

The Southeast Breeze

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

Editor's Note: Please ignore page numbers and other formatting errors. Template files lost to recent PC virus.

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Maureen Kelley gladly cedes the position of Chapter Chair to Barry Young.
Photo by Ken Carson (See more from this event on the last page)

SEM 2016 Annual Meeting and Dinner

Written by Maureen Kelley, Past Chapter Chair

The SEM 2016 Annual Meeting and Dinner was a fun and important night for the SEM Chapter. One hundred and twenty members came together at the Brookside Club in Bourne on November 5 for business and for connecting with friends.

As members arrived, the night began with a social hour and appetizers. The invitation requested that guests bring gently used fleece clothing for the AMC YOP (Youth Opportunities Program) and they certainly did—a total of three trash bags full!

Maureen Kelly, Chapter Chair, ran the AMC SEM Annual Meeting, with the major event being the election of the incoming 2017 Executive Board. The slate passed unanimously with new incoming officers: Barry Young, Chapter Chair; Paul Miller, Communications Chair; Bill Cannon, Conservation Chair; Sandy Santilli, Membership Chair; Pete Tierney, Trails Chair. Joining these new members are the continuing Executive Board members Patty Rottmeier, Treasurer; Bernie Meggison, Biking Chair; Jane Harding, Cape Hikes Chair; Doug Griffiths, Education Chair; Leslie Carson, Hiking Chair; Ed Foster, Paddling Chair; Barbara Hathaway, Skiing Chair; and Maureen Kelly moving into the Past Chapter Chair position. *(continued on page 3)*



Barry Young, Chapter Chair
chair@amcsem.org

View from the chair

Hello SEM Members,

I am both honored and grateful to be elected as your Chapter Chair and look forward with enthusiasm and excitement to serving you the members of SEM. Since rejoining AMC a few years ago, I have met a great group of people who both like the outdoors and support the AMC mission. I am constantly “wowed” by all the volunteer efforts that make our chapter flourish.

I am pleased to report your chapter is in terrific shape due in large part to the efforts of outgoing Chapter Chair Maureen Kelly and her leadership team. Your chapter is financially sound and led with great volunteer leaders. For the first time in recent memory, we enter the new year with a full slate of all 15 voting positions on the Executive Board filled with enthusiastic volunteers.

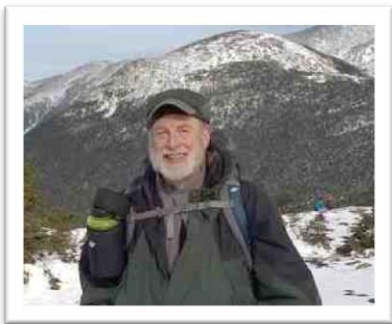
One of my stated goals as your Chair is to get more of our membership participating in our events. We offer outdoor programs in hiking, biking, paddling, skiing, and trail work. In addition we provide excellent educational and training opportunities in leadership, conservation, and wilderness first aid. We also provide workshops throughout the year in hiking, backpacking, and use of map and compass. All of these events are listed on our website www.amcsem.org.

Lastly, while we have a great group of leaders currently in place, we are always looking for new volunteers and have several ways for you to help your chapter. So if you would like to help your chapter and meet some new people with a similar love of the outdoors, please contact me at any time with your thoughts and suggestions.

See you all outside!

Barry Young

AMC SEM Chapter Chair chair@amcsem.org



2016 Executive Board

| | | | | | |
|------------------------------|------------------|---------------------------------|-------------------|-----------------------------|------------------|
| Chapter Chair | Barry Young | Communications Chair | Paul Miller | Membership Chair | Sandy Santilli |
| Vice Chair | Christine Racine | Communications Vice Chair | Open | Membership Vice Chair | Ed Miller |
| Secretary | Ann McSweeney | Communications Vice Chair | Kristina Williams | Membership Vice Chair | Ellen Thompson |
| Treasurer | Patty Rottmeier | Conservation Chair | Bill Cannon | Paddling Chair | Ed Foster |
| Past Chapter Chair | Maureen Kelley | Conservation Vice Chair | Open | Paddling Vice Chair | Open |
| Biking Chair | Bernie Meggison | Education Chair | Doug Griffiths | Skiing Chair | Barbara Hathaway |
| Biking Vice Chair | Open | Education Vice Chair | Open | Skiing Vice Chair | Jeannine Audet |
| Cape Hiking Chair | Jane Harding | Hiking Chair | Leslie Carson | Trails Chair | Peter Tierney |
| Cape Hiking Vice Chair | Cathy Giordano | Hiking Vice Chair | Open | Trails Vice Chair | Wayne Anderson |
| | | | | Trails Vice Chair..... | Skip Maysles |

Ad Hoc Committee Chairs and Other Chapter Contacts

| | | | |
|-----------------------------------|----------------|---------------------|----------------|
| Social Director | Open | Web-master | Cheryl Lathrop |
| Social Vice Chair | Open | Breeze Editor | Mo Walsh |
| Social Networking Moderator | Susan Mulligan | Blast Editor | Marie Hopkins |

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



Jeannine Audet (left) received a Hiking Award from Hiking Chair Leslie Carson, along with Len Ulbricht, Paul Miller, and (not pictured) Bob Vogel. *Photo by Ken Carson*

Annual Meeting and Dinner

(Continued from page 1)

Notice was given that Christine Racine would be a candidate for Vice Chair at the next Executive Board Meeting on November 16, and she has since been elected.. As the business meeting was proceeding, a beautiful red-pink-orange sunset filled the sky behind the speaker and some members caught it with their cameras.

