



The Breeze

The Newsletter of the Southeastern Massachusetts
Chapter of the AMC

February 2015

View From the Chair



Maureen Kelly, Chapter Chair

Hello SEMers,

Fresh Snow has arrived in our area! Prepare to cross-country ski and snowshoe in this powdery, white, crystalized water. Our SEM volunteer leaders have planned great trips for you. Check out the 'skiing' and 'hiking' links in this newsletter for trip specifics.

Join us and see snowy landscapes in the glow of the late-afternoon sun. Feel your strength as you power through the cold. Enjoy the relaxed atmosphere afterwards as you share the stories of the day with the group. Give it a try; winter is wonderful.

The SEM Chapter Activity Listings are printed again in this edition of *The Breeze*. Contact me anytime with questions or comments.

chair@amcsem.org **SEE YOU IN THE OUTDOORS!**

2015 Executive Board

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Chapter Vice Chair	Open	Education Vice Chair	Open
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Social Director	Melissa Powers
Social Vice Chair	Open
Social Networking Moderator	Susan Franconi
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley
Short Notice Email List	snel.admin@amcsem.org

Contact Chapter Chair at chair@amcsem.org if you are interested in any open position.

Upcoming 2015 Executive Board Meetings:
February 11, March 11, April 8, May 13

MARK YOUR CALENDARS— — —SAVE THE DATE AMC Club-wide and SEM Chapter-wide Events

SAVE THE DATE -- 2015 EVENTS

SEM [Winter Fun Weekend](#) (Feb. 6-8, [Noble View](#))

SEM Open House (Apr. 18, [Borderland SP](#))

[National Trails Day](#) (June 6)

AMC [August Camp](#) (Jul 18-Aug15)

SEM [Chapter Hut Weekend](#), (Sep. 17-20, [Cold River Camp](#))

SEM [Annual Meeting & Dinner](#) (Nov 7, [Salernos](#))

SAVE THE DATE -- 2015 TRAINING

AMC OLDC Leadership Gathering (Mar 20-22, Litchfield, CT)

SEM [Leadership Training](#) (Apr 11, Foxboro)

SEM Trailwork Training (Apr 25, Blue Hills)

SEM [Wilderness First Aid](#) Training (May 2-3, Foxboro)

AMC [Mountain Leadership School](#) (Dates in June and August)

AMC Volunteer and Naturalist Training

-April 17-19, [Mohican Center, NJ](#) -May 16-17, [Highland Center, NH](#)

-June 5-7, [Gorman Chairback Lodge, ME](#)

Upcoming Chapter Activities
Click on the links below to see the up-to-date listings for all of our activities.

[Biking](#) | [Cape Hiking](#) | [Hiking](#) | [Paddle](#) | [Skiing](#) | [Trails Conservation](#) | [Volunteering](#)

[Social](#) | [Education](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

[Sign up for the AMC Activity Digest](#) or call 1-800-372-1758

**Congratulations to SEM member Ken Carson
for his win in the AMC Photo Contest.
Way to go Ken!!**



*Kids, Adults, and Families Outdoors First Place: From Point A to B
Taken in Mount Rainier National Park, Washington,
during AMC's August Camp.*

NEWS FROM THE EDUCATION COMMITTEE

Leadership Training Offered Saturday April 11, 2015

- This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips.
- It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshments are provided.
- The course is offered at no cost to SEM members.

Wilderness First Aid Training Offered May 2 and 3, 2015

- The course runs 8:30 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM.
- Instruction is provided by SOLO, experts in providing wilderness medical training.
- Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations.
- This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Any AMC trip participant is encouraged to consider taking this course. You will find it exciting and stimulating.

To register for these courses, please contact AMCSEM Education Chair Doug Griffiths (RedDougG@aol.com) or 508-758-4315 after 6 PM.

How Exercise Keeps Us Young! By Paul Carrier

The NY Times Health Section recently published an article regarding an interesting study on the effects of bicycle fitness on the, if you will excuse the term, "elderly". Here is the gist of the findings.

