



**SOUTHEASTERN
MASSACHUSETTS CHAPTER**
YOUR CONNECTION TO THE OUTDOORS

2018 Annual Report

Presented to the members of the Appalachian Mountain Club
Southeastern Massachusetts Chapter at the 2018 Annual Meeting and Dinner at
the Bay Pointe Club in Buzzards Bay, MA, November 3, 2018.



Rehydrating after Cape Cod Canal bike ride



SEM hikers on the winter trails



Paddling on Cape Cod

Rebuilding bog bridge at Myles Standish

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Chapter Chair Report



As I conclude my term as your Chapter Chair, I wanted to take this opportunity to thank you, the Southeastern Massachusetts (SEM) chapter membership, for honoring me with the privilege to serve you in this capacity for the last two years. I also want to thank the SEM Board and all the wonderful leaders and volunteers who made the last two years a wonderful success for SEM.

As a chapter, we have accomplished a lot in the last two years – way too many to list here. But I would like to highlight a couple of notable achievements. First, thanks to our nominating committee and many other volunteers, we now have almost a full slate of committee vice chairs. Two years

ago, many of these positions were listed as “OPEN”. Second, in the last year we have initiated a Young Members Group that is off to a great start. Both bode well for the future of our chapter!

I am pleased to report that the Southeastern Massachusetts Chapter of the Appalachian Mountain Club is vibrant and strong. We have a full volunteer Executive Board composed of 15 voting members which met electronically eight times this year and twice in-person.

Our financial position is stable with savings invested in AMC-managed accounts. This past year, we transferred some of our savings to our capital projects budget and have begun implementing our capital plan. The most noticeable capital project this year was the construction of a pedestrian foot bridge in the Fall River BioReserve.

This year, 71 SEM volunteer leaders (10 percent more than last year) led 354 hiking, biking, paddling, skiing and other activity trips. Our leaders are the force that makes the AMC a great organization and I am proud to work with them.

Chapter-wide, we had a busy, successful and fun year too! In January, several Executive Board and other SEM members attended the AMC Annual Summit in Norwood. In March, the Cape Hikers and Paddlers had a Welcome Spring Potluck. In April, the chapter hosted an Open House at Myles Standish State Forest to introduce the public and “armchair” members to SEM activities, and a Leadership Training day to train our members who want to become activity leaders. A Wilderness First Aid weekend followed for leaders to learn how to treat injuries in areas far from medical assistance. In September the chapter came together at Camp Burgess in Sandwich for its first-ever Chapter Retreat.

To recognize our leaders’ efforts, we continued the Volunteer of the Month award, which rotated among our activity committees. Each “VOM” recipient received an REI gift certificate as a small token of our appreciation. SEM activity leaders also received headlamps with the AMC logo to thank them for their efforts.

Respectfully submitted by Barry Young, AMC SEM Chapter Chair

Biking Committee Report



Chatham Beaches Ride

Thanks to ALL the biking volunteers who have helped make 2018 such a successful year for the SEM Biking Committee. And a special thanks to the leaders who are active in other SEM activities. We appreciate their complete involvement across the board. We added three new bike leaders this year. My plan is to hopefully add few more in the next coming months.

Our rides have covered most of the entire chapter region: Nantucket, Martha's Vineyard, Newport, and the entire South Coast. We have cycled

to many different events such as Cape Cod baseball games, musical events, beaches galore, wineries, breweries, colleges, hundreds of cranberry bogs, and we continue to have heavy participation for our monthly Full Moon Rides on the Cape Cod Canal and surrounding villages.

Paul Currier's ever-popular rides continue to attract riders from all over the New England states and. This year, we've been able to add a series of mountain bike rides led by Paul Corriveau who knows the back roads and paths all over Cape Cod. In addition to being fun, his rides are often educational and informative. Paul's recent series of Halloween MTB rides through unknown graveyards has been awesome. All his rides are NO-DROP rides, so all levels of MTB riders can participate. This has helped attract new riders (and members) to our chapter.