Dinner was a delicious buffet offering salad, baked cod, chicken parmigiana, and vegetables; dessert of coffee and homemade cookies followed. Our friendly annual Master of Ceremonies, Luther Wallis, guided us through the evening. The Annual Dinner festivities kicked off with awards. The SEM Distinguished Service Award was won this year by Farley Lewis. Farley has been active in Cape Hikes, Skiing, the Executive Board, and many chapter events. Cape Hikes gave awards to Robin McIntyre for Special Recognition and Nancy Wigley for Cape Hikes Master Leader. The Hiking Committee gave four awards to its leaders: Paul Miller for Most Enthusiastic Winter Hike Leader; Len Ulbricht for Leading the Most Hikes; Jeannine Audet for Outstanding New Leader; and Bob Vogel for the Hiking Service Award. The Trails Committee also awarded Bob Vogel their one award—the Get Out, Get Dirty, Give Back Trailwork Award. Congratulations and thank you to all leaders.

Outgoing Committee Chairs and Executive Officers were thanked for their service, along with former Chapter Chairs and former Executive Board members. Ellen Thompson, Communications Committee member announced the 10, 25 and 50-year SEM member anniversaries and congratulated them.

John Judge, President and CEO of AMC, joined us during dinner to chat with members and update us all on the latest news and programs that AMC is running. Following John was our featured speaker for the night, Doug Arion, resident astronomer for AMC. Doug is passionate about connecting the public with the sky and all its stars and planets. He showed us how the celestial world has helped shaped us as human beings and that light pollution is unhealthy for us. He is working on creating a Dark Sky Preserve in central Maine.

The feeling in the Brookside Club that night was warm, friendly and lively. The SEM Chapter of the AMC continues to be committed to getting people outdoors and enjoying every minute of it.



Farley Lewis, right, is recognized for Distinguished Service to the chapter. *Photo by Ken Carson*

THANK YOU





Presenters Walt Granda, left, Leslie Carson, Paul Miller, and (not pictured) Ken Carson ran a successful workshop on winter hiking. *Photo by Ken Carson*

Workshop Kicks Off Winter Hiking Series

By Paul Miller, SEM Winter Hike Leader

As has been our tradition in recent years, the SEM Hiking Committee kicked off our popular Winter Hiking Series with an instructive indoor workshop on Cape Cod during the afternoon just prior to the SEM Annual Meeting and Dinner held elsewhere on the Cape.

The purpose of this workshop is to provide experienced three-season hikers with an overview of the clothing, boots, and specialized gear needed, as well as other considerations for safe and enjoyable winter hiking in the mountains of New Hampshire. Twenty-six prospective winter hikers joined us for this year's workshop, held at the Lakewood Hills Clubhouse in Sandwich, Mass.

Due to some key-related confusion beyond our control, many participants had an opportunity to enjoy the beautiful Cape Cod sunshine and fresh air for a bit before we could gain access to the clubhouse. The workshop started just a little behind schedule, but not enough to seriously impact the program.

This began with Leslie Carson, SEM Hiking Chair, welcoming the workshop participants, reviewing the objectives and agenda, and introducing the presenters. Leslie then asked everyone to introduce themselves and briefly share what they've been doing recently from a

hiking perspective and what they hoped to get out of the workshop.

SEM Hike Leader Ken Carson then took a few minutes to share his thoughts on what's so special about winter hiking, specifically the beauty and solitude of the mountains in winter, the lack of crowds and insects, the great views, and "the opportunity to use some neat gear."

Paul Miller, SEM Hike Leader and self-avowed "winter hiking evangelist," then discussed the key points about clothing for winter hiking: avoid cotton and other non-wicking materials, use a layering strategy that enables you to constantly adjust layers to keep from overheating, and—above all—don't overdress, since this leads to sweating, which is what you want to avoid as much as possible. Paul then pulled examples of the different clothing articles he wears in different temperature, wind, and moisture conditions and how he mixes and matches them as needed to stay comfortable (and avoid hypothermia) in cold weather.

Leslie then discussed and showed examples of the various types of specialized gear we require for our winter trips up North. These include microspikes for hard-packed, snow-covered, or slightly icy trails; snowshoes for deeper snow conditions; and 10- or 12-point crampons for more challenging winter conditions when we would have



Photo by Ken Carson

(Continued on next page)

Winter Series Workshop

(Continued from page 3)

to negotiate steeper, icier trails. She explained that while we might not always require all this gear on the trail for every hike, we almost always ask you to bring it to the trailhead with you...just in case. For the overnight trip that serves as the finale for our Winter Series, Leslie stressed the importance of a good winter sleeping bag rated down to at least zero degrees F.

Leslie also covered the critical topic of winter footwear, including well-insulated/waterproof hiking boots, wool, synthetic, or wool/synthetic blend winter socks, and gaiters to keep the snow out of your boots. Leslie showed several examples of appropriate winter boots and discussed the pros and cons of each type. She also discussed her own voyage of discovery to finally find a pair of winter boots that worked well for her.

