



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | January 2018

Get SEM activities delivered right to your email inbox!

Sign up for the AMC Activity Digest. email amcinformation@outdoors.org

Or call 1-800-372-1758

Find past issues of *The Southeast Breeze* on our [website](#).

Like us on [Facebook](#)

Follow us on [Twitter](#)

Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to breeze.editor@AMC-SEM.org.

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

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

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



Welcome Winter Solstice! Photos by Ken Cohen

Twenty AMC-SEM hikers joined leader Peg Qvicklund (front & center) on Dec. 21 to celebrate either the official start of winter or the end of ever-shorter days. The 2.3-mile loop of the Rocky Woods trail near Medfield, MA, included a moderate climb to Lookout Point (left), site of a former fire tower and a break for mulled cider!

View from the Chair: *Welcome to 2018!*

I hope you enjoyed a nice holiday season spent with family and friends and at least a portion of it outdoors!

The AMC-SEM Executive Board is looking forward to a busy and exciting 2018. We have many events and opportunities planned for you to gather with your SEM friends. Be sure to check out the activities section of our website for upcoming events. Here are a couple of highlights coming up to consider and put on your calendar now:

April 7th—Leadership Training in Foxboro, MA. Here is an opportunity to receive free leadership training from some of our best active leaders. This training prepares you to become an event leader in our chapter—to lead hikes, bike rides, paddling trips, ski trips, or trail maintenance events. If you are looking for a way to volunteer and give back to the outdoors and conservation, this is the first step. There is no obligation after attending the training, but after seeing what a fun time this can be, we are sure you will want to continue on.

April 14th—Open House at Myles Standish State Park. The planning for this event is in full force. Our Past Chapter Chair, Maureen Kelly, is once again organizing this event. We will have free food, hikes, nature walks, bike rides, conservation, and trail maintenance events. Registration for our largest outdoor event of the year will be open soon, so stay tuned!

With the recent addition of Len Ulbricht as Chapter Vice Chair, the SEM Chapter for the second year in a row has a full slate of 15 voting members. That being said, if you are interested in volunteering for your chapter, we still have plenty of opportunities with some committee vice chair and other ad hoc positions still open. In these times of government cutbacks to the outdoors at both the federal and state level, volunteering is something you can proactively do to help both the environment and your own self-improvement by giving back.

As I begin my second full year as Chapter Chair, I am honored to be a part of this amazing organization. The talents and commitments of our volunteers are unsurpassed, and their passions for the outdoors and conservation are an inspiration.



Hope to see you outside!

Barry Young,

AMC-SEM Chapter Chair

2018 Executive Board

Chapter ChairBarry Young
 Vice ChairLen Ulbricht
 SecretaryAnn McSweeney
 TreasurerPatty Rottmeier
 Past Chapter ChairMaureen Kelly
 Biking ChairBernie Meggison
 Biking Vice ChairOPEN
 Cape Hiking ChairJane Harding
 Cape Hiking Vice ChairCathy Giordano

Communications ChairPaul Miller
 Communications Vice ChairOPEN
 Conservation ChairBill Cannon
 Conservation Vice ChairOPEN
 Education ChairDoug Griffiths
 Education Vice ChairOPEN
 Hiking ChairMike Woessner
 Hiking Vice ChairGeorge Danis

Membership ChairSandy Santilli
 Membership Vice ChairOPEN
 Membership Vice Chair ... Ellen Thompson
 Paddling ChairEd Foster
 Paddling Vice ChairOPEN
 Skiing ChairJeannine Audet
 Skiing Vice ChairOPEN
 Trails ChairPeter Tierney
 Trails Vice ChairWayne Anderson
 Trails Vice Chair.....Skip Maysles

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN
 Social Vice ChairOPEN
 Social Media AdministratorChristine Racine
 Social Networking Moderator.....Sue Mulligan

Webmistress..... Cheryl Lathrop
 The Breeze Editor.....Mo Walsh
 Blast Editor.....Marie Hopkins

Contact chair@amcsem.org
 if you are interested in any
 OPEN position



Hikers pause at the gazebo at Newbridge on the Charles.