Also this year, to help promote our SEM chapter, I developed a program of bike safety checks on the Rail Trail in Dennis and Nickerson State Park in Brewster. This involved setting up a workstation along one of those bike trails every weekend during the summer and several weekdays. We purchased and set up signage to alert the public to this complimentary offering. I also had all sorts of AMC literature on hand to pass out. The idea here was both to enhance bike safety and knowledge, while increasing our exposure and, ideally, adding new members to AMC and our chapter. I estimate that I provided safety checks for over 400 bicycles and made minor adjustments as required.



*Respectfully submitted by
Bernie Meggison
SEM Bike Chair*

Cape Hikes Report



*Cathy Giordano and Jane Harding,
Cape Hikes Vice Chair and Chair*

Jane Harding and Cathy Giordano, Cape Hikes Chair and Vice Chair, respectively, partner to share committee responsibilities. We work well as a team and reach consensus easily.

The Cape hiking season runs from Labor Day to Memorial Day. We schedule hikes on Thursdays, Saturdays, and Sunday afternoons. The Saturday hikes tend to be slightly longer in length at three to five hours. We average 10 to 12 participants per hike and have had as many as 30 people come out. Our hikers and leaders are primarily retirees, but we welcome all age groups. This past year, we posted 75 hikes (four were cancelled due to bad weather). As usual, we concluded our season with a potluck picnic, held this year at Long Pond in Falmouth. This year, we also organized trail work on the Falmouth Moraine Trail in preparation for the SEM Chapter Retreat. We're finding that it is becoming increasingly

challenging to attract hikers as there are many more groups offering hikes that appear to be skilled at using social media as a communication tool.

We currently have 18 qualified hike leaders and have four individuals who have completed leadership training, but not yet done their required co-leads. We pull from a pool of about 60 individuals who participate in our hikes annually. Our major challenges are keeping an active pool of leaders, so we can offer a robust schedule of hikes, keeping things safe for an aging population of hikers, and finding and scouting new places to hike. We are in the process of replacing all first aid kits for active leaders.

Cape Hikes has actively contributed to many chapter wide endeavors. The Cape hosted the Spring Pot Luck Supper which many Cape Hikers attended. Cape Hikes led the stroll down Memory Lane at Eagle Pond Cotuit before the 2017 Annual Meeting and Dinner. Farley Lewis and Cathy Giordano presented on show-and-go Hikes at the SEM Leadership training. We also had several leaders actively participate at the SEM Open House at Myles Standish in Plymouth. Barbara Gaughan, Nancy Wigley, Cathy Giordano, Jane Harding, and Dave Selfe led hikes for the SEM Fall Retreat. Robin McIntyre assisted with registration activity.



*Jane Harding led several Hikes at SEM Open House
event at Myles Standish State Forest
(Ken Carson photo)*

*Respectfully submitted by Jane Harding,
Cape Hikes Chair, and Cathy Giordano,
Cape Hikes Vice Chair*

Communications Committee Report

The SEM Communications Committee had another busy year in 2018. In addition to producing this Annual Report for the chapter, the committee:

- Produced and distributed the ten scheduled monthly issues of our electronic *Breeze* newsletter (no newsletters in July and August)
- Sent out monthly Blast announcements on items of interest to chapter members
- Submitted relevant chapter-related news items for the periodic AMC Executive Updates
- Provided general communications support for chapter activities such as the Open House event at Myles Standish State Forest in April and the more recent SEM Chapter Retreat on Cape Cod

The committee would like to thank the many SEM members who contribute articles and photos to the *Breeze* and our other communications vehicles. This helps share the fun, adventure, and camaraderie of the many and varied hikes, paddles, bike rides, ski trips, trail work, and conservation events we offer every year. Our common goal, of course, is to get even more of our members actively involved.

Special thanks go to those individuals who do the lion's share of the work for the committee: Maureen Walsh, *Breeze* editor; Marie Hopkins, *Blast* editor; Cheryl Lathrop, SEM webmistress and technology guru; and Ann McSweeney, *Breeze* proofreader.

