

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | October 2019

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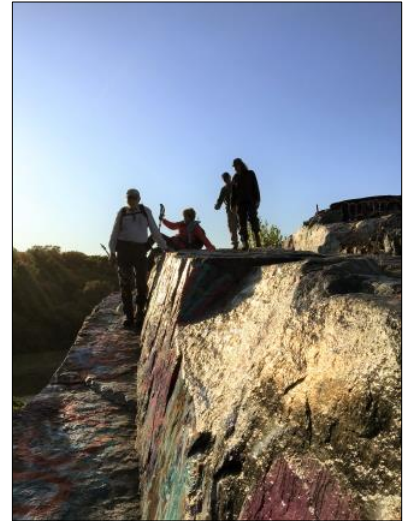
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Red-Liners explore the quarries in the Blue Hills Reservation. *Photos by Sue Svelnis*

Red-Lining season ends in fine fashion

By Sue Svelnis & Alan Greenstein

The 14th season of Red Line the Blue Hills ended with a final hike on Sept. 19th at the graffiti-filled quarries in Quincy.

The RLBH series ran from April through September, with hikes every Thursday evening. This year we demonstrated our spirit and commitment with the addition of a RLBH themed T-Shirt design contest. The attendees voted on their favorite design at the traditional end of season dinner. Congrats to Bill Cannon whose design was voted the winner! All RLBH participants will have an opportunity to purchase this exclusive T-shirt. (*Design photo on page 3.*)

This season, 79 hikers completed at least one of the 24 hikes. And six of them became new SEM Class 1 hike leaders!

SEM provides patches to all participants who complete a "Red Line" circuit by hiking every inch of all 125 miles of trails in the Blue Hills Reservation. This can be completed with the group or on their own, and there is no time limit from start to completion. This year there were six patches awarded to first time Red-liners. Since one time around is not enough for many of the hikers, subsequent completions are also celebrated. This year there were an additional ten patches awarded for those who finished anywhere between their second and tenth completions. Since the initiation of the RLBH series, there have been 111 official completions.

To learn more and to see the complete list of finishers, visit the RLBH website: <http://amcsem.org/RLBHWS/>. See more photos on page 4.



View from the Chair: Board continues work on goals

In this issue of *The Breeze* you will find the slate of candidates nominated to serve on AMC-SEM's Executive Board for the next 12 months. Our members will vote on the nominee slate in person at our upcoming [Annual Meeting](#) on November 2. (Sure hope to see many of you there!) Filling open positions on the Board is not an easy task, but we were fortunate this year to have some excellent volunteers step up to serve as your Chapter Vice Chair, Treasurer, and Conservation Chair.

I thought I'd take a moment here to share with you a brief look at recent activities undertaken by your Executive Board. One responsibility of the EB is to reflect on what we do well, could do better, or don't do at all but *should* be doing to make SEM better at serving our constituent community in Southeastern Mass. Most of our monthly EB meetings are tightly structured and not well-suited for the broad, face-to-face discussions needed for such reflecting. But we reserve one meeting a year, in June, for an extended in-person discussion. And we invite to this meeting some former chapter chairs, influential chapter members not currently on the EB, and one or two AMC staff members to bring in thinking outside our own.

Two June meetings ago, we engaged in a brainstorming topic, SWOT analysis of SEM, to try to identify our strengths, weaknesses, opportunities, and threats. Over the subsequent months we've updated that initial SWOT analysis and begun to implement some actionable goals to make SEM better. You have already seen the early start of one goal: to offer more local weekend hikes year 'round, targeting underserved members, the gainfully employed, and perhaps attract new members as well.

We're still working through some other potentially actionable goals. Some bear on enriching our trips or chapter events, others on expanding our membership via better external communications. Some actions we may be able to implement in the near term; we just have to finish working out some of the details. Others may require tapping additional expertise (or bandwidth) and will take longer. Though this process started nearly 18 months ago, it will take more time to implement all or even many of these goals. Eventually, we should be able to look back and feel pleased we've helped make SEM get just a little bit better at serving our membership community. Please let me know if you'd like to help out.

Thanks!

Len Ulbricht, AMC-SEM Chapter Chair

2019 Executive Board

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Vice ChairTerence Hayes
SecretaryAnn McSweeney
TreasurerPatty Rottmeier
Past Chapter ChairBarry Young
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 ChairNancy Coote
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Education Vice ChairSue Svelnis
Hiking ChairGeorge Danis
Hiking Vice ChairKen Sutcliffe
Hiking Vice ChairAnne Rapp

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Membership Vice ChairSandi Santilli
Paddling ChairEd Foster
Paddling Vice ChairOPEN
Skiing ChairJeannine Audet
Skiing Vice ChairOPEN
Trails ChairSkip Maysles
Trails Vice ChairPete Tierney

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Social Director.....OPEN
Social Vice ChairOPEN
Social Media AdministratorChristine Racine

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

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

SEM Executive Board 2020 Nomination Slate

Chair	Len Ulbricht
Vice-Chair	Terence Hayes
Secretary	Ann McSweeney
Treasurer	David Yampanis
Biking Chair	Bernie Meggison
Cape Hiking Chair	Jane Harding
Communications Chair	Paul Miller
Conservation Chair	Joanne Newton
Education Chair	Doug Griffiths
Hiking Chair	George Danis
Membership Chair	Ellen Thompson
Paddling Chair	Ed Foster
Past Chapter Chair	Barry Young
Skiing Chair	Jeannine Audet
Trails Chair	Skip Maysles

Names in **black** are continuing in their current post.

Names in **blue** will serve until a replacement is found.

Names in **green** are new to the position.

The Nominating Committee

Alan Greenstein, Hingham, alan.b.greenstein@gmail.com

Walt Granda, Dartmouth, wlgranda@aol.com

Robin McIntyre, Buzzards Bay, robinmcintyre@comcast.net



Red-lining finish (Continued from page 1)



Bill Cannon's winning T-shirt design includes a quote from Henry David Thoreau: "I took a walk in the woods and came out taller than the trees."



Bob Vogel, right, leads the last red-line hike of the season.
Photos by Sue Svelnis



Hikers admire the "artwork" in the Quincy quarry.



A flat tire did not deter us from getting back to Skaket Beach in time for sunset. Back: Bob Maccaferri, left, Deb Sadoff, Barbara Gaughan, Ted Rowan. Front: JC Castelein, left, Mike Garrity. *Photo & caption by Barbara Gaughan*

FOR SALE

REI Mars 80 backpack,
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Asking price \$100.

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jmsbart@gmail.com for
more information..





Bob Vogel displays a special Certificate of Achievement, one of many surprise gifts. *Photo by Clair MacDonald*

A reluctant, deserving honoree

By Maria Sestina

We met at the Trailside Museum on a gorgeous fall morning. We came outfitted and festooned in shades and hues of sunsets, clementines, and “don’t-shoot-me-hunting-season” orange. The “new black” is Bob’s primary choice of color for gear and outerwear.

