

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | November 2019

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A hearty group of hikers explores Sandy Neck at the 2019 Fall Gathering on Cape Cod.  
*Photo by Paul Miller*

## SEM hosts 'legendary'\* club-wide Fall Gathering

By Barry Young, FG2019 Event Chair

The Southeastern Massachusetts Chapter hosted the annual AMC Fall Gathering at the YMCA Camp Burgess in Sandwich, MA, on October 18-20, 2019. More than 250 attendees from all AMC chapters enjoyed a variety of outdoor activities, including eleven hikes of varying lengths and difficulty, seven bike rides (road, mountain bike, and hybrid), and a couple of kayak paddles.

Activities at Camp Burgess included yoga, pontoon boat rides, zip-lining, a climbing wall, evening campfires, trivia night, and dancing to a live band. An unplanned candlelight dinner was served Friday night, thanks to a power failure from the storm earlier in the week and the efforts of the great camp staff!

Featured speakers included a marine biology talk, a presentation on hiking the AT 100-Mile Wilderness, and a talk on circumnavigating Cape Cod by foot. More than 50 SEM members volunteered to make the weekend a success for all the attendees and to highlight the beauty of southeastern Massachusetts.

*\* Based on comments from AMC headquarters staff.  
See more on pages 5 & 6*



Cyclists at the Cape Cod Canal Bridge.

*Photo by Jeannine Audet*

## View from the Chair: Welcome our new board!



At our 44th Annual Meeting on November 2nd, we voted in the slate of Executive Board members for 2020. I would like to introduce three who are new to the Board.

**Terence Hayes**, our **Chapter Vice Chair**, recently retired as Health Director for the Town of Dennis. A member of the chapter since 2012, he has extensive volunteer committee leadership experience with several MA and Cape Health Associations as well as the Cape Cod Ski Club. Terry is an avid downhill skier and has backpacked sections of the AT and the Philmont Scout camp. We are pleased to have Terry bring his committee leadership background to a key role in our chapter.

**David Yampanis**, our **Chapter Treasurer**, has AMC experience that goes back 35 years on family trips to the Whites and the Club's huts and lodges. Subsequently he served on hut croo and had a stint at Joy Street. He and his family still enjoy trips to the White Mountains and have been SEM chapter members for ten years. Dave has a strong finance and administration background that lines up well with the duties of chapter treasurer.

**Joanne Newton**, **Conservation Committee Chair**, is new to AMC, having joined in early 2018. Already an avid skier, since joining Joanne has qualified as a level 1 hiking leader and volunteered to be on the Chapter's Executive Board. She retired in 2018 after a career in the healthcare field, serving as director/general manager for several healthcare providers. She looks forward to promoting AMC's conservation programs as well as opportunities for chapter-level conservation initiatives.

Your chapter remains vibrant and strong due in part to volunteers like Terry, David, and Joanne who choose to participate. Please note that we're still looking for someone to step up as Communications Chair to replace Paul Miller, who would like to be able to devote more time and energy to leading hikes. The next time you learn about an opportunity to participate, pause and give it some thought. I am always available to discuss volunteer opportunities with you.

Thanks!



*Len Ulbricht, AMC-SEM Chapter Chair*

### 2020 Executive Board

Chapter Chair ..... Len Ulbricht  
Vice Chair ..... Terence Hayes  
Secretary ..... Ann McSweeney  
Treasurer ..... David Yampanis  
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Biking Chair ..... Bernie Meggison  
Biking Vice Chair ..... Peter Linhares  
Cape Hiking Chair ..... Jane Harding  
Cape Hiking Vice Chair .... Cathy Giordano  
Cape Hiking Vice Chair .... Robin McIntyre

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Webmistress ..... Cheryl Lathrop

The Breeze Editor ..... Mo Walsh  
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Contact [chair@amcsem.org](mailto:chair@amcsem.org) if  
you are interested in any  
OPEN position





Winter hiking leaders Bob Vogel, left, George Danis, Anne Duggan, Paul Miller, Maureen Kelly, Leslie Carson, Susie Schobel, and Ken Carson. *Photo by Ken Carson*

## Winter Hiking Series kicks off with record numbers at Winter Workshop

By Paul Miller, SEM Communications Chair and Winter Hike Leader

Once again this year, the SEM Hiking Committee kicked off our ever-popular Winter Hiking Series with an informative indoor workshop at the Bourne Community Center on November 2, 2019 (prior to the SEM Annual Meeting and Dinner held nearby in Buzzards Bay).

