybe all the way to Woonsocket. Registration required. |
| Bike Ride II | Contact Sue or Larry Rollins at RollinsLF@excite.com | Moderate bike ride in Cumberland, some hills. Approx 30 miles. Call leaders for time and start location. Limit 12. Rain cancels. Helmets req'd. Registration required. |

All Above Activities are Free – Contact Leaders Above to Register

TO REGISTER for Dinner / Presentations - **Please make check payable to:** "Narragansett Chapter AMC"
MAIL TO: Debbie Mitchell, 2945 Mendon Rd, Cumberland, RI 02864 (dmitchell@thebravergroup.com)
 If registering after May 15th please bring registration form and check to the dinner with you.

NAME on CHECK: _____ TELEPHONE: _____ EMAIL: _____

SPRING FLING DINNER – REGISTRATION FORM

| AMC Members | Guests and Non-Members* | | before 4/30 | after 4/30 | Total |
|-------------|-------------------------|---------------|-------------|------------|--------------|
| _____ | _____ | Age 12 & over | \$15 EACH | \$18 EACH | = \$ _____ |
| _____ | _____ | Age 3 – 11 | 7.50 EACH | \$9 EACH | = \$ _____ |
| _____ | _____ | Age 2 & under | free | free | = free _____ |

*Non-members who join the AMC (and pay dues) at the Spring Fling will enjoy the Spring Fling Dinner for free.

TOTAL AMOUNT ENCLOSED \$

ADVANCE NOTICES

Pease (401-351-2234, linda.pease@cox.net)

Wed., Jun. 1. Hike and Social, Rome Point, North Kingstown. Meet at 6pm, John H.Chafee Nature Preserve Parking lot, Rte 1. L Bob Richardson (401-364-7056)

Thu., Jun. 2. Swansea/Somerset Bike Ride. 18 miles, water views. 6:00pm start. Helmets required. L Carol Richards (401-434-8448, carol_164@cox.net), CL Bill Rush

Sat., Jun. 4. National Trails Day Bridge Project. Join Narragansett chapter trails committee on Sat. June 4 in a new bridge construction effort to replace a large worn-out bridge over a water body near Old Mountain Field. Adjoining trail brushing and blazing may also be included. Rain date Sun. June 5. L Chris Shafer (401-789-8331 7- 9 PM, christopher.shafer@dem.ri.gov), R Chris Shafer (401-789-8331 7- 9 PM, christopher.shafer@dem.ri.gov)

Sat., Jun. 4. Big River Conservation Flat Water Paddle. 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 Sandi Barber (401-467-7881), L Barbara Flagg (401-487-4376, bakayaker51@verizon.net), L Cherine Whitney (401-539-0922, cherinewhitney@cox.net)

Sat., Jun. 4-5. 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 Diana DeGroof (401-580-5581, dianadegroof@msn.com), CL Alan Winsor (alanwinsor@cox.net)

Sat., Jun. 4. 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 ride. 10am start. Helmets req'd. L Sue Rollins (401-521-7188 6-9PM, RollinsLF@excite.com), L Larry Rollins (401-521-7188 6-9PM, RollinsLF@excite.com)

Sat., Jun. 4. Block Island Bike Ride. 20-25 miles at a comfortable pace on scenic rolling terrain. Mountain bikes and hybrids preferred; some unpaved roads. Enjoy the "Block" early season. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com), CL Linda Winters

Sat., Jun. 4. Step-by-Step-Mt. Holyoke. Multiple ups & downs. Views from summit house. 7 miles. Car spot & contribution to carpooling is required. Possible eat out afterward. L Steve Harrison (401-270-3363 7:00-9:00pm, hikersteve@cox.net), CL Susan Warthman , R Steve Harrison (401-270-3363 7:00-9:00pm, hikersteve@cox.net)

Fri., Jun. 17-19. Mt. Moriah Weekend. Hike to 4,049' summit in scenic White Mtns. 10 miles. 3,200' elev. gain. For intermediate hikers. Cost is \$100& incl. 2 nights lodging, 2 brkf. & 1 dinner. Register & Deposit due by 5/31/11. L Bob Janus (401-828-5532 7:00-9:00), CL Susan Warthman , R Bob Janus (401-828-5532 7:00-9:00pm)

Sat., Jul. 9. Leader & Participant Paddle Training & Practice. Grosvenor Camp. Non leaders most welcome. We'll practice various rescue scenarios, There will also be ground school to teach what you need to know to paddle safely before you hit the water. Instruction/ handouts/rental kayak \$8. L Linda

Wed., Jul. 13-16. Sea Kayak, Stonington, Maine. Paddle, explore these stunning Pointed Fir Islands [65+]. Experienced or intermediate paddlers, camp & launch at ocean front "Old Quarry campground". Restaurant meals with group, or on own at camp [Kayak rentals on site].Camping only \$65pp. [2p/2tents/private sites preferred]. Non-Refundable \$65/pp due [SASE] June 15, payable to Bob Richardson, P.O. Box 171, Carolina, R.I. 02812. L Mike Krabach (401 333-5350, mkrabach@cox.net), R Bob Richardson (401-364-7056 7:00-10:00pm, bobthescott@yahoo.com)

Fri., Jul. 15-17. Step-by-Step Graduation Mt. Moosilauke hike. Final hike in 2011 Step-by-Step series. 7.4 mile 2,450' of elevation gain. Stay at motel in Twin Mountain. \$100.00 covers 2 nights lodging, 2 breakfasts & 1 dinner. Registration & deposit due by 7/1/11. Preference given to Step-by-Step participants. L Steve Harrison (401-270-3363 7:00-9:00pm, hikersteve@cox.net), CL Susan Warthman , R Steve Harrison (401-270-3363 7:00-9:00pm, hikersteve@cox.net)

Fri., Aug. 26-28. Big Ike & Pierce Hikes. Bag two 4,000 footers in the Presidentials. Very exposed. 8 miles and 2,750' elevation gain. \$100.00 includes 2 nights lodging, 2 breakfasts & 1 dinner. Staying at motel in Twin mountain. Registration & deposit by 8/15/11. L Susan Warthman (401-270-3363 7:00-9:00pm, swarthman@cox.net), CL Steve Harrison , R Susan Warthman (401-270-3363 7:00-9:00pm, swarthman@cox.net)

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