



The Gansett Gazette

Newsletter of the Narragansett Chapter of the Appalachian Mountain Club

Apr-May
2012
Vol. 9, No. 2

From the Chair

The AMC Annual Meeting and Dinner held in Boston on January 28th was a fabulous event! The Business Meeting concluded with presentations of the AMC's highest honors. The Narragansett Chapter was honored with several of the prestigious awards. Chris Shafer, Chair of our Activities Committee received the Volunteer Service Award for his passion and dedication to the work of the AMC. Chris was also a 2012 Hart Award Winner for contributing 96-223 hours of AMC service. Several other Narragansett Chapter members were awarded the Marian Pychoswska Service Award for their volunteerism: Mary Cloos, Jennie Crooks, Henry Cruciani, Mark Dionne and Jim Dowling were the recipients for this award that honors commitment to trails work and the importance of recreation in the outdoors. Congratulations to all the winners of this year's highest awards!

Following the Business Meeting, over 500 gathered in the Kennedy Library for a beautiful gala to celebrate Andy Falendar as he retired from 23 dynamic and successful years leading the AMC. We also welcomed the very new President John Judge. With John at the helm and the Vision 2020 Goals as our inspiration, the Narragansett Chapter's Executive Committee Meeting on March 13th will focus on how our Chapter will decide to support those goals. Your input as Chapter members is always welcomed. If you wish to attend any board meeting, please let me know.

Our next issue of the Gazette will present a summary of the March Board discussion.

My best to all,
Bonnie England

New Board Secretary

The Narragansett Chapter Executive Committee is happy to tell you the Chapter Secretary position has been filled by Matt Putnam. Matt is a local hikes leader, a northern hikes leader, active Family Outings Committee member, and also contributes articles for our Gazette frequently. When Matt isn't hiking with his children or leading AMC activities, he can be found at the Chapter Board Meetings with his laptop, capturing pertinent Board discussions. Congratulations and Thank You, Matt Putnam!

Annual Potluck Social

All are welcome to this ever-popular and fun Potluck Social for new, current and prospective members. It will be held on Friday, April 20, 2012 from 6:30pm – 9:00pm at the Cathedral of St. John Episcopal, 271 North Main Street, Providence, RI. You can bring any meal you like, a hearty appetizer or dessert to feed at least six is always great. You'll have an opportunity to meet committee leaders and learn about many of the spring and summer activities that our chapter has to offer. Please e-mail your RSVP and/or questions by April 6 to Membership Chair Robin Kuznitz: rmd@psh.com.

Spring Fling 2012

Come join us on Saturday May 19th for the Narragansett Chapters spring fling. This is a great opportunity to meet other members while participating in free activities during the day, enjoying a picnic dinner and relaxing while enjoying presentations. This year's spring fling will be held on the Monastery grounds in Cumberland. Activities during the day will include hiking, biking, paddling and plant ID. It is open to new members, families and seasoned members alike. More details and registration form are included in the gazette and online.

Trip Registration

A reminder on registering for all of our activities. All our trips (almost all) require attendees to register prior to attending. Unless indicated otherwise, you should register with the leader (L) of the activity to find the time and place of the activity, and any requirements as to experience and equipment needed.

Activities

Sun., Apr. 1. An Aprils Fool Hike. Join me, as we try to climb, the only Mountain in reg/w.I., Mount Tom. At 14,750', Mount Tom is the Tallest Mountain, in the 48 Contiguous States. At last check, there was still 2-3' of snow & ice at the Peak. Bring Ice Crampons & Ice Axes. I hear the view from the Summit is Spectacular. Do not forget, this is an April Fools Hike. On a more serious note, we are starting at 10:30 & will Hike 7 miles. L Dave Natale ((401) 739-9606 anytime, igb@att.net)

Sun., Apr. 1-Nov. 30. Top-Rope Set-Up Class. This is an approximately four-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. The course will be taught on an ad hoc basis and arranged at the convenience of the instructor. This instruction is the same curriculum that is taught in the Beginning AMC classes held each Spring but covers just top-rope set-up. It is 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)

Sun., Apr. 1-Oct. 31. Sport Climbing Class.

This is an approximately four-hour course designed to teach those with some experience climbing, how to safely lead and lower from a sport climb. The course will be taught on an ad hoc basis and arranged at the convenience of the instructor. L Brian Phillips ((401) 783-0133, bphillips38@cox.net)

Wed., Apr. 4. Hike and Social, Jamestown.