The purpose of this workshop is to provide experienced three-season hikers with an overview of the clothing, boots, and specialized gear needed for safe and enjoyable winter hiking in the mountains of New Hampshire. Much of the information provided applies equally well to local winter hikes, as well as to the variety of snowshoeing and XC skiing activities that our SEM winter leaders routinely offer. What could be well a record, thirty-five prospective winter hikers/snowshoers participated in this year's workshop, along with eight experience SEM winter hiking leaders.

George Danis, SEM Hiking Chair, welcomed the workshop participants, reviewed the objectives and agenda, and introduced the presenters. Ken Carson then took a few minutes to share his thoughts on what's so special about winter hiking, specifically the beauty and solitude of the mountains in winter, the lack of crowds and insects, the great views, and "the opportunity to use some neat gear."

Bob Vogel discussed the key points about clothing for winter hiking: avoid cotton and other non-wicking materials, use a layering strategy, and – above all – don't overdress, since this leads to sweating, which is what you want to avoid as much as possible. Bob held up examples of the different clothing articles he wears in different temperature, wind, and moisture conditions and how he mixes and matches them as needed to stay comfortable (and avoid hypothermia) in cold weather. His very colorful, jester-style winter hat made a big hit!

Leslie Carson covered the critical topic of winter footwear, including well-insulated/waterproof hiking boots; wool, synthetic, or wool/synthetic blend winter socks; and gaiters to keep the snow out of your boots. Leslie showed several examples of appropriate winter boots and discussed the pros and cons of each type.

Paul Miller then discussed and showed examples of the various types of specialized gear we require for our winter trips up north. These include Microspikes or Hillsounds for hard-packed or slightly icy trails; snowshoes for deeper snow conditions; and 10- or 12-point crampons for more challenging winter conditions. He explained that while we might not always require all this gear for every hike, it's always a good idea to bring it all to the trailhead with you...just in case.

Next, Anne Duggan discussed nutrition and hydration requirements for safe and enjoyable winter hiking. Since our bodies burn food as fuel to maintain heat in winter, she stressed the need for high-caloric foods that are easy and convenient to eat while out on the trail when the temperature drops to well-below-freezing levels.

### 2019-2020 SEM Winter Hiking Series

- Sat., Dec. 7, 2019 - [Winter Series Hike #1 - Mt. Wachusett](#)
- Sat., Jan. 4, 2020 - [Winter Series Hike #2 - Morgan-Percival Loop](#)
- Sat., Feb. 1, 2020 - [Winter Series Hike #3 - 4,000-footer\(s\) in Crawford Notch](#)
- Fri., Feb. 28 to Sun., March 1, 2020  
[Winter Series Hike #4 – Lonesome Lake Hut Overnight Trip](#)

*Continued on Page 4*





## Winter Workshop/Hiking Series



**Bob Vogel discusses clothing strategies for winter hiking.**  
*Photo by Ken Carson*

*Continued from Page 3*

She also explained why bladder-type hydration setups don't work well in winter and explained how to keep your Nalgene-type water bottles from freezing.

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

Maureen Kelly discussed group management, which involves both good leadership and ready cooperation and self-sufficiency by all participants. George then covered some miscellaneous – but still critical – points related to winter hiking logistics. These include making sure that our cars are as prepared for potentially severe winter conditions as we all should be.

Susie Schobel wrapped up the workshop with a quick overview of the scheduled SEM Winter Series hikes and the many other winter activities available to our members. Note that participation in an SEM Winter Workshop (or equivalent), or significant winter hiking/snowshoeing experience is required to participate in the Winter Series hikes (but not necessarily our other winter trips).

Visit the [SEM activity calendar](#) on the AMC ActDB trip listing system for details on our Winter Series hikes, plus a wide variety of other winter outdoor activities, such as snowshoeing and XC skiing.



