



The Gansett Gazette

Newsletter of the Narragansett Chapter of the Appalachian Mountain Club

APR.-MAY
2013
Vol. 10, No. 2

New Local Hike Co-Subchairs

The Narragansett Chapter Executive Committee is pleased to tell you that the Chapter local hikes subchair position has been filled by Mary Ann Topp and Christine Galvin. Christine, as administrative co-chair, will oversee the listing of trips into the web and gazette. Mary Anne, as external co-chair, will handle such tasks as organizing and overseeing the local hike meetings, representing the committee at activities and events.

SOLO Basic Wilderness First Aid

Apr. 13-14. This course will provide the knowledge you will need to deal with medical emergencies when you are more than one hour from medical care. This is a two day course and will be taught at Camp Hoffman in West Kingston, RI. Read more about it in the listings below.

Leadership Training Workshop

Sat., Apr. 27. Join us for a one day workshop to develop and practice important skills needed to successfully lead safe and enjoyable chapter activities. Read more about it in the listings below.

Annual Spring Fling and New Member Social

Sat., May 11. Join us for a day filled with fun activities, workshops and food at the beautiful Goddard Park Carousel. This event is open to all current, new and prospective new members. See registration form for more information.

ACTIVITIES

Tue., Apr. 2. Carter Preserve, Charlestown Hike. 6 mile easy hike on woodland trails in Nature Conservancy's 2nd largest nature preserve in RI. Bring water, snacks. Late breakfast at local diner after. L Marcie Madsen (401-364-6538, marcie18@att.net)

Wed., Apr. 3. Hike and Social, Goddard Park. 2-3 mile hike & we go to dinner. Get off the couch and join us. 6 pm start from beach parking lot. L Sidney Wax (401-849-2595, sid_w@yahoo.com)

Sat., Apr. 6. 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, reg/w Scott Disnard (401-228-5614, sdizzy@gmail.com)

Sat., Apr. 6. Shore Walk: Will it be there next year--Naturalist. Hurricanes and heavy storms are reshaping our shores, crushing buildings, flooding low lands. Our naturalist is a coastal geologist who has been studying the effect of storms, on sand dunes, migrating sand bars, and wave erosion on structures that will endure mighty waves. L Jack Schempp (401-331-4553 7-9, jschempp1@gmail.com), CL Linda Pease (401-351-2234 7-9)

Sat., Apr. 6. Blackstone Park Trail Improvement. Assist chapter members and Friends of Blackstone Park in installing waterbars, lining the trails, or spreading mulch (participant can choose the task of his/her choice). No previous trail experience required. Meet 9 AM. Bring water and lunch and wear appropriate footwear with a good tread. Rain date Sunday April 7 at same meeting time. L Christopher Shafer, reg/w Christopher Shafer (401-789-8331 7 PM - 9 PM, christopher.shafer@dem.ri.gov)

Sun., Apr. 7. Worden's Pond Paddle. Come enjoy a paddle on Worden's Pond and the Pawcatuck River. Weather determines the amount of time spent on the pond. We will get out to stop for lunch on the Pawcatuck River. We will meet at the Worden's Pond Boat Ramp on Worden's Pond Rd. PDF is required. Bring lunch, water, and snacks. L Corey Mott, CL Chris Turgeon (turgeon77@ymail.com), reg/w Corey Mott (cwmott08@gmail.com)

Wed., Apr. 10. Hike and Social - Wickford. 2-3 mile hike and we go out to eat. Get off the couch and join us. Meet at the municipal lot behind Rite Aid. 6 pm. L Richard Sullivan (401-338-2880, grampydick2001@yahoo.com)

Sat., Apr. 13-14. 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). 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. For registration information, call Linda Pease (351-2234). L Charlie Killam (charlie.killam@gmail.com), reg/w Linda Pease (401-351-2234, linda.pease@cox.net)

Sat., Apr. 13. Hike with Dogs. Hike/Walk the J B Hudson trail. L Bonnie England (bonniedune@aol.com), CL Leslie Kelleter, CL Judy Van Wyk, reg/w Bonnie England (bonniedune@aol.com)

Sat., Apr. 13. Blackstone Bike Path ride. About 25 mile loop ride on Blackstone Bike Path. Moderate pace. Bring water and snacks. Helmets req'd. 10:30 SHARP start. L Scott Disnard (sdizzy@gmail.com), CL Steve Harrington (401-434-3409)