Meet at 6pm at Town Docks. L Sid Wax ((401) 849-2595, sid_w@yahoo.com)

Sat., Apr. 7. George Washington

Management Area hike. We will hike the 8 mile loop around Bowdish Reservoir, Wilbur Pond and into Pulaski State Park. This is really a very pretty area to hike. The hike will be around 3 1/2 - 4 hrs. and we will hike at a moderate pace. There are several areas that may be very wet, so be prepared. Bring sturdy boots, water, snacks and orange vest and poles if you use them. 10am start, rains cancels. L Carol Baldwin ((401) 300-9263, ctbaldwin36@yahoo.com)

Tue., Apr. 10. Local Hikes Meeting.

The local hikes meeting will be held April 10th., 6pm @ the Cranston Public Library. All hike leaders and members interested in becoming leaders please attend. Contact Carol for info. L Carol Baldwin ((401) 300-9263, ctbaldwin36@yahoo.com)

Wed., Apr. 11. Hike and Social, Newport.

Meet at 6pm at Fort Adams. L Tom Freeman ((401) 338-2250, hotdealtom50@cox.net)

Wed., Apr. 11. Weetamo Woods/Fort Barton

Woods Hike, Tiverton. First hike 5 miles of woodland trails in Weetamo Woods then a short drive to Historic Fort Barton Woods & Revolutionary War Redoubt for another 3 miles. 10am start. Bring water, snacks and lunch. L Marcie Madsen ((401) 364-6538, marcie18@att.net), L Margie Parsons ((401)

**Narragansett Chapter AMC
Leadership Roster**

Chapter Chair-Bonnie England,
bonniedune@aol.com

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

Secretary-Matt Putnam,
mattputnam@verizon.net

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 Chair-
Linda Pease, linda.pease@cox.net

Leadership Chair-Ed Poyer,
edpoyer@gmail.com

Trails Chair-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-Carol Baldwin, 300-
9263, ctbdwin36@yahoo.com

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 Subchair-Sue Rollins, 521-
7188, swrollins@cox.net

Young Members Subchair-Scott Disnard,
sdizzy@gmail.com

Family Outings Co-Subchair-
Debbie Mitchell,

dmitchell@thebravergroup.com

Webmaster/Photographer-Mike Krabach,
333-5350, webmaster@amcnarragansett.org

Publicist-Shannon Kelley, outside@cox.net
Archivist - (vacant)

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51 Grove St.
Lincoln, RI 02865

743-3405, mpkayak@cox.net)

Sat., Apr. 14-15. 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 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, CL Linda Pease ((401) 351-2234, linda.pease@cox.net), reg/w Charlie Killam ((508) 252-4349, Charlie.Killam@gmail.com)

Sat., Apr. 14. Help Save Blackstone Park. Trails & Conservation need help: erect fence, repair trails, fun work, w/new friends, start 9am 2-4 hrs, bring gloves, tools provided. L Chris Shafer, CL Jack Schempp. L Jack Schempp ((401) 331-4553, jschempp1@gmail.com), reg/w Chris Shafer (PO Box 103 Wakefield RI, Wakefield, RI, (401) 222-2797 day)

Sat., Apr. 14. East Greenwich/North Kingstown Bike Ride. Early season 20 mile easy intermediate ride. Helmets required. L Dick Schaffner ((401) 781-6310, dickschaff@verizon.net), CL Nancy Baker ((401) 737-3052 7 to 9 evenings)

Sat., Apr. 14. Parker Woodland in Coventry. This hike is around 6 miles long and hiking at a moderate pace we should be able to finish in 3 hrs. We'll see the cellar hole that was the former home of Captain Caleb Vaughn besides many old stone walls and the mysterious cairns. Bring sturdy boots, water, snacks and poles if you use them. There are a few ups and

downs along the way but well worth the effort to enjoy this great area in Coventry. 10am start, rain cancels. L Carol Baldwin ((401) 300-9263, ctbdwin36@yahoo.com)

Tue., Apr. 17. South County Bike Ride. Mid week ride, moderate pace, nice country roads. Call for start location. 10am start. Helmets req'd. L Marcie Madsen ((401) 364-6538, marcie18@att.net)

Wed., Apr. 18. Hike and Social, Lincoln Woods. Meet at 6pm to check out springs favorite emerging spots off the pavement, then later a place to eat. L Herrick Spencer ((401) 723-1974, spencer295@cox.net)