**Paul Miller explains what those pointy things on the bottom of snowshoes do.** *Photo by Ken Carson*



**Some really cool winter gear!** *Photo by Ken Carson*

*See page 12 for Bob Vogel's article on equipment*





Nancy Wigley directs attention to nearby trees for one of many lessons on nature. All photos by Ken Cohen

## Fall Gathering on the Cape: A walk with a local naturalist

By Ken Cohen, Hiking Vice Chair

On Saturday, October 19, activity organizer Maureen Kelly arranged for a special "Four Ponds Walk" led by Naturalist Nancy Wigley in Pocasset, Barnstable County, on Cape Cod. The event was one of the many highlights during the Southeastern Massachusetts Chapter hosting of AMC's 2019 Annual Fall Gathering.

More than 20 nature lovers joined the outing while observing and learning about the numerous species of plants, lichens, and trees that adorn the Cape Cod region each autumn season. The group also admired an adult Mute Swan, during its serene swim on one of the many ponds in the region.

Attendees from Maine to New York and beyond were thrilled by the knowledge and enthusiasm of the leader. Nancy Wigley is a former AMC Conservation Chairperson (1999), Life Member of AMC, Certified Master Naturalist with the Cape Cod Museum of Natural History, and the author of two books, *Trailside Treasures* and *Looking at Lichens*.

Tall  
grasses,  
left, and  
lily pads  
on a  
pond.



We walked amongst the fishing grounds of two former U.S. Presidents, Grover Cleveland and Calvin Coolidge, in what was once part of the Town of Sandwich, MA. The forest around us was quiet and serene.

Nancy introduced the group to almost 20 different species of plants along the way, as she shared her experiences and personal anecdotes with all.

It was a perfect start to a near-perfect autumn day for the nature-lovers on the trails and waterways found throughout the varied regions appreciated and protected by the Appalachian Mountain Club!



Left: Touching the nature above us. Right: A lesson on lichen.



Viewing a pond with new eyes.



A mute swan glides through colorful waters.





## AMC members enjoy Fall Gathering activities



Camp lantern sets the mood (and helps during a power outage.) *Photo by Susie Schobel*



Candlelight dinner prepared by kitchen geniuses without electricity. *Photo by Paul Miller*



Sandy Neck hikers take a lunch break. *Photo by Paul Miller*



Claire and Craig MacDonald at Sandy Neck. *Photo by Ken Carson*



Hikers explore the expansive beach at Sandy Neck. *Photo by Paul Miller*



Hikers know beaches are not just for summer! *Photo by Ken Carson*



Cyclists display the new "Be Outdoors" AMC logo. *Photo by Jeannine Audet*



The Fall Gathering included speakers on a variety of topics. *Photo by Susie Schobel*



Cyclists pause on their ride along the Cape Cod Canal. *Photo by Jeannine Audet*



Live band music encouraged dancing. *Photo by Sue Schobel*



There's no hurry for beach hikers at the Fall Gathering. *Photo by Paul Miller*





Photo by Ken Cohen

## Volunteer of the Month: Pamela Johnson

By George Danis, Hiking 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 the Hiking Committee recognizes Pamela Johnson for her numerous contributions.

Whether leading a hike for SEM or conducting a seminar as an AMC summer White Mountain Hut naturalist, Pam is enthusiastic, energetic and engaging. She is always ready to turn an ordinary hike into an event either by themed “dress-up” days or as a leading vocalist on the Holiday Caroling Hike at Houghton’s Pond. Her enthusiasm is infectious, plus she often brings chocolate candy bar snacks for all participants!

This past summer Pam volunteered as a naturalist at the huts and readily shared her knowledge of trees and plant life with fellow SEM hikers on springtime hikes. She also co-led the “Introduction to Hiking” spring series and is one of the new leaders of the White Line series in the Blue Hills.

Thank you, Pam, for all you do.

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

## Communications Chair position OPEN

This is a great [volunteer opportunity](#) for anyone with good communication skills, 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 Paul Miller at [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) or to Len Ulbricht at [chair@amcsem.org](mailto:chair@amcsem.org).



October 5th was a great day for cycling through picturesque Massachusetts and Rhode Island. *Photo by Jeannine Audet*

## ‘Octoberfest’ biking and brews

By Jeannine Audet, Cycling Leader

Fifteen cyclists enjoyed a brisk fall day, cycling 27 miles through Westport, MA, and Tiverton and Adamsville, RI. The Cycling ride took us past beautiful homes and farms surrounded by stone walls, the old Gray’s Grist Mill, and the West branch of the Westport River. There were a few challenging hills.