Respectfully submitted by
Paul Miller, SEM Communications Chair,
Dio Goncalves, Vice Communications Chair



Conservation Committee Report



Bill Cannon and Maureen Kelley promote Leave No Trace at SEM Open House event at Myles Standish State Forest (Ken Carson photo)

Open House event this spring at Myles Standish State Forest in Carver, we had a table where we could disseminate information about LNT and repurposing outdoor gear. Conservation also participated at the SEM retreat at Camp Burgess on Cape Cod. After dinner on Saturday, we showed several short videos on the re-introduction of wolves to Yellowstone National Park, cleaning up of plastic waste in the Pacific Ocean, and LNT.

Throughout the year, the SEM Conservation Committee also worked hard to encourage everyone to contact their representatives in Congress to support refunding of the Land and Water Conservation Fund (LWCF). We did so across the chapter at our monthly board meetings, at the Open House event, and at many "trailhead talks." The LWCF program supports the protection of federal public lands and waters – including national parks, forests, wildlife refuges, and recreation areas – and voluntary conservation on private land. LWCF investments secure public access, improve recreational opportunities, and preserve ecosystem benefits for local communities.

*Respectfully submitted by
Bill Cannon, Conservation Chair
Nancy Coote, Conservation Vice Chair*

The SEM Conservation Committee had several highlights this year.

We participated in the chapter's Leader Training workshop in Foxboro to help introduce new activity leaders to Leave No Trace (LNT) practices and how, as leaders, we can support conservation of our natural resources. These include the trails we hike, bike, and ski on and the beautiful rivers, lakes, and estuaries that we paddle in.

At the SEM's "Take it Outside with the AMC"

Education Committee Report



2018 SEM Leadership Training Workshop participants and trainers (Ken Carson photo)

2018 was another productive year for educational opportunities offered through the SEM chapter. Once again, our Leadership Training program held in April at the Foxboro Recreation Department Rec Hall in Foxboro, MA, was well attended with twenty participants. We have had good turnouts for this training for four years in a row now, signifying a continued strong interest in leading and participating in chapter trips. We thank our dedicated chapter activity leaders who volunteer their time and expertise to mentor the new leaders-in-training.

The presentations by SEM's own volunteer leaders and AMC Leadership Training staff make for a productive and entertaining full day of learning and fun. As always, we offer this training free of charge for interested chapter members.

Wilderness First Aid (WFA), as usual, was a popular and well-attended two-day hands-on, seminar taught by Stonehearth Open Learning Opportunities (SOLO). SOLO continues to provide us with a comprehensive program that engages participants in a challenging and entertaining review of outdoor activity first aid principles. We also offer CPR training is offered as an optional add-on to WFA. This year, we offered the WFA course in May, which allowed SEM leaders and other members to update their first aid training and several non-SEM members to enroll in the training. (Note that the chapter provides scholarships for our active activity leaders.) Holding this training in the spring helps ensure a fully subscribed program, as many people look for a WFA training to prepare for outdoor summer jobs.

New this year, SEM hike leader, Paul Brookes, volunteered to develop and present a map and compass course. Although geared to beginners, this was a comprehensive course held over a full day, followed by a second practice day hiking through the Blue Hills Reservation. Participants thoroughly enjoyed this experience, learning and practicing real-world navigation skills. Paul devoted much time and effort to develop this course and received rave reviews for his program. We hope to offer this popular course again in 2019.

In Spring 2019, we will offer both our Leader Training and WFA programs at a new venue in Plymouth: the beautiful Davis-Douglas Farm, which serves as that organization's headquarters and meeting facility. We anticipate that this Plymouth location will be more centrally located (and thus more convenient) for many SEM members, including those on Cape Cod.