Bob Vogel is a very seasoned AMC member, leader, and creator. His newest series—the “What the Heck Kind of a Hiking Series Is This?”—has been going strong since March of this year. On October 15th, we gathered in his honor (and horror). We chose not to highlight his organization-wide accomplishments, which are significant. Instead, we came to celebrate a man who has personally given so much of his time, shared so much of his wisdom, made us laugh and, more important, kept us coming back to our beautiful Blue Hills. Through pouring rains, forced death marches, and mapped trails ending somewhere in the middle of the woods, we learned so much, built our stamina, and deepened our friendships.

Through his guidance and persistence, we blundered our way through leads and co-leads. We walked every square inch of trail, touched trees, tapped fences, and circled his walking stick. Because of these woodland lessons, many of us have attained our leadership status, red-lining patches, various mileage goals, and the ability to read a trail map. No small feat.

Weeks of planning culminated in a surprise luncheon and gift bag to celebrate our fearless leader and friend, Bob Vogel.

Gifts were humorous, thoughtful, practical, interesting and orange! Beautiful books, water bottles, pens and micro-towels were pulled out. There was muscle tape, a Jordan Marsh (!) tie, hand-warmers galore, whistles and bandanas. As the gift pile grew higher, our reluctant honoree crouched lower. If Bob would have had a chance, he would have run back up to the Elliot Tower, where we had all just been a short while ago. So, thank you, Bob, from the whole grateful group. We are so happy to have hiked trails together!



Above: The “WHATEVER” gift bag. RIGHT: Group hike to the observatory. *Photos by Paul Brookes*



Bob Vogel with hike leaders: Tom Greafe, left, Pamela Johnson, Maria Sestina, Karen Foley, Joanne Newton, and Cathy Giordano.



2018 workshop graduates join experienced winter hikers at the summit of Mt. Roberts. *Photo by Susie Schobel*

Prepare for outdoors winter fun at SEM workshop on November 2

By George Danis, SEM Hiking Chair

In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you ever thought about trying out winter hiking and snowshoeing? Do you like to be active outdoors, but the thought of getting cold keeps you indoors? If so, then join us on Saturday, Nov. 2nd, for an informative afternoon workshop that's likely to change your mind about hiking and being outdoors in the winter. The workshop at the Bourne Community Center cafeteria runs from 12:30-3:30 p.m. with clothing and gear demonstrations. (Note that this would leave you plenty of time to also attend the nearby SEM Annual Meeting and dinner that evening). You will learn about necessary clothing and gear and get recommendations for appropriate nutrition and hydration, winter conditioning, and other winter issues (and how to avoid them). We also hope you come away with an understanding of why we love to hike in the winter.

The workshop is free to all and is a prerequisite (in lieu of prior winter hiking experience) to join us for the SEM Winter Hiking Series. The practical information and helpful tips you'll receive from our knowledgeable and very enthusiastic winter hiking/snowshoeing leaders will help you learn how fun, safe, and enjoyable winter hiking can be when you have the right gear, dress appropriately, and use some common sense. Snacks will be provided at the workshop.

For more information or to register for this free workshop, click [here](#) or email hikingchair@amcsem.org.

Hiking among eskers on Bay Circuit Trail conservation land

By Mo Walsh, Breeze Editor

Just what is an esker? Anyone hiking with leader Hans Luwald on September 26 knows the answer: *A long ridge of gravel and other sediment, typically having a winding course, formed by "fluvioglacial deposition,"* (or in other words) *deposited by "meltwater from a retreating glacier or ice sheet."* The Bay Circuit Trail running through Walpole's conservation land includes a number of these narrow ridges, as the 20+ participants in this 4.5-mile hike discovered.



It was a perfect fall day for a brisk and moderate hike in the woods.

*Photos by
Mo Walsh*



Sunset at Noble View in 2015. *Photo by Ken Carson*

Noble View trip Feb. 8-10, 2020

By Paul Brookes, Hike Leader

The SEM Chapter puts on its eighth annual winter weekend Feb. 8-10, 2020, at Noble View Outdoor Center in Russell, MA, about two hours west of Boston. Snowshoeing and cross-country skiing will be offered, assuming enough snow, and hiking otherwise. Participants will need to bring their own equipment.

Noble View is one of the AMC's larger land holdings. On 358 acres atop a quiet, pristine mountain, it offers great views of the Pioneer Valley and of Mt. Wachusett. From the cottage decks, the hill offers great sledding below the tree line. Trails wind through quiet woodlands past cellar holes, brooks, and two stunning waterfalls.

One great aspect of the location is that a paved and plowed access road allows you to drive right up to the Noble View center, unpack and then park your car 100 yards back down the road in a convenient and safe parking lot on the Noble View property. If you're new to winter activities, this is a great way to experience cross-country skiing, snowshoeing, or winter hiking without the additional challenge and stress of having to backpack all your food and equipment up to your base camp.

The center boasts three buildings: two modernized cottages with drinking water, electricity, and wood stoves (that keep the cottages toasty) and a heated bathhouse with composting toilets, hot showers, and running water for cleaning dishes. It's all quite comfy. The chapter reserves all rooms in both cottages for the weekend, so we have the place to ourselves.

Arrive any time after 2 pm Friday to find hot food available in the kitchen throughout Friday evening. For all other meals, we sit down and eat together.

On Saturday we will get up for a hot breakfast and then prepare for the morning activity. Due to the relatively low elevation over the years, we have explored trails that are snow-covered, icy, or free from snow and ice. We will go at a leisurely to moderate pace comfortable for all. Please note that one of the hike leaders, Paul Brookes, will have his well-behaved dog, Sunny, with him.

Most people take part in one of the organized activities (bring your own equipment), but some choose to do an activity of their own or simply sit in front of the fire and read. The Noble View weekend is intended to be relaxing, unpretentious, and easy-going.

After the morning activity, we will return to the cottage for a hot lunch the volunteer cooks (amazing people) have been preparing. Returning for the third year, Sandy Santilli and Hadley Donaldson will be our cooks. After lunch, afternoon activities will be provided. The leaders will take you on different trails from the morning; some years we go down and view the frozen Big Pitcher and Little Pitcher waterfalls, a stunning sight in the winter.

After the return from the afternoon hike, there will be a social hour before dinner. You can bring your own wine or beer and appetizers (please drink responsibly). After dinner, yoga will be offered by Jeannine Audet. If the sky is clear, the pitch-black hilltop is perfect for stargazing. In addition, the main cottage boasts two large comfy lounges for socializing, as well as a kitchen, all of which are kept toasty warm by a wood stove. Cards, board games, Jenga, and jigsaw puzzles are available.

On Sunday there will be a hearty breakfast, followed by a morning hike, snowshoe, or cross-country ski. After the morning activity, a lunch of leftovers is laid out.

The cost is \$105 for AMC members and \$115 for non-members. This price, unchanged from last year and the year before, includes two nights of group lodging and hot meals, from Friday dinner through Sunday lunch.