Wed., Apr. 18. Narragansett Trail/Yawgoog Trails Hike. Hike 5-7 miles on Narragansett Trail and explore more trails around Yawgoog. If good weather we will extend to include Long Pond/Ell Pond. Sturdy boots, water, lunch. 9:30am meet. L Marcie Madsen ((401) 364-6538, marcie18@att.net), L Margie Parsons ((401) 743-3405, mpkayak@cox.net)

Fri., Apr. 20. Chapter Annual Potluck Social. All are welcome to this ever-popular and fun Potluck Social for new, current and prospective members. It will be held on Friday, from 6:30pm - 9:00pm at the Cathedral of St. John Episcopal, 271 North Main Street, Providence, RI. You can bring any meal you like, a hearty appetizer or dessert to feed at least six is always great. You'll have an opportunity to meet committee leaders and learn about many of the spring and summer activities that our chapter has to offer. Please e-mail your RSVP and/or questions by April 6. L Robin Kuznitz (rmd@psh.com)

Sat., Apr. 21. Beginner Rock Climbing Course: Sat - April 14, 21. Course consists of two progressive classes of instruction and is intended for beginning climbers and gym climbers who want to make the transition to the outdoors. Classes are held at nearby CT crags. Course participants must be 18-years old or 15-years old if accompanied by a parent/guardian. Fee for 3-day course: AMC Member \$60, Nonmember \$100. College Student Discount, AMC Member \$40, Non Member \$80. Register early as these classes fill quickly. L Peter Barlow ((860) 675-3772 after 6:00 pm, freeclimb@hotmail.com), CL

CHAPTER WEBSITE
www.amcnarragansett.org

User Name: members
Password: **roger1636**

Brian Phillips ((401) 783-0133, bphillips38@cox.net)

Sat., Apr. 21. AMC Hike with Dogs. Duval Trail, South Kingstown, 5 mile hike multiple ups and downs. L Judy Van Wyk (peacefulpeople@yahoo.com), CL Paul Wynn, CL Mercedes Rivero

Sat., Apr. 21. S. Kingstown/Charlestown Bike Ride. Scenic 33 mi intermediate paced ride through Wakefield-Charlestown-Matunuck. 9:30am start Bring snack/lunch for break by the water. Call for start location. Helmets req'd. L Gail Larkin ((401) 792-2282, gplarkin@cox.net), CL Elise Hedglen

Sun., Apr. 22. Stepstones Falls Hike. Hike the Ben Utter & Escoheag Trails. Hike along the Falls River, to the beautiful Stepstone Falls. This is a Good Hike, for Newer Hikers, as I offer an easy option, for those who need it. Please wear Orange, as Turkey Season Starts this Weekend. Hike is 7 miles & should take 3-4 hrs. Bring Hiking Shoes, Drinks, Snacks / Lite Lunch & Poles if you use them. 10:30 am Start. L Dave Natale ((401) 739-9606 anytime, igb@att.net)

Sun., Apr. 22. Charlestown, Westerly Bike Ride. 30 mile moderate paced ride on country backroads. Water, snacks. 10am start. helmets req'd. L Marcie Madsen ((401) 364-6538, marcie18@att.net)

Wed., Apr. 25. Hike and Social, Barrington. Meet 6pm Haines Park, East Bay Bike Path. L Steve Harrington ((401) 434-3409, sjhep1@hotmail.com)

Wed., Apr. 25. Blue Hills Skyline Trail Hike. 7+ mile end to end Skyline Trail hike. Tough hike with lots of ups and downs. Sturdy boots, water, snacks, lunch. Early departure from RI for a long day w/car spot. Call for meet time. L Marcie Madsen ((401) 364-6538, marcie18@att.net), CL Margie Parsons ((401) 743-3405, mpkayak@cox.net)

Fri., Apr. 27-29. Young Members Camping Weekend. Come join us for a weekend of primitive camping along the Midstate trail, just over the border in MA. Learn about camping gear, and go on daily hikes of up to 15 miles. Boots, tent, camping gear, and 30-degree bag recommended. Very bad weather cancels. We have some gear to lend. This is a new location this year, with a leanto and tent spaces too! L Scott Disnard (sdizzy@gmail.com)