Next, SEM Hike Leader, Walt Granda, discussed nutrition and hydration requirements for safe and enjoyable winter hiking. Since our bodies burn food as fuel to maintain heat in winter, he stressed the need for high-caloric foods that are easy and convenient to eat while out on the trail when the temperature drops to well-below-freezing levels. He also explained why bladder-type hydration setups don't work well in winter (the tubes almost always freeze

up), and strategies for keeping your Nalgene-type water bottles from freezing. These include putting one water bottle upside down in an insulated carrier, and burying a second, backup water bottle deep in your backpack.

Finally, Ken explained that since winter hiking typically involves carrying heavier loads than at other times of the year, it's important to condition properly...and start doing so well in advance of any planned hikes. He then provided suggestions for how to accomplish this.

To conclude the workshop, Leslie and Paul quickly summarized the schedule for this season's Winter Hiking Series:

Winter Series Hike #1 - [Mt. Wachusett](#)

Date: Saturday, December 3, 2016

Winter Series Hike #2 - [Morgan-Percival](#)

Date: Saturday, January 7, 2017

Winter Series Hike #3 - [CRAWFORD NOTCH](#)

Date: Saturday, February 4, 2017

Winter Series Hike #4 - [LONESOME LAKE HUT
OVERNIGHT TRIP](#)

Dates: Friday, March 3 to Sunday, March 5



Trail Work Event 11/19/16

Written by Pete Tierney, Trails Committee Chair

Armed with rakes, shovels, loppers, picks and saws, ten AMCSEM volunteers went out Saturday morning, November 19, to do trail work in the Blue Hills reservation. Through the efforts of Hike Leaders Dexter Robinson and Cathy MacCurtain, the chapter has recently adopted a section of the Skyline Trail. Extending from Hillside Street near Park Headquarters to Route 28, the trail crosses Tucker Hill, North Boyce Hill and Buck Hill. This is a popular and heavily used trail, enjoyed by individual hikers and families alike. It needs careful maintenance so that people do not stray off the treadway and create a maze of unofficial, erosion-prone trails.

Two main areas of concern were the rock stairways that climb up Buck Hill from the east and the west. These stairways had become less and less useful as they filled up with rock scree and decayed organic materials. As the stairs filled up, hikers used “work-arounds” that bypassed the stairs and created alternate paths that contributed to harmful erosion. Using picks, rakes and shovels, the volunteers cleared off the stairs and restored their usefulness. As the work progressed and hikers climbed and descended Buck Hill, it was gratifying to see them using the newly cleaned stairs rather than the “work-arounds.” Many hikers expressed their thanks for the

work of the volunteers and it provided an excellent opportunity to inform people about the AMC.

in addition to the work on the stairways, the trail crew cut vegetation that had encroached on the treadway and cleared clogged water bars. Water bars (or grade reversals) are essentially shallow ditches, faced with wood or stone, dug at an angle across the trail. Their purpose is to divert water from the trail to cut down on erosion. They do fill up eventually with dirt, rocks and organic material and they need to be cleaned out to remain functional.

Gratified by the improvement on the trail, heartened by the thanks of passers-by and refreshed by brownies supplied by Trails Committee Vice Chair Skip Maysles, the volunteers then moved on to the Quarries section of the Blue Hills. Hike Leader Paul Brookes has recently adopted the trails around the St. Moritz Ponds. In researching the history of the area, he found that one of the obscured, badly overgrown trails that he adopted had likely played a prominent role in the popular annual Winter Carnival held on the site from 1929 to 1940. The crew uncovered wooden stairs that marked the beginning of the trail and worked on defining the path past an old fire pit on the shore of the pond. Even though it was past the time allotted for the trail work event, the volunteers elected to stay a while longer to complete the work.

As volunteer Bob Jabaily said, “Who knew that doing yard work could be so much fun?”

| Date | Adult Volunteer Vacation Trail Crew | Location | Age | Fee |
|----------------------|---|--|-----|-------------|
| Jan. 21-28, 2017 | Costa Rica Trail Volunteer Vacation | Monteverde, Costa Rica | 18+ | \$550/\$610 |
| Jan. 28-Feb. 4, 2017 | Costa Rica Trail Volunteer Vacation | Monteverde, Costa Rica | 18+ | \$550/\$610 |
| Feb. 11-18, 2017 | Virgin Islands National Park Volunteer Vacation | St. John, USVI | 18+ | \$450/\$495 |
| Feb. 18-25, 2017 | Virgin Islands National Park Volunteer Vacation | St. John, USVI | 18+ | \$450/\$495 |
| March 11-17, 2017 | Pacific Crest Trail Volunteer Vacation | Cleveland National Forest outside of San Diego, CA | 18+ | \$450/\$495 |

Contact: Alison Violette, AMC Volunteer Trail Programs Administrative Supervisor

aviolette@outdoors.org, (603)466-8156

Apply Online: www.outdoors.org/volunteer/trails/volunteer-vacations.cfm, Click on “Crew Listings” and Scroll Down

* See website for May and June 2017 dates and information

A Shining Treat at World's End

Written By Éva Borsody Das

On Thursday Oct 13, 2016, the Thursday hike series toured World's End, a Trustees of Reservations property in Hingham. In addition to the beautiful tree-lined carriageways, the rugged rocky shorelines, and the views of the Boston skyline in the far distance across the water, the group encountered a special treat.