This fun and relaxing weekend is very popular, and in past years has filled up fast, so I recommend you register early by emailing PaulBrookes1966@outlook.com.

See the listing [here](#).





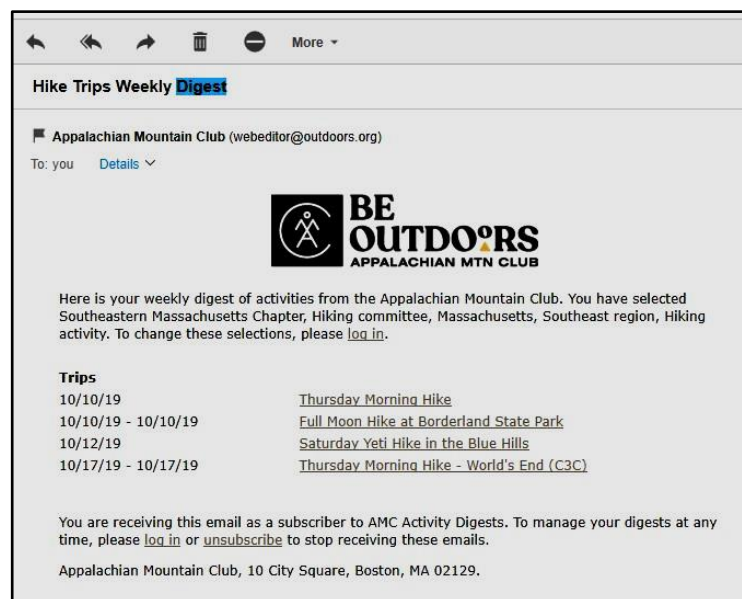
‘Magic’ of AMC Activity Digests

By Paul Miller, Communications Chair
& Hike Leader

We often hear our members complain that they missed an SEM hike, snowshoe, paddle, bike ride, ski trip, or other activity because they couldn't find it on the AMC ActDB activity database (or got locked out of an event because they didn't find out about it in time). Due to the quirks of the ActDB system, this could happen to anyone; I know it's happened to me. But no longer! Last spring, I discovered how easy it is to set up customized *Activity Digest* notifications for the upcoming SEM hikes and bike rides that I might be interested in.

Now, just “like magic,” I receive regular emails from the AMC informing me of upcoming local hikes and bike rides that I might not otherwise have known about. With winter coming, I've also added another customized activity digest to notify me of upcoming snowshoe trips locally, in Western Massachusetts, and up in New Hampshire. These email notifications include convenient hyperlinks directly to the trip listings on ActDB.

Activity Digest notification emails display the activities that have the specific criteria you choose and notify you when events are posted, so you can spend less time searching for activities in ActDB and have less chance of getting locked out of a trip that fills up before you register for it. You get to select the chapter, activity, region, and how often you receive these notifications: monthly, bi-weekly, weekly, or daily.



To create your own customized Activity Digest(s), you'll need to first log into www.outdoors.org using your regular AMC user name and password. Then click on the “My Outdoors” tab at the top of the home page, scroll down to “Personalize Your Communications,” and click on “Manage Activity Digests.” From there, it's pretty clear how to create your customized Activity Digests. Just keep in mind that you need to create (and name) a separate digest for *each* activity you're interested in. You can set up a maximum of five different digest emails with varying criteria and frequencies, so you can choose to get notified about a variety of activities at different times.

Give it a try; I think you'll be pleased with the results! While you might not need them, here's a link to AMC's [step-by-step instructions](#) for setting up Activity Digests.

Your chapter needs a new Communications Chair!

By Len Ulbricht, AMC-SEM Chapter Chair

As a key member of the AMC Southeastern Massachusetts Chapter Executive Board, the Communications Chair coordinates with other members of the Communications committee to help keep our members informed and engaged and to attract new members.

The Chair works closely with our *Breeze* e-newsletter editor, Blast email announcement editor, webmaster, social media administrator, and activity committee chairs: Hiking, Biking, Paddling, Skiing, Conservation, Education, etc.

The Communications Chair also interacts with AMC staff to ensure chapter communications follow current AMC guidelines and best practices.

This is a great [volunteer opportunity](#) for anyone with good communication skills, who is comfortable with social media, and who wants to help keep the SEM chapter vital.

For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to me directly at chair@amcsem.org.





View of one of the Three Ponds in the White Mountains near Ellsworth, NH, visible from the group's cooking area. Tents were pitched just a bit beyond here. *Photo by Bob Vogel.*

Reflections of a Beginner Backpacker

By Joanne Newton

All of my life I have loved the outdoors. I have enjoyed skiing, bike riding, tennis, fishing, gardening, exploring, and traveling. I am not one to stay home for very long. I am retired now, but I still feel the same way, if not more so. As much as I would do almost anything outdoors, at night I wanted a hotel with a bed and hot water—not even any hotel—at least a 3-star hotel! (Just can't trust the quality of a lesser rating.)

When I planned to retire, I decided to start hiking. I wanted to be outdoors, but not by myself. I reasoned that hiking was something I could do all year round. Red-lining then became white-lining and white-lining became full moon hikes. Then there were Thursday morning hikes and conditioning hikes. Then someone mentioned backpacking. My first thought was “no way”—where are the bed and hot water and 3-star rating in that?

However, I made a promise to myself when I retired that if anyone asked me to travel or try something new, I would do it. At first I had said no to the conditioning hike series, but I survived that, so perhaps I should try backpacking. I had never slept in a tent, and I had certainly never slept outdoors in the White Mountains. I signed up for the first and second beginner backpacking trips and came home tired, having not slept at all, but I was energized and ready for the third trip.

Six of us hiked into Three Ponds in the White Mountains the last Saturday in September. We found our perfect locations to set up our tents, spread out a bit from each other but well within ear shot. As the night closed in early, we sat on logs talking and sharing stories with the soft glow of a Luci lamp illuminating faces and casting long shadows. A few flying insects were drawn to the light, and their wings were translucent as they danced. The night has a special quality and things seem so different. We seem more aware of every shadow and every sound. Our voices became softer, and it was time to find our way to our tents.

I decided I needed to use the outdoor facilities one more time, and headed up a small knoll with my headlamp on. As I looked down at the location I chose, I looked once and then twice and then again. Something was looking back at me—a snake, coiled up just below me! I screamed and ran—trying to whisper, but it came out as a yell. “There is a snake! Will it get into my tent?”

Laughter—I got *laughter* in return from one of my companions and the comment, “Not if your tent is zipped up.” I can assure you that no one is soon to break my record for unzipping my tent flap, diving head-first into my tent, and zipping it up again. You say, “How can you hike and backpack if you are afraid of snakes?” and my answer is, “If Indiana Jones can be afraid of snakes, so can I!”

Once I was convinced the snake was outside, and the decision was made that the tent would stay zipped until daylight when I could see what I was stepping on, I tried to settle down to sleep. My next awareness was of a smell, and not a particularly pleasant one at first. I realized that it was the ground—the damp, musky smell of moss and wet leaves. We have all smelled dirt and wet leaves, but this was a strong, earthy smell of nature that caught me by surprise. I was lying on the floor of a forest and was enveloped in all of nature in its various stages of life and decay. It was a natural smell, and all was as it should be.