Respectfully submitted by Doug Griffiths, Education Committee Chair

Hiking Committee Report



Summer Series hikers atop Mt. Hedgehog in New Hampshire

The Hiking Committee had another very active year, posting over 134 events. These ranged from local hikes in the Arnold Arboretum, Foxboro State Forest, Wilson Mountain in Dedham, and section hiking the Bay Circuit Trail (BCT) through Sharon and Easton; to Mts. Moosilauke and Jefferson in the White Mountain National Forest. Some of our events of note included a series of New Members Hikes (held in conjunction with the SEM Membership Committee), Red Lining the Blue Hills (RLBH) in the summer months, and White Lining the Blue Hills in the winter. Hiking activities included:

- Thursday Morning Hikes in Myles Standish State Forest and Worlds End in Hingham
- Conditioning and Training Hikes in the Blue Hills
- Family Hikes in Weetamoo Woods, Tiverton, RI
- Full Moon Hikes at Borderland State Park
- A 15-mile hike on the Plymouth Wishbone Trail in Ellisville Harbor State Park
- A map and compass course to familiarize hikers with navigating the back country
- A new Summer Hiking Series, modeled after our popular Winter series, to give hikers more of a challenge and the confidence to summit a 4,000 footer
- Five different hikes at Myles Standish State Forest during the SEM Open House event

Other popular annual events are:

- The very sociable Noble View Weekend offering XC skiing, snowshoeing, or/or hiking (depending on conditions)
- A Snowshoe Series, with local and mountain hikes
- Winter Hiking Series to safely introduce members to fun and unique challenges of hiking in the winter
- High Cabin Weekend for those who like to “rough it” and like a little more of a challenge

In addition to our standard fare this year, the Hiking Committee helped lead inter-chapter hiking weekends at both Harvard Cabin with the Boston Chapter and a Mt. Greylock backpack with the New Hampshire Chapter.

All our Level 2 and above hike leaders are certified in Wilderness First Aid and, this year, all active hiking leaders were issued new, updated first aid kits appropriate for their levels.

I would like to thank the many leaders and co-leaders that have volunteered their time and knowledge to run all these activities. They have made my job a pleasure and are an invaluable resource to our chapter and the AMC.

Respectfully submitted by Michael Woessner, Hiking Chair

Membership Committee Report

The Membership Committee put on some memorable chapter-wide events this past year.

Annual Meeting and Dinner

We held our 2017 Annual Meeting and Dinner meeting on Saturday October 28th at The Brookside Club in Bourne. The guest speaker, Will Broussard, Mount Washington Observatory's Outreach Coordinator, gave a fascinating presentation on the unique life and work of weather observers stationed at the observatory year-round. More than 100 SEM members and their guests attended.

Noble View Winter Weekend

Walt Granda and the Membership Committee organized our annual Noble View Outdoor Center in Russell MA, Feb. 9-11, with 27 participants. Due to the lack of snow, we traded our snowshoes and XC skis for our hiking boots and explored the 358 acres of woods on the property, with Walt Granda and Jeannine Audet leading hikes. Karen Singleton and I prepared hearty meals for all to enjoy.

SEM "Take it Outside with AMC" Open House Event

More than 100 people participated in our Open House event at Myles Standish State Forest on April 14th, which was organized by Maureen Kelly and held in conjunction with the Friends of Myles Standish. The events offered included a Nature Walk with a Birder, beginner and intermediate hikes and bike rides, and trail work. We also offered several "Learn Stuff" and a bike safety workshop. All participants enjoyed a free lunch and received AMC-SEM bandanas.



New Member Hikes

The Membership Committee initiated a series of "New Member Hikes" to help get members outdoors with the SEM and attract new members. Claire MacDonald lead the first on January 21st at the North Hill Marsh Wildlife Sanctuary in Duxbury. Sue Svelnes lead the second hike on March 17th at Wompatuck State Park in Hingham. Barbara Gaughan lead the third hike on May 5th on the Cape at Bells Neck in Harwich. Following the first two hikes, the participants gathered for hot cider and cookies and had the opportunity to pick up AMC brochures and talk to current members about all that the AMC has to offer. Unfortunately, due to bad weather, we couldn't do the same after the third hike.

SEM Chapter Retreat

In lieu of our traditional Chapter Hut Weekend this year, SEM Vice Chair, Len Ulbricht and the Membership Committee organized an SEM Chapter Retreat at Camp Burgess in Sandwich, October 5-7. Twenty-two participants stayed overnight at the camp Friday and Saturday nights and 17 more members joined us to participate in events on Saturday. Along with bike rides, paddling, and hikes, we had the opportunity to enjoy a climbing wall and zip-lining. Ken Carson gave a photography workshop, Paul Brookes demonstrated map & compass techniques, and Bill Cannon gave a conservation talk and showed some films. It was a great weekend!