Sat., Apr. 13. Beginner Rock Climbing Course April 13, 20. 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 2-day course: AMC Member \$60, Nonmember \$100. College Student Discount, AMC Member \$40, Non Member \$80. Register early as these classes fill quickly. L Brian Phillips (401-212-7705, RIsouthcounty@gmail.com), CL Peter Barlow (freeclimb@aol.com)

Tue., Apr. 16. Green Falls Pond Hike. 7 mile hike starting in Yawgoog, circle around the pond in Pachaug State Forest through a really cool gorge and back. Moderate to strenuous sections. Bring water, snacks lunch and STURDY boots. 9:30 sharp start. L Marcie Madsen (401-364-6538, marcie18@att.net), L Margie Parsons (401-743-3405, mpkayak@cox.net)

Wed., Apr. 17. Hike and Social, Providence. 2 1/2 - 3 mile hike and we go to dinner. Get off the couch and join us. Meet at 6 pm at the Gazebo on South Water Street. L Janet Harris (401-272-6722, jah272@gmail.com), CL Sid Wax (sid_w@yahoo.com)

**Narragansett Chapter AMC
Leadership Roster**

Chapter Chair-Debbie Mitchell,
dmitchell@thebravergroup.com

Chapter Vice-Chair-Bob Tessitore,
bobtess@gmail.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 Chairs- Mike Krabach,
333-5350, mkrabach@cox.net

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

Leadership Chair-Ed Poyer,
edpoyer@gmail.com

Trails Chair-Dav Cranmer,
dcranmer@neit.edu

Backpacking & Northern Hikes Subchair-
Ed Poyer, edpoyer@gmail.com

Biking Subchair-Marcie Madsen, 364-6538,
Marcie18@att.net

Local Hikes Co-Subchairs-Christine Galvin,
christinelgalvin@gmail.com;

Mary Ann Topp, maryanntopp@me.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,
swrollins@cox.net

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

Family Outings Subchair-

Debbie Mitchell,
dmitchell@thebravergroup.com

Webmaster/Photographer-Mike Krabach,
333-5350, mkrabach@cox.net

Publicist-Shannon Kelley, outside@cox.net

Archivist – position open

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CHAPTER WEBSITE
www.amcnarragansett.org
User Name: members
Password: skidec1911
As of Feb. 1

**Sat., Apr. 20. W. Greenwich /Exeter /
Richmond hike.** 30 mile ride through Arcadia,
13 mph ave. pace, rolling hills. Lunch stop at
watershed. 10:00 start. Woods and scenic
villages alternate with rolling main roads.
Helmets req'd. L Carol Richards (401-434-
8448 after 5:30, carol_164@cox.net), CL Ted
Bell, reg/w Ted Bell (401-450-4282 after 4:00,
tebell1@cox.net)

**Sat., Apr. 20. Earth Day Festival &
Discovery Day.** From 10am until 2 pm at the
EPA laboratory facility, 27 Tarzwell Drive in
Narragansett, RI (on URI Bay Campus). Under
the theme 'Earth Day 2013: Preserving Rhode
Island's Environmental Heritage', the festival
is designed to engage citizens of all ages and
backgrounds in local community efforts that
promote environmental awareness and
sustainable practices as well as inform them
about ongoing environmental research at AED.
The festival will consist of diverse interactive
displays and informal workshops led by AED
scientists, Rhode Island DEM, The Nature
Conservancy, URI Cooperative Extension,
Farm Fresh RI, The Narragansett Bay
Estuarine Research Reserve, The Appalachian
Mountain Club, and others. Special activities
for children will include a marine touch tank,
tree-planting, environmental trivia, and
environmental crafts. See inverted windmills
that provide power to the lab, visit their
rooftop garden overlooking the bay. L Linda
Pease (401-351-2234, linda.pease@cox.net),
CL Karen Rudio (508-761-6449,
karenrudio@comcast.net)

Sat., Apr. 20. Burlingame State Park Hike.
Meet at 9:00 for approximate 10 miles hike.
We will do sections of Kettle Pond,
North/South Trail and Vin Gormley Trail.
Lunch, water, sturdy boots, and dress
accordingly. Rain will cancel the hike. L Maria
Earley (401-789-8331, 7-9pm,
momearley@netzero.com)