Sat., Apr. 28. Arbor Day plant trees, Veterans Mem Cemetary, Exeter. There is nothing like planting a tree. AMC joins with

several others and RI Tree Council to plant 100 trees. No heavy lifting, holes are dug with back hoes. No experience necessary. Training by professionals. Fun work. Takes 2 hrs. L Dick Sullivan ((401) 338-2880 6-9pm), reg/w Jack Schempp ((401) 331-4553 6-9pm, jwchempp1@gmail.com)

Sat., Apr. 28. Warwick Shores bike ride. This is a mostly flat ride 25-35 miles (depending on group) with lots of water views. Some sections on main roads. Bring lunch, and water. Average speed 13 mph at the end of the ride. Helmets req'd. L Nancy Baker ((401) 737-3052 evenings 7-9pm, Nancy_Baker@brown.edu), CL Jane Viera

Sun., Apr. 29. Wolf Hill & Mercer Lookout hike. This Hike, features a Unique Little Waterfall, 2 Lookouts with Great Views, & a WW 2 Memorial, where a Plane Crashed, during the War. Hike is about 6 miles & should take about 3 hrs. Bring Hiking Shoes, Drink, Snacks, & Poles if you use them. Lunch or Coffee afterwards. 10:30 am start. L Dave Natale ((401) 739-9606 anytime, igb@att.net)

Sun., Apr. 29. Midstate Trail - Section 1 RI/MA Border to Rt16. Join us for the first leg of many on our quest to hike all 95 miles of the Midstate trail, a scenic footpath which runs from the Rhode Island border to the New Hampshire border! This coincides with the Young Members camping weekend event, as we are camping nearby. You do not need to camp to hike this segment however, we will be meeting at the TH parking lot. Meet at 10AM where High Street and SW Main street meet in Douglas MA. ~12 miles. L Scott Disnard (s.dizzy@gmail.com)

Wed., May. 2. Hike and Social, Newport. Meet at 6pm on Washington Street near water. L Tom Freeman ((401) 338-2250, hotdealtom50@cox.net)

Wed., May. 2. Green Falls Pond Hike, Voluntown, CT. 6-7 mile hike starts in Yawgoog then we'll circle Green Falls Pond. Moderate to strenuous because of the many ledges, ridges and rock hopping. Bring lots of water, lunch, snacks and sturdy boots. 9:30am start. L Marcie Madsen ((401) 364-6538, marcie18@att.net), L Margie Parsons ((401) 743-3405, mpkayak@cox.net)

Sat., May. 5. Intermediate Rock Climbing Course: Sat - April 28, May 5. Course consists of two progressive classes of instruction and is intended for intermediate climbers or those who took the beginner class. Classes are held at nearby CT crags. Course participants must be 18-years old or 15-years

old if accompanied by a parent/guardian. Fee for 3-day course: AMC Member \$60, Nonmember \$100. College Student Discount, AMC Member \$40, Non Member \$80. Register early as these classes fill quickly. L Peter Barlow ((860) 675-3772 after 6:00 pm, freeclimb@hotmail.com), CL Brian Phillips ((401) 783-0133, bphillips38@cox.net)

Sat., May. 5. Kingston, Shannock, Charlestown Bike Ride. Easy intermediate 32 mile ride over rolling country roads. Lunch stop at the beach. 10am start. Helmets required. L Dick Schaffner ((401) 781-6310, dickschaff@verizon.net), CL Marcie Madsen ((401) 364-6538)

Sat., May. 5. Trail Maintenance Training Event. Learn how to build bridging to span muddy/wet areas of multi-use recreational trails and do various types of trail hardening. The training event will take place on damaged sections of the Arcadia trail in Arcadia Management area. Wear hiking boots or equivalent with good tread. Bring lunch and water. Rain date, Sun. May 6. L Chris Shafer ((401) 789-8331 evenings, 7-9 PM, christopher.shafer@dem.ri.gov), reg/w Chris Shafer ((401) 789-8331 evenings, 7 PM- 9 PM, christopher.shafer@dem.ri.gov)

Sat., May. 5. Join the Conservation Committee on an exploratory tour of Caratunk Wildlife Refuge in Seekonk. The trials weave through nearly 200 acres of fields, forests, and wetland. Familiillies, young, old and new members WELCOME! L Margie Parsons ((401) 247-7760, mpkayak@cox.net), CL Linda Pease ((401) 351-2234, linda.pease@cox.net)