We are pictured here (with leader Éva Borsody Das, 4th from the right) in front of an eye- and light-catching installation by Danish-born artist Jeppe Hein, called *New End*. A labyrinth of mirrored columns is placed in a nautilus arrangement, inviting visitors to wander through and catch the myriad reflections of the landscape and water. This fascinating site-specific piece will remain on view through October 31, 2017. The trails are well-marked and suitable for leisurely self-guided walking.

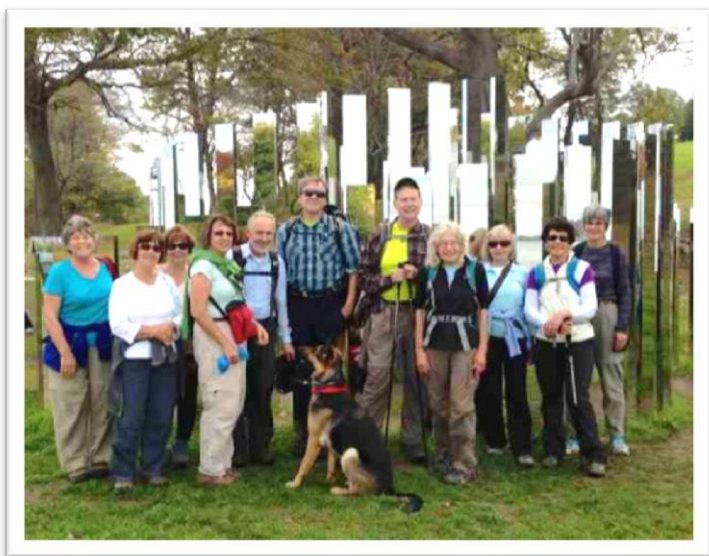


Photo by Friendly Stranger

2017 Volunteer Teen Trail Crews Coming Soon!

1-Week, 10-Day, 2-Week, & 4-Week Trail Crews for ages 14-19 in these locations:

- New Hampshire's White Mts. & Cardigan Campground
- Maine Woods & Land Trust Partners
- Massachusetts Noble View Outdoor Center & The Berkshires
- Boston's Bay Circuit Trail
- New York's Harriman State Park
- New Jersey's Mohican Outdoor Center



Register NOW for AMC's 2017 Annual Summit!

January 28, 2017

Four Points by Sheraton, Norwood, MA

Annual Summit is AMC's thanks to the people who make our mission a reality everyday: our members and dedicated volunteers!

Whether you're a lifelong member or a newcomer interested in discovering all that AMC has to offer, we hope you will join us!

Our workshop schedule offers something for everyone: Need CPR certification? Want to walk through Blue Hills Reservation while learning about forest ecology? Interested in new navigation apps, or pro tips for backcountry photography? Check out the offerings [here!](#)

The event features:

- Your choice of more than 20 workshops and presentations
- A delicious buffet lunch
- An early evening Celebration Reception, with a drink and hors d'oeuvres
- AMC's annual volunteer service awards
- Committee meetings, open to all
- The 141st Annual Business Meeting

For those traveling a distance, who would like to stay Friday and/or Saturday night, we have secured a great group rate. You'll find the lodging details on the registration page.

Register at www.outdoors.org/AnnualSummit

\$30 if you register by December 31

\$40 if you register in January

Plant Conservation Volunteer Program

Register by Feb. 1, 2017, for one-day training to help the New England Wild Flower Society monitor rare plants and their habitats. Free field trips & learning opportunities.

See more information at newenglandwild.org.



Photo by Barbara Hathaway

Copicut Woods Family Hike

Written by Jeannine Audet

On Sunday, October 30, 2016, our group of nine hikers enjoyed a 2.3-mile Family Hike in Copicut Woods, Fall River. Several of our hikers got into the weekend spirit and wore their costumes. We had a beautiful day—plenty of sunshine and fairly warm for the season. Our group completed a loop on the Shockley and Meadowhawk Trails.

We talked about the foliage, trees, birds, and animals, and were fortunate to find two salamanders. The kids excitedly led the way at times, and also enjoyed taking a break sitting on the stone walls. The remnants of the Isaac Miller Homestead sparked the interest of the adults.

All in all, a great time! I look forward to leading more Family Hikes to encourage kids to learn about and enjoy the outdoors!



Photos at right by Jeannine Audet





Volunteer of the Month: **Bob Vogel**

Written by Cathy MacCurtain,
Past Trails Chair



In addition to his contributions as a hike leader, Bob has been instrumental in trail maintenance locally and up North. Not only was Bob a tremendous mentor to Cathy MacCurtain, our outgoing Trails Chair, but he was also responsible for holding several trail cleanup events at Borderlands and the Blue Hills during 2016. Bob brings his wonderful enthusiasm and a great sense of humor to every trail clean up.

Bob is patient with his trail volunteers yet provides great leadership in the proper techniques to use in trail maintenance.

Kudos to Bob Vogel for his outstanding commitment to trail work for the SEM Chapter.

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

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy leading terrific trips to make our Chapter one of the best. Bob Vogel, a member of the SEM Chapter for many years is the SEM Trail's Volunteer of the Month.

Columbia River Gorge AMC's August Camp 2017

The mighty Columbia River cuts a panoramic gorge in the shadows Mount Reiner, Mount Saint Helens, Mount Adams and Mount Hood! Camp near the Bridge of the Gods, where the Pacific Crest Trail crosses the Columbia River.