Something hit the top of my tent and I jumped and held my breath. Every new sound seemed to be reason for concern, but nothing was threatening outside. With my heart rate returning to normal and rational thought returning, I decided it was a pine cone or acorn that landed on my tent. No devouring animals could be detected, and all was well yet again.

Continued on page 10



Beginning Backpacker *Continued from page 9*

The Three Ponds Shelter was perhaps a quarter-mile away and I could faintly hear the bass of music drifting towards us. At first I was disappointed that I could hear other people, but then it was comforting, too, to know that others were close by. After the music faded and stopped, there was one long howl far off in the distance—a coyote most likely. Strange, that sound made me smile as it seemed perfect to hear that call coming through the darkness.

All these sensations were flowing over me as I tried to relax. The tent surely does seem like a cocoon, protecting me from all that is just outside my little enclosure. The vastness of the forest; the animals unseen but surely there; my smallness in such a setting—all these thoughts were surfacing and receding as I tried to sleep.

I awoke again to yet another startling noise. I could not place it, but it sounded as if something like a freight train was advancing towards me. It continued to move closer and became louder and more defined, but yet I wasn't sure what it was. It was the wind! We feel the wind when we are outside hiking, and we love its coolness as it refreshes us. Yes, we can hear the wind when we are inside and a storm is brewing outside our windows. This was so different. The wind galloped across the pond, and then up through our open cooking area, and then through the canopy of branches and leaves overhead. It came in waves like the ocean—louder until it rushed overhead and then ebbed to quiet and then roared through again. That sound echoes in my mind even now. The forest is alive in ways I could never have imagined, and one hears the wind even though it cannot be felt.

I slept at last, having experienced all these new sensations and thoughts, knowing that I was safe; knowing that this was a most special time for me; so thankful to be here; so comfortable in my cocoon; and so tired from the hike and the adrenaline rushes to this point.

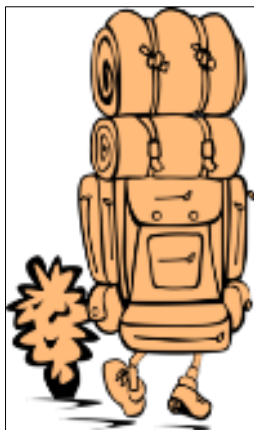
The next morning, we all rose a little more stiffly, but excited to start the day. We told of our experiences during the night, and I relived my too close encounter with the snake. One of my other companions said, "Yes, I heard a blood curdling scream, but there was just one, so I went back to sleep." What? Someone screams and you go back to sleep? In the Joanne Backpack Lessons Learned, #1 is: If you are in danger or perceived danger, make sure you scream Twice!



Three of five tents the group pitched in the woods under the stars. *Photo by Jeanne Sverdija*

I wouldn't exchange any of these experiences, nor all the others that I haven't shared with you, on these backpack trips. I have never felt more alive or more appreciative of nature than I have during these times. Many of you have camped and backpacked a large part of your lives. For those of you, like me, who have not, I hope my little adventures have touched you so that you will try it. Only you will know what you will take away from such an adventure, but I am certain your sense of awareness and awe will be heightened and renewed. Who needs a 3-star hotel when you can have all the stars in the sky covering you as you lie in your tent in a vast forest? Seems perfect to me.





Backpacking Gear: **Let's take a closer look**

By Bob Vogel, Hike Leader

BP 103: Sleeping bags (\$27–\$550)

- Rectangular bags are...rectangles. You have lots of room to squirm around inside, but the added size means more weight.
- Mummy bags are form-fitting, energy efficient, and because there is less material, they are lighter.

• Synthetic materials are warm, even if you get them wet. But they are bulkier and heavier.

• Down is very compressible, long-lasting, but loses its insulating value if wet, and it is expensive. Goose down is better than duck down, and more expensive. The higher the 'fill power,' the higher the cost. 850 fill down is light and expensive. 600 fill power is less expensive, but weighs more, and won't compress as to as small a size.

BP 104: Sleeping Pads (\$30–\$250)

My first trips, I slept in a shelter on the hardwood floor in my sleeping bag. It was not comfortable. I soon bought a cheap air mattress, which was much better...the first half of the first night, until it went flat. I then bought a 2' x 4' piece of foam rubber. It worked, but did act as a sponge if any water got into the tent or was spilled. But I used that foam pad for years, and it was cheap and comfortable.

• Closed cell foam. Doesn't absorb water. Not very comfortable unless you get a Z-Rest or such pad with formed bumps. This is what I'm using now.

• Inflatable pads. Lots of options, and these are the most popular these days. Weight, ease of inflation, insulating value, and durability vary. I am thinking of a new inflatable pad, because they are comfortable.

BP 105: Tents (\$55–\$650)

The first question is "Who is going to sleep in it?" Just you? You and your spouse/significant other? Or you and someone else from the trip? Sharing tents saves weight. A one-person tent might weigh 3 pounds, and a similar two-person tent might only weigh 4 pounds, or 2 pounds per person. As a new backpacker, you might find having a friend in the tent with you at night provides a level of comfort... If nothing else you can share your concerns with each other.

For others, such as myself, who have sleep issues, lying awake at night without being able to toss and turn is torture. Having a second person in the tent makes it too difficult for me.

- Two side doors make getting in and out easier for a two-person tent; you don't have to climb over each other. Even for a one-person tent, side entry requires less contortionist moves than a front entry.
- Ceiling height: Being able to sit up to get dressed is a very nice feature.
- Tents that use your trekking poles save the weight of dedicated tent poles, but don't forget your trekking poles!
- Coated nylon or polyester are the "normal" fabrics, but Dyneema is the High Tech, ultralight weight option... which is very expensive.

(The other option is hammocks. That's a whole other world, with its own plusses and minuses.)

BP 106: Stoves (\$1–\$150)

• These days it seems "everyone" is using a Jetboil. They are convenient. You screw on the gas canister, pour in the water, fire it up, and in a couple minutes you have a pot of boiling water. But they aren't without drawbacks. After that first trip, you have a partial gas canister. Is there enough gas for another trip? Would you take it and the second new one? Or just take a new one and keep a collection of partial cans at home? You can, if you have a kitchen scale, weigh the partial cans and estimate the amount of gas left.

• "Gas" stoves. Actually most of these use Coleman fuel. Go back 20 years and WhisperLite was the stove of choice. For winter camping, these are still the best stoves as gas stoves are the most reliable in freezing temperatures.

• Alcohol, the once and future stove? Alcohol stoves have been around for a long time. A bit less convenient than a Jetboil, and slower to boil water, but very lightweight. And you can make one from a used soda can if you want. (Yes, "Coke can" stoves work. And were a thru-hiker thing a few years back. You can buy premade alcohol stoves similar in function to a Coke can stove.) Esbit and others make alcohol stoves and nesting cook sets. Or assemble your own cook kit.