**Sat., Apr. 20. Narragansett Trail Hike
Section 2.** Sponsored by Young Members.
Hike the last 13 miles of Narragansett Trail
from the ravine to Lantern Hill. Meeting at
Lantern Hill to shuttle. Starting where we left
off, we will hike from the ravine over to
Wassup Lake. Then head over to Lantern Hill
for some scenic views. Hiking shoes required.
Bring lunch, snacks, and water. L Corey Mott,

CL Tim Bannin (timbannin@gmail.com),
reg/w Corey Mott (cwmott08@gmail.com)

Wed., Apr. 24. Hike/social Narragansett.
Meet at the courtyard by the Narragansett
Towers by the Coast Guard House. 2-3 mile
hike and we go to dinner. Get off the couch
and join us. L Susan Boland (401-556-3936,
sboland2@cox.net)

**Wed., Apr. 24. Pachaug Trail/Mt. Misery
Hike.** First hike 6 mile Pachaug Trail into CT
then drive to Mt. Misery trailhead for 3+ mile
hike up Mt. Misery in Pachaug State Forest.
Long day w/ car spots. Sturdy boots, please.
Bring water, snacks, lunch. 9:30 sharp start. L
Marcie Madsen (401-364-6538,
marcie18@att.net), L Margie Parsons (401-
743-3405, mpkayak@cox.net)

**Sat., Apr. 27. Leadership Training
Workshop.** Join us for a one day workshop to
develop and practice important skills needed to
successfully lead safe and enjoyable chapter
activities. Sessions will include Activity
Design and Planning, Screening Participants,
Leadership Styles, Decision Making, Trailhead
Procedures, Managing Your Group, and
Accident Scene Management. The skills
presented will apply to all chapter activities,
and will benefit anyone planning to lead a one
day activity, a weekend trip, or maybe
something more ambitious. We will split into
small groups to make the day highly
interactive, giving you the opportunity to
benefit directly from the experiences and
knowledge of the experienced chapter leaders
who will be leading these sessions. Whether
you are an experienced leader looking to make
your trips run more smoothly, or are interested
in becoming a leader, this workshop will give
you the skills and confidence you need to lead
a chapter activity. The workshop will take
place in Chepachet, RI. Cost for chapter
members is \$25, and includes refreshments
and materials. Fee is refundable if member
leads three trips over the year. L Ed Poyer
(401-783-6623, EdPoyer@gmail.com), reg/w
Bob Tessitore (401-595-5273,
bobtess@gmail.com)

**Sat., Apr. 27. Charlestown/s. Kingstown
Bike Ride.** 30 mile moderate paced ride
starting @Trustom Wildlife Refuge through
Charlestown, beach communities, rolling

country roads. Bring lunch water, snacks. maybe walk Trustom trails after ride. Helmets req'd. 10am start. L Marcie Madsen (401-364-6538, marcie18@att.net)

Sun., Apr. 28. Hike with dogs. Hike/Walk at Great Swamp with dogs. L Judy Van Wyk (peacefulpeople@yahoo.com), CL Bonnie England, CL Paul Wynn, reg/w Bonnie England (bonniedune@aol.com)

Tue., Apr. 30. Blue Hills Skyline Trail Hike. 7+ mile hike on Skyline Trail. Tough hike w/lots of ups and downs. Sturdy boots, water snacks, lunch. Early departure from RI. Call for meet time and location. L Marcie Madsen (401-364-6538, marcie18@att.net), L Margie Parsons (401-743-3405, mpkayak@cox.net)

Wed., May. 1. Hike/social - Newport. 2-3 mile hike and we go out to eat. Get off the couch and join us. Meet at Newport Beach, in the lot on the right. We may walk on the Cliff Walk or take an alternate scenic route. Leave at 6 pm. L Sidney Wax (401-849-2595, sid_w@yahoo.com)

Thu., May. 2. Mid-week South County Ride. 25-30 mile ride depending on participants. Moderate paced ride on rolling country roads or by the shore in S. Kingstown/Charlestown. 10am start. Helmets req'd. L Marcie Madsen (401-364-6538, marcie18@att.net)

Sat., May. 4. Bear Mtn & Sages Ravine. Hike a section of the Appalachian Trail over CT's highest summit and into beautiful Sages Ravine. Approx 8.5mi/1800ft at a very moderate pace. Route may be adjusted to suit conditions and the group. 3 state views and scenery make this hike feel like Vermont. Early carpool from RI with a late return. Possible dine out afterwards. L John Stevens, L Linda Pease (401-351-2234 7-9pm weeknights, linda.pease@cox.net), reg/w John Stevens (401-487-2629 7-9pm weeknights, jstevens184@gmail.com)