Hike, raft, bike and more visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty and delicious meals prepared by our staff, local transportation and a free shuttle from Portland International Airport.

July 15 – August 12 Sign up early for the week(s) you want!

Week 1: July 15 – July 22

Week 2: July 22 – July 29

Week 3: July 29 – Aug. 5

Week 4: Aug. 5 – Aug. 12

One Week: \$925 for members \$975 for non-members

Two Weeks: \$1,800 for members \$1,900 for non-members

July 15 through August 12. Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. Registration opens January 2, 2017.

Questions? Ask Trish Niece at AugCampReg1887@gmail.com



augustcamp.org



Photos: top right Brent Fernandez; others Wikimedia Commons

AMC's August Camp 2017

Explore Washington's Columbia River Gorge and the Pacific Crest Trail!

What, you may ask, is August Camp? It's an adult hiking camp sponsored by AMC that moves locations from year to year. In recent years, it has been based in a variety of great places such as Olympic National Park, Oregon's Central Cascades, Mt. Rainier National Park, and the Canadian Rockies. August Camp provides large tents with two cots (they pair you with a same gender tent mate if you are traveling alone) and handles all meals and transportation once you arrive at the designated airport. Individuals sign up to attend one or two weeks of camp, Saturday to Saturday. Each week accommodates 64 campers ranging in age from mid-30s to mid-80s. No matter which week you attend, you will meet a congenial group of fellow hikers and share a week of fun adventures.

Every day, 5-6 hikes of varying levels are offered. These are labeled as A, B, and C hikes with A being the most challenging. There are also alternative activities such as whitewater rafting, kayaking, mountain biking, and visits to scenic local attractions offered throughout the week.

Why is August Camp so wonderful? Because you meet great people and get to reconnect with them each summer, you get to go to beautiful places with people who share your interest in the outdoors, you don't have to do any work, and the cost of attending camp includes everything but airfare. At a cost of \$925 a week (including lodging, meals and ground transportation) for AMC members, it makes for a real bargain in the world of vacation travel.

August Camp 2017 will take place in an exciting new location, in the center of a triangle formed by Mount Adams, Mount Saint Helens, and Oregon's Mount Hood. The camp will be located a short distance north of the spectacularly beautiful Columbia River Gorge and the Bridge of the Gods, where the Pacific Crest Trail (PCT) crosses the mighty Columbia River. The PCT meanders right by the camp site, which will be located just west of

Stabler, WA, just one and a half hours from Portland International Airport.

Activities are planned and led by AMC-trained and approved volunteer leaders; meals are prepared by the friendly camp staff. All you have to do is show up at the airport Saturday to enjoy the hiking, the scenery, the people, and the fun that is August Camp!

Detailed info, pricing and registration materials will be available at augustcamp.org beginning in early December. Camp filled by mid-February in 2016, so don't miss out! Plan your one or two week adventure now and be part of one of the AMC's oldest traditions. Registration opens January 2, 2017.

Week 1: July 15 - July 22

Week 2: July 22 - July 29

Week 3: July 29 - Aug. 5

Week 4: Aug. 5 – Aug. 12

For additional information, including registration details, go to augustcamp.org



Explore the Pacific Northwest this summer at AMC's August Camp!



New Information Volunteers needed for Mohican Outdoor Center and Harriman Outdoor Center

Information Volunteers greet guests in a friendly manner, orient them to the facility, and offer advice about hiking trails and other outdoor activities. They also provide information about conservation and natural history, assist with retail sales, help guests at

the waterfront with boats and equipment, and promote AMC membership. Essential qualifications include familiarity with nearby hiking trails as well as the facility's lodging accommodations and outdoor activities; an outgoing, friendly personality; and knowledge about outdoor gear and backcountry safety.

Information Volunteers serve at Mohican and Harriman on weekends in summer and fall. Volunteers commit to providing at least 32 hours of service per year. Training will be provided for new Mohican and Harriman "Info Vols" during a spring training weekend, April 21-23, 2017. Volunteers must be at least 18 years old and pass an annual criminal background check. For more information, and to request an application for the program, please contact Kyra Salancy, AMC's Outdoor Program Centers Volunteer Coordinator, by January 15th, at amcvolservices@outdoors.org.

Outdoors Together Diversity, Equity & Inclusion Training

What: Outdoors Together: Diversity, Equity & Inclusion Training

Who: Led by The Avarna Group

When: Sat & Sun, March 25 - 26, 2017
(Friday night optional)

Where: Prindle Pond Conference Center
Charlton, MA

Cost: \$50, includes all food, lodging
and materials

Space is limited. If you are an active volunteer and would like to apply, or for more information, please contact Lisa at lrobbins@outdoors.org.

AMC volunteers lead the way in outdoor recreation, education and conservation.

You promote outdoors engagement with every trip, mentor the next generation of volunteers, and help grow the community that protects our natural treasures.

That is **WHY** AMC is excited to announce Outdoors Together. This creative program explores how we can welcome and include people from diverse backgrounds and experiences, to sustain our energy, relevance and values into the future.

The Avarna Group, nationally recognized innovators in building relationships between people and the environment, will lead our training.

We hope you will join us for this wonderful weekend!!

To read more about the ideas inspiring this training, go to www.TheAvarnaGroup.com.



