



The Gansett Gazette

Newsletter of the Narragansett Chapter of the Appalachian Mountain Club

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From the Chair

One of the AMC's strategies for Vision 2020 is "to develop local partnerships that broaden our diversity and reflect our region", and to "protect and maintain 2500 miles of trails". Our Narragansett Chapter is enacting those strategies through a number of projects in Rhode Island. On June 4th, our Chapter recognized National Trails Day with a significant trails project in Wakefield, done in collaboration with multiple community partners. Another collaborative activity has just begun – the RI Audubon Society has asked our Chapter to assist them in a property improvement project at the Maxwell Mays site in Coventry. Volunteers are needed for all upcoming projects, in a variety of ways. Please contact a Board Member or a Committee Chair to volunteer, and for more information. Our names and contact information is listed in every Gazette. See you outdoors, volunteering along with our community partners!

Bonnie

Planning a Family Outdoor Outing

We've all been there, planning a family outdoor outing and wondering how to insure everyone has a great time. Where will we go? What do we need? What if it rains? What if someone isn't happy? Etc...RELAX, don't stress. This is supposed to be fun, remember? Here are some brief tips to help you plan an outdoor adventure that everyone can enjoy. First, you need to get your head in the 'hiking with kids' zone. It takes a little more planning to have a successful trip when little ones are along.

Start small: Choose activities that you know are well within your participants' range. Think small effort with a large sense of accomplishment.

Let the teaching moments happen naturally: When a smart alec asks if you know where you are, use that as an opportunity to teach them about blazes or map and compass.

Reset your expectations: Forget about the summit and focus on the total experience.

Plan ahead: anticipate potential discomforts. Carry rain gear if the forecast is iffy. Bring a thermos if it is cold. Look out for blisters. Poor initial experiences can be lasting.

Chocolate is your friend: Hershey's kisses are ideal for coaxing an extra ¼ mile from kids. Share them early and often.

Stick with the familiar: Go places you know and reduce your stress. If you feel it everyone else will be too. Not having to think about the area leaves you free to focus on your family.

Invite friends: Kids feed off each other and keep each other interested. Allow your kids to bring their friends or invite another family.

Gear is good: Kids take pride in having their own stuff. Get everyone a pack (lightly loaded) and a hiking pole. Headlamps can be a big hit too.

Share control: Show kids the map and let them choose the route, let them hold the map (keep a spare) or even lead the way.

Challenge but don't over reach: pick destinations that are just a bit out of your family's comfort zone. By giving them small opportunities to achieve they will feel good and return for more.

By focusing on the experience as much as the destination you can build great memories. Manage the details but let the adventure define itself. Your family will have the opportunity to connect while everyone experiences what is most meaningful to them.

See you on the trail,
Matt Putnam

Spring Fling in Cumberland

For a change, we had our spring fling in the northeast corner of the state, thanks to Deb Mitchell and Bonnie England. The weather held out, yet the forecast was dismal. Meaning that trips were almost exclusively packed with optimists. Below are some highlights from the day.

Easy Riders Biking: group was introduced to the entire Blackstone Bike Path from the Lonsdale Drive In to the Central Falls line and then all the way out to Woonsocket. The Central Falls section, which is fairly new, has a wooden section that hugs a curve in the Blackstone and the newest section that goes all the way into Woonsocket. The Woonsocket end boasts a concession stand offering subs, ice cream and more. The bike path also shows what can be done with a landfill. The landfill is now a soccer field that the bike path runs along in Woonsocket. The group also enjoyed visiting the Diamond Hill Winery before the Fling, and bought a variety of wines that we didn't break into until we got home.

Paddling on Stump Pond: After welcoming a new member to the Club we had a short warm

up on shore and headed out to paddled the glassy surface Stump pond. As we paddled the length of the pond we had the chance to watch a blue heron hunting fish in the shallows and see an Osprey splashing down to grab a fish out of the pond. The group had a mix of experience and equipment but everyone had a wonderful time paddling together before heading to the Monastery for the 'Fling.

Evening Presentation- Biking the Alaska to Rhode Island: Beyond the obvious perils of sore calves and the struggle not to be bear food, our own Mike Krabach shared the photos and experience of his rarely duplicated bike ride. How do you carry enough food?

Where do you camp when there are dozens of miles of wetlands in every direction? How many miles before you find pavement? For anyone who missed it (or people who would like to see it again) photos and maps at , http://www.krabach.info/AlaskaWebPage/Alaska_bike_tour.html.