CORRECTION: Ken Cohen deserves the photo credit for this picture featured on page 1 of the December 2017 issue of *The Southeast Breeze*. Our apologies, Ken!

Winter Activity Snap-Shot

Please check the Activities pages for more details!

AMC-SEM Winter Hiking Series

- #4 Feb. 3—Mts. Tom and Field, Crawford Notch, NH
- #5 March 2-4—Zealand Hut Weekend, Twin Mtn., NH
- #6 March 11—Mt. Liberty—Franconia Notch, NH

Additional Winter Hikes

- Full Moon Hike—January 31
- Snowshoe Hike #3—February 18
- White Line the Blue Hills—January 30; February 6, 13, 20, 27; March 6, 13, 20
- Thursday Morning Hikes—February 1, 8, 22; March 1, 15
- Sunday Morning Hikes—February 18; March 18

Cape Cod Hikes

- Sunday Morning Hikes—February 4, 11; March 11
- Thursday Morning Hikes—February 8; March 15
- Saturday Morning Hikes—February 24; March 24

Cross-Country Skiing

- Waterville Valley—February 23-25
- White Mountains—March 2-4

Noble View Winter Hiking & Cross-Country Skiing Weekend—Feb. 9-11 (Walt Granda)

AMC-SEM Chapter Begins “New Member” Hike Series

By Barry Young, SEM Chapter Chair

On Sunday, January 21st, we kicked off our series of “new member” hikes at the North Hill Marsh Wildlife Sanctuary in Duxbury, MA. We designed these hikes to appeal to those who are new to the AMC, new to the SEM chapter, or have not been active with the club lately. The hikes provide a great opportunity to get outside, meet some new people, and have some fun!

Twenty-three hikers met at the trailhead on Mayflower Street and embarked on a 4.6-mile hike on the trails surrounding the North Hill Marsh. Most were new to AMC or new to hiking with the SEM Chapter. Some experienced SEM hikers came along to answer questions about AMC and hiking in general.

Due to the size of the group, the hikers split into two groups to minimize the impact on the trails. Hike leaders Claire and Craig MacDonald each led a group of hikers around the 90 acres of reservoir and marsh, sprinkling in bits of history and local natural sightings along the way.

After the hike Sandy Santilli, SEM Membership Chair, organized a social gathering at the Duxbury Public Library, complete with some fruit, tasty snacks, and hot cider. Everyone made it home in plenty of time to watch the Patriots!

If you are interested in participating in a future hike in the “new member” series, please contact Sandy at membershipchair@amcsem.org. We are also looking for leaders and experienced hikers to participate and help out with these hikes. The next new member hike is planned for the Wompatuck State Park in Hingham in the March timeframe—stay tuned!

We also encourage you to visit the [activity schedules](http://www.amcsem.org) posted at www.amcsem.org to learn about all the great hikes, ski trips, bike rides, paddles, and conservation activities organized by our chapter volunteer leaders. Chances are good that you’ll find something that appeals to your interests and skill level!

See the photo collage from our first “New Member” Hike on the following page.



'New' Members at North Hill Marsh

Photos by Barry Young & Sandy Santilli



New hikers and father and son Robert (left) and Michael Castagna, enjoy the observation deck.



Some members of the hiking group led by Claire MacDonald (back row center) take a break in the pine grove.



New member Kristin Pimental (left) enjoys hike with friend and Membership Chair Sandy Santilli.



A teepee shelter is just one of the intriguing discoveries along the trail.



New member Jen Campbell (left) and experienced SEM hiker Hadley Donaldson enjoy the cranberry bog and teepee.



Cranberry bogs are part of the 991-acre woods and wetlands surrounding the North Hill Marsh preserve.



Organizers of the social after the hike Sandy Santilli (left), membership chair, and Ellen Thompson, membership vice chair, take a break.