Clickable links: lrobbins@outdoors.org and www.TheAvarnaGroup.com

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA 13+
A 9-13
B 5-8
C less than 5

Indicates pace

1 very fast
2 fast
3 moderate
4 leisurely

Indicates terrain

A very strenuous
B strenuous
C average
D easy

Found in the description

L Activity leader
CL Activity co-leader
FT First Time
NM ... New Members
AN Advance Notice
C Conservation

BICYCLING

Tue., Dec. 13, 2016—Sunset and Full Cold Moon Cycling, Massachusetts, Cape Cod, MA. Road cycling on streets and canal roadflats & hills—22+/- Miles/ 2 +/- hours. December is the month when winter begins for most of the Northern Hemisphere; hence, its full moon is called the Cold Moon. We'll cycle from Sandwich Recreation Area at the end of Freezer Road in Sandwich to Monument Beach and return along Shore Road and through Gray Gables and Mashpee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with a stop at Aptuxet Trading Post including President Cleveland's Railroad Station and moonrise over the Sagamore Bridge. Contact leader to register and for start time. L Paul Currier (508-833-2690 9-7, paulbcurrier@comcast.net)

Sun., Jan. 1. 14th Annual New Years Day Cycling, Massachusetts, Cape Cod, MA. SEMAMC 14Th ANNUAL NEW YEAR'S DAY CYCLING Road Cycling—We'll cycle on the streets and Shining Sea Bike Path from North Falmouth to Woods Hole and return. 27+/- miles—3 hours or so. We'll do a shorter ride if the weather is iffy. We'll start at the Shining Sea Bike Path parking lot in North Falmouth. First re-group at Old Silver Beach and a look toward Marion, Rochester, Mattapoisett, and Fairhaven. Perhaps a couple of side tours past Gunning Point and Racing Beach and Nobska Light. Then on to Woods Hole for a stop at Pie in the Sky for refreshments in the sun. Start time—late morning—contact leader for time, directions, and registration—e-mail preferred. L Paul Currier (508-833-2690 9-7, paulbcurrier@comcast.net)

HIKING CAPE COD

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thu., Dec. 8. Hike Beebe Woods, Falmouth, MA, Massachusetts, Berkshires, MA. Hike in Beebe Woods passing near ponds and through lovely woods. From the Bourne Bridge head south on Route 28 into Falmouth. Proceed through the intersection at the first traffic light and go approximately 1/2 mile to right on Depot Avenue. Proceed up the hill and pass Highfield Hall to parking area behind Highfield Theater. L Deborah Hayden (shaferhayden@gmail.com)

Sun., Dec. 11. Hike Crowe's Pasture, East Dennis MA, Massachusetts, Cape Cod, MA. Hike through salt marshes around Quivet Creek to bay beach. We will hike to end of bay beach and take scenic roads past historic homes in Quivet Neck. Directions take Rte 6 to Exit 9 B and go through first traffic light on 134. Look for Airline Rd on R and take R. Follow Airline Rd across 6A and turn R on South St and go past cemetery to small parking area on R. Meet at 12:45 for 1:00 pm start. L Deborah Hayden (shaferhayden@gmail.com) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Dec. 15. (C3C) Hike—Mashpee River Woodlands, Mashpee, MA, 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. Hike 10 am-12 pm. L Farley Lewis (508-775-9168 Before 9 PM, farlewis@comcast.net)

Continued on next page

Activities

For the most current information, [search activities online](#)

Thu., Jan. 5. Hike Shawme Crowell State Park Sandwich, Massachusetts, Cape Cod, MA. Hike cleared trails with some up/down hills. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Jan. 8. (C4C) West Falmouth, Quaker Woods Hike, West Falmouth, Massachusetts, Cape Cod, MA. Easy 2-hour hike, stepping back in time 350 years to the site of one of the earliest Cape settlements, and see the first Quaker Burial Ground on the Cape. Depending on time, may also walk a bit on local bike path, West Falmouth Harbor, and possibly beach. Rain or heavy snow cancels. Call if in doubt about weather. Kids welcome. Directions: From the north or the east, take Route 28S to the Brick Kiln Road exit. Right at the end of the ramp. After 0.5 miles, turn right at the flashing yellow light onto Route 28A, then go 0.6 miles to a left at Old Dock Road. Go 0.1 miles and park in the lot on the right by the bike path. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Jan. 15. Hike Long Pond, Falmouth, Massachusetts, Cape Cod, MA. 2 hour hike in the Falmouth Town Forest with scenic views of Long Pond and a small kettle hole. The hike includes some hilly sections with uneven footing. Heavy precipitation cancels. L Deborah Hayden (shaferhayden@gmail.com)

Thu., Jan. 19. Canal/Town Neck Hike, Massachusetts, Cape Cod, MA. 4.5 mi hike along the CC Canal, Town Neck Beach, Mill Creek, Boardwalk, Town Neck on soft, sandy beach, rocky beach, flat walkways, sidewalks, paved roads. Check out the new harbor master's ofc, new boat-to-table seafood mrkt/restaurant & refurbished TNB. RT 6 Exit 2. 130N x 1.4 mi. RT on Tupper x 0.7 mi. RT on Freezer to Sandwich Rec Area prkg. 10a.m.-12p.m. Opt'l lunch Cafe Chew post hike. Heavy rain/sleet/snow cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike/bike leader)