Respectfully submitted by Sandra Santilli, Membership Chair

Paddling Committee Report

Once again this year, weather delayed the start of our paddling season until late April. Our first trip was April 28 on Barnstable Harbor and even then, we had to contend with a brisk southerly wind. Summer brought more amenable conditions and most of our trips ran as planned. Unfortunately, autumn brought back the wind and rain we had to cancel three trips in a row in October. We typically had six to eight people on our paddles and on several occasions had as many as 11.

We paddled a variety of bays, rivers, and ponds from Waquoit Bay on the west to Long Pond on the east. We've also had some evening paddles off-Cape in southeast Mass. thanks to our new paddling co-chair, Luther Wallis. This year, due to unfavorable tides or lack of leaders, we couldn't paddle several areas that we had in the past. These include Buzzard's Bay, Oyster Pond and River in Chatham, Pleasant Bay, and Nauset Marsh. I will try to make sure that this doesn't happen again next year. Most of our trips have been 6½ to 7½ miles, which seems to suit most paddlers.

We received the sad news of the deaths of three of our previous leaders: Don Palladino, Bob Zani, and Don Savino. They had not been active for several years but will be fondly remembered by those who paddled with them.

We now have eight paddling leaders. While two previous leaders were mostly inactive this year, we picked up three new leaders. I'm hopeful that the inactive leaders will start paddling more next year.

Respectfully submitted by Ed Foster, Paddling Chair



Paddling under the bridge to Popponesset Island on a summer day

Ski Committee Report

The SEM Ski Committee had a great season, with three multi-day weekend trips to NH.

In January, a group of 20, “regulars” and newcomers enjoyed our traditional Martin Luther King Day weekend at Applebrook B&B in Jefferson, NH. During the day, some people snowshoed and skied at Jackson XC Ski Center, while others enjoyed activities on the grounds around the B&B or hiked nearby Mt. Starr King. In the evenings, we shared “happy hour,” lively conversations, jigsaw puzzles, board games, and dinners prepared by our leaders (soups, lasagna, cookies & pies). We also we rooted for our



Skiing at Jackson XC Center (Photo by Jeannine Audet)

New England Patriots in the playoff game.

On the weekend of February 23rd, our group of 15 explored the XC trails of Waterville Valley and stayed at the very beautiful and friendly Mountain Fare Inn. Temps were moderate and the trail conditions fabulous! This was a new trip for our chapter and we were joined by some members of the Narragansett Chapter. We enjoyed full breakfasts provided by the inn, dinner at a nearby tavern, and pleasant conversation by the fireplace at the inn. We hope to return next year!

For our traditional trip on the first weekend of March, we stayed once again at the Old Field House B&B in Intervale, where the innkeepers are gracious and always make us feel welcome. Once again, the B&B’s breakfast waffles were a bit hit. After breakfast, some of us skied at Great Glen, others did some local hikes, while some folks chose to shop in nearby North Conway. We all enjoyed our dinner at the Wildcat Tavern in Jackson.

Our chapter would like to expand our XC ski activities to include local day trips to central/western MA and southern NH (when the snowfall permit). We seek to continue to build interest and participation in our activities! We also need more leaders! If you’re a hiking leader that is interested in learning more about leading XC ski trips, please contact me for more information.



“Après-ski” socializing by the fire at Mountain Fare Inn (Photo by Jeannine Audet)

Respectfully submitted by Jeannine Audet, Ski Committee Chair

Trails Committee Report

Last winter's storms resulted in a lot of opportunities for trail work this year. SEM Trails Committee volunteers worked on March 23 and 24 to remove blowdowns from the SEM-adopted trail in the Blue Hills reservation.

A few days later, seventeen volunteers (many from Len Ulbricht's Spring Conditioning Series hikes) worked to clear blowdowns from the North and South Skyline trails in the Blue Hills. On Park Serve Day in April, we were back on our adopted trail in the Blue Hills, trimming back encroaching vegetation, clearing water structures, clearing the rockwork staircases on Buck Hill, etc.