An AMC blaze directs hikers to the right-hand trail.



Leadership Training 2017 presenters and participants. *Photo by Ken Carson*

Leadership Training Offered in April 2018

Written by Doug Griffiths, Education Chair

The next one-day Leadership Training course will be held on Saturday, April 7, 2018 at the Foxboro Recreation Department Rec Hall; 68 Mill Street; Foxboro, MA 02035. This course prepares trip leaders for managing groups they will be leading on AMC-sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip-leader candidates are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

This training is required for prospective AMC-SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. All those interested in this Leadership Training course may also wish to consider Wilderness First Aid training coming up May 5-6, 2018.



Leslie Carson leads a phone screening exercise for future group trip organizers. *Photo by Ken Carson*

To register, please contact AMC-SEM Education Chair Doug Griffiths RedDougG@aol.com or 508-758-4315 after 6 PM.



Mike Woessner (wearing cap) with a first aid trainee group assessing a victim. *Photo by Doug Griffiths (2016)*

Wilderness First Aid Training May 2018

Written by Doug Griffiths, Education Chair

The next two-day Wilderness First Aid training course will be held Saturday and Sunday, May 5-6, 2018 in Foxboro, MA. The course runs 8:00 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM. The course will be given at the Rec Hall, 68 Mill Street, Foxboro, MA 02035.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well received by AMC members for years and we look forward to continuing to sponsor their trainings.

Pricing is as follows: \$170 AMC Member Price, \$185 for non-AMC members. Price includes lunch and break service both days. The optional CPR course costs an additional \$35.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course

is a mix of classroom lecture and practical exercises. Both days are required to certify.

The training is required for most AMC-SEM trip leaders, but is a great experience for any outdoor enthusiast. I would encourage any AMC trip participant to consider taking this course. You will find it exciting and stimulating.

To register, please contact AMC-SEM Education Chair Doug Griffiths RedDougG@aol.com or 508-758-4315 after 6 PM



SEM members “burrito wrap” a hypothermia victim. *Photo by Ken Carson (2017)*



Ken Amaral is injured on the trail. *Photo by Doug Griffiths (2016)*

Volunteers of the Month: Maureen Kelly & Robin McIntyre



Written by Mike Woessner, Hiking Chair and Cathy Giordano, Cape Hiking Vice Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month we recognize two terrific volunteers.

The Hiking Committee recognizes **Maureen Kelly** for her contributions.

Maureen joined the AMC in 2006. After participating in many hikes, she made the plunge to become a hike leader. She co-led her first hike in 2010. Soon after, when she had completed the requisite co-leads, she became a full leader.

Maureen has led many hiking trips throughout the years. She is an enthusiastic leader and enjoys engaging with new hikers. She is a major organizer of winter series hikes, including this winter's Sunday Morning Out hikes. Maureen has also established a year-round series of "Show and GO" hikes in Myles Standish State Forest.

Maureen served as Cheryl Lathrop's Chapter Vice Chair from 2012-2014, and she was our Chapter Chair for 2014-2016. She has also served as Conservation Vice Chair, and has helped organize many of the Chapter's open houses and annual dinner meetings.

The Cape Hiking Committee recognizes **Robin McIntyre** for her numerous contributions.

With Leadership Training under her belt in April, 2015, Robin jumped right into her new role as leader of hikes!

She is a master at crafting routes through conservation land, often featuring beautiful water views, in her home town of Bourne, Massachusetts. Robin is well prepared to share her knowledge with fellow hikers. She researches history and environmental impact, as well as significant features of the area, and plans her hikes to take advantage of this information. She warmly welcomes her followers with an enticing preview of the trip ahead, coupled with a visual in the form of a well-displayed map.

Robin emphasizes "Leave No Trace" prior to each hike. She is well aware of the need for conservation, especially near the water. Robin has been known to end her hikes with bags of trash collected along the way.