Sun., May. 6. North South Trail - Segment 8. Meet at 10AM at Blue Shutters Beach to spot cars, then we will drive to Meadow Brook Pond to begin our final NST segment. For those of you who aren't familiar, the North South Trail is a 78 mile long trail from northern RI to the Atlantic Ocean in Charlestown. This section will cover about 10 miles. All participants must wear 200 square inches of solid daylight fluorescent orange clothing! L Scott Disnard (sdizzy@gmail.com)

Sun., May. 6. AMC Hike with Dogs. Browning Farm Woods Trail, South Kingstown, 3 mile easy walk through historic woods. L Bonnie England (bonniedune@aol.com), CL Judy Van Wyk, CL Mercedes Rivero

Tue., May. 8. EBBP Carousel Bike Ride. 22-miles on East Bay bike path and thru Colt State Park. All Welcome. Kickoff to evening rides.

5:45 PM sharp start. Helmet req'd. L Sid Wax ((401) 849-2595, sid_w@yahoo.com)

Wed., May. 9. Hike and Social, Sachuet Pt. Meet 6pm Sachuest Point. L Sid Wax ((401) 849-2595, sid_w@yahoo.com)

Sat., May. 12. Narrow River kayaking. Paddle up the Narrow River (Pettaquamscutt River) to stretch the paddle arms and get the season going. L Anne Fusco ((401) 884-3205), CL Bill Rush (whr0316@msn.com)

Sat., May. 12. Deep Pond Hike. Meet at 9:00am for 8-9 mile hike at moderate pace. Loop consisting of Titecansett North, Deep Pond, Hemlock Ledges, and Titecansett South. Great views of beach pond. Hiking boots, lunch, and water. Rain will cancel. L Maria Earley ((401) 789-8331 7:00PM - 9:00PM, momearley@netzero.com)

Sat., May. 12. Swansea/Somerset Bike Ride. 30 mile moderate paced scenic ride, water views in Somerset, return through Dighton and Rehoboth. 10 am start. Helmets required. L Carol Richards ((401) 434-8448, carol_164@cox.net), CL Ted Bell ((401) 615-5348, tcbell1@cox.net)

Sat., May. 12. 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. \$10 includes materials and refreshments. L Ed Poyer ((401) 783-6623, edpoyer@gmail.com)

Wed., May. 16. Hike and Social, Goddard Park. Meet 6pm Goddard Park Beach. L Judi Henderson ((401) 225-1241, bubbsri@aol.com)

Wed., May. 16. Pasta Challenge Bike Ride in Rehoboth. Scenic rural biking starting from Hillside Country Club. One easy, one intermediate pace. All the pasta you can eat afterward. 6pm start. Helmets req'd. L Linda Pease ((401) 351-2234, linda.pease@cox.net), CL Bill Rush

Sat., May. 19. AMC Hike with Dogs. Weetamoo Woods or Simmons Mill, Tiverton/Little Compton, 3-4 mile easy hike with water features. L Judy Van Wyk (peacefulpeople@yahoo.com), CL Paul Wynn, CL Mercedes Rivero

Sat., May. 19. Spring Fling-Cumberland Bike Ride. Moderately paced bike ride in Cumberland, some hills. 30 +/- miles. Contact leader for time/start location. Limit 12. Rain cancels. Helmets/bikes in good condition required. L Larry Rollins, CL Sue Rollins

(rollinslf@excite.com), reg/w Larry Rollins ((401) 521-7188 5 to 8 pm, rollinslf@excite.com)

Sat., May. 19. Spring Fling Sea Kayaking, Providence. Kayaking from Bold Point into Providence River. Paddlers should dress for cold water protection. This will be a easy (Level 2) paddle for start of season, maybe up into Providence or down the industrial water front. Weather determines paddle. New paddlers check participation requirements on sea kayaking page. Will be back in time to attend Spring Fling picnic. L Mike Krabach ((401) 333-5350, mkrabach@cox.net)

Sat., May. 19. Butterfly Farm and Lincoln Woods hike. This will be a 4-5 mile hike. We will meet at the Arnold House and if I can arrange a tour we will start that way. Directions: The Arnold House is at the intersection of Rt 126 and Rt 123 in Lincoln. You can pick up Rte 123 off of Rt 146. When we finish it is only a short ride to the Spring Fling at the Monastery which begins at 4:00 PM Call only if you need more info. Start 1 pm. L Dick Sullivan ((401) 338-2880), CL Carol Baldwin ((401) 300-9263, ctbaldwin36@yahoo.com)