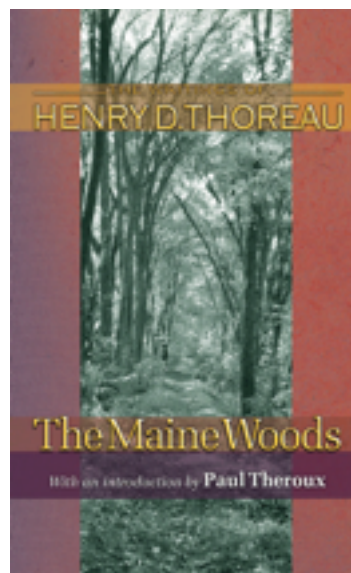
"As it turned out, the cyclists did not show their age. On almost all measures, their physical functioning remained fairly stable across the decades and was much closer to that of young adults than of people their age. As a group, even the oldest cyclists had younger people's levels of balance, reflexes, metabolic health and memory ability." **To read the article, click [here](#).**



Len Ulbricht Reviews Henry Thoreau's *The Maine Woods*

I spotted this book at the Medfield Town Library. I had recently enjoyed reading *Walden* and, having never been in the Maine woods, just up and down the coastline, thought here's a means to learn about deep woods Maine should I ever find my way there. This presumes of course it hasn't changed much in the 150+ years since Thoreau trekked these woods.

The Maine Woods is Thoreau's travelogue of three separate trips to Maine's interior, the first in 1849 to ascend Mt. Katahdin, the second in 1853 to reach Chesuncook Lake and observe a moose hunt, and the third in 1857 to explore the Allagash and East Branch of the Penobscot. Each excursion went deeper into the heart of Maine than its predecessor. Thoreau began each trip in Bangor and traveled for the most part by bateaux or canoe inland through Maine's many interconnected lakes and streams. The annotations clarified references and unfamiliar terminology used by Thoreau. Absent from the book are maps depicting the route taken on each trip. Given the countless bodies of water Thoreau describes I wished I had had a map of Maine handy as I read to visualize the extent of his travels



One of the joys of *Walden* was the meticulous details Thoreau the naturalist paints of the environment around him, be it lake ice formations, plants, critters, people, his bean field, even the clouds. His notes are used today by researchers studying the effects of global warming in seasonal changes. Similarly *The Maine Woods* focuses on forest and plant observations that he recorded in his journal for scientific posterity. But he also gives detailed descriptions of bateaux and birch bark canoe construction, their passage over lakes, streams, white water and swamps, and many other aspects of the Maine wilderness. There were no settled communities back then, just occasional logger huts or sparsely spaced single family farms cut at water's edge out of impenetrable wilderness. Nearest neighbors were many days travel away. Campsites were simple with mattresses of freshly cut tree bows to sleep on, and large camp fires made with four foot logs to burn all night for warmth, and a blanket propped up to keep off the rain or dew, if needed. Provisions of salt pork and hard tack biscuits were occasionally supplemented by berries, forest plants and moose kill. Camping was

different in those days. Thoreau also recorded the evidence of logging deep into the wilderness, not the clear cutting of today but the selective logging of white pine, and the impact of damming streams to enable the floating of cut logs from the deep woods all the way to Bangor for milling. Loggers cut all winter and floated their logs downstream in the spring, and marked each log cut (like branding or tagging cows) to distinguish theirs from those cut by others when sorted at the mill, so they could be paid. And as with *Walden* ample insertions of his philosophical ideas about man and society weaved into this travelogue.

So if you want to get a sense of what old time wilderness travel used to be like, and is no more, put away Strayed's *Wild* or Bryson's *A Walk in the Woods* and pick up Thoreau's *The Maine Woods*.