It's always good to have a Wilderness First Aid-trained person on a hike. Robin completed WFA training in 2016 and is ready, willing, and able to use it should the need arise, off or on the trail.

Robin serves the SEM Chapter as Hike Leader and as a member of the Nominating Committee, now into her third year. We greatly appreciate Robin's service.

Thank you, Robin and Maureen, for all you do! Robin and Maureen will each receive a Volunteer of the Month Certificate and a \$50 gift card.



Explore the North Cascades with August Camp 2018

In 2018 AMC's August Camp returns to the breathtaking North Cascades of Washington State. Hikes will be in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Choose from a variety of 4-6 hikes every day, or add in backpacking, rafting or kayaking to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

This full-service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2018 campsite is on the banks of the swift-flowing Skagit River, a popular rafting destination, in the shadow of glaciated 10,781-foot Mt. Baker, and just down the road from Cascadian Farms, known for their organic food and wonderful ice cream. The site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Fly into Seattle-Tacoma International airport, from where the fleet of camp vans provides free transportation to Camp each Saturday. The vans also provide transport to and from daily activities.

Activities are planned and led by AMC-trained and approved volunteer leaders; meals are prepared by our 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 and registration materials will be available on the [August Camp website](#) in early December. Availability is limited so plan your one or two week adventure now and be part of one of the AMC's oldest traditions. Registration opens January 2, 2018.

AUGUST CAMP 2018

Week 1: July 14-July 21

Week 2: July 21-July 28

Week 3: July 28-Aug. 4

Week 4: Aug. 4-Aug. 11

Mountain Majesty

North Cascades • AMC's August Camp 2018

Explore magnificent North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Camp on the banks of the swift Skagit River in the shadow of 10,781 foot high glaciated Mt. Baker.

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, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 14 through August 11. Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. **Questions? Ask Trish Niece at AugCampReg1887@gmail.com**

Photo by Jim Borowski, August Camp 2013

augustcamp.org



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

EDUCATION

Sat., Apr. 7. Leadership Training Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035.

This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

Sat., May 5-6. Wilderness First Aid Two-Day Workshop, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, RedDougG@aol.com)

CAPE HIKING

Sun., Feb. 4. Come hike in West Barnstable Conservation area, West Barnstable, MA. West Barnstable Conservation is a great place to hike. Flat to rolling hills through woods. Meet at 12:45pm in the parking lot off of Race Lane in Marstons Mills. From Sagamore Bridge take the Mid Cape (Rt6) to Exit 5- R at rotary onto Rt 149, bear R. Follow to Race Lane and take a R off rotary. Take L to parking lot. Across from the airfield. Hike approx 2 1/2 hrs. L Linda Church (lchurch@whoi.edu)

Thu., Feb. 8. Hike Eagle Pond Cotuit, Cotuit, MA. Wooded hike around Eagle Pond, into Little Creek conservation area and around a white cedar swamp. We will have views of Cotuit trails. Mostly flat wooded trails with some pavement. From Rte. 6 take exit 5 and turn S on Rte. 149, follow 149 to traffic lights at Rte. and turn R. Continue on 28 to traffic lights at CVS and turn L onto Putnam Ave. Go approximately 0.6 miles to dirt pullout on L and park. From Mashpee Rotary take Rte. 28 to Hyannis and drive to traffic light with shopping area on L and CVS on R, turn R onto Putnam Ave. and go about 0.6 miles to dirt parking area on L. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Feb. 11. Yarmouth Bogs Hike, West Yarmouth, MA. A flat hike around the bogs in Yarmouth starting at the Raymond J. Syrjala conservation area. We will see dikes and the control gates used to flood and drain the bog. We will have one road crossing (X2). L David Selfe (508-771-0620 After 5, kdselfe@comcast.net, Level 1 hike leader of Cape Hikes with over 500 miles on Cape Cod) CL Kathleen P Selfe (508-771-0620 after 5, kdselfe@comcast.net, Been hiking with AMC over 10 years. I think I have as many miles as my husband.)

