



# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | May 2016

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Photo Credit: Maureen Kelly

## Woodlands End-to-End Hike

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By Paul Brookes, SEM Hike Leader  
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On a wet and cloudy Saturday in April, twenty-one hikers and a dog met to hike the Blue Hills from end to end. The chosen trails skirted around all the summits and stuck to the wooded lowlands. This was the first year of what may become a new annual tradition in SEM, the Woodland End-To-End.

The hike was held the week before the Skyline End-To-End, and was perfect distance training for some in the group that were preparing for next weeks' Skyline hike (which was shorter but hilly).

The group met at Shea Ice Rink and loaded their gear and themselves into as few cars as possible where we car-pooled over to the small parking pull-off at the Northernmost end of Fowl Meadow in Canton. Since there is not much parking space here we kept most of our cars at the larger capacity Shea Parking and hiked back to our cars.

After arriving at Fowl Meadow, we circled around Paul Brookes to hear the plans for the day and risks inherent in hiking; we also went round and introduced ourselves to one another. Trailhead logistics complete, Paul led us out of the parking area and, with Cathy MacCurtain and Pat Achorn sweeping, we set off down the Burma road in Fowl Meadow.

Soon we arrived at a bisecting path where we approvingly inspected the bog bridge that Sal Spada built in 2015 as part of his Eagle Scout project. Here Maureen Kelly took a group photo proving that the bridge was sturdy enough to hold us. Paul's

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Maureen Kelly,  
Chapter Chair

[chair@amcsem.org](mailto:chair@amcsem.org)

## View From the Chair

Hello SEM Members,

May is here! The flowers are blooming and the birds are singing. It's time to get outdoors, breathe the fresh air and savor the sunshine. Our fabulous leaders have activities waiting for you and I want to make sure that you know where to find them. Here's how.

Go to our SEM homepage: [www.amcsem.org](http://www.amcsem.org)

Easiest - under "This Week's Activities" click on "hikes, bikes, paddles"

One committee's trips - Click the "Schedules" tab on the top of the page and choose any committee to view their trips.

To learn about SEM - Read our newsletter The Breeze with the list of trips in the back - link is top left

See you outdoors!

## 2016 Executive Board

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## Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director .....	Open	Web-master .....	Cheryl Lathrop	Short Notice Email List: <a href="mailto:snel.admin@amcsem.org">snel.admin@amcsem.org</a>
Social Vice Chair .....	Open	Breeze Editor .....	Jeff Sugarman	
Social Networking Moderator .....	Susan Mulligan	Blast Editor .....	Open	

Contact the Chapter Chair at [chair@amcsem.org](mailto:chair@amcsem.org) if you're interested in any open position.

## Woodlands End-to-End, continued

yellow Lab is seen departing the bridge as rolling in the mud seems like more fun to his dog brain.

Youth from the Civilian Conservation Corps during the great depression built the Eliot & Chickatawbut Towers and the first ski runs in what is now the Blue Hills ski area. It's inspiring to see the conservation tradition running unbroken (albeit somewhat frayed) all the way to Sal and his Eagle Scout project.

After crossing Sal's bridge, Paul (foolishly?) decided to test whether skunk cabbage lived up to its name. Carefully tearing a small piece of leaf, breaking a vein, suddenly we were inundated with the most obnoxious smell. Having proved the cabbage was aptly named we agreed that this was an experiment that did not need repeating.

Suddenly the trees ended and we found ourselves on a long, straight but abandoned strip of asphalt leading to the junction of Interstates 95 and 93 in the distance. We stopped and different members in the group explained the history behind this strange and disturbing site.

The original Department of Transportation plans called for I-95 to run through downtown Boston. However, due to pressure from local residents, all proposed Interstate Highways within Route 128 were canceled in 1972 by Governor Francis Sargent with the exception of Interstate 93 to Boston.

With appreciation for Sals conservation work lingering in our thoughts Paul proposed that this too is conservation at work but in its activist form.