• There are also wood-fired stoves. Some have a battery to run a fan to improve efficiency.

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Backpacking Gear

Continued from page 11

- Esbit also makes a solid fuel stove. It is available as a small folding metal stove, or is a cook set that comes with the windscreen and the pot. Not the fastest, but low cost, and works. Nothing wrong with simple.

My suggestion? Most people I know have had multiple stoves over time. So, start with something relatively inexpensive. It will heat your food, and as you see other stoves in use, you'll decide which one you want to use as your "forever" stove. (But you will still get a new one every couple years!)

BP 107: Water purification (\$1–\$40 and up)

- You could boil all your water... if you like your water hot, carrying extra fuel, and spending time doing it.
- You could carry bleach, but it makes your water taste like...bleach. There are also pills, some with a second pill to counteract the taste of the first.
- Pump filters were popular, but have lost favor. They are still around and work.
- Or you could just buy a Sawyer Squeeze, like 'everyone else'. (There are a few other filters, some gravity fed; you fill a bag with "dirty" water and there is a hose to fill your bottles or pans.) But Sawyer is popular because they work, are light, and are inexpensive.

BP 108: Packs (\$75–\$300 and up)

- Years ago frame packs were "standard." I still love mine, but they are heavy (5 lbs +). These days new ones are hard to find, but used ones are all over eBay, Craigslist, and I've even picked them up from people's trash. (Be sure the foam shoulder straps and waist belt haven't deteriorated.)
- But in the stores it's all internal frame packs. Some are light, but some are quite heavy. Surprise, lightweight ones usually cost more! Osprey EXOS 58 (liter) weighs 2 lbs. 11 oz. for the Large, and costs \$220. Gossamer Gear Mariposa 60 (liter) weighs 2 lbs. 1 oz. for Large and costs \$225 on sale now. These are a couple lightweight ones I'd take, but haven't sprung for yet. It's hard to pick a pack until you commit to all the other gear, because a pack that won't hold the gear you choose doesn't help. (I have a couple extra frame packs that, if they fit you, can be borrowed for our first introductory backpacks.)

Save-the-Date!

November 2, 2019

SEM's Winter Hiking Workshop

For more information or to register for this free workshop, click [here](#) or email hikingchair@amcsem.org.

SEM's 44th Annual Meeting & Dinner

Reunite with old friends and make new ones. All SEM members, potential members, partners, and friends are welcome!

For more information, [click here](#).

Come to the workshop and SEE some gear if you can. If you can't make it, go to REI and look around. (Disclaimer, my son works at REI. But we don't like REI because he works there. He went to work there because we shop there and he liked the store and knowledgeable employees.) You can also go to LL Bean, EMS (if there's one near you), or other outdoor stores. Look online for more ideas. Amazon sells many of these items.

Start thinking of what you really want to do. Hike the AT, or spend a few weekends in New Hampshire? Carry all this gear up and down the mountains, or just hike into the lower woods? Next up, we will look at some "sets" of gear, the low-weight options, and some more economical options.

To get your copy of Bob Vogel's
"Guide to Backpacking,"
email Bob at vogel.r@comcast.net
or look for monthly installments
in *The Breeze*.

The
Southeastern Massachusetts Chapter
of the
Appalachian Mountain Club
invites members, friends, and families to our
44th Annual Meeting

**Saturday, November 2nd,
2019**

**The Bay Pointe Club
Buzzards Bay, MA**

<https://baypointeclub.com>

No charge if you just join us for the social hour and business meeting!

4:30 pm – **Registration & Cocktail Hour** – free appetizers & cash bar

5:30 pm – **Annual Meeting** (no charge)

6:30 pm - **Buffet Dinner & Guest Speaker**- \$25.00 per person (\$35.00 per person after 10/24)

Guest speaker presentation abstract and registration form follow.

Questions? Contact Len Ulbricht at chair@amcsem.org

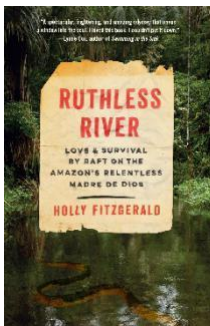
2019 Annual Meeting and Dinner Special Guest Speaker: Holly Fitzgerald



Author of recently published

RUTHLESS RIVER: Love and Survival by Raft on the Amazon's Relentless Madre de Dios

Presentation Abstract



Ruthless River is a story of survival in the remote Amazon interior of South America. In 1973, during a delayed around-the-world honeymoon, the plane carrying Holly Fitzgerald and her husband crash landed in a Peruvian penal colony. Stranded near a tiny town on the banks of the Rio Madre de Dios, they built a raft and traveled downriver to a Bolivian town from where they hoped they could travel on to Brazil. But, instead, after being swept off course by a huge storm they found themselves in a swampy dead end, surrounded by quicksand and unable to get to shore. As we'll learn, these inexperienced rafters faced a frightening ordeal of survival without clean water, food, or shelter and threatened by swarming insects and lurking predators.

Ruthless River tells a harrowing story in which escape seemed impossible. In her presentation, Ms. Fitzgerald will provide us with a personal glimpse into this life-changing ordeal.

AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

\$25.00/per person; \$35.00 Oct. 25 – Oct. 31st

Deadline to Register is Thursday, October 31st

To register for the Annual Dinner, fill out the Registration Form below and mail your check (payable to AMC-SEM) to: Patty Rottmeier, 1 Belmont Rd. TH5, W. Harwich, MA 02671

AMC SEM 2019 Annual Dinner Registration		
Today's Date		
Your Name		
Email		
AMC Member?		
Price		
I'd Like to Volunteer		
Bring a Friend --- We'll See You There!		



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

Sun., Oct. 27. Adventure Ride #14, Dennis, MA. "Autumn Excursion" Sunday 27, October, 2019 A relaxed ride thru surrounding woodlands to enjoy the colors and vistas of the season. The ride will tour the most scenic Mid cape has to offer for the fall season. Dirt and paved. Register for changes, updates, weather, cancellations -- paulcorri@gmail.com Bring food and bike supplies--tire repair etc. Large tire or MTB recommended. Arrive 9:45 AM Leave 10:00AM Start Dennis Senior Center, 1045 MA-134 corner Route 134 and Setucket Park away from building. L Paul Corriveau (paulcorri@gmail.com)

Tue., Nov. 12. Sunset & Full Beaver Moon Road Cycling:, MA. 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of small hills. For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulcorri@gmail.com Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Thu., Dec. 12. Sunset and Full Cold Moon Cycling, MA. - - 22+/- Miles/ 2 +/- hours. Flats & Hills. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. paulbcurrier@comcast.net Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKES

Sat., Oct. 26. Hike Falmouth Moraine, Falmouth, MA. Join us on a one-way 9.2 mile hike along Cape Cod's lush Falmouth Moraine Trail. Come experience some autumn splendor! You will encounter densely wooded areas as well as beautiful views of Long Pond and Grews Pond. Much of the terrain is rugged with some steep inclines and rocky depressions. Hikers should be in good physical condition, able to hike 9+ miles at a moderate pace. The hike should take approximately five hours plus additional time for carpooling. Please have room in your car to accommodate passengers and to facilitate our drive to the start and the return to our cars. Bring at least 2 liters of water, snacks, and lunch, sturdy hiking boots, a hat, a jacket (for unpredictable Cape temperatures), rain gear, sunscreen, and bug repellent. Wearing **HUNTERS ORANGE IS A MUST** as it is hunting season. Note: Most of this trail is heavily wooded and grassy. Please protect yourself from ticks, mosquitos and poison ivy by wearing long pants and applying bug spray to your shoes and clothing. Permethrin and DEET are suggested. Registration is required. Please contact Leader Cathy Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com). Directions will be sent to you 3-4 days prior to the hike. CL Diane Hartley (508-566-6517 between 2:00 and 9:00 pm, dihartley@comcast.net)

Sun., Oct. 27. Hike Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area Cotuit Rd. Sandwich, MA. Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Heavy rain cancels. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader).

Continued on next page



Activities

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

CAPE HIKES

Thu., Oct. 31. Hike South Truro to Poors Hill, Truro, MA. Woodland trails, hills, and pavement walking. Scenic bay views, houses and places of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Turn right on County Road, then an immediate left on Ryder Beach Road. Park at the end in marked spaces, near beach entrance. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (508-364-5047 Before 9 p.m., jtkaiser@comcast.net, AMC life member, Cape hikes leader many years.) CL Richard Kaiser (508-246-7582 before 9 PM)

Thu., Nov. 7. Hike Long Nook Truro, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sat., Nov. 9. Hike The End of the Line: The Last of the Old Colony Train to Ptown, Provincetown, MA. This will be a fairly fast-paced, dog-friendly, 5-mile walk, starting at the southern tip of Provincetown. We'll go 1½ miles on the Old Colony Nature Trail Pathway and add another mile on back Ptown streets. These two sections comprise the last stretch of the Old Colony Railroad from Boston to Ptown, which was completed in 1873, replacing an extremely challenging (and bumpy!) two-day stagecoach ride with a comfortable 5-hour train ride, and beginning the migration of the Outer Cape's slowly fading fishing economy to tourism. We'll stop for occasional vignettes about and old photographs of the railroad, and go to lunch on the way at Fanizzi's, with a view of the harbor where Railroad Wharf once loaded tons of fresh-caught fish directly onto freight cars headed for Boston's fish markets. We'll walk back, largely on Commercial Street, and get a flavor for today's quiet Ptown in the late fall. Note: This is a reservation-only hike because the leader needs to know the number of lunch attendees and to discuss dog details with anyone else bringing a dog. L Jay Vivian (508-858-4855, jvivan0@comcast.net), R Jay Vivian (jvivan0@comcast.net)

Thu., Nov. 14. Hiking Truro Bearberry Hill, Truro, MA. Pretty, soft and hard-packed sand trail with two good-size hills ending with a 15-minute beach walk. Hike includes 2 outstanding vistas: Bearberry Hill with 360 degree view plus overlook down to Longnook Beach. Meet at 9:45 for 10:00 start: 2 hours. From Rte 6 in Truro take the Pamet Rd exit and go right off ramp to left on South Pamet Rd and follow to beach parking lot. L Pat Sarantis (508-430-9965 Before 8:30 PM, patsarantis@gmail.com)

Thu., Nov. 21. Hike - South Cape Beach Mashpee (C3C), Mashpee, MA. Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fireroad. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45.AM 2 hours. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Nov. 24. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Arrive at 12:45 for 1:00 start. Expect soft sand! 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 9PM, shaferhayden@gmail.com)

Thu., Dec. 5. 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 throughout the hike. This is not a novice hike. We will have views of Back River from the Leary Property and often see birds along the shoreline. From the Bourne Bridge/Cape side, take the 1st exit off of the rotary just past the State Police building onto Trowbridge Road and go 0.6 miles. Take a left onto County Road at the blinking light and go 1.0 mile. Park on the left at 221 County Road (small sign) for 6 small cars. Other cars will park across the street at the Leary Property. GPS will work to get you to this location. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a fourth year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Dec. 8. Hike along Quashnet River and through adjacent woods, Falmouth / Mashpee, MA. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About ½ of the hike will be on moderate rolling terrain. Arrive at 12:45 for 1:00 start. From the Mashpee Rotary take Rte. 28N towards Falmouth. Follow Rte. 28 for 2.1 miles to a right on Martin Rd. (just after crossing the Falmouth town line). Parking is in a small lot or along Martin Rd. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com)

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Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing: Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also: - works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed. - participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner. - interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to Leonard Ulbricht chair@amcsem.org.

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sun., Nov. 3. Sunday morning - 3rd Annual Arnold Arboretum autumn-peak hike!, Jamaica Plain, MA. Arnold Arboretum - 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, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 for a 10:00 start. There is 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 are okay. L: Ken Cohen (508-942-1536 Before 8:00 pm,

k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(FT) (NM) Thu., Dec. 26. Thursday AM Ponkapoag Pond Hike, Canton, 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)

Sat., Oct. 26. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA - Main Houghton Pond Parking Lot - Meet near playground, MA. Saturday "Yeti" weekly hikes at the Blue Hills. 840 Hillside Street, Milton, MA. 2 - 3 hours of up & down, up & down...at a moderate to vigorous pace. Leave at 10 AM. Proper fitness and equipment is needed. One time registration required. L Roger Whidden (781-834-7722 9 am - 9 pm, wsfi1@verizon.net, See whiddenschool.com or zazenzone.com), R Roger Whidden (781-834-7722 9 am - 9 pm, wsfi1@verizon.net)

(NM) Tue., Oct. 29. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to about 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

Continued on next page



Activities

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

HIKING

(FT) (NM) Thu., Oct. 31. Rocky Woods Hike, Trustees of Reservations, MA. Join us on this hike at Rocky Woods, a Trustees property. The trails have gentle ups and downs, with one moderate climb to Lookout Point, the site of a former fire tower. Dress in sturdy footwear, layers such as fleece or down and bring a wind/rain jacket, hat and gloves. Please no cotton clothing. Pack a lunch or snack. Heavy rain cancels. Please contact leader with any questions. \$5.00 parking fee for non members of Trustees of Reservations at self-service kiosk, members use their member code to create parking pass. L Peggy Qvicklund (774-893-3011 until 9pm., qvickan@comcast.net)