Continued on next page

Activities

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

CAPE HIKING

Sat., Feb. 24. Hike--Monk's Park and Little Bay, Bourne, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is frequent, moderate rolling hills on the wooded trails throughout the hike. Dress for wind on the beach. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.)

Sun., Mar. 11. Hike Cape Cod Canal/Town Neck Sandwich, MA. Taking advantage of low tide we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand then through the Town Neck neighborhood. Gather at 12:45 for a 1 p.m. start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Thu., Mar. 15. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds and some wildlife. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and pull up in back of the Weary Traveler's Club into their parking lot--the driveway is a U shape around the back of the club. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.)

Sat., Mar. 24. Walker Lookout and Beech Tree Trail Hike, Barnstable, West Barnstable, MA. A moderate hike with some hills. A wonderful view from Walker Lookout. Some fire roads and a some beautiful trees on the Beech Tree trail. Then a gentle climb up to the highest point in Barnstable with another beautiful view. If it is clear you can see Martha's Vineyard. Good boots of a mid height are recommended. This hike is under 5 miles but will feel like more. L David Selfe (508-771-0620 after 5, kdselfe@comcast.net, lever 1 hike leader of Cape Hikes with over 500 miles on Cape Cod)

Thu., Apr. 5. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! Meet at 9:45AM for 10:00AM start. Cold Storage Beach parking: RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9:00PM, shaferhayden@gmail.com)

Sat., Apr. 14. Hike Bell's Neck Conservation Lands, Sand Pond, Harwich, MA. 4.5mi hike on trails surrounding West Reservoir, cranberry bogs, the herring run and salt marsh. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond parking on right. Arrive 9:45 a. m. for a 10:00 a.m. start. Heavy rain cancels. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, AMCSEM Level 1 hike & bike leader.)

(FT) (NM) Sun., Apr. 15. Falmouth, Beebe Woods Hike (C3D), Falmouth, MA. Spring stroll through woods, passing ponds and a farm. Meet at 12:45pm. 2 hours. Take Route 28 South to hospital lights, then 0.6 miles to a right on Depot Avenue. Continue 0.4 miles up the hill and past Highfield Hall into the parking lot at Cape Cod Conservatory. If question about weather, contact Leader. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Apr. 19. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

Continued on next page

Activities

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

CAPE HIKING

Sun., Apr. 22. Hike and Clean Up John's Pond Mashpee, MA. To celebrate Earth Day we will hike and clean up along the wooded trails along John's Pond and Moody Pond. Gloves and bags for the clean-up will be provided. From Falmouth RT 151 West, Turn North (L) on Currier Rd, then Right on Ashumet Rd. In short distance, Ashumet bears off to right, continue straight on Hooppole Rd. (No road sign). Go 1.5 miles and turn Right on Back Road. Go 0.6 mile to large beach parking lot. From Mashpee Rotary take Rte. 151 to Falmouth and proceed to Barnstable Fairgrounds and turn R onto Ashumet Rd., at stop sign turn R to continue on Ashumet which will become Hooppole continue 1.5 miles to R on Back Rd., go 0.6 miles to parking lot at John's Pond. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net) L Nancy Wigley (nrwigley@verizon.net)

Thu., Apr. 26. Hike Shawme Crowell State Park Sandwich, MA. Hike cleared trails with some up/down hills. We will hike to a view of Cape Cod Canal or the Adventure Park at Heritage Gardens. 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., Apr. 29. Hike Maple Swamp, Service Rd., East Sandwich, 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)