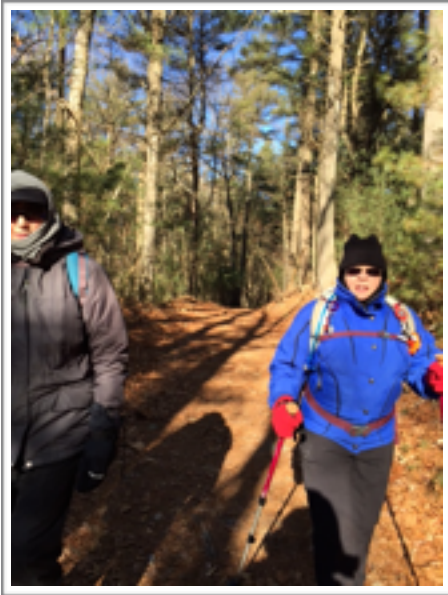
Map and Compass Training

A compass is one of the 10 hiking essentials to pack. If circumstances dictate going off trail, do you know how to use one to get yourself (or a group) out?

To encourage SEM members to develop (or refresh) skills in the use of terrain navigation using a map and compass, the SEM Executive Board has approved a scholarship to promote map and compass skill development. The scholarship offers up to \$100 toward the cost offered by any AMC or non-AMC entity. This scholarship is open to all SEM members, trip leaders and non-trip leaders alike. Click [here](#) for more information.

Current M & C Offerings: April 24-26, 2015, NH Chapter Spring School @ AMC Cardigan Lodge. Check for monthly M & C offerings from REI [here](#).; from LL Bean [here](#).

**Thursday Morning Hike: Audubon Society's Moose Hill
Wildlife Sanctuary, Sharon, MA.**



Hearty hikers enjoy Moose Hill in Sharon. Temperature was a cool 5 degrees at the start . Hike leader Hans Luwald and co-leader Debbie Lepore. Photos courtesy of Berryman Minah

**First Day Hike
January 1, 2015**



Jodi Jensen led the annual First Day Hike at Blue Hills that included 21 hikers. They hiked for 2 1/2 hours at a moderate pace followed up with the DCR's chicken noodle soup. New Year's Day doesn't get any better!

Mount Wachusett: Winter Hiking Series – Hike 1

By Susan Mulligan (All photos courtesy of Susan Mulligan)

Hike 1 of the winter series actually took place a week after hike 2 due to rainy weather conditions on the originally scheduled date. It was decided to switch things up a little this year so the first hike took place at Mount Wachusett, instead of the usual Blue Hills. The summit of Wachusett Mountain, at 2006', is the highest point in Massachusetts east of the Connecticut River and provides panoramic views all the way to the Boston skyline. It was a sunny, clear day that was cold but not frigid; a nice day for a winter hike.



We started our trek from the Mt. Wachusett ski area parking lot following the Balancing Rock trail. We came out of the woods just below the summit by the ski lift where many skiers were preparing for their runs down the mountain. They

were surprised to see 14 people walk out of the woods with full packs on their backs heading for the summit. We were a strange sight for the skiers. Why would anyone want to walk up the mountain instead of taking a ski lift?

The summit was windy and cold but the views were spectacular! We even saw the Boston skyline way off in the distance in a blurry haze. We lingered long enough to take some photos then headed back down into the trees for a quick lunch in a more protected area. Too soon, we arrived back at the parking lot and our hike was over.



Kearsarge North: Winter Series Hike -Hike 2 By Paul Miller, SEM Hiking Committee Chair

(All photos courtesy of Sal Spada)

On Saturday, January 3rd, 19 SEM winter hikers met at the trailhead for the Mt. Kearsarge North Trail on Hurricane Mountain Road in Intervale, NH. While this was supposed to be “Winter Series Hike #2” in our carefully planned out Winter Series, it actually preceded Hike #1 to Mt. Wachusett, which we had to reschedule due to nasty, un-winter-like weather on the initially planned date in December.

A number of us had driven up the day before and stayed overnight in NH (including three of us who stayed at the AMC Joe Dodge Lodge in Pinkham Notch and thus got to enjoy a nice “pre-dinner” hike on the snow-covered Tuckerman Ravine Trail to work up an appetite). However, several intrepid SEMers carpooled up that same morning, requiring a very early start indeed! For those of us who drove up on Friday, all except Doug Griffith managed to avoid the colossal 35-vehicle (or so) mid-day pileup on Rte. 93 near Sandwich, NH that resulted from a sudden snow squall that reduced visibility to essentially zero and rapidly froze the road surface. While Doug’s car reportedly was totaled, we heard that Doug luckily avoided serious injury (but was in no condition to hike with us the next day..)