Sat., Nov. 2. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

Sat., Nov. 2. SEM Winter Hiking Workshop, Bourne Community Building Cafeteria, 239 Main St. Buzzards Bay, MA. In the winter months, many of us think about going skiing or escaping to somewhere warm, but have you thought about winter hiking and snowshoeing? Do you like to be active and outside, but the thought of getting cold keeps you indoors? Then come join us for an informative afternoon that will change your mind about hiking and being outdoors in the winter months. You will learn about necessary clothing and gear, nutrition and hydration requirements, winter conditioning, winter issues and how to avoid them and why we love to hike in the winter. The workshop is free to all and is a prerequisite (or prior winter hiking experience) to join us for the SEM Winter Hiking Series. The workshop runs from 12:30-3:30 with clothing and gear demonstrations. Light snacks will be provided but participants should bring water or other non-alcoholic beverage of their choice. After the workshop, join us for the SEM Annual Meeting/Dinner at the Bay Pointe Club in Buzzards Bay (registration is separate- see listing). L George Danis (hikingchair@amcsem.org) L Paul Miller

Sun., Nov. 3. Sunday morning - 3rd annual Arnold Arboretum Autumn-Peak Hike!, - Jamaica Plain, MA. Arnold Arboretum - 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, snack or lunch. Meet at the Visitors' Center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 9:45 for a 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 (k-cohen@comcast.net 508-942-1536 Before 8:00 pm, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

(NM) Tue., Nov. 5. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tue., Oct. 29 listing for details.

Tue., Nov. 5. Mindful Walking at Norris Conservation Area, 10 Dover Street, Norwell, MA. Mindful walking, a type of walking meditation, is an active practice that requires us to be aware of the present moment and surrounding environment. Focusing on nature, allows our bodies to relax, renew and adapt to the ever changing climate of our daily lives & the changing of the seasons. It enhances concentration, awareness and appreciation for the outdoors. This walk will incorporate guided tapping, breathing & gentle qigong exercises to enrich the experience. 2 miles easy walking, pace may be slower than normal. If you would like to download a reservation map, here is the link: <http://www.thetrustees.org/assets/documents/places-to-visit/trailmaps/Norris-Reservation-Trail-Map.pdf>. L Joanne Newton (508-215-9470, newt665@comcast.net) CL Maria Sestina (617-930-1854 After 5 PM, mariasestina@hotmail.com), R Maria Sestina (617-930-1854 After 5PM, mariasestina@hotmail.com)

(B3C), Thu., Nov. 7. Thursday Morning Hike: Whitney and Thayer Woods, Hingham/Cohasset, MA. Woods walk across rolling hills on Trustees of Reservations property. For those not familiar with Whitney Thayer, we'll check out some interesting rock formations (in WT as well as adjacent Wampatuck SP) and views of Boston Harbor. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions and snacks/lunch required. Directions & description: See <http://www.thetrustees.org/places-to-visit/south-of-boston/whitney-thayer-woods.html>. L Walt Granda (508-971-6444, wlganda@aol.com) CL Tom Graefe (781-659-2441, tmgraefe@comcast.net), R Tom Graefe (781-659-2441, tmgraefe@comcast.net)

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Activities

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

HIKING

Sat., Nov. 9. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA – See Sat., Oct. 26 listing for details.

Sat., Nov. 9-10. Zealand Falls Hut Overnight, Zealand Notch, White Mountains, NH. The "Main Event" will be Saturday and Sunday with the option to hike in Friday afternoon to spend a second glorious night at the hut. At the hut, we will enjoy camaraderie and group breakfasts and dinners. The meals will be organized ahead of time and the costs will be divided among everyone. Participants should bring their own lunches, trail snacks and drinks. There will be a hike to Zealand summit Saturday, with a second less strenuous option available also. Please contact the registrar by Friday, October 4. Checks must be received by Tuesday, October 8. Anyone signing up after that will need to make their own reservations with AMC if bunks are still available. We have reserved bunks for up to 10 people so please contact the registrar soon. Zealand Falls Hut offers co-ed bunk rooms and separate washrooms with toilets. The bunkhouse is not heated and does not have electricity. Cold running water is available in the washrooms. Bring an appropriately rated sleeping bag, warm clothing and a headlamp or flashlight. This is the "self-service season" so we will prepare our meals and wash our own dishes. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Dexter Robinson (dexpdoc@gmail.com, Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all 67 of the New England four-thousand foot mountains as well as the NH four thousand foot mountains in winter. He recently completed summiting Mt. Washington in every month.) CL Joanne Newton (508-215-9470 During the day and early evening, newt665@comcast.net) CL Diane Hartley, R Joanne Newton (508-215-9470 During the day and early evening, newt665@comcast.net)

Sun., Nov. 10. Worlds End, Martin's Lane, Hingham, MA. Scenic 5 mile moderate paced walk along tree lined carriage paths and footpaths offering sweeping views of the Boston skyline. Bring snack and water. No dogs. There is an \$8.00 fee for non-members of the Trustees of Reservations. From Rt. 3, take exit 14, Rt.228 North for 6.5 mi. Turn left on Rt. 3A and follow for 0.7 mi. Turn right onto Summer St. and at major intersection with Rockland St. continue straight across onto Martin's Lane. Follow for 0.7 mi. to entrance and parking. L Beth Mosias (bmosias@yahoo.com)

(NM) Tue., Nov. 12. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

Tue., Nov. 12. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under a Beaver Moon or as some may call it, a Frosty Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. Hopefully we won't need any snow gear. A detailed Poop Sheet will be sent to all who register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Thu., Nov. 14. Massasoit State Park Thurs. morning hike, East Taunton, MA. Registration is not required for this hike. However, you may wish to contact the leader(s) if you have any questions. Meet at Massasoit State Park before 10am located at 1361 Middleboro Ave. East Taunton for a 5-6 mile hike, trail TBD. Usually a mostly easy hike with some steep sections of the trails. Heavy rain cancels, please bring water, lunch or snack, layers and appropriate footwear. Dogs allowed but must be on leashes. L Samantha Fisher (508-243-7594 Before 9pm, sahavah@yahoo.com, Level 1 hike leader) L Robert Branczewski (508-577-9253, lv2cook@hotmail.com, Level 1 hike leader)

Sat., Nov. 16. Blue Hills Fowl Meadow Hike, 1216 Brush Hill Rd. Milton, MA. Join the 'Red Line the Blue Hills' hikers as they finish their season by hiking 9 miles of Fowl Meadow along the Neponset River. The terrain will be mostly flat and probably wet in some areas. Meet at the northern parking lot 1216 Brush Hill Rd., Milton for a 9:30 start. Bring lunch and water. L Joe Keogh (jpkoe24@gmail.com) L Susan Svelnis (suesvelnis@gmail.com) CL Varma Saripalli (781-249-2213, varma@saripalli.com), R Varma Saripalli (781-249-2213 Before 9 PM, varma@saripalli.com)

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Activities

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

HIKING

Sat., Nov. 16, Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Tue., Nov. 19. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

(FT) (NM) Thu., Nov. 21. Thursday hike at Gilbert Hills, MA. Explore some of the smaller trails in F. Gilbert Hills State Forest on this late fall hike. We will cover approximately 5 miles, with small ups and downs. Wear sturdy footwear, bring water, snacks and lunch. Meet at the main entrance at 45 Mill St. Foxborough MA 09:45 for a 10:00 start. L Peggy Qvicklund (774-893-3011 please call before 9 pm, qvickan@comcast.net, Hike leader since 2014. Completed the NH 48, but mainly enjoys sharing the outdoors with like-minded folks.)