Sat., May. 19. Spring fling-family hike Cumberland monastery. Family hike on Monastery grounds. Explore historic 9 Men's Misery, former monks quarry and view of Providence from outlook, then return in time for Spring fling picnic and presentations. L Debbie Mitchell ((401) 743-4192, dmitchell@thebravergroup.com)

Sat., May. 19. Spring Fling Easy Rider Biking on the Blackstone Bike Path. Ride the new section from Central Falls and enjoy the scenery to Woonsocket. You can do it. Visit Diamond Hill Vineyard after the ride and before the Fling. Call for start time and location. Helmets req'd. L Herrick Spencer ((401) 723-1974, spencer295@cox.net)

Sat., May. 19. Spring Fling Flatwater Paddle on Stump Pond. Enjoy beautiful Stump Pond in Smithfield. Explore hidden nooks and crannies. Enjoy the water lilies and variety of landscape and water views. Discover a new great place to paddle. Call Steve Morra for rentals, 401-231-5365, \$8 for everything. We will visit the Diamond Hill Winery after the paddle. L Linda Pease ((401) 351-2234, linda.pease@cox.net), CL Steve Harrington ((401) 434-3409, sjhep1@hotmail.com)

Sun., May. 20. Westerly, Watch Hill Bike Ride. 30 mile moderate paced ride. Country roads and a beautiful seaside town, before the tourists. Lunch by the waterfront. 10am start Helmets req'd. L Marcie Madsen ((401) 364-6538, marcie18@att.net), CL Elise Hedglen

Tue., May. 22. South Rehoboth Bike Ride.

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

Wed., May. 23. Hike and Social, Narragansett. Meet 6pm at the Narragansett Towers. L Bob Richardson ((401) 364-7056)

Sat., May. 26. Lazy Dazy Easy Scenic Flat Water Holiday Paddle on Queen's River. Complete with potluck and cookout after. Limited due to parking (call early for kayak rentals). L Janet Huntley ((401) 789-8842, moonstone_baby@yahoo.com), CL Corey Mott ((401) 932-4439 7-9pm, harihosminimott04@yahoo.com)

Sat., May. 26. Escoheag and Ben Utter Trails hike. This hike will be around 7 miles and will take us about 3 to 3 1/2 hrs to finish. We'll view the remains of an old grist mill and saw mill and enjoy the great scenery in this part of Coventry. Lunch at the Falls. Start time is 10 am. Bring sturdy boots, poles, water, snack/lunch and orange (vest). Rain cancels. L Carol Baldwin ((401) 300-9263, ctbaldwin36@yahoo.com), L Pam Hill

Sat., May. 26. Scituate/Western Cranston Ride. 32 mile intermediate paced ride through rolling country roads and hills. Helmets required. L Jane Vieira ((401) 862-6031, skjane73@aol.com), CL Scott Disnard, reg/w Jane Vieira ((401) 862-6031)

Sat., May 26-28. Camp Dodge 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. Bring water bottles/day pack & wear hiking boots or equivalent with a good tread. L Chris Shafer ((401) 789-8331 evenings, 7 PM - 9 PM, christopher.shafer@dem.ri.gov), CL Maria Earley ((401) 789-8331 evenings, 7 PM - 9 PM, christopher.shafer@dem.ri.gov), reg/w Chris Shafer ((401) 789-8331 evenings, 7 PM -9 PM, christopher.shafer@dem.ri.gov)

Sun., May. 27. Veterans Cemetary Hike. We will meet at the entrance on Rte 2 in Exeter at 10 am. This will be a walk through of the cemetery on the master gardeners trails with many stops at the monuments to honor the veterans. For those that want I will be going over to the Queen River Preserve to make a longer hike. This is all easy walking. Call only if you need directions. L Dick Sullivan ((401) 338-2880)

Tue., May. 29. North Rehoboth Bike Ride. 23 mile scenic intermediate ride. 6:00 pm start sharp. Helmets required. L Carol Richards ((401) 434-8448, carol_164@cox.net), CL Ted Bell ((401) 615-5348, tcbell1@cox.net)

Wed., May. 30. Hike and Social, Bristol.
Meet at 6pm at Mt. Hope Farm, Rt. 136, south entrance parking lot (not main entrance). L Gregg O'Brien ((401) 473-8132, goh243@aol.com)