Trail Sign



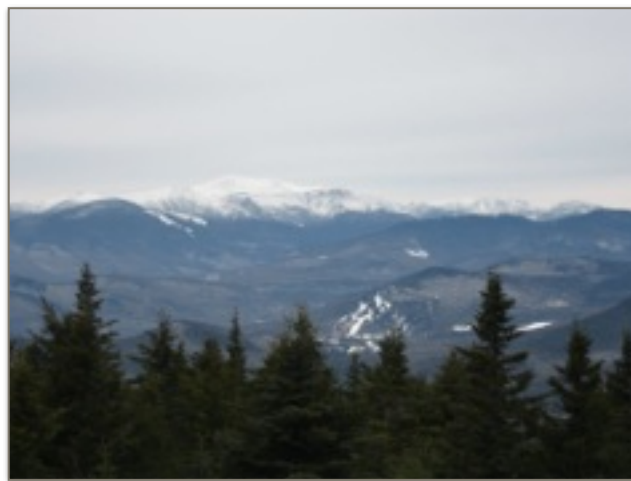
On the Trail

The higher summits weather forecast for Saturday called for high winds, low temps, and dangerous windchill conditions. Luckily for us, at 3,268 feet, Kearsarge North is not among the higher summits in NH. What's more the trail remains mostly in the trees until just below the summit and the summit boasts a rare, well-maintained fire tower that hikers are welcomed to visit to escape the elements and enjoy the panoramic, 360-degree views into Maine, the nearby Presidential peaks, and other fine vistas!

While we were hoping to see more snow on the trails, the recent snow/rain/thaw/freeze cycle meant that any white stuff on the largely bare trail was more likely to be ice than snow. So the leaders (Maureen Kelly and myself) and co-leaders (Barry Young and Paul Brookes) made the executive decision to leave our snowshoes in the car and rely on our microspikes to keep us upright on the trail, particularly the icier trail sections, which popped up with some frequency, often accompanied by steep pitches.

While definitely winter like, the weather that day was pleasant enough with partly sunny skies, temps in the mid-twenties, and a barely any wind at all down low on the trail. Not surprisingly, there was plenty of wind on the mostly exposed summit.

The trail started out gently enough, passing through a pleasant forested stretch (formerly farmland). After a bit, we reached several more challenging steep and ledgy sections of trail where the icy conditions made them a little trickier to get up (with the promise of being even trickier to get down on our return trip). The group kept together nicely, with no one straggling behind or leaping ahead, and the nonstop conversation indicated that no one was struggling. Always a good sign.



View of the Presidentials

After several short stops to make layering adjustments to our clothing, rehydrate, and/or grab a handful of gorp, we eventually made it up to the upper reaches of the mountain. There, we encountered more snow cover, hardier vegetation, and increasing winds.

Eventually, the fire tower came into view atop this fine little mountain. Once we reached the tower, we doffed our microspikes, climbed the stairs leading up to the glass-enclosed tower. Once inside and out of the wind, we encountered a number other hikers, making it a "standing-room only situation." The upside of the crowded conditions, of course, was that all that body heat meant that the temperature inside the glass-enclosed (but otherwise unheated), fire tower was now noticeably higher than outside. After taking in the great views, we unshouldered our heavy winter packs and enjoyed our respective lunches; with many of us in agreement that nothing tastes better than a good peanut butter and jelly sandwich on top of a mountain!



Approaching the Fire Tower

After a bit, not wanting everyone's muscles to get too stiff after the climb, the leaders gently prodded our hikers to re-shoulder their packs and leave the relative comfort of the fire tower to begin the trip back down. Since the wind on the summit had now built to the point where we didn't want to stand around waiting for everyone to get ready, many of us waited in a more protected spot out of the wind a little way back down the trail until all members of our group had assembled.