See photos of what else you missed at http://www.amcnarragansett.org/photo_albums/social/spring_fling11/thumb.html

Monastery Hike: The monastery event was broken out into 2 groups, of both adults and children of all ages. Both groups visited the historic Nine Men's Misery monument. Patty D'ambra led one group on a plant and flower ID walk where participants were introduced to numerous plants and trees. The other group visited the remnants of a historic homestead and the old quarry, where monks once worked and found some geo-caches.

Sea Kayaking: Starting at Bold Point boat launch in Riverside, the kayakers went up the Seekonk River as far as the Slater Mill dam.

We could observe the progress of the new Pawtucket Bridge from the underside. Not much progress. We had the flood tide going up and the ebb tide going back, so the trip was a relaxed journey.

ACTIVITIES

Tue., Aug. 2. Kayak Rescue Practice. At URI Bay Campus. 5:30pm start, but late arrival OK. Wet exits and rescues to be practiced. Come and watch or participate. Short paddle after possible. Contact Mike for questions. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-822-1407)

Wed., Aug. 3. Hike and Social, Wickford. Meet at 6pm - parking lot behind Wilson's of

**Narragansett Chapter AMC
Leadership Roster**

Chapter Chair-Bonnie England,
bonniedune@aol.com

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dmitchell@thebravergroup.com

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Shannon Kelley, outside@cox.net

Conservation Chair-
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Technical Climbing Co-Subchairs-
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Brian Phillips, 783-0133,
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Flatwater Paddling Subchair-Linda Pease,
351-2234, linda.pease@cox.net

Sea Kayaking Subchair-Michael Krabach,
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Skiing Subchair-Sue Rollins, 521-
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Young Members Subchair-Chris Turgeon,
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CHAPTER WEBSITE
www.amcnarragansett.org

User Name: members
Password: **kayak2001**

Wickford. Call only if you need directions. L
Dick Sullivan ((401) 338-2880)

Sat., Aug. 6-7. Rock Climbing Rumney - NH. Climbers comfortable on 5.8 routes or better. Camp at local campground. Dinner at an aprÃ's climb restaurant or a cost-share BBQ. Contact the L to register and get specific trip information. L Joe Goudreau (401-334-0425, joejudig@hotmail.com), CL Chris Tate (401-742-4289, chrisri01@yahoo.com)

Sat., Aug. 6. Annual Black Tie Sea Kayaking. Launch at Sprague Bridge and paddle out the Narrow River inlet into the open waters of the bay/ocean. Return on the calmer waters of the Pettaquamscutt River for a Black Tie potluck lunch in style with flat water paddlers. L Bill Rush (401-941-4983, whr0316@msn.com), R Bill Rush

Sat., Aug. 6. Black Tie Flat Water Paddle on Narrow River. Starting from Grovenor Camp, Saunderstown. Join us w/time to spend on the beach and dining in style (Bring plastic stemware). Sea kayakers will join us for lunch. Call for rentals. L Linda Pease (401-351-2234, linda.pease@cox.net)

Sat., Aug. 6. N. Kingstown/ Narragansett Ride. 35 mile ride through scenic fields, woods and some beachfront. Lunch stop along Narrow River. Moderate difficulty with one steep hill. Moderate paced ride w/ending 13 mph average. Helmets req'd. 9:30 start. L Nancy Baker ((401) 737-3052 evening, nancy_baker@brown.edu), CL Dick Schaffner ((401) 781-6310 evening)

Sat., Aug. 6-8. Camp Dodge Trails/Hiking Weekend. Sat. and Sun.- White Mtns. trail improvement project and Mon.- intermediate hike. No prior trail project experience required and all trail tools provided. Lodging/camping options and most meals available at Camp Dodge. Register with Leader by July 28. L Chris Shafer ((401) 789-8331 7 PM - 9 PM, Christopher.Shafer@dem.ri.gov), R Chris Shafer (PO Box 103, Wakefield, RI 02880, (401) 789-8331 7 PM - 9 PM, Christopher.Shafer@dem.ri.gov)

Tue., Aug. 9. Kayak Rescue Practice. At URI Bay Campus. 5:30pm start, but late arrival OK. Wet exits and rescues to be practiced. Come and watch or participate. Short paddle after possible. Contact Mike for questions. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-822-1407)