We head up the abandoned interstate to arrive at the Westernmost terminus of the Skyline trail. Following a short section of the Skyline we came upon Green Street, which rarely sees a car. Here Paul reviewed how he would like us to cross the later busy streets as a group both quickly and safely. We saw a strange pantomime as Paul purposely strode into the completely deserted street, raised both hiking poles high above his head to stop the non-existent oncoming cars and exhorted us to cross quickly.

We headed into the Little Blue Hill section of the Reservation and before long were crossing one of the busier roads, Rt 138. Now after a short climb we headed along the Accord Path circling the base of Great Blue Hill, a 460-million-year-old dome of granite porphyry, to arrive at the beaches of Houghton's pond.

Since there was drizzle in the air we gathered at the sheltered picnic tables under the concession stand along with a number of other groups and individuals (this being the week of spring break).

The owner of the concession-stand, salivating over another large group of potential customers (or perhaps he had just

been cooking) exhorted us to try his delicious hot soup, shepherd's pie or meatball subs. Unfortunately for him, and for us, most of us did not have our wallets with us. We reverted to our packed cold lunches and he returned to his kitchen.

We enjoyed a chance to sit down, chat facing one another and devoured our homemade food. During lunch, the rain stopped and the sky started lightening. Paul pulled out a large bag of chocolate goodies to share with the group and then, before our muscles got too settled, lunch was done. Picking up our slightly lighter packs (due to having eaten the lunch food), we headed over to the Visitors Center to stand in line (remember spring break), used the indoor restrooms and refilled our water. Our lighter packs were now heavier.

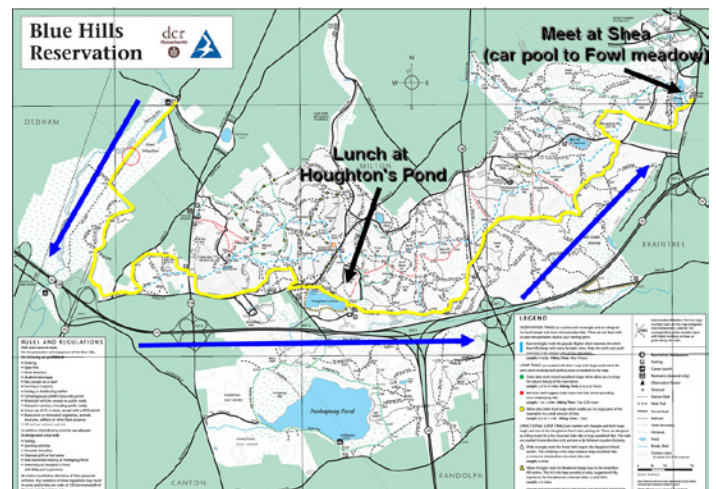
Leaving the 25-Acre glacial pond behind we walked along a mile or so of an abandoned portion of the original Rt 128 stopping to observe a stunning example of pudding stone.

After crossing RT28 we were now headed into the Chickatawbut section of the reservation. This section is darker, quieter and less travelled than the Houghton's pond section and we settled into a steady rhythm.

Some of us were starting to tire and for most of us this was our longest hike so far this season, the total length of our hike being 12 miles. We slowed the pace and stopped more often for people to recuperate, drink water and grab a snack. Once again we settled into a steady rhythm and soon we found ourselves passing by a graveyard on our right and then the man-made St Moritz ponds on our left. These signs of civilization are our indication that our cars are waiting for us over a slight rise.

A little over 6 hours after we left Fowl Meadow we were back at our cars. We gathered in a circle to congratulate one another and offset our tired feet with proud accomplishment. We all agreed that the hike was a great success and decide that the 'Woodland End2End' should become an annual tradition.

An enjoyable day was had by all!



## Trailwork – What is it really? How can I get involved, and Why should I?

By Bob Vogel, Photo Credit: Barry Young

When we think of trailwork perhaps each of us gets a different mental picture. Some, that are deeply involved in Trailwork may think about building bog bridges, re-routing trails around eroded areas, or installing culverts. Maybe they think about the White Mountains, and maybe they took part in an AMC Trail Crew working there. Those things are all definitely Trailwork, but when I think of Trailwork, I think smaller and more local.