Sat., Nov. 23. Blue Hills Skyline End To End, An 8-mile summits Hike, Blue Hills, MA. This most challenging of Blue Hills hikes is a SEM chapter favorite! We'll follow the Skyline Trail from Shea Rink in Braintree to Royall St. in Canton, hitting all the major hills in the expansive Blue Hills Reservation. From the reservation HQ to Great Blue Hill we will take the Southern loop. This relatively rugged hike is around 8-miles long and will take approximately 5 hours. Due to the shortening days, we will be hiking at a faster than moderate pace, so people need to be well-conditioned having recently (within the last 2-months) hiked 7 or more miles including some hikes with hills. We may not stop for lunch, depending on the time, so bring snacks that can be eaten as you walk. Sturdy hiking boots and strong legs required! Please note that one of the hike leaders, Paul Brookes, will have his well-behaved dog (Sunny) with him. No other dogs permitted. 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 Joanne Newton.

Sat., Nov. 23. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Tue., Nov. 26. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

Sat., Nov. 30. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Tue., Dec. 3. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

Sat., Dec. 7. Winter Series Hike #1 - Mt. Wachusett, MA. Join us for the first in this year's popular Southeastern Mass. Chapter's Winter Hiking Series and discover the fun, beauty, and camaraderie of winter hiking. We'll be doing an enjoyable, app. 4.5-mile loop hike with some elevation gain and loss at Mt. Wachusett in Princeton, MA. Weather permitting, we should enjoy expansive views from the fire-towered summit and, if we're really lucky, get an opportunity to try out some of our specialized winter hiking gear as well as practicing "layering" for winter hiking. Participation in the SEM Winter Hiking Workshop on Nov. 2nd (or equivalent) and/or significant winter hiking/showshoeing experience required to participate in this series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, An experienced SEM chapter winter hiking leader and self-proclaimed "winter hiking fool," Paul takes great pleasure in introducing others to winter hiking.) L George Danis (danisdad51@outlook.com, An experienced hiker and hike leader, George currently serves at the SEM Chapter's hiking chair.)

Sat., Dec. 7. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. - See Sat., Oct. 26 listing for details.

(NM) Tue., Dec. 10. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tues., Oct. 29 listing for details.

Thu., Dec. 12. Thurs. Adams Farm Hike, Walpole, MA, Adams Farm at 999 North Street, Walpole, MA. Meet at 10 am on the Adams Farm parking lot, located on 999 North Street in Walpole, MA. We will hike 5 miles over relatively level terrain on mostly wide, well-maintained trails. Bring proper footwear for the weather, rain gear, lunch, water. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 9 pm)

Thu., Dec. 12. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. See Thu., Nov. 12 listing for details.

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

HIKING

Sat., Dec. 14. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Tue., Dec. 17. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. See Tue., Oct. 29 listing for details.

Sat., Dec. 21-21. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details

(FT) (NM) Thu., Dec. 26. Thursday AM Ponkapoag Pond Hike, Ponkapoag Golf Course, Canton, 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)

Sat., Dec. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See Sat., Oct. 26 listing for details.

(NM) Thu., Jan. 9. Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, MA. Thursday Morning Hike - Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street .Hike in the Great Woods from Norton thru to Mansfield Natural Resources Trust. Car pooling/spotting from Mansfield NRT to trail head on Freeman Street in Norton with side street parking. (Directions below) Flat roaming hike with glacial eskers, old mill dam and early 19th century Coddington Farm site . Bring water, lunch or snacks and dress for the weather. Heavy Snow will cancel hike. Possible shorter snow shoe hike. L Richard Carnes (508-947-3204 before 8 PM, rcarnes2@aol.com)

Fri., Feb. 7-9. Winter Hiking & Cross-Country Ski Weekend, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for its eighth annual winter weekend get-away at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. The centers quiet, pristine, mountaintop location offers breathtaking views of the Pioneer Valley and east to Mt. Wachusett. Numerous trails wind through quiet woodlands, pass old cellar holes or descend to two waterfalls. Snowshoeing and cross-country skiing will be offered assuming enough snow and hiking otherwise. Participants will need to bring their own equipment. Please note the leader will have his well-behaved dog, Sunny, with him. The cottages have electricity, water, wood-stove heating, and shared bedrooms. Separate but next to the cottages is a heated bathhouse with toilets and hot showers. Hot meals are included in the registration fee starting with dinner Friday night through lunch on Sunday. We have reserved all 28 beds in both cottages, and we hope you decide to join us; this event is popular, however, so register early. 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 Jeannine Audet L Joanne Newton

Sat., May 16-17. Beginner Map & Compass for Hikers (Sat/Sun), Blue Hills, MA. Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map that does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday (9 am-5 pm). Only those that have not taken a map and compass course previously are eligible for the workshop, this ensures everyone in the group is at the same level. The fee for the workshop is \$60 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 NH which is a navigating compass with adjustable declination correction, list price \$44 (but currently \$29.69 on Amazon). If interested, please contact Doug Griffiths to register. 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.), R Doug Griffiths (redDoug@AOL.com)

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Activities

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

PADDLING

Sat., Oct. 26. Paddle Bass River South, Dennis, West Dennis, MA. From the launch on Grand Cove, paddle south on the Bass River and explore the 'fingers' and bays near the mouth on Nantucket Sound. Lunch on West Dennis Beach. Return and paddle around Grand Cove for 7-8 mile paddle. Wear a PDF, bring a spray skirt in case of wind and bring water and lunch. L Jean Orser (jeanorser@gmail.com) CL paul corriveau (paulcorri@gmail.com).

SKIING

Fri., Jan. 10-12. Cross Country Skiing in Waterville Valley, Mountain Fare Inn, 5 Old Waterville Rd., Campton NH. Join us for a weekend of cross country skiing at the Waterville Valley Ski Resort. We will stay at the beautiful Mountain Fare Inn in Campton, NH, just a short drive from skiing. The inn offers a full breakfast & later checkout on Sunday @ 3:00 pm, so we can ski for 2 days. We will dine out for dinners. Other potential activities include snowshoeing, fat tire biking & hiking, depending upon snow conditions & group interest. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Jeff Hyman CL Dia Prantis

Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH. Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Snowshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza

SOCIALS

Sat., Nov. 2. SEM Annual Meeting and Dinner, Bourne, MA. Join us for the 2019 SEM Annual Meeting and Dinner at the Bay Pointe Club in Buzzards Bay, MA. Special Guest Speaker Holly Fitzgerald, author of "Ruthless River". Register using the flyer and registration form link http://www.amcsem.org/events_2019.sem.annual.mtg.register.pdf. Hiking and Biking events before the meeting are listed separately on the activities database. L Barry Young (chair@amcsem.org)