Tue., Aug. 9. Local Hikes Meeting/cookout. We will grill up some fall hikes and summer fare during the meeting's cookout. Bring something if you wish but most will be on hand. All local hikers and leaders invited to attend. Meeting start time 6:00 PM to 8:30 For directions call or email. L Herrick Spencer ((401) 723-1974 anytime, spencer295@cox.net)

Wed., Aug. 10. Hike and Social, Narragansett. Meet at 6pm Narragansett Towers. L Sue Boland ((401) 556-3926)

Thu., Aug. 11. Narragansett-Galilee Bike Ride. 18 miles along the shore, flat and scenic. All are welcome. 6:00pm start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Sat., Aug. 13. Source to Sea-Pawcatuck River (non AMC). From Jay Cronan Fishing Access, Rt. 91, Richmond, take out Potter Hill Mill, Ashaway. Easy but long, 15 mi/one portage \$10. L Denise Poyer (401-539-9017, info@wpwa.org)

Sat., Aug. 13. Sunset/Moonlight Paddle. Providence River from Conimicut Pt. Warwick, being a snack or dinner for a enjoy evening paddle to Green Island or near by beach, Sea Kayak req'd. L Bill Rush (401-941-4983, whr0316@msn.com)

Sat., Aug. 13. Conservation Walk On The Wild Side, Pawtucket. Enjoy the wooded path along the Ten Mile River from Pawt Country Club to Daggett Park. After lunch in Slater Park, options to visit the farm, shop for plants & flowers or add a mile or so Slater Park's paved bike path. L Linda Pease ((401)

351-2234, linda.pease@cox.net), L Kristin Caproni (kristincaproni1@gmail.com)

Sun., Aug. 14. Ft. Wetherill Sea Kayaking. Sea kayak paddle from Ft. Wetherill.

Intermediate trip, open water conditions. Weather determines route. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-822-1407, goray7ray@gmail.com)

Wed., Aug. 17. Pasta Challenge in

Rehoboth. Scenic rural biking. Two rides start/end at Hillside Country Club. One easy riders, one intermediate pace. All the pasta you eat at the Club afterward. 6pm start. Helmets req'd. L Linda Pease (401-351-2234, linda.pease@cox.net), L Bill Rush

Wed., Aug. 17. Hike and Social, Newport.

Meet 6pm at the Baseball Field, Wellington Avenue. L Tom Freeman ((401) 338-2250 Eves, hotdealtom50@cox.net), CL Gregg O'Brien ((401) 473-8132, goh243@aol.com)

Sat., Aug. 20. Discover The Lloyd Center.

Dartmouth MA 55 acres. We'll do a 1.5 hours easy meander of woodland, swamp and shore side trails and explore the exhibits inside the center. Families and new members welcome. Visit www.Lloydcenter.org. L Linda Pease ((401) 351-2234, linda.pease@cox.net), CL Margie Parsons (mpkayak@cox.net)

Sat., Aug. 20. South County Bike Ride.

Intermediate paced South Country Ride - Wakefield to Beach & Back - 35 miles. Helmets req'd. Start at 10:00 am. L Barbara Flagg (bakayaker51@verizon.net), CL Gail Larkin (gplarkin@cox.net), R Gail Larkin ((401) 792-2282, gplarkin@cox.net)

Fri., Aug. 26-28. Mindfulness Backpack

Pemi Wilderness. Spend the weekend being in the moment, mindful hiking, eating and being! Our destination is no where, but in and around the Pemi. Hiking experience required. Expect 3-4 miles a day. Approx. 8 miles, <1000 ft elev gain total. L Tracy Sweeney (617-232-9500, clemintine5@yahoo.com), CL Jayne King (603-339-2646 before 9pm), R Jayne King (603-339-2646 before 9pm, jayneking22@gmail.com)

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)

Sat., Aug. 27. Spinks Neck Beach Sea

Kayaking. Intermediate kayaking in Narragansett Bay, around Quonset Point. Weather determines route. L Anne Fusco (401-884-3205), CL Bill Rush

Sat., Aug. 27. Easy Rider Ninigret Park to

Matunuck Beach. Bike ride with stop at historic Fort Ninigret. 10 am start, bring lunch/drinks and ice cream money. Helmets req'd. L Linda Pease ((401) 351-2234, linda.pease@cox.net), L Steve Morra ((401) 231-5365)

Sat., Aug. 27. Tri Pond Hike, Wakefield.