Afterward, the group returned to our starting base at Buzzard’s Bay Brewing to enjoy their craft beers, interesting fare from the food trucks, and lively conversation.



Cycling 27 miles is thirsty work! *Photo by Jeannine Audet*





Dexter on Mount Bond with Bondcliff in the background.

## Hiking the Pemigewasset Loop

By Dexter Robinson

Many years ago when I joined the AMC, a NH White Mountain presidential traverse was the premier hiking challenge. In recent years that hike is now considered by some as a warm-up for the Pemi Loop hike. *Backpacker Magazine* rates the Pemi Loop as the second hardest day hike in the U.S. and *National Geographic* rates it among the top ten epic hikes in the world. This 31-mile hike is a collection of trails that follow the ridgeline surrounding the Pemigewasset wilderness, climbing eight 4,000-footers, requiring over 9,000 feet of elevation gain. The terrain varies widely from a wet and dark forest to long stretches of above-treeline travel. The route includes some of the most rugged trails in the White Mountains. Hikers typically do it in one or more days. Early in the summer, I decided to take on this challenge and began researching the trip.

**When to do it?** Some have done (or attempted) it in early May to avoid black flies that are bothersome later that month and in June. But often they get surprised by lingering snow and quickly learn the meaning of the word "posthole." July has a high occurrence of thunderstorms. So based on this information and trip reports, late August or the first half of September seemed like the best time to attempt the hike.

**Where to begin the loop?** There are numerous trails one could take to jump on the loop. But the section of the loop near the Lincoln Woods Visitor Center has the lowest altitude so this is where most people begin the loop to minimize the total elevation gain.

**How many days?** For a one-day attempt, one can travel much lighter and faster without all the overnight gear. But at my age this was not realistic, so I initially planned for a three-day trip that would be more enjoyable and easier on the body.

**Which direction to hike?** Web posts addressing this question indicate it is a hotly debated topic. I flip-flopped a few times but initially thought going counterclockwise would work best since it offered a more gradual elevation change. I would backpack the first day to Guyot tent site, passing over the Bonds, then on to the Garfield tent site the second day and finally the Franconia Ridge on the third day. The second day would offer the opportunity for possible side trips to other mountains.



Osseo Trail staircases, left, and the trail leaving Little Haystack Mountain. Photos by Dexter Robinson

But upon further research I discovered that the Franconia Ridge with the highest mountains has 2.4 miles of exposed above-tree line travel as compared to about 1.5 miles of exposure between the Bonds and over Mt. Guyot.

Given the difficulty of predicting the weather in this area, I was more confident in the accuracy of the forecast for the first day compared to the third day. This favored hiking clockwise, doing the Franconia Ridge on the first day and the Bonds on the third day. Moreover, the hiking time and distance was shorter going clockwise to reach the ridge, where one could experience the first great views. Since I had decided to go solo, weather was a very important factor. So I began to watch the weather forecasts, starting in late August, for rain-free weekdays (for fewer crowds and parking issues). But it seemed nearly impossible to get three consecutive such days in the Whites, so I settled on two good days that appeared in a forecast, with the hope that the weather on the third day would improve.

*Continued on page 9*





View towards Mount Garfield. *Photo by Dexter Robinson*

## ‘Pemi Loop’ hike *Continued from Page 8*

But just as I was about to begin my backpack, the forecast began to change, with inclement weather predicted to come in sooner than expected. Consequently I changed the plan and decided to do the hike clockwise in two days rather than three, thus avoiding possible exposure to bad weather on Mt. Guyot and the Bonds. I also eliminated doing any side trips since both days would be long and challenging. There are other ways of doing the trip. Some hikers overnight at Liberty Spring campsite and/or Galehead Hut, going either direction.

**Conditioning:** Although I had been hiking most of the year, I did additional condition hiking in August with a heavier pack similar in weight to what I would be carrying. I regularly did a moderate to fast-paced hike in the Blue Hills Reservation on parts of the Skyline trail that were rough and required a 1,000 feet of climbing.