Sat., May. 4. Warwick Shores Bike Ride. Easy intermediate 30-35 mile ride along Warwick Shores. Lots of water views, lunch at the Narragansett Parkway. Bring water, snacks, lunch. Helmets required. Please no emails after Thursdays @1pm. L Nancy Baker (401-737-3052 7 to 9pm, nancy_baker@brown.edu)

Sat., May. 4. Trails training event. Join with AMC members and REI volunteers in a hands-on trails training event in Arcadia Management area. Learn how to build waterbars, log steps, log bridging, and other trail improvement features. Chapter trail leaders and AMC staff will perform the training. Bring lunch, water,

and wear footwear with a good tread. L Christopher Shafer, reg/w Chris Shafer (401-789-8331 7 PM - 9 PM, christopher.shafer@dem.ri.gov)

Suat., May. 4. Intermediate Rock Climbing Course: Sat - May 4 & May 11. 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 2-day course: AMC Member \$60, Nonmember \$100. College Student Discount, AMC Member \$40, Non Member \$80. Register early as these classes fill quickly. L Brian Phillips (401-212-7705, RIsouthcounty@gmail.com), CL Peter Barlow (freeclimb@aol.com)

Sun., May. 5. Conservation Stroll for Birds at Caratunk. We'll be looking for spring migrants in their breeding plumage before the trees are in full foliage. We are hoping for Bluebirds, Tree Swallows, Rufous-sided Towhees, Rose-breasted Grosbeaks, Wood Ducks and maybe a few warblers. We'll do our best to spot birds, so bring binoculars. 9 am. Families welcome, easy pace. L Linda Pease (401-351-2234, linda.pease@cox.net), CL Karen Rudio (508-761-6449, karenrudio@comcast.net)

Wed., May. 8. Hike and Social, Jamestown. 2-3 mile hike and we go out to dinner. Get off the couch and join us. Leave at 6 pm from town dock at the waterfront. L Donna Chellis (401-423-1259), CL Sid wax (sid_w@yahoo.com), reg/w sid_w@yahoo.com (sid_w@yahoo.com)

Wed., May. 8. Tillinghast Pond Hike. 6 mile hike in beautiful Nature Conservancy property in W. Greenwich. Will be combined with hike up to Rattlesnake Ledges in Wickaboxet Wildlife management Area after. Bring water, snacks, lunch. 9:30 start. L Marcie Madsen (401-364-6538, marcie18@att.net)

Thu., May. 9. Map & Compass Workshop - Part 1 of 2. Do you like to get out and explore, but worry about your skills to find your way back? Join WPWA and the Narragansett Chapter of the AMC for a two-part course (Thursday evening for 3 hours and Saturday day for 6 hours) that will teach you how to read and understand maps and use a compass correctly. At the end of this course participants should feel more comfortable with their abilities to plan routes and come out safely. This first part is a three hour indoor class held at the WPWA Campus. Topics include reading

map symbols and contour lines, matching the terrain to the map, taking and using bearings, orienting map and compass, declination, determining your location and planning your route. Saturday's section will be conducted at Arcadia Management Area in Exeter. The morning session will allow participants to practice their new skills and learn other details about taking and using compass bearings. After lunch they will plan and then execute a bushwhack route through the woods. Instructors include experienced Northern Hikes Leaders from AMC. Participants should bring a declinated compass and plan to attend both dates. Price: \$20.00/person covers both sessions. Register online at www.wpwa.org. L Ed Poyer (401-783-6623, EdPoyer@gmail.com), CL Bob Janus

Sat., May. 11. Annual Spring Fling & New Member Social. Join us for a day filled with fun activities, workshops and food at the beautiful Goddard Park Carousel. This event is open to all current, new and prospective new members.