You know those local trails you like to hike at Borderland or the Blue Hills? Someone has to maintain those trails, and to me, that is trailwork. As those that have hiked with me know, I love flipping sticks off the trail as we hike along. I mean, we all enjoy hiking along a nice, clean, pretty natural trail. The unfortunate thing is nature doesn't like those trails. Nature keeps dropping branches, and occasionally whole trees, onto those trails. Every summer the brush along those trails reaches for the light, and unfortunately, it's lightest and brightest in the middle of the trail. All this means that if we want to enjoy our walks in the woods, someone has to spend some time cleaning up the trails. (Spoiler Alert: I'm hoping that by the end of this article, you will want to be one of these people.)

There are different ways to do trailwork. For instance a crew can do Lop & Drop, where they just cut anything growing into the trail, and leave it where it falls. Sometimes this is necessary, for instance when there are miles of trails to be brushed and limited resources to brush them. But Lop and Drop leaves the trail looking messy, and I try to avoid this approach. I prefer Invisible Trailwork. My goal when doing trailwork is for future hikers to come along and say "What a nice, natural looking, trail." I want it to look like no one has needed to come along before them doing trailwork. So, how do you do Invisible Trailwork?

Start by clearing the trail of any fallen branches, or loose rocks. (Either of these can lead to a trip, slip and bottom line, injury.) And when you move the branch off the trail, don't just push it to the side of the trail. If we keep doing this the sides of the trail end up lined with branches, and the trail looks like a walkway at a nature park, not a woody trail. So, pick them up and throw them (Or flip them with your hiking pole) at least several feet off the trail.

What about any new growth? Ideally major trails should be cleared 4' wide and 8' high. (As big as a sheet of plywood.) 4' wide gives room for two people to easily pass each other. 8' high means that in the winter, when there's snow and the branches are bending down, there will still be room to walk without constantly ducking. For less frequently used trails, like

Led by leader Bob Vogel, six industrious hikers embarked on the trails of Borderland State Park to do maintenance trail work. Armed with gloves, hand pruners, loppers, and saws, the group was able to cover over 5 miles of trail work. After some initial instruction on "hiking pole flipping" technique, the group split into two, in order to maximize trail coverage. Trail workers were rewarded that day by the many hikers in Borderland who expressed thanks and gratitude for the work AMC was doing to maintain the trails for everyone.



Left to right, Barry Young, Bob Vogel (leader), Jodi Jensen, Chad Wohlers, Lynn Maybury, Hans Luwald.



trail workers take a break for lunch at Split Rock in Borderland



Hans Luwald demonstrating proper "lopper" technique.

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## Trailwork, continued

the single dot trails at the Blue Hills, or in the back corners of Borderland, 4' is really wider than necessary, and I use a simple test: Could I walk through right after a rainstorm and not get my clothes wet from the brush along the trail? If so, I'm happy that it's wide enough.

There are several ways you can get involved in Trailwork, and do your share to help maintain the trails. One way is to just start cleaning up the trails you like to hike on. Reading this has given you all the training you need to start moving sticks and rocks off the trails. No work permit is needed. If one hiker out of every 100 picked up sticks as they hike along, our trails would be in much netter shape.

You can go a step further by getting involved in brushing trails and the like. Watch the SEM Short Notice Email List for my upcoming Trailwork events. Go to: <http://amcsem.org/> and scroll down to the bottom.

Or see:

A lit of all the upcoming AMC Chapter [trailwork events](#).

Friends of the Blue Hills also offer an [Adopt-a-Trail program](#). Through this program you can adopt a trail at the Blue Hills, and then go out several times a year to check up on it and do any maintenance needed. I've been the adopter of Five Corners Path since the program started in 2008. And, unlike your kids, your trail won't need to be put through college. And if you aren't sure adoption is for you, they offer single day trailwork events, so you don't need to make a long term commitment to get started.

And if it was my mentioning bog bridges, culverts and re-routing trails that got your interest up, [investigate this](#). I'm sure you'll find something there that interests you.

Why Trailwork?

There are several ways to look at it. Some say "Someone has to do it." Others look at it as a chance to 'give back' for all the enjoyment they get from hiking. But, for me at least, I just enjoy the warm fuzzy feeling of finishing a hike, knowing the trail is in better condition than when I started the hike. Try it, you'll like it!