At the annual SEM Open House event held at Myles Standish State Forest in Plymouth this April, we worked with the Friends of the Myles Standish State Forest and the DCR to replace the deck boards on two bog bridges. We removed rotted boards and replaced them with new ones. In addition, other volunteers in both the morning and afternoon sessions cleared vegetation and removed blowdowns from some of the trails in the forest.

Skip Maysles represented AMC-SEM on the Bay Circuit Trail work event in Sharon on April 21.

During the summer, SEM volunteers were busy on a variety of trail work activities. Bob Vogel led several groups maintaining different trails in the Blue Hills, including doing some clearing on our adopted section of the Skyline Trail. On September 15, we continued our work on the Skyline by clearing water bars and the rockwork steps on Buck Hill. On September 17, we walked sections of the Bay Circuit Trail with central office AMC personnel to determine what work needs to be done to make that trail better.



Dexter Robinson wields a crowbar during SEM Open House trail work at Myles Standish State Park (Photo by Ken Carson)

Under the leadership of Barry Young, SEM constructed a footbridge in the Southeastern Massachusetts Bioserve under our capital project agenda.

SEM volunteers "rediscovered" and marked and cleared the Field Path in the Fowl Meadow section of the Blue Hills reservation. The trail has been "lost" for over a decade due to many blowdowns and vegetation that completely obscured the path.

On the Cape, Cathy Giordano took the initiative to get SEM members and other volunteers to clear the Falmouth Moraine Trail prior to our SEM Chapter Retreat.

Respectfully submitted by Pete Tierney, SEM Trails Committee Chair

Treasurer's Report

We began 2018 with a successful Annual Financial Audit of our 2017 books by AMC HQ. We went into 2018 with a plan to spend some of our prior year's surplus cash and \$10K of our Invested Reserve Funds for special projects and therefore budgeted to have a planned deficit of \$23K. For year-end 2018, we can expect to have a smaller-than-planned deficit of about \$5.4K due to controlled and conservative Committee spending and because not all the special projects will be completed in 2018. I want to thank the Executive Board and Committee members for making 2018 a financially successful program year.

We continue with our convenient and efficient electronic Executive Board meetings most months, with one in-person board meeting (this year, at the Aptucxet Trading Post in Bourne). Our Chapter Chair and several committee members attended the AMC Chapter Retreat and AMC Fall Gathering to meet and network with other chapters. Our special project initiatives include building a foot bridge in the SEM BioReserve in Fall River; a Bay Circuit Trail project; and new tech equipment for training, meetings, and membership programs.

We continue to focus on recognizing the contributions of board and committee members and volunteer leaders for their dedicated work with gift cards from REI, plus headlamps for active leaders. We awarded seven scholarships for WFA training totaling \$1,360 and sponsored the Leadership and Map & Compass training for our leaders.

Chapter Committees reported net expenditures as follows:

- \$156 for Communications/website fees (*E-Breeze newsletter* and on-line meetings)
- \$899 for Membership - Spring Open House and New Member Hikes
- \$342 for Biking planning meetings and GPS app and training
- \$359 for Cape Hiking Committee – First Aid Kits for hike leaders
- \$2,095 net spending for Education: includes WFA, Leadership training, Map & Compass, and Scholarships
- \$1,381 net spending for the Hiking Committee – including a winter workshop, Committee planning meeting costs, Winter Noble View Weekend and First Aid Kits for Hike Leaders
- \$1,900 for the Special Projects – BioReserve Foot Bridge and New Member initiatives
- \$16,649 Administrative Expense – insurance, office supplies, Board and Committee Member recognition (gift cards and headlamps), Exec. Board Meetings and Annual and Club-wide Meetings, Chapter Retreat, and subsidizing part of the cost for the AMC-SEM Annual meeting for our members.

In closing, I want to thank the Board and the Committee members again for their support and efforts during the past year. I look forward to another financially successful year for the Chapter.

Respectfully submitted by Patty Rottmeier, Treasurer



SEM Treasurer, Patty Rottmeier, finally gets out on snowshoes during a Ski Committee weekend!



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