Sat., May. 11. Hike with dogs. Hike/Walk at Steere Hill, Harmony with dogs. L Bonnie England, CL Judy Van Wyk, CL Russ Miller, reg/w Bonnie England (bonniedune@aol.com)

Sat., May. 11. Potowomut (Green) River Kayak. We will meet at the put-in at the Goddard Park waterfront beach. Please contact me via e-mail not later than Thurs, May 9, 2013 or via phone to let me know you are interested and to confirm the meeting time. The total length of the trip will depend on the weather, tides and desires of the group, but will likely be about 10 miles. For more info contact leader. L Gary Whitney (401-539-0922 Before 9 PM, GaryWhitney3@cox.net)

Sat., May. 11. Map & Compass Workshop - Part 2 of 2. This event is a continuation of Part 1 on May 9. See that date for a full description. Instructors include experienced Northern Hikes Leaders from AMC. Participants should bring a declinated compass and plan to attend both dates. Price: \$20.00/person covers both sessions. Register online at www.wpwa.org. L Ed Poyer (401-783-6623, EdPoyer@gmail.com), CL Bob Janus

Sat., May 11. Spring Fling Easy Kayak trip. Potowomut River - Same destination as sea kayakers - half the paddle. We will put in at Sandy Point boat launch and enjoy the beauty of the Potowomut (Green) River. Please bring at least 14 ft kayak and required safety gear. L Linda Pease (401-351-2234, linda.pease@cox.net), CL Cherine Whitney

(cherinewhitney@cox.net)

Sun., May. 12. So.

Kingstown/Exeter/Richmond Bike Ride. 30 mile moderate ride starting @Kingston trail station traveling on very rolling backcountry roads. Bring water, lunch, snacks. Helmets req'd. 10am sharp start. L Marcie Madsen (401-364-6538, marcie18@att.net)

Wed., May. 15. Hike and Social - Wickford. 2-3 mile hike and we go out to eat. Get off the couch and join us. Meet at the municipal lot behind Rite Aid. 6 pm. L Richard Sullivan (401-338-2880, grampydick2001@yahoo.com)

Wed., May. 15. Beach Pond South, Arcadia Mgmt Area Hike. 7+ mile hike using Tippecansett, Dye Hill, Brushy Brook and Hemlock Ledges Trails. Great hike, Bring lots of water, snacks and lunch 9:30 sharp start. Maybe venture to Middle of Nowhere Diner after. L Marcie Madsen (401-364-6538, marcie18@att.net), L Margie Parsons (401-743-3405, mpkayak@cox.net)

Wed., May. 15. Pasta Challenge/Rehoboth Bike Ride. Scenic rural biking. Two rides start/end at Hillside Country Club. One easy, one intermediate pace. All the pasta you can eat at the Club afterward. 6pm start. Helmets req'd. L Linda Pease (401-351-2234, linda.pease-amic@cox.net), L Bill Rush (whr0316@msn.com)

Fri., May 17-19. 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 12 miles. Boots, tent, camping gear, and 30-degree bag recommended. Very bad weather cancels. We have some gear to lend. This is a nice location with a lean to and tent spaces too! L Scott Disnard (sdizzy@gmail.com)

Sat., May. 18. Big River Conservation Flat Water Paddle in Coventry. Explore this winding, scenic marshy paddle. Then paddle under Rt. 95 into a totally different habitat and waterway on the same river. Expect bird life and escape civilization. 2 pm. For rentals, call Steve Morra at 401-231-5365. L Corey Mott ((401) 932-4439, cwmott08@gmail.com), L N. Gregg O'Brien (401-245-0677, goh243@aol.com), CL Cherine Whitney (401-539-0922, cherinewhitney@cox.net)

Sun., May. 19. Hike with dogs. Hike/Walk at Carolina South with dogs. L Bonnie England (bonniedune@aol.com), CL Paul Wynn , reg/w Bonnie England (bonniedune@aol.com)

Sun., May. 19. Watch Hill/Westerly Bike Ride. 32 miles through beautiful seaside communities. See this hotspot before the tourists arrive. Lunch by the harbor. bring lunch, water, snacks. Helmets req'd. 10am sharp start. L Marcie Madsen (401-364-6538, marcie18@att.net)

Tue., May. 21. Tiverton Trifecta Hike. First hike in Ft. Barton Woods & Revolutionary Redoubt, then on to Emilie Ruecker Wildlife Refuge and finish in Weetamo Woods & Pardon Gray Preserve. A total of 9.6 miles. All locations minutes apart. Bring water, snacks and lunch for a long satisfying day. Not necessary to do all 3. EARLY start. 9am sharp. L Marcie Madsen (401-364-6538, marcie18@att.net), L Margie Parsons (401-743-3405, mpkayak@cox.net)