Advance Notices

Fri., Jun. 1. Kingston, Exeter, Wakefield Bike Ride. Mid week, mid day 33 mile moderate paced ride on country roads, some hills. Bring lots of water & snacks. 10am start. helmets req'd. L Marcie Madsen ((401) 364-6538, marcie18@att.net), CL Elise Hedglen

Sat., Jun. 2. Big River Conservation Flat Water Paddle in Coventry. Explore this winding, scenic marshy paddle. Then paddle under Rt. 95 into a different a totally different

habitat and waterway on the same river. Expect bird life and escape civilization. For rentals, call Steve Morra at 401-231-5365. L Sandi Barber ((401) 467-7881), L Cherine Whitney ((401) 539-0922, cherinewhitney@cox.net)(cherinewhitney@cox.net)

Sat., Jun. 2. AMC Hike with Dogs. John B Hudson Trail, Arcadia, 5 miles, several ups and downs, water features. L Judy Van Wyk (peacefulpeople@yahoo.com), CL Paul Wynn

Sat., Jun. 2. Pawtucket, Seekonk, E. Prov. Bike Ride. 25 mile ride through neighborhoods includes a tour of historical places as well as newly finished trails along the Ten Mile River. Hybrid bikes as well as

road bikes OK. Bring water and lunch. Helmets req'd. 9:45 start. L Herrick Spencer ((401) 723-1974, spencer295@cox.net)

Sat., Jun. 2. National Trails Day event. Join Narragansett chapter trails committee on Sat. June 2 on a trails improvement effort of the Arcadia trail in Arcadia Management Area. Boardwalk bridges will be built to span wet/muddy sections of the trail and trail hardening tasks may also be performed. Wear hiking boots or equivalent with a good tread. Bring lunch and water. Rain date Sun. June 3. L Chris Shafer ((401) 789-8331 evenings, 7 PM - 9 PM, christopher.shafer@dem.ri.gov), reg/w Chris Shafer ((401) 789-8331 evenings, 7 PM- 9 PM, christopher.shafer@dem.ri.gov)

AMC NARRAGANSETT CHAPTER SPRING FLING
Saturday, May 19, 2012 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, Exit11 onto Diamond Hill Rd, take left, go south on Rt 114.
From South/West: 295 North to exit11, onto Diamond Hill Rd. take right, go south on Rt 114, entrance about 1 mile.

Activity	Leader and Contact	Description
Local Hike	Reg with leader Dick Sullivan 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.
Flatwater Paddling	Reg with Leader Linda Pease 351-2234, linda.pease@cox.net	Explore hidden nooks and crannies on beautiful Stump Pond in Smithfield. Discover a new great place to paddle. Call Steve Morra for rentals, 231-5365, \$8 includes lifejacket and paddle.
Family Walk	Reg with Leader Debbie Mitchell 743-4192, dmitchell@thebravergroup.com	Family hike on Monastery grounds. Explore historic 9 Men's Misery, former monks quarry and view of Providence from outlook, then return in time for Spring fling picnic and presentations.
Sea Kayaking	Reg with 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	Reg with Leader Patty D'Ambra, 949-3374	Tree/Plant identification, and Cumberland Monastery History, easy stroll.
Bike Ride I	Reg with Herrick Spencer 723-1974, spencer295@cox.net	New section from Central Falls, enjoy the scenery to Woonsocket. Visit Diamond Hill Vineyard after the ride and before the Fling. Helmets req'd.
Bike Ride II	Reg with Sue or Larry Rollins, 521-7188, 5 to 8 pm, RollinsLF@excite.com	Moderately paced bike ride in Cumberland, some hills. 30 +/- miles. Limit 12. Rain cancels. Helmets/bikes in good condition 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 13th 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	\$20 EACH	= \$ _____
_____	_____	Age 3 – 11	\$10 EACH	\$10 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 \$

Sun., Jun. 3. N. Kingstown/ Narragansett Bike Ride. 35 mile ride through scenic fields, woods and some beachfront. Lunch stop along Narrow River. Moderate difficulty with one steep hill. Moderate pace w/ending 13 mph average. Helmets req'd. 9:30 start. L Nancy Baker ((401) 737-3052 evenings 7to 9pm, nancy_baker@brown.edu), CL Gail Larkin (gplarkin@cox.net)