This is always a fun hike of about 3-4 miles going around the 3 ponds. We will meet at the parking lot behind Curtis Corner School. Directions from Rte 138 near URI, take 108 S take a R at Curtis Corner Rd. and go about 3/4 mile to school. Go around school and go to parking lot near play ground. Call only if you need to. Maybe go to lunch after. L Dick Sullivan ((401) 338-2880)

Wed., Aug. 31. Hike and Social, Swan Point.

Meet 6pm Swan Point Cemetery - Rain cancels. L Janet Harris ((401) 272-6772)

Fri., Sep. 2-4. Lake Winnepesaukee Multi-

Activity Weekend. Explore the lake, hike the Sandwich Mt Range, bike scenic roads. Comfortable lakeside cabins w/plumbing & rooms for couples. Choice of reg. or veggies meals. Full deposit by August 5. Celebrate the last rays of summer on a quiet section of this superb lake. Intermediate and some easy activities each day; hiking, biking and paddling Also Happy Hr & Campfire. Includes 2 breakfasts, 2 trail lunches, 2 dinners, and lodging for \$140.00 p/p. Call Linda to qualify, then mail check made out to AMC Narragansett Chapter, to Linda Pease, 130 Sunbury St, Providence, Ri, 02908. Include phone number/email address. L Jack Schempp ((401) 331-4553 6-9pm, jschempp1@gmail.com), CL Herb Kingsbury ((207) 439-6449 6-8:30pm), CL Linda Pease, R Linda Pease ((401) 351-2234 6-9pm, Linda.Pease@cox.net)

Wed., Sep. 7. Hike and Social, Lincoln. Meet at 6pm at parking lot located on Rte 123 south

of Rte 146. Call only if you need directions. L Dick Sullivan ((401) 338-2880)

Fri., Sep. 9-11. Burlingame

Trails/Recreational Weekend. Various trail projects on Saturday, 8 AM yoga warm-up, recreation options after trailwork (swimming & possible additional yoga), plus a group dinner in the evening. Sunday, an 8-mile Gormley trail hike. Free Friday and Saturday camping for trail volunteers. Non-campers meet at 7:45 AM (if participating in yoga) or at 8:45 AM (for trail project) on Saturday at Burlingame camping area main parking lot. All trail maintainers (new and experienced) are welcome. Bring gloves, sturdy footwear, water, and lunch. All tools provided. Register with leader prior to 8/27 (or with co-leader from 8/27 - 9/7) for trails project, camping, and dinner potluck item. Raindate will be 9/16-9/18. L Chris Shafer ((401) 789-8331 7 PM - 9 PM, christopher.shafer@dem.ri.gov), CL Lennon Schroeder ((401) 212-6694 evenings, zel@cox.net)

Sat., Sep. 10-11. Rock Climbing Cannon

Cliff - NH. Climbers comfortable on 5.8 routes or better, camping is at a private campground that we have arranged. Dinner is at an aprÃ's climb restaurant. Contact the L to register and get specific trip information. L Peter Barlow (860-675-3772, freeclimb@aol.com), CL Brian Phillips (401-783-0133, bphillips38@cox.net)

Sat., Sep. 10. Source to Sea, Pawcatuck

River (non AMC). Put in at Jay Cronan Fishing Access, Rt. 91 in Richmond, take out Public Dock, Westerly. 7 mi/no portage. Two class II rapids and tidal waters. Can be challenging. L Denise Poyer (401-539-9017, info@wpwa.org)

Sat., Sep. 10. Sakonnet Vineyards ride.

30-mile, relatively flat ride through scenic Tiverton and Little Compton. Intermediate level at 12+ mph, with few stops. 10 AM start. L Sue Rollins ((401) 521-7188, RollinsLF@excite.com), L Larry Rollins

Sat., Sep. 10. Challenging Hilly Bike Ride.

Very Hilly ride through W. Greenwich and Greene. Great views from top of the Hills. 35 mile intermediate paced ride. 10 am start. Helmets req'd. L Barbara Flagg ((401) 487-4376, bakayaker51@verizon.net), L Bill Rush

Sat., Sep. 10. Kayaking in Boston Harbor.