Wed., May. 22. Hike and Social - Bristol. A "Tree Walk in Bristol". Park around the intersection of Oliver St and Thames St. in Bristol, RI. Meet at the artillery gun on the waterfront. 6pm 2-3 mile hike and go to dinner. L Sidney Wax (sid_w@yahoo.com), CL Jean Marie Josephson (401-245-5523, kayakjmj@yahoo.com)

Thu., May. 23. East Bay Bike Path and Colt State Park Ride. 6 pm SHARP start, from Bristol. Meet at independence park. About 20 mile bike ride. All welcome. Comfortable pace, flat terrain. Helmets req'd. L Sidney Wax (401-849-2595, sid_w@yahoo.com)

Fri., May 24-27. Pemi Wilderness Loop hike. Experienced backpackers only. 2 MPH pace. Participants required to bring their own meals, tents, sleeping pad/bag. L will have filter/stove. Without side trips (North Twin, Galehead, Zealand), trip is about 31.6 Miles, 7,981 feet of climb. Group limited to 6 Participants & 2L's. Parking at Lincoln woods, nightly tentsite fees (approx 8\$/nt) not included. L Scott Disnard, CL Tammy Daughtery (rain.daughtery@gmail.com), reg/w Scott Disnard (sdizzy@gmail.com)

Sat., May 25-27. 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 Christopher Shafer, CL Maria Earley (401-789-8331, 7-9pm, momearley@netzero.net), reg/w Chris Shafer (401-789-8331, 7-9pm, christopher.shafer@dem.ri.gov)

Sat., May. 25. Seven Pond Hike. Young Members Sponsored. Meeting at Ell / Long

Pond Parking lot, we will hike around Locustville, Blue, Long, Ell, Wincheck, Yawgoo Ponds, and Hidden Lake. Group decides if we return back through scenic Ell / Long Pond or the road. Hiking shoes required. Bring lunch, water, and snacks. Trip is about 10 miles. L Corey Mott , reg/w Corey Mott (cwmott08@gmail.com)

Sun., May. 26. Veterans Cemetery Walk.

Join us for our annual Veterans Cemetery walk to honor our soldiers. Meet at the Rt 2 entrance in Exeter, RI at 10 am. For those that wish to extend the walk, we will continue on to Queen River Preserve. L Richard Sullivan (grampydick2001@yahoo.com)

Wed., May. 29. Hike and Social, Narragansett. 2-3 mile hike and we go to dinner. Get off the couch and join us. Leave from the plaza in front of Narragansett Towers, near Coast Guard House, at 6 pm. L Susan Boland (401-556-3926, sboland2@cox.net)

ADVANCE NOTICES

Sat., Jun. 1. Maxwell Mays Wildlife Refuge. Join Scott Ruhren, botanist and Director of Conservation at the Audubon Society of RI for a hike of the trails and rolling terrain of Audubon's newest public refuge we will explore unique habitats such as rock outcrops, cool, moist ravines and huckleberry thickets. June is a great time to be in the refuge when it is full of song birds and wildflowers. The trails were designed/built by AMC. Families welcome, easy pace. L Linda Pease (401-351-2234, linda.pease@cox.net). CL Karen Rudio (508-761-6449, Karenrudio@comcast.net)

Sat., Jun. 1-2. Rock Climbing, Shawangunks, New Paltz, NY. Climbers who have attended the climbing classes are given priority, others are determined by the number of leaders to seconds, stay at your choice of accommodations, dinner at an après climb restaurant. Reg/w leader to get specific trip information. L Brian Phillips (401-212-7705, RIsouthcounty@gmail.com), CL Kevin Sweeney (sween8704@yahoo.com)

Sat., Jun. 1. N. Kingstown/Narragansett Bike Ride. 35 mile scenic ride, moderate pace w/one steep hill. Lunch stop along Narrow River. Bring lunch, water snacks. 9:30 start. Helmets req'd. No emails after Thursday @1pm, please. L Nancy Baker (401-737-3052 evenings 7-9, nancy_baker@brown.edu)

Sat., Jun. 2. Block Island Bike Ride. Bike the block. Take the AM ferry over and enjoy.. About 25 mi... Rolling terrain, but we have all day. All welcome. Hybrid or mountain bikes preferred. Bring water,snacks. Helmets req'd. L

Sidney Wax (401-849-2595,
sid_w@yahoo.com)

boots, lots of water, snacks and lunch. 9:30
start. L Marcie Madsen (401-364-6538,
marcie18@att.net), L Margie Parsons (401-743-
3405, mpkayak@cox.net)