Thu., Jan. 26. (AN) Hike-Truro, Ryder Beach (C3C), Massachusetts, Cape Cod, MA. Beach, woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. 2 hrs. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 5. Hike Scorton Creek Sandwich, Old County Rd. East Sandwich, Massachusetts, Cape Cod, MA. Hike along saltmarsh, through old state game farm and past one of the original pilgrim homesteads. Contour is fairly flat, with lots of roots and some trails may be muddy. Driving Directions from Sagamore Bridge take exit 3 and turn N on Quaker Meetinghouse Rd to 6A and turn R and follow 6A to E Sandwich Post Office and turn R onto Old County Rd and park in horseshoe across from Grange Hall. From down cape take Rte 6 to Exit 4 Chase Rd and turn N and take 2nd L onto Old County Rd and park in horseshoe on L across from Grange Hall. Meet at 12:45 PM for 1 PM hike start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Feb. 12. Hike Craigville Beach, Massachusetts, Cape Cod, MA. We will visit Christian community overlooking Craigville Beach and then hike down road to trail through saltmarsh to Centerville River; we will return walking Craigville Beach. Directions to hike take Rte 6 to Exit 6 and turn R at Shootflying Hill Rd. to L on Old Stage Rd., becomes Main St. follow to beach parking lot for meet location. Follow signs from 132 for Craigville Beach. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 16. Island Pond, Harwich (C3C), Massachusetts, Cape Cod, MA. Rte 6 Exit 10 Rte 124S. L Old Colony Rd (crosswalk). Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser (508-432-3277 Before 9:00 pm, jtkaiser@comcast.net)

Sun., Feb. 26-26. Sandy Pond Recreation, West Yarmouth, Massachusetts, Cape Cod, MA. Route 6, Exit 7S to left on Camp Street, then left on Buck Island Road. Left at Sandy Pond Recreation Area. Meet at 12:45 p.m.. L Janet Kaiser (508-432-3277 before 9:00 p.m., jtkaiser@comcast.net)

Sun., Feb. 26-26. Ryder Conservation/Lowell Holly Reservation Hike Sandwich, Massachusetts, Cape Cod, MA. 4-4.5 mi hike thru Conservation areas with frontage on Mashpee & Wakeby Ponds. Footpaths, carriage roads, cpl moderate hills. Rare example of a Cape Cod old-growth forest embellished with plantings by Abbott Lowell. Rt 6 Exit 3 > Quaker Meetinghouse Rd so. x 2.5 mi > LT @ light on Cotuit Rd x 2 mi. Trail head prkg on right. 1 p.m.-3:30 p.m. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike/bike leader)

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Sun., Apr. 30. Hike Maple Swamp, Massachusetts, Cape Cod, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem.org

(FT) (NM) Thu., Dec. 8. Thursday Morning Hike, Moose Hill, Sharon, MA, Massachusetts, Southeast, MA. Meet at 10 am in Sharon at the Audubon Moose Hill Wildlife Sanctuary parking lot for a 5-mile hike, starting on the Vernal Pool loop. Relatively flat route. Parking fee for non-Audubon members is \$3 for Seniors. Bring rain gear, lunch, water and sturdy shoes. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 8 PM)

(FT) (NM) Sat., Dec. 10. Borderland State Park, 259 Massapoag Ave, North Easton, MA 02356, Get Some Fresh Air Hike at Borderland State Park, Avoid the holiday shopping crowds with a 5-7 mile hike around Borderland. We will stick to trails as much as possible but have no set route. This will not be a difficult hike. Borderland has little elevation. Wear weather appropriate gear & bring water/snacks for yourself. Hike will last up to/around 2 hours. Borderland State Park charges \$5 for parking unless you have a park pass. *Heavy rain cancels but leader will notify participants. Email leader with any questions or concerns. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote

Thu., Dec. 15. Thurs. Morning Hike—Massasoit State Park, Massasoit State Park, E. Taunton, Massachusetts. Meet at 10 a.m. at Massasoit SP, East Taunton's "hidden jewel." Approx. 6 miles on trails lined with pine needles that wind around lakes and ponds on mostly flat to gently rolling terrain. Wear boots, bring water, snacks and lunch. Rain cancels. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Sat., Dec. 17 (FT) (NM). F. Gilbert Hills State Forest Hike, 45 Mill St, Foxborough MA 02035, Massachusetts, Southeast, MA. Hike around F. Gilbert Hills State Forest. The goal will be getting to the radio tower. This hike will be approximately 5-7 miles and take under 3 hours. Please bring weather appropriate gear/clothing and water/snacks for yourself. Heavy rain will cancel but leader will notify. Contact leader with any questions. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote

Thu., Dec. 22. Thursday Morning Hike at the Blue Hills, Milton, MA, Massachusetts, A 4-5 mile hike around the Breakneck Loop. Meet at the small parking lot directly across from the State Police barracks at 9:45 for 10 am start. L Sue Chiavaroli (508-496-6452 7PM-(PM, brillo6452@yahoo.com)

Tuesdays Dec. 27; Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 7, 14. White Line the Blue Hills, Blue Hills Reservation, Milton, MA This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for about 4 hours at a moderate pace. The first hike is Tuesday Dec 27 (last hike is March 14). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required. Also, Paul will have his dog Sunny with him when weather permits. Have you been Red Lining and would like to try White Lining or do you simply enjoy winter hiking? Then we hope you consider joining us Tuesday mornings; it's fun to hike without bugs and is a good way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (plachorn@me.com)