And if you have any questions about trailwork, just [email](#) me.

## Volunteer of the Month

### Paul Brookes

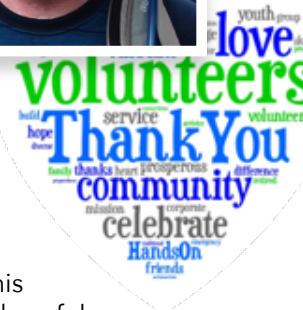
Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes PAUL BROOKES for his continuing contributions.



Paul has been a very active leader with the Southeast Mass Chapter for the past few years leading many local hikes year round, particularly in the Blue Hills with his dog, Sunny. He is noted for his upbeat, cheerful manner, thorough research of his hiking routes including historical facts, very detailed information sheets with pictures and his willingness to share his knowledge and expertise. Paul recently finished leading the White Line the Blue Hills Series this past winter and will be leading some of the RLBH hikes on Thursday nights. He enjoys leading dog-friendly hikes with well-behaved dogs and their owners. Thank you, Paul, for all you do!

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.

*Photo credit: Ken Carson*



## Galapagos and Chocolate: Ecuador's Islands and Amazon

### Adventure Travel with the AMC

Tentative travel are dates July 4 - 15, 2017 (during the full moon).

This trip will bring you to Ecuador to experience the unique Galapagos Islands by yacht for 6 days/5 nights and to visit the Amazon to see how the ancient cacao plant is made into delicious chocolate.

The word "galápagos" is Old Spanish for tortoise. Like large rocks moving slowly through grass, you will get close to these famous icons of the Galapagos Islands. The Galapagos, the first UNESCO World Heritage Site, offers an unparalleled opportunity to learn about evolution and engage with unique flora and fauna such as giant tortoises during their nesting season, blue-footed boobies, Darwin's finches, albatrosses, frigate birds, iguanas, sea lions and reef fish, to name just a few. Get your camera ready!

Learn from a bilingual guide about the unique environmental characteristics of these islands including isolation (600 miles from mainland), volcanoes and the confluence of 3 ocean currents. Visit the Charles Darwin

### Mts. Crawford and Willard March 5 & 6, 2016

#### Contributed by Len Ulbricht

Several attendees of Barbara Hathaway's annual First Weekend in March XC Ski/Snowshoe trip to Intervale, NH chose to hike Mts. Crawford and Willard. We had a brilliant blue skies, temps in the low 30s and negligible wind - perfect weather! The snow was only 6 - 10" deep, so we chose to hike with micro-spikes. Mostly snow-packed with a few icy spots on Saturday, Mt. Crawford was an easy 5 mile round trip. On Sunday, Mt. Willard was an even easier 3 miler. Each had magnificent views. Crawford gave us Mt Washington and the Southern Presidential ridge line. Mt. Willard gave us the wow of Crawford Notch. With comfortable accommodations and breakfasts at The Old Field House, engaging socializing with 21 participants, this was yet another great winter weekend. Thank you, Barbara.



Research Center and hear the Ecuadorian government's strategies for conservation.

The trip starts in the colonial city of Quito (9350 ft), the highest official capital city in the world. Stay for two nights and do a city tour, stand on the equator with a foot in each hemisphere, visit an artisan chocolatier, and learn about the cultures of Ecuador.

Drive in a van east across the stunning Andes Mountains to the Ecuadorian Amazon. Stay near the rainforest town of Tena (1378 ft, known as the Cinnamon Capital) in Napo Province for 3 days and 2 nights. Locals will describe the production of cacao and chocolate, sustainable farming, fair trade, and environmental challenges in the Amazon. Experience chocolate with all of your senses: feel the luxury of a chocolate face massage (optional) from a Kichwa woman, hear indigenous Kichwa farmers tell you about their lives, smell raw cocoa and melted chocolate, and savor foods and drinks made with chocolate.

Join our pre-trip tour of the Taza Chocolate Factory in Somerville, MA and learn about the making and marketing of chocolate.