Sidney Wax (401-849-2595,
sid_w@yahoo.com)

Tue., Jun. 4. 4 Ponds Hike, Hopkinton. 6 mile
hike to visit 4 ponds, Long, Ell, Ashville & Blue
in our quest to see blooming mountain laurels.
Beautiful hike with some steep sections, great
overlooks, and a little bushwacking as well.
Don't forget bug spray! Please bring sturdy

Tue., Jun. 4. Narragansett shore evening ride.
Leave at 6 pm sharp from Narragansett beach
lot. 18 mile ride... Comfortable pace. Ride along one night at the Lakes of the Clouds Hut. For
shore to Great Island and back. Helmets req'd. L the experienced mountain hiker with proper

Fri., Jun. 7-9. Alpine Flowers hike weekend.
Enjoy the miniature beauty of alpine blossoms
and spectacular views along the Presidential
Range. One night at the Shapleigh bunk house,
the experienced mountain hiker with proper

ANNUAL SPRING FLING & NEW MEMBERS SOCIAL
SATURDAY, MAY 11, 2013
THE CAROUSEL AT GODDARD PARK - 1095 IVES ROAD, WARWICK
ALL ACTIVITIES ARE FREE!

Activity	Registration Information	Description
Local Hike	Register with Leader: Debbie Mitchell: 401-743-4192 dmitchell@thebravergroup.com	Local hike through Goddard Park, approximately 5 miles at moderate pace, families welcome!
Flatwater Paddling	Register with Leader: Linda Pease: 401- 351-2234 linda.pease@cox.net	Same destination as sea kayakers - half the paddle. We will put in at Sandy Point boat launch and enjoy the beauty of the Potowomut (Green) River.
Sea Kayaking	Register with Leader: Gary Whitney: 401-539-0922 garywhitney3@cox.net	Sea Kayak from Goddard Park beach to the East and then South to the river, turn to the West and go as far up the river as the tide permits. Experience and equipment required.
Spring Tree/Plant Walk	Register with Leader: Patty D'Ambra: 401-949-3374	Tree/Plant identification in Goddard Park, easy stroll.
Bike Ride	Register with Leader: Nancy Baker: 401-737-3052 evenings 7-9, nancy_baker@brown.edu	18-20 mile ride after lunch @ the AMC's Spring Fling. Moderate pace. Helmets req'd. Please no emails after Thursday 1pm.

JOIN US FOR A PICNIC BOXED LUNCHEON AT THE CAROUSEL FROM 11:30AM-12:30PM.
(Luncheon includes your choice of Turkey Sandwich, Veggie Pita Pocket or Chef's Salad.
Also includes potato chips, pickle, cookie, fresh fruit & condiments.)

PAYMENT AND REGISTRATION*

Payment received by 5/3/13: \$15/person -- Payment received after 5/3/13: \$20

NAME: _____ AMC member? Yes No
 ADDRESS: _____ PHONE: _____ EMAIL: _____
 ADDITIONAL GUEST NAMES(S): _____ AMC member? Yes No
 _____ AMC member? Yes No

Lunch Selection: Turkey Sandwich: **Quantity:** _____
 Veggie Pita Pocket: **Quantity:** _____
 Chef's Salad (incl. turkey & ham): **Quantity:** _____

Total Payment Enclosed: _____

Please make check payable to "Narragansett Chapter AMC" and mail it along with this form to:

Bob Tessitore
20 Barnes Street
Greenville, RI 02828

Questions regarding registration & payment can be sent to Bob via e-mail: bobtess@gmail.com
 *Non-members who join the AMC and pay dues at the Spring Fling will enjoy the Sprint Fling for free!