The hike back down was easier than expected. By going slowly and carefully on some of the trickier spots, we managed to get back down to the cars with only several of us taking minor tumbles. (Although I did do a nice job wrenching my shoulder when, less than a quarter-mile from the cars, I removed my microspikes prematurely and ended taking a hard fall on a small patch of ice. Lesson learned!) It was also good that we got back down in advance of the snowfall predicted for that afternoon.

While the hike itself had been very enjoyable and relatively uneventful, the drive back to Massachusetts took longer than usual for most of us due to intermittent light snow in NH that developed into heavier snow and slippery driving conditions in Mass.

All in all, a great beginning for the 2014-15 Winter Hiking Series; even though it was billed as "Winter Series Hike #2." Onward to Mounts Tom and Field in Crawford Notch in February!



Saying goodbye!



Department of Conservation and Recreation

Draft Resource Management Plan for
DCR Properties on Cape Cod and the
Islands

The full draft plan is available for viewing on the DCR website at <http://www.mass.gov/eea/agencies/dcr/public-outreach/public-meetings/>, and in print form at public libraries in Brewster, Edgartown, Harwich, Nantucket, Sandwich, and West Tisbury. The draft plan is also available for review at the Waquoit Bay National Estuarine Research Reserve headquarters, 131 Waquoit Highway (Route 28), during business hours.

Written comments on the draft plan may be submitted to DCR until March 2, 2015, either via email to DCR.Updates@state.ma.us, noting "Cape Cod and the Islands" in the subject line, or by mail to the Department of Conservation and Recreation, Office of Public Outreach, 251 Causeway Street, Suite 600, Boston, MA 02114.

SEM CONSERVATION CORNER

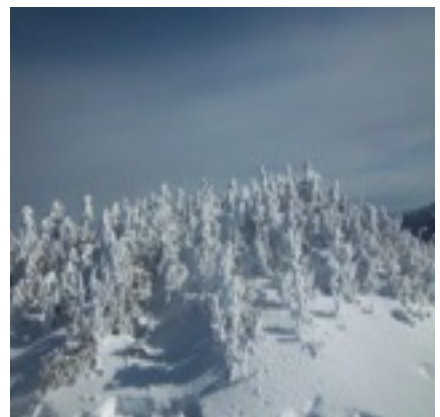
By Joshua Tefft
AMC SEM Conservation Vice Chair

What's new in SEM Conservation? Hello everyone! We are moving along almost as fast as the New Year. The new [conservation page](#) is up and nearly complete. Soon all the conservation page links will be active, giving you a wealth of conservation resources right at your finger tips.

We are also working on a collaborative with local conservation groups (e.g. Buzzards Bay Coalition) to strengthen the Chapter's involvement in the conservation. We hope these partnerships will allow our members more opportunities to practice conservation in their community.

Conservation Patch Program & Volunteering: I want to remind everyone that our [Conservation Patch Program](#) is almost underway. Participating in the program is a great way for families to bond while saving the planet, or for the individual looking to set clear conservation goals. Also, if you are looking to volunteer the Conservation Committee could use your help. We are looking for people to help us come up with conservation activities, as well as assist/organize at events. If you are interested please contact me at conservationvicechair@amcsem.org.

Every year most of us make a resolution to minimize something (whether it be our waistline, or our spending), but I think we should focus more on what we can gain, rather than lose. By losing weight we can gain a better sense of health and self-esteem. By cutting our spending we are able to save for that backpacking trip we've been dreaming about. In terms of conservation, we can make lasting improvements to the environment (and our own well-being) by reducing our impact on the planet. I am making a resolution to gain a healthier Earth and community this year. What will you gain in 2015?



Mt. Jackson. Photo by J. Tefft

Notes from the Biking Committee

By Paul Currier



Paul Currier. Photo courtesy of Paul Currier
Our Award Recipient of Greatest
Contributor to Biking!

Biking has had a great 2014 and so looking forward to all this year will bring. Our 2014 totals for our 2000 mile club are now posted on line – check it out [here](#).

AMC SEM 2,000 Mile Club Celebrates Tenth Year

Founded in 2004 by Jack Jacobsen and becoming operational in 2005, our AMC Southeast Massachusetts 2000 Mile Club is now in its 10th successful year of recording and awarding our cyclists for riding 2,000 miles or more annually. First time achievers are awarded the 2,000 Mile Club patch.