Thu., Jun. 7. Quonset Bike Ride. 20 mile intermediate paced ride through the Quonset neighborhoods. 6pm sharp start. Helmets Req'd. L Barbara Flagg ((401) 487-4376, bakayaker51@verizon.net), CL Gail Larkin ((401) 792-2282)

Fri., Jun. 8-10. Alpine Flowers Hike. Enjoy the miniature beauty of alpine blossoms and spectacular views along the Presidential Ridge. One night Shapleigh bunk house, one night Lakes of the Clouds Hut. For experienced mountain hiker with proper equipment. Twelve miles r.t., 6-7 hours per day, 2800 feet of elevation gain at a moderate steady pace. Should be comfortable scrambling rocks with a full backpack. \$185 includes hut lodging, one dinner and 2 breakfasts. L Margie Parsons ((401) 247-7760, mpkayak@cox.net), CL Bernardo Aumond (bdaumond@yahoo.com), reg/w Margie Parsons (100 New Meadow Road, Barrington, RI 02806, (401) 247-7760, mpkayak@cox.net)

Sat., Jun. 9. Bike Prudence Island. Historic Island, War Battles, Naval History, former truck gardens salt ponds, wildlife, scientific studies, lighthouse, beach, forest, Victorian Village, quiet beauty. For Mt bikes or hybrid bikes. Must have fat tires. Ferry from Bristol 9am, return on 4:30 ferry. enrollment limited

to 12. L Dennis McCarthy ((401) 556-8955 7-9pm, dmccarthy12@cox.net), reg/w Jack Schempp (47 Arbor Drive, Providence, RI 02908, (401) 331-4553 7-9, jschempp1@gmail.com)

Sat., Jun. 9. Annual Westport 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. Meet at 9:30 AM. Helmets and bicycles in good condition required. Bring water/snacks. Limit 15 riders. L Sue Rollins (rollins_s@ymail.com), CL Larry Rollins (rollins_s@ymail.com), reg/w Sue Rollins ((401) 521-7188 5 to 8 pm, rollins_s@ymail.com)

Sun., Jun. 10. Western Cranston/Scituate Bike Ride. 30 mile tough ride in hills around the Scituate Reservoir area. Strong intermediate riders welcome. 10 am start. Helmets required. L Dick Schaffner ((401) 781-6310, dickschaff@verizon.net), CL Scott Disnard

Fri., Jun. 15-17. Bike ME Shores From Wells Oguquit. Ride along sparkling shores in scenic ME. 2 per rm in a deluxe resort hotel w/breakfast, 2 nights, with dinner out. 30 miles, rolling. About 3 Hr drive from Providence. See Pres. Bush Cottage in Kennebunkport, on Sun, York and Historic Kittery Pt. Call for cost and details. L Herb Kingsbury ((207) 439-6449 7-9pm), reg/w Jack Schempp (47 Arbor Drive, Providence, RI 02908, (401) 331-4553 7-9pm, jschempp1@gmail.com)

Sat., Jun. 16. AMC Hike with Dogs. Carolina North Trail, Carolina, 4+ mile easy hike, water

features. L Bonnie England (bonniedune@aol.com), CL Paul Wynn , CL Judy Van Wyk

Sat., Jun. 16. Mountain Biking in Arcadia Management Area. Young Members Sponsored. Beginners pace ride of up to 10 miles on Fire Roads and Trails. Meeting at the White Church on Route 165 @ Frosty Hollow Road at 10 AM ready to ride. Helmet required. L Scott Disnard ((401) 228-5614, sdizzy@gmail.com), CL Dick Schaffner , reg/w Scott Disnard ((401) 228-5614, sdizzy@gmail.com)

Sat., Jun. 16. Quonset Air Show Kayaking. Kayak from Wickford Harbor to Quonset to view the Air Show. Grassy viewing with picnic tables, etc. at Compass Beach. Consider alternate routes driving from north, getting past Rt 103 was a hassle. Bad weather moves paddle to Sunday. L Mike Krabach ((401) 333-5350, mkrabach@cox.net), CL Ray Bucacci ((401) 822-1407)

Wed., Jul. 18-22. 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 \$15pp/per night. [2 nights min./4 nights max]. Non-Refundable \$30/pp due [SASE] June 15, payable to Bob Richardson, P.O. Box 171, Carolina, RI. 02812. L Mike Krabach ((401) 333-5350, mkrabach@cox.net), L Bob Richardson , reg/w Bob Richardson ((401) 364-7056 7-10 pm, bobthescott@yahoo.com)