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 pack. \$200 includes 2 nights of lodging and 2 breakfasts. L Margie Parsons (401-743-3405, mpkayak@cox.net), CL Bernardo Aumond, reg/w Bernardo Aumond (464 Hanover Street, #6, Boston, MA 02113, 617-335-7684, bdaumond@yahoo.com)

Sat., Jun. 8. Long/Ell/ Green Falls Pond Hike. 7 and 1/2 miles of mountain laurel (in bloom if we are lucky) on one of RI's and eastern CT's most beautiful trails. First and last miles strenuous and a bit rough. Early out option for those who want it at 4 1/2 miles. follow. L John M. Stevens (401-487-2629 7-9pm weeknights, jstevens184@gmail.com), CL

Sat., Jun. 8. Hike with dogs. Hike/Walk at George Washington mgmt area. L Bonnie England (bonniedune@aol.com), CL Russ Miller, CL Paul Wynn, reg/w Bonnie England (bonniedune@aol.com)

Sat., Jun. 8-9. Washington and Monroe via Lakes of the Clouds Hut. (registration full) Enjoy sunset from the summit of Mt. Monroe. We'll arrive at Lakes of the Clouds Hut via Ammonoosuc Ravine Trail (3.1 mile/2,500 ft) and pick out bunks and then continue on to Mt. Monroe (.4 mile/350 ft) for sunset and return to Lakes with headlamps for an overnight stay. Sunday morning our attempt at Mt. Washington will be via Crawford Path (1.5 mile/? Ft) and

we'll return to our cars via Gulfside Trail to Jewell Trail. Approximate cost is \$120 includes Saturday night stay at the Lakes of the Clouds Hut, dinner that night and breakfast on Sunday. L Scott Disnard (sdizzy@gmail.com), CL Tammy Daugherty reg/w Tammy Daugherty (rain.daugherty@gmail.com)

Sat., Jun. 8. Rehoboth- Swansea Bike Ride. 30 mile moderate paced ride meanders along the Taunton River and nearby countryside. Helmets required. L Carol Richards, CL Ted Bell (tcbell1@cox.net), reg/w Carol Richards (401-434-8448 after 5:30, carol_164@cox.net)

Sat., Jun. 15. Locustville Pond Paddle. We will meet at Hope Valley Elementary School. We will paddle around the entire pond with a

NARRAGANSETT CHAPTER, AMC
51 Grove St.
Lincoln, RI 02865

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stop at the boat ramp for snack / lunch break. At the top end, we will see how far up stream we can get before hitting a beaver dam. PDF required. Bring lunch, water, and snacks. L Corey Mott, CL Janet Huntley (moonstone_baby@yahoo.com), reg/w Corey Mott (cwmott08@gmail.com)

Tue., Jun. 18. Newport evening bike ride. Leave 6 pm sharp from CVS on Bellevue. Ride around Ocean Drive and out to beach, about 20-25mi. Rolling terrain. 12-13 mph pace. Helmets req'd. L Sidney Wax (401-849-2595, sid_w@yahoo.com)

Wed., Jun. 19. Pasta Challenge/Rehoboth Bike Ride. Scenic rural biking. Two rides start/end at Hillside Country Club. One easy, one intermediate pace. All the pasta you can eat at the Club afterward. 6 pm start. Helmets

req'd. L Linda Pease (401-351-2234, linda.pease@cox.net), L Bill Rush (whr0316@msn.com)

Sat., Jun. 22. Hike with Dogs. Hike/Walk at Browning Woods. L Bonnie England (bonniedune@aol.com), CL Leslie Kelleter, CL Russ Miller, reg/w Bonnie England (bonniedune@aol.com)

Sun., Jun. 23. Wickford Harbor, kayak to Jamestown Bridge. Leaving Wickford Harbor and heading south towards Jamestown Bridge. Relaxed sea kayaking. Weather and wind determine specifics. Bring lunch, water, and safety gear. Launch at 10:00am. L Anne Fusco (401-884-3205 7-9pm, annemfusco49@hotmail.com), CL Bill Rush (whr0316@msn.com)

Sat., Jun. 29. Quonset Air Show kayaking. Kayak over to view the Annual Quonset Air Show. Total paddle is only a few miles but in open water. Picnic at Compass Rose Beach near the end of the runway for great views of airplanes. Bring lunch, water, and required safety gear. Launch at 10:00am Wilson Park. Hopefully parking will be not too crowded at Wilson Park. Rain date is Sunday. L Michael Krabach, CL Bill Hahn (401-524-1612, bhahn02835@yahoo.com), reg/w Michael Krabach (401-333-5350, mkrabach@cox.net)

Sun., Jun. 30. Easy Rider Clam Cake Bike ride. South County bike path to Aunt Carrie's, to the beach, and ice cream break. 25 miles at 10-12 mph; easy pace. Helmets required. 10 am start. L Michael Krabach (401-333-5350, mkrabach@cox.net), CL Linda Pease (401-351-2234, linda.pease@cox.net)