The club experienced its first significant growth during our Vice-Chair – Victor Oliver’s tenure and has been growing since. We have had several volunteer registrars starting with Paul Currier and continuing with Dan Egan to our present registrar, Bernie Meggison.

For information about joining our 2,000 Mile Club, contact our club officers Bernie Meggison, thosemeggisons@gmail.com, Jack Jacobsen cyclejac51@yahoo.com, or Paul Currier paulbcurrier@comcast.net



Linda Church and Cheryl Washwell
Photo courtesy of Cheryl Washwell

This Is What Biking Has Accomplished In Miles By Bernie Meggison

We have a total of 56,192 miles, or 96,432.3 km. That means that our participants have cycled the equivalent mileage of:

- Hiking the Appalachian Trail of 2,185 miles both ways, 4,370 miles...
- And paddling the Mississippi River up and down, 4,640 miles
- AND... kayaking the Charles River both ways... 160 miles
- Oh... and canoeing the Kennebec River end to end and back, 540 miles
- The Saco River up and down to the ocean...272 miles
- The entire Merrimack River, two ways...234 miles...And we are not tired yet.
- We then rafted the Colorado River up and down for a total of 2,840 miles.
- The Amazon River was a fun boat trip from almost coast to coast...another 8,000 miles.
- Then we got bored and did the entire route once again for laughs...and a few brews.

Upcoming Biking Events: Contact paulcurrier@comcast.net

AMC SEM Winter Cycling: February 3 - Sunset/Full Snow Moon Ride – Intermediate Road Cycling from the Sagamore Recreation area in Sandwich to Monument Beach– return on Shore Rd to Gray Gables and canal. 22 miles/2+hours. C2C

Mid-month cycling February: February 22-26 – Intermediate Road Cycling – 10:30-ish on one of these weekdays - We'll do one of my 22 mile/2 hour rides on a good weather day during this week. Location TBD by wind and weather.

Ride and Planning Meeting: Early March- If interested in sharing your thoughts please contact C. Washwell, Bike Chair at cawashwell@gmail.com



Leadership Team at a Full Moon ride

Photo courtesy of Cheryl Washwell

Beartown State Forest
Monterey, MA
January 17, 2015
By Len Ulbricht

Couldn't think of a better summary of the day than this comment from fellow hiker Vince Forte, *Blue skies, snow covered trails, animal tracks, changing woodland scenes, old and new hiking friends -- a great day in the Berkshires!*. And so it was. Six of us trekked to Beartown State Forest, a gem of a DCR property, for a winter day in the woods. It was a cold start, 4 degrees, but no wind chill. A good day to find out if the chosen layers did the job. Hand and toe warmers were in order. Snow cover was just deep enough for either snowshoes or micro-spikes.

About 8 miles of the AT plus numerous other trails populate 12,000 acre Beartown. We chose to hike a portion of the AT plus a couple of the local trails. Snow on the trail was undisturbed by previous hikers, giving the aura of untrammelled wilderness. Anne and Rima broke trail in their snowshoes, the rest of us opted for the spikes. We had fantastic views to the east from the AT, and in the unmarred snow easily spotted deer, coyote and raccoon tracks. A newly built lean-to, where we stopped for lunch, had a sleeping loft in addition to four 2 person platforms. Quite an upgrade from the previous

lean-to which was still standing nearby and usable. Our goal for the day was to reach Mt. Wilcox (el. 2155 ft.) but we hit our turn around time before we could make it. We did pass through two large rhododendron groves which in bloom would be a spring hike treat. All in all a most pleasant winter day hike of about 7 miles with a few hundred feet of elevation change.



(Photos courtesy of Sara Hart)

Remembering a Former SEM Executive Board Member



Walter ("Walt") L Wells 67, of Bridgewater MA, died Friday, December 26, 2014 after a brief illness. Walt was an avid hiker. For many years, he served as Hiking Chair and Board Member of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club. As a hiking leader Walt led many hikes in the White Mountains, as well as the Adirondacks. In 2005, he and two friends climbed the Chilkoot Trail, a high mountain pass used by gold seekers in the 1898 Klondike Gold Rush, which runs from Dyea, Alaska to Lake Bennett, British Columbia. In September, 2009, he was recognized by the AMC for having climbed all 48 of the New Hampshire's "4000 Footer" peaks.