Sat., May 5. Hike Moraine Trail Hike, Falmouth, MA. Nine mile, 5-hour, moderately difficult, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0915, and we will carpool at 0930 to the hike start at 1000. Bring lunch, water, and your favorite tick prevention. Poison ivy is also found along the trail. Hike cancelled if rain. Please phone or email leader if any question about cancelling due to weather. From Mashpee rotary, take Rt. 151 west 3.4 miles to Left at Sandwich Rd. Go 3.7 miles and turn Right on Brick Kiln Rd at light, and go 0.9 miles and turn Left on Gifford St at light.. After 1.1 miles take a Right to enter Goodwill Park and follow road 0.3 miles to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., May 13. Hike Santuit Pond and River, Mashpee, Barnstable, MA. Hike along woodland trails around Santuit Pond and River past a newly refurbished herring run and hopefully find some Bird's Foot violets in bloom around a cranberry . Celebrate Mother's Day by hiking this scenic area. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuit-Newtown Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net) 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

Tue., Jan. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). 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, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, 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) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Continued on next page

Activities

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

HIKING

Wed., Jan. 31. Full Moon Hike at Borderland State Park, 259 Massapoag Ave, Easton, MA. Hike in the moonlight at Borderland State Park. This hike will be at an easy to moderate pace, be 4-5 miles and will last approximately 2 hours. Sturdy footwear, headlamps/flashlight and water are required for this activity. Participants will be sent trip details after registering. L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcally@comcast.net) CL Bill Cannon (bcannon56@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Thu., Feb. 1. BCT hike in Walpole Town Forest, MA. We will hike 5 mostly flat miles through the Town Forest on the BCT and adjoining trails past ponds, the Neponset River, and ballfields of the high school. In case of sufficient snow, we will snowshoe a shorter loop. In any case: bring water, lunch, proper footwear, traction devices for slippery conditions, proper clothing and possibly snowshoes. Rain cancels. L Hans Luwald (508-668-0462 Before 9:00 PM, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 Before 9:00pm)

Sat., Feb. 3. SEM Winter Hiking Series Trip #4 - Mts. Tom and Field, Crawford Notch, NH. Trip #4 gives us the opportunity to hike two 4000-footers in winter. Mts. Tom (4051) and Field (4340) are located in the Willey Range "that rises sharply out of Crawford Notch. The ridge is rather narrow with steep sides, giving it a rugged appearance from many viewpoints, but its crest undulates gently with relatively broad summits and shallow cols." (White Mountain Guide, 30th ed.). Hiking both peaks would be a distance of 7.4 miles and 2850' of elevation. Hiking one mountain may also be an option. Prior winter hiking experience and/or participation in an SEM Winter Workshop (or equivalent) required. Preference will be given to those who participated in previous hikes in the series. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L Leslie Carson (lrc929@comcast.net) L Paul Miller (paulallenmiller@verizon.net)

Tue., Feb. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). 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, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, 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) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Thu., Feb. 8. Ponkapoag Pond Hike/Snowshoe, Blue Hills, Canton, MA. Thursday, February 8, 2018. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike/snowshoe around The Pond, approx. 10:00 am-12:30 pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring snacks/lunch & water, snowshoes or traction devices if necessary. We'll take a break at the AMC Camp. Steady rain, heavy snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 k-cohen@comcast.net before 8 pm.)

(AN) Fri., Feb. 9-11. Winter Hiking and Cross Country Ski Weekend-Noble View, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for a winter weekend at Noble View Outdoor Center in Russell, MA, approximately 100 miles west of Boston. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. Limited to 28 participants. \$105/person for members and \$115 for non-members. Includes 2 nights group lodging, all meals. L Walt Granda (508-999-6038 Before 9:00 pm, wlganda@aol.com) L Jeannine Audet L Paul Brookes (603-799-4399, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Walt Granda (508-999-6038 before 9:00 pm, wlganda@aol.com)

Continued on the next page

Activities

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

HIKING

Tue., Feb. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). 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, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, 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) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Sun., Feb. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Peggy Qvicklund