**The Backpack, Day 1:** I started my journey just before sunrise and soon was on the Osseo Trail. This trail is well maintained and with its easy uphill design, along with about seven wooden staircases, it got me up to the ridge and to Mt. Flume in less than three hours. The weather on the ridge was fine with great views. After crossing Mt. Lafayette, which was in and out of the clouds, the clouds lifted and I enjoyed the scenery in this trail section. The trail became rougher as I approached Mt. Garfield, and soon I was scaling a few ledges. I topped out on Mt. Garfield at mid-afternoon, then headed down to the Garfield tent site for my overnight. (distance:14.5 miles, time: 9:45).

**The Backpack, Day 2:** The day began with a scramble down a steep boulder field with water running everywhere. It felt like hiking down a waterfall. The remainder of the trail over to Galehead hut was in the woods. It was rocky and slow going. I stopped briefly at the hut to top off my water before the steep climb to South Twin’s summit. I then turned onto the Twinway, descending a ways and finding places where I could pick up the pace. As I approached Mt. Guyot the trail suddenly went out into the open, offering good views but lots of boulders to navigate over. The climb over Mt. Guyot was relatively easy. I soon passed the side trail to the Guyot shelter and arrived a short time later on Mt. Bond. The weather held and the sun came out occasionally. The trip down to the visitors center was a long, endless nine miles. (Distance:17.2 miles. Time: 10:45).

**Pack, clothing, shoes:** My pack weighed 27 lbs. with water and three days of food (17 lbs. base weight—no food or water). I leveraged what I had learned doing the Maine 100-mile wilderness. I kept clothing to a minimum with one set of hiking clothes and long underwear to wear at night, three pairs of Darn Tough socks—changed out the socks midway through each day. I wore Keen Targhee II hiking shoes with a knobby tread rather than boots.

**Water and hydration:** I carried three liters of water each day—two 1-liter Smartwater bottles and one collapsible 1-liter bottle. The amount to carry can be difficult to calculate based on what you normally consume, the availability of it along the way, and how warm the air temperature is. For both days, I drank two entire liters, using the same hydration system that worked well for the 100-mile wilderness—one Smartwater bottle inverted with a feeding tube in one pack side pocket and the other liters in the other side pocket.

Overall it was a great but challenging trip with many wonderful memories.



The trail after the Garfield tent site, left, and approaching Mt. Guyot. *Photos by Dexter Robinson*





## 2019 Annual Meeting Honors, Awards, & Fellowship



Guest speaker Holly Fitzgerald  
with Len Ulbricht



AMC Staff representative  
Heather Clish



Maureen Kelly presents Paul  
Miller with the Distinguished  
Service Award



George Danis & Hiking Committee  
Award honorees Cathy MacCurtain &  
Paul Brookes



Paul Miller with Skip Maysles



Patty Rottmeier & Ann McSweeney



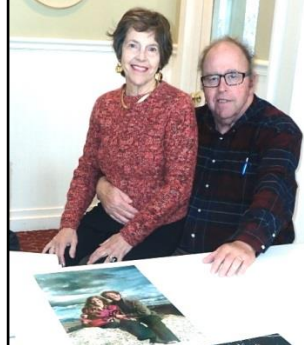
Terence Hayes & Judith Brookes Gibbs



Heeere's Bernie...  
Meggison!



Ann McSweeney & Ralph Jensen



Holly & "Fitz" Fitzgerald



Kathy G. & Dave Selfe



Len Ulbricht  
presents the  
Chapter Chair  
Appreciation  
Award to Joanne  
Staniscia



Fall Gathering  
Committee Barry  
Young, left, Jeannine  
Audet, & Jane Harding  
(Missing: Susie Schobel)

*Photos by Ken Carson*





## Your 2020 Executive Board

Chair ..... Len Ulbricht  
Vice Chair ..... Terence Hayes  
Secretary ..... Ann McSweeney  
Treasurer ..... David Yampanis

Past Chair ..... Barry Young  
Biking Chair ..... Bernie Meggison  
Cape Hikes 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  
Skiing Chair ..... Jeannine Audet  
Trails Chair ..... Skip Maysles  
Young Members ..... Chair Susan Schobel  
AMC Regional Director ..... Joe Princi

Young Members Vice Chair ..... OPEN  
Cape Hikes co-Vice Chair ..... Cathy Giordano  
Cape Hikes co-Vice Chair ..... Robin McIntyre  
Communications Vice Chair ..... OPEN  
Membership Vice Chair ..... Sandy Santilli  
Trails Vice Chair ..... Pete Tierney  
Skiing Vice Chair ..... OPEN  
Hiking Vice Chair ..... Ken Cohen  
Conservation Vice Chair ..... Bill Cannon  
Education Vice Chair ..... Sue Svelnis  
Paddling Vice Chair ..... OPEN  
Biking Vice Chair ..... Peter Linhares

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Breeze Editor ..... Maureen Walsh  
Blast Editor ..... Marie Hopkins  
Social Network Administrator ..... Christine Racine

## AMC-SEM Chapter Milestones: Continuous Years of Membership

Congratulations to the following members for their uninterrupted years of membership in the AMC Southeastern Chapter and participation in our programs!