Price of \$6275 includes group leader, bilingual guides and naturalists, lodging, taxes, all meals on the Galapagos yacht and in the Amazon, breakfasts in Quito, travel medical insurance, park entry fee, 10% contingency. Does not include airfare of approx. \$1400 (\$800 international, \$600 to the Galapagos; less if booked early). AMC membership is not required. Any unused funds will be returned to participants.

\$1000 Deposit due May 18, 2016.

For a prospectus with full itinerary contact Robin Melavalin, [Rmelavalin@rcn.com](mailto:Rmelavalin@rcn.com), 617-780-5362.

*Photos © Donna Tramontozzi*

## Leadership Training

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By Doug Griffiths, Education Chair

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The Southeastern Massachusetts Chapter presented its Leadership Training Program for 2016 to an enthusiastic group of twenty aspiring trip leaders on Saturday 4/9/2016 in Foxboro. We are grateful to the dedicated chapter volunteers who presented the talks this year at our program. Thanks go out to Maureen Kelly, Bob Vogel, Leslie Carson, Walt Granda, Joshua Tefft, Anne Duggan, Farley Lewis, Cathy Giordano, and for the first time, representatives from Paddling, Ed Foster, and from Biking Joe Tavilla. AMC staff training expertise came from Jess Wilson, Leadership Training Manager, who traveled from New Hampshire to attend our training, and earlier in the day, a similar training for the Narragansett Chapter. We greatly appreciate her hard work on behalf of the AMC.

Leaders and presenters prepare lectures, but also provide personal insights and encouragement as to what it is like to start out as a beginning trip leader. Questions and discussion are an important aspect of getting prospective co-leaders to become comfortable with taking the first step towards leading trips.

Topics covered in the Training include: Trip Planning, How To Screen Trip Participants, How To Adjust Your Leader Style to the Needs of Your Group, How To Conform to the Best Leave No Trace Practices, How To Lead a Show and Go Trip, How To Become a Hike Leader, Bike Leader or Paddling Leader, and a review of the required AMC Risk Management, Liability Safeguards, and Necessary Documentation. These topics are supplemented by some practical role play exercises that allow for more give and take between audience and presenters.

Attendees are encouraged to follow through by contacting the committee chairs of the activities they are interested in. All attendees have been given lists of those committee chair email addresses. Please be on the lookout for inquiries from our 2016 Leadership Training Program graduates. I will be soliciting feedback from both participants and presenters on how we can continue to improve our trainings.

## Ralph G. Upton, 94

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SOUTH DENNIS - Ralph G. Upton, 94, most recently of South Dennis, MA, passed away Nov. 6, 2015, at Cape Cod Hospital after a period of declining health. He was born in Torrington, CT on April 9, 1921, the second son of James Upton and Olive (Palmer) Upton. He was the husband of Doris G. Upton for 63 years.

A veteran of World War II, Ralph served in Europe as a meteorologist in the Army Air Corps. He was an acoustical engineer who held several patents and retired from Sanders Associates, Nashua, NH. He was an avid skier and kayaker, kayaking well into his 90's

He is predeceased by his parents and brothers, Ross and George Upton. He is survived by his son Edward Upton and his wife Patricia of Manchester NH, and his daughters Linda Harrington of Coopersville, MI and Holly Pare and her husband Daniel of Nashua, NH. He is also survived by his grandchildren Robert, Brian, Nathaniel and Olivia and several great grandchildren.

Relatives and friends are invited to celebrate Ralph's life on Saturday, April 9, 2016 at 2 p.m. at 20 Olde Dennis Approach, South Dennis. Memorial donations made be made to the Appalachian Mountain Club or the National Park Foundation.

## 2016 Leadership Training Graduates:

James Greaney  
Dia Prantis  
Kent Sinclair  
Foster Palmer  
Ed Eads  
Dave Thomson  
Maria Sousa  
Nancy Ryan  
Jean Orser  
Paul Corriveau  
Ronald Porat  
Jackie Slivko  
Lisa McIntosh  
Chris Treleven  
Kristina Williams  
John Clark  
Craig MacDonald  
William Sullivan  
Ken Amaral  
Irene Caldwell



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