In lieu of flowers, the family suggests that memorial gifts be made to the Appalachian Mountain Club, 5 Joy Street, Boston MA 02108 or via their website www.outdoors.org/tribute or to the American Heart Association.

Considering the AMC in your Will or Estate Planning?

The Summit Trust is a group of AMC supporters who have included the AMC in their wills or other estate plans. By joining them, you can extend your commitment to the mountains, rivers, and trails of the Northeast far beyond your own lifetime.

For more information, contact Stephanie Schiele at 617.391.6638 or sschiele@outdoors.org.

Breeze Information

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion. Submissions must be copy ready. Title and credit for all photos must be included. Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

Call 800-372-1758 or email
amcinformation@outdoors.org

Where to find [Breeze newsletters](#) (current and past)

THANK YOU!



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SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

Activities

Tue., Feb. 3. Sunset/Full Snow Moon Ride, Massachusetts, Cape Cod, MA. Sunset/Full Snow Moon Ride - Intermediate Road Cycling from the Sagamore Recreation area in Sandwich. L Paul Currier (508-833-2690 8 - 7, paulbcurrier@comcast.net)

Thu., Feb. 5. Hike -Mashpee-Mashpee River Woodlands (C3C), Massachusetts, Cape Cod, MA. Wooded walk along Mashpee River. Take Orchard Rd. off Rte.28 to end. Turn R. then quick L onto Mashpee Neck Rd. Go 1.1 miles to Mashpee River Woodlands Pkg.Lot on R. Meet at 9:45AM. 2hrs. L Farley Lewis (508-775-9168, farlewis@comcast.net)

(FT) (NM) Thu., Feb. 5. Thurs. Morn Hike Destruction Brook Woods (B3C), Dartmouth, MA, Massachusetts, Southeast, MA. 5-to 6-mile hike on Dartmouth Natural Resources Trust property. Meet at 10:00am, Slades Corner Parking lot. Bring lunch, snacks, water, winter traction devices and rain jacket. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00 PM, wlgranda@aol.com)

(FT) (NM) (AN) Fri., Feb. 6-8. Intro. to Winter Hiking and Cross Country Skiing at Noble View Camp, Massachusetts, Central, MA. Intro to winter hiking and xcountry skiing at heated Noble View Camp in central Mass. All meals included. L Jodi Jensen (781-249-8346 Before 9 pm, jodiajensen@gmail.com) L Walt Granda (508-999-6038 Before 9pm, wlgranda@aol.com) L Maureen Kelly (mokol773@aol.com) CL Cathy MacCurtain (camaccurtain@aol.com), R Jodi Jensen (781-249-8346 before 9 pm, jodiajensen@gmail.com)

(FT) (NM) Thu., Feb. 12. Thursday AM Ponkapoag Pond Hike, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a 5 mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com)

Thu., Feb. 12. Hike Harwich Herring River (C3C), Massachusetts, Cape Cod, MA. Winter walk along the Herring River and bogs on trails and dirt roads. Meet 9:45. Two hours. Icy/snowy conditions cancels. L Janet DiMattia (jandimattia@verizon.net)

(FT) (NM) Sat., Feb. 14. Blue Hills Hike- Wolcott Path Loop, Blue Hills, Canton, MA, Massachusetts, Southeast, MA. Join us for a Valentine's Day hike through Wolcott Path Loop. Easy hike, 5 miles. Bring sturdy footwear, water and snacks. Dress for the elements. Stabilizer/Yak Trak required for snow/ice. Meet at 8:30 a.m. in the North parking lot on rt. 138 (lot to the left of the Trailside Museum.) Storm cancels. L Catherine MacCurtain (781-848-9506, camacurtain@aol.com) CL Kathy Fagan