Sun., Feb. 18. Snowshoe #3 -- Beartown State Forest, Lee and Tyringham, MA. Explore a gem in southwestern MA! We will follow the AT through beautiful Beartown State Forest in Lee MA starting at Benedict Pond. We will ascend to the Ledges and Mt Wilcox. 7 -9 miles depending on conditions. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Ken Carson (kciii@comcast.net) CL Brian Duane (bduane105@comcast.net), R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Tue., Feb. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). 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, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, 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) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Feb. 22. Thurs. Morn. Hike Powisset Farm, (TTOR) , 37 Powisset Street, Dover, MA. Farmland and woods 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 (617-778-4339 Before 9 PM)

Tue., Feb. 27. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). 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, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, 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) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Continued on next page

Activities

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

HIKING

Thu., Mar. 1. Blackstone River and Canal Hike, MA. Meet at 10:00 in Uxbridge, behind the Stanley Woolen Mill building off of Route 16. (NOT at the Visitor's Center on Oak Street) After a pleasant, level walk along the Blackstone Canal, we will walk up the street, and continue across the field at Rice City Pond. Following the King Phillip Trail, we will reach Lookout Rock with views over the Blackstone River. Returning to the Stone Arch Bridge, we have an option to take a loop hike over Goat Hill before returning to our cars. The DCR Visitor Center should also be open, with exhibits focusing on the history of the area. L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net)

Fri., Mar. 2-4. SEM Winter Hiking Series Trip#5 - Zealand Falls Hut Overnight, Zealand Notch, NH. We'll return to beautiful Zealand Notch for the 2017-2018 SEM Winter Hiking Series overnight trip. Participants have an option to stay at the AMC Zealand Falls Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. 6-mile hike or snowshoe into the hut, with minimal elevation gain. For participants who stay both nights, we'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) will be required along with full winter gear, including well-insulated winter boots, snowshoes, and microspikes. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in an SEM Winter Workshop (or equivalent) required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul is an experienced winter hike leader who enjoys helping others learn about the joy (and challenges) of hiking in winter.) L Leslie Carson (lrc929@comcast.net) L Maureen Kelly (mokel773@aol.com) L Ken Carson , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Tue., Mar. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). 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, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, 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) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(C) (FT) (NM) Thu., Apr. 12. Thurs Morn. Hike - Wallomonopoag Conservation Area, Elysium St., 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., May. 3. Spring into Spring Hike!, Arnold Arboretum - Jamaica Plain, MA, - including two vistas, Bonsai exhibit, and "Explorer's Garden." We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 start. plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels leashed dogs O.K. L Ken Cohen (508-942-1536, k-cohen@comcast.net before 8:00 pm)

Thu., May. 24. The 2nd Annual Wilson Mountain Lady's Slipper Hike, Wilson Mountain/Whitcomb Woods - Dedham/Needham line- Route 135, MA. Lady's Slippers galore! In a good year there are hundreds on both sides of the well marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Easy access off Route 128. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. Managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, gazebos. Total hike is 5 - 7 miles at a moderate pace. Bring water snacks/lunch, sturdy footwear. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net) CL Walt Granda (508-999-6038 Before 8:00 pm)

Continued on next page

Activities

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

SKIING

Fri., Feb. 23-25. Cross Country Skiing in Waterville Valley, 5 Old Waterville Rd., Campton, NH. Join us for a cross country skiing weekend in Waterville Valley, NH. We will stay at the Mountain Fare Inn. The Inn features en suite rooms with full breakfast & nearby skiing. This is a collaborative trip with the Narragansett Chapter. L Jeannine Audet (508-493-8221, milmod@aol.com) L Barbara Hathaway (508-662-0724, barb224@tmlp.net) CL Karen Rudio (508-397-2316, karenrudio@comcast.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)

Fri., Mar. 2-4. XC Ski White Mountains, Intervale, 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. 2 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$125 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. Walt Granda and Len Ulbricht are able to lead snowshoers or hikers. 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, XC Skiing and Hiking Leader and past XC Ski Committee Chair for Southeast Mass Chapter.) CL Wayne Cardoza (Leads trips for Forty Plus chapter), R Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)



Photo from www.wallpapers4u.org

Happy Trails!