Kayak from Neponset River, or alternate, to

Boston Harbor. Visit George Island and others. For prepared kayakers only. Weather dependent. 18+ mile paddle. L Mike Krabach ((401) 333-5350, mkrabach@cox.net)

Sun., Sep. 11. Vin Gormley Trail Hike. 8-9 mile loop hike in Burlingame State Park. Hike has a few ups and downs, some rocks and many flat sections. Moderate pace. Lunch, water, snacks, and boots are recommended (special if after rain event). Meet at 9:00am. Rain will cancel. L Maria Earley ((401) 789-8331 7:00pm – 9:00pm)

Wed., Sep. 14. Hike and Social, Mt. Hope Farm. Meet 6pm Mt. Hope Farm South Entrance (not Main entrance) off Rte 136. L Gregg O'Brien ((401) 473-8132, goh243@aol.com), CL Kristin Caproni ((401) 952-8695, kristincaproni1@gmail.com)

Fri., Sep. 16-18. Paddling/Camping on Moon Island - Squam Lake, NH. Annual weekend of kayaking and camping on Moon Island, enjoying the last weekend of summer on this pristine lake surrounded by the foothills of Sandwich, NH. Participants should be experienced and have proper equipment for camping/kayaking. Sea kayak is required and participant must be able to carry all of their equipment. Cost is \$35. L Bill Rush (401-941-4983, whr0316@msn.com), R Bill Rush

Sat., Sep. 17. Block Island Conservation Hike and Easy Rider Bike Ride. Enjoy beautiful scenery by bike and the trails of Rodman's Hollow by foot (we'll lock bikes). Bring lunch, drinks, snacks, and money for ice cream. Helmet required. L Barbara Flagg (bakayaker51@verizon.net), CL Dennis

McCarthy (dmccarthy12@cox.net), R Dennis McCarthy ((401) 455-0866, dmccarthy12@cox.net)

Wed., Sep. 21. Hike and Social, Sachuest Point. Meet 6pm Sachuest Point. L Sid Wax ((401) 849-2595, sid_w@yahoo.com)

Fri., Sep. 23-25. Mt. Mansfield Weekend. Join us for a weekend of challenging day hikes in scenic Vermont. Saturday we'll hike to summit of Mt. Mansfield, the highest peak in Vermont, on the challenging Hell Brook Trail. We will then head south through the Subway and the Canyon, returning north on the scenic summit ridge along the Long Trail. Sunday - Leader's choice. Approximate cost \$155.00, includes 2 nights lodging in Stowe, 2 breakfasts, 1 dinner. L Charlie Killam (Charlie.Killam@gmail.com), CL Paula Guarino (paulaguarino@yahoo.com), R Paula Guarino (paulaguarino@yahoo.com)

Sat., Sep. 24. Warwick-Coventry Bike Ride. Approx. 35 mi., avg spd 13 mph, intermediate riders, rolling countryside. We will start on the completed Washington County Bike Path going out to Coventry and coming back through East Greenwich. Lunch stop at former mill site Park. Start time 9:30. Helmets req'd. L Nancy Baker ((401) 737-3052 after 6pm, nancy_baker@brown.edu), CL Dick Schaffner ((401) 781-6310 after 6pm)

Sat., Sep. 24. Hike Arcadia Manangement. Meet 9:00 for 8-10 miles one way hike moderate pace. Will do Escoheag, Ben Utter, Step Stone Falls, we'll climb Mt Tom. There are ups, downs and rocks to go over and

around. Boots required, lunch, and water. Rain will cancel the hike. L Maria Earley ((401) 789-8331 7:00 - 9:00 PM)

Wed., Sep. 28. Hike and Social, Bullocks Point. Meet at 6pm at the Carousel, Bullocks Point. L Steve Harrington ((401) 434-3409, sjhep1@hotmail.com)

Fri., Sep. 30-Oct. 2. Ponkapoag Fall Cabin Weekend. This will be our second annual cabin weekend at AMC Ponkapoag. Last year was a blast and this year will be much better. We will have a couple of hiking trips and a kayaking trip. This would be a good opportunity to gain some experience and meet new people, while having fun. We will have four cabins this time around. We do have some extra gear for participants who require it for this trip. Contact me if you would like to help organize the trip. Thanks and I hope to see you there. L Chris Turgeon ((401) 363-2616, nagarnett@yahoo.ca), L Scott Disnard (sdizzy@gmail.com)

ADVANCE NOTICES

Sat., Oct. 8-9. Rock Climbing, Gunks - NY. Climbers comfortable on 5.4 routes or better. Lodging is up to you. Dinner at an aprÃ's restaurant. Contact the L to register and get specific trip information. May limit participation due to L to second ratio. L Sarah Rich (saeandpetzl@gmail.com), CL Alan Winsor (alanwinsor@cox.net)

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