Thu., Jan. 19 (C) (FT) (NM) (AN). Thurs. AM Monastery Grounds Hike, Cumberland, RI, Monastery, Cumberland, RI, Rhode Island, RI. Thursday Morning Hike on Monastery grounds in Cumberland, RI—Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery and go past playground. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

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Activities

For the most current information, [search activities online](#)

Sat., Jan. 21. Snowshoe Hike #1— Mt Hedgehog, White Mountains, Albany, NH—Snowshoe along the UNH Trail from the Kancamagus Hwy. This loop trail has several ledge viewing areas with views of the Presidential Range and Mount Chocorua. The trip is 5 miles round trip with a 1500 foot elevation gain at a moderate pace. Parking fee \$3. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Jeannine Audet CL Ken Carson (kciii@comcast.net), R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Thu., Jan. 26. (FT) (NM) Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Sharon/North Easton, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$5.00 for residents, \$6.00 for non-residents. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@GMail.com)

Thu., Feb. 2. (B3C), Thursday Morning Hike: Whitney and Thayer Woods, Cohasset, Hingham, Massachusetts. Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Sat., Feb. 4. WINTER SERIES HIKE #3—CRAWFORD NOTCH, White Mountains, NH. Join us for Winter Hike #3 in the popular SEM Winter Hiking Series. On this outing we will summit a 4000 foot mountain in the Crawford Notch area. The actual mountain will be determined based upon the weather and snow conditions. Mountains under consideration include Tom (4051'), Jackson (4052'), Pierce (4310'), and Field (4340'). Participation in the SEM Winter Hiking Workshop on November 5th and/or significant winter hiking experience required to participate in this series. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Leslie Carson (lrc929@comcast.net), R Barry Young (Barry.young@comcast.net)

Fri., Mar. 3-5. Winter Hiking Series Trip #4—Lonesome Lake Overnight, White Mountains, NH. Join us for the fourth and final trip in our popular SEM Winter Hiking Series. On Friday, we will hike into the AMC Lonesome Lake Hut from the Lafayette Campground in Franconia Notch. After checking into the hut, we will have an opportunity to explore the beautiful Lonesome Lake area before enjoying our "social hour" and group-prepared dinner in the hut. Following our group breakfast on Saturday, we will offer one or more hikes to nearby peaks (probably Cannon Mtn. and or North/South Kinsman). After returning to the hut, we will once again get together for a social hour and group-prepared dinner. After breakfast on Sunday morning, we will pack up our stuff and hike back down to the trailhead for the drive back home. While the hike into the hut from Franconia Notch is relatively short, we will be carrying full winter packs and either hike on Saturday will be relatively challenging. In addition to appropriate winter-rated hiking boots and appropriate (non-cotton) clothing, we will require microspikes, snowshoes, and 10- or 12-point crampons for this trip. Since the bunkrooms are unheated, we will also require a winter sleeping bag rated down to AT LEAST zero degrees F. Participation in the SEM Winter Hiking Workshop and/or significant winter hiking/snowshoeing experience required to participate in this series. For the overnight trip, we will also give preference to those who participated in the earlier hikes in this winter series. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net, Paul, an experienced SEM winter hiking leader and instructor, takes great pleasure in introducing three-season hikers to the many pleasures of winter hiking.) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net)

Thu., Mar. 23 (FT) (NM) Thurs. Morning Hike—Oldham Trail & Harold Clark Forest, Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

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Activities

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Thu., Mar. 30 (FT) (NM) Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (617-778-4339 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Thu., Apr. 20 (C) (FT) (NM) Thurs Morn. Hike—Wallomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

Thu., Apr. 27 (FT) (NM) Thursday Morning Hiking in the Blue Hills, Blue Hills Reservation, Milton, MA. A 5 mile hike in the Blue Hills on the Red Dot Trail that is marked by rugged, rocky loops over hilly terrain. L Sue Chiavaroli (508-496-6452 7PM-9PM, brillo6452@yahoo.com)

Thu., May 25 (FT) (NM) Thursday Morning Hike at Ell/Long Pond, Hopkinton, RI, Fisherman's Parking Lot, Canonchet Road. A 4-5 mile hike along the Narragansett Trail in RI. The hike scrambles up and down through paths of rhododendrons, hemlocks, and mountain laurel. Part of the hike will be a scramble up a rock formation with a great view of Long Pond where the movie Moonrise Kingdom was filmed. L Sue Chiavaroli (508-496-6452 7PM-(PM, brillo6452@yahoo.com)

SKIING

Fri., Jan. 13-16. XC Ski Weekend in White Mountains, Jefferson NH. SEM and Boston Forty+ join together for xc skiing, snowshoeing and camaraderie at Applebrook B&B, in Jefferson, NH. Friday, Saturday and Sunday nights lodging, 3 hot breakfasts, Friday night pizza and salad and Saturday and Sunday dinners are included in rates that range from \$230 to \$310 per person including taxes. Skiing at Bretton Woods or other facilities depend upon snow and trail conditions. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) L Jeannine Audet (508-675-8055, milmod@aol.com) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)



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Photos by Ken Carson

Happy Trails!