(FT) (NM) Thu., Feb. 19. Blue Hills Thursday Morning Hike, Milton, MA, Massachusetts, Southeast, MA. Leisurely 4-5 mile hike in the Blue Hills. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Thu., Feb. 19. Wellfleet: White Crest Beach (C3C), Massachusetts, Cape Cod, MA. Wooded walk to Marconi White Cedar Swamp. Rte 6 to R on Lecount Hollow Rd to beach gatehouse. L on Ocean View Rd for 0.9 miles to R at beach parking lot. L Pat Sarantis (508-430-9965, patsarantis@gmail.com)

Fri., Feb. 20. Mid-month Intermediate Road Cycling, Massachusetts, Cape Cod, MA. Intermediate Road Cycling - 10:30-ish on one weekday this week - 22 miles/2 hours on a good weather day. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

(AN) Sat., Feb. 21. Winter Hike Series #3 Mt Tom and Mt Field, Crawford Notch New Hampshire, New Hampshire, White Mountains, NH. Join us for the third hike in our popular Winter Series. Weather permitting, this moderate 7.3- mile hike to Mt. Tom and Mt Field in Crawford Notch with views from the south of the Presidential range. Note that participation in our Winter Hiking Workshop (or equivalent) is required for new winter hikers. Full winter gear required. L Wayne Anderson (508-697-5289, wanderson@mxcsi.com) L Paul Miller (paulallenmiller@verizon.net), R Wayne Anderson (509-697-5289, wanderson@mxcsi.com)

Sun., Feb. 22. Hike - Shawme Crowell State Park, Sandwich, MA, Massachusetts, Cape Cod, MA. Hike for 2 hours on scenic wood trails through state forest with some views of Cape Cod Canal. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

(FT) (NM) Thursdays

Feb. 26. Thurs. Morn. Hike Powisset Farm, (TTOR) , Dover, MA, 37 Powisset Street, Dover, MA, Massachusetts, Southeast, MA. Fairly new area with nice trails off the beaten path at the Trustee of Reservations Powisset Farm. We will hike 5.5 miles with a number of short ups and downs. Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Some nice views. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. L Hans Luwald (508-668-0462 before 9 PM, hans.luwald@gmail.com) CL Debbie Lepore (781-828-0572 Berore 9 PM)

(FT) (NM) Sat., Feb. 28. Foxboro State Forest - Local Winter Hike, Massachusetts, Southeast, MA. Local winter hike in Foxboro SF, approximately 5 miles. Equipment required may include MicroSpikes and/or snowshoes. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Anne Duggan (ab.duggan@verizon.net), R Barry Young (1785 West Street, Mansfield, MA 02048, 508-339-3089 Before 9 PM, Barry.young@comcast.net)

(FT) (NM) Thursdays

Mar. 5. Thursday Morning Hike Joe's Rock/Birchwold Wrentham, Wrentham, MA., Massachusetts, Southeast, MA. Wooded hike with short climb to Joe's Rock. Meet 10:00 a.m. at Joe's Rock pkg. area on Rte. 121 in Wrentham. Bring water, lunch/snacks. Wear layers and suitable footwear. Traction devices if icy. Storm or rain cancels. L Joanne Staniscia (508-528-6799 7-9 p.m., jstaniscia@comcast.net)

(AN) Fri., Mar. 6-8. XC Ski White Mountains, Intervale, NH, New Hampshire, White Mountains, NH. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 6 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you

have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with pizza, salad and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Fri., Mar. 13-15. SEM Winter Hike Series #4 Overnight, White Mountains, NH, New Hampshire, White Mountains, NH. Join us for an overnight at Zealand hut. !-2 nights stay with group meals. Winter experience and gear required. L Leslie Carson (lrc929@comcast.net) L Wayne Anderson (wanderson@mxcsi.com) L Maureen Kelly (moke1773@aol.com) L Mike Woessner (stridermw@hotmail.com) CL Paul Miller , R Leslie Carson (508-833-8237, lrc929@comcast.net)

(FT) (NM) Thu., Mar. 19. Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. Blue Hills Hike. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)



Arethusa
Falls,
Crawford
Notch, NH

(Photo courtesy of
Gina Hurley)