### 50 Years

Patricia Day  
Richard Merritt  
Howard Shearer  
**25 Years**  
Laurel Link  
Terence Link  
Helen Sittler  
Suzanne Aupperle  
Sarah Boynton  
Diane Romme  
Michael Aupperle  
William Boynton  
Arthur Romme  
Michael Lucas  
Cynthia Johansen  
Charles Sumner  
Chele Lavalla  
Janice Forgays  
William Rockford

### 10 Years

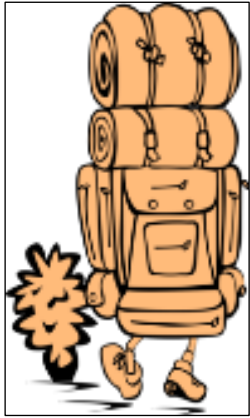
Troy Almeida  
Katie Almeida  
Dianne Iperin  
Lisa Amols  
Jennifer Andrews  
Janet Baker  
Richard Batchelor  
Mark Baumhofer  
Jeff Belser  
Ida Belser  
Norman Burr  
Al Carpenter

### 10 Years

Lucinda Carpenter  
Ron Carroll  
John Cole  
Alexander Crosett  
Katherine Crosett  
Kaela Curtis  
Sharon Davis  
Robert Davis  
Anne Diotalevi  
Paul Diotalevi  
Stephen Dodge  
Robert Dwyer  
Walker Ellis  
Lee Forest  
Willia Frabetti  
Michael Freise  
Shannon Freise  
F. Thomas Fudala  
Karen Giovanoni  
Theodore Haines  
Sara Jackson  
Pamela Johnson  
Bryan Jones  
Patrick Kitchen  
Jane Kitchen  
Jo-Ann Kwass  
Talbert Lauter  
Ann Lawton  
Patricia Little  
Michael Little  
Gavin Little-Gill  
Sierra Little-Gill  
Elsa Little-Gill







## Exactly what should I buy?

By Bob Vogel, Hike Leader

Unfortunately, as much as I'd like there to be (for me as well as for you), there is no simple answer. A lot depends on *you* and *your* plans. How much do you intend to backpack? Are you interested in "trying it out", or committed to hiking the Appalachian

Trail, Pacific Crest Trail, Continental Divide Trail...? How strong are you? Stronger people *can* carry heavier packs, although they may not want to. And finally, "How much are you willing to spend?" Because, generally, as weight goes down the price goes up. And as weight goes way down, price goes way up!

Although most of us will fall somewhere in the middle, let's start with a look at a couple of the extremes.

**"Wired"** (Erin Saver when off trail) started by hiking the PCT (Pacific Crest Trail) in 2001. She has gone on to hike the AT (Appalachian Trail), the CDT (Continental Divide Trail), and many, *many*, more. (See her website: <https://www.walkingwithwired.com/>)

She became *committed* to hiking, and her website will give you far more information than I can here, but just take a look at her 'routine' gear list here:

<https://www.walkingwithwired.com/gear>

Her base pack weight (even with the electronics) is under 14 lbs. Great, but to get there--\$3,900! Most of us aren't that committed! (Note: You can ignore most of the 'electronics,' unless you want to make your living blogging from the trail. And have the followers to make that worthwhile.)

Let's look at a second woman:

**"Dixie"**: (Off trail: Jessica Mills) posts videos and details on her hikes here:

<https://www.youtube.com/channel/UCQhgmV26773qZhzcJz4VFcw>, <https://homemadewanderlust.com/>

Here's the recommended gear list from her latest thru hike, the CDT:

(<https://lighterpack.com/r/fsmeqt>)

Dixie doesn't give costs in this chart, but her tent is \$600, her sleeping bag \$300+, her pack another \$300. Again, she hikes all summer, every summer, and it's worth it to go light (And she and Wired may get equipment donated, or at a reduced price, in exchange for the publicity.) But, bottom line, light is not inexpensive.

### "Some College Kid"

At the other extreme is a hypothetical poor college student, modeled on my experience a long time ago, updated to current equipment and prices.

Tent: River Country Products Trekker 2.2 \$55 on Amazon.  
Sleeping bag: From a local department store. Coleman 30 degree at Walmart, \$27.

Pad: Thermarest Ridgerest \$29 at REI.

Cooking: Esbit CS585HA 3-Piece Lightweight Camping Cook Set, Amazon \$27.

Water filter: Sawyer Mini, Amazon \$20.

Pack: And to carry everything, Teton Sports Explorer 4000 internal frame backpack, Amazon \$75.

So for \$233 you can have your "Big 6" backpacking items and go backpacking. Will they be as lightweight as Wired and Dixie? Heck no! Will they be as high quality? Varies. But will they "work," keep you warm, dry, and fed? Yes! And if it's what you can afford, and you are comfortable carrying the weight, "Go for it!"

When I started out 50 years ago, I didn't have "the best." (And still don't!) Has my gear improved? Sure. Did I invest in a new, lightweight tent and new, lightweight sleeping bag this spring? Yes I did, because I'm not as young as I once was. 😊 Did I "have to"? No, but I decided that if I was going to backpack a bunch this summer, it was worth the cost to reduce my pack weight. (Did I mention I'm not getting any younger?)

So, where do you fall? Likely somewhere in the middle. Maybe you already have some of the gear, but are just looking to buy a new sleeping bag. Make sure it will fit in your pack, and leave room for the rest of your gear! Maybe you don't have much. But before you rush out to buy "everything," let's talk as if you are willing to share; not everyone needs a tent and stove.

And finally, to give you one more "data point," see the next page for my current projected pack contents and weight. (Excluding food and water and items carried in my pockets, such as wallet, cell phone.) This list is "pretty good," except my old 5.35 lb. pack. If I backpack a lot it may get replaced and save me a couple lbs. (It weighs more than my tent.) *Continued on next page*





## Backpacking buys *Continued from page 12*

Backpacking	Grams	Wt. lb
Pack w/TB Cover FP	2430	5.35
Tent B/A Tigerwall 2	1146	2.52
Footprint	85	0.19
Platform Hooks	30	0.07
Sleeping Bag/pb/ss	888	1.96
Sleeping Pad	440	0.97
Cookset:	540	1.19
Stove		
Pot/stand		
Fuel/syringe		
Matches/lighter		
Cozy/towel		
Soap		
Knife	73	0.16
L/H T Spoon, fork		0.00
Cup (A/R?)		0.00

First Aid Kit	164	0.36
Headlamp	80	0.18
Batteries (A/R)	47	0.10
Headnet	18	0.04
Bug Spray/Packets	22	0.05
Whistle	10	0.02
Compass	24	0.05
Mini T	7	0.02

Drybag	39	0.09
Bread bags	12	0.03
Synthetic Jacket	425	0.94
Long Underpants	147	0.32
Fleece top	277	0.61
Socks	92	0.20
Fleece Hat	61	0.13
Liner Gloves	31	0.07
Nitrile Gloves	19	0.04
Dry Bag Tot =	1103	2.43

Column 1 sub-total =	7107	15.65
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	Grams	Wt. lb
Rain Coat	346	0.76
Rain Pants	352	0.78
Rain Hat	61	0.13
Water Shoes (Opt - A/R)		
TP	25	0.06
Sanitizer	26	0.06
Tooth Brush	10	0.02
Tooth Paste	22	0.05
Pills/Personal Meds	10	0.02
Floss	6	0.01
Water filter	101	0.22
Dirty Water Bag	38	0.08
Clean Water Btles S/W(2)	88	0.19
Food hanging bag	29	0.06
Rope	34	0.07
sub-total =	1148	2.53
Base Weight		18.18
Food & Water		0.00
Total =		18.18



### When is cheaper too cheap?

"What about the tent I saw at Walmart for \$20? That's even less expensive than your \$55 example." Well, one thing to consider about tents, when you're in the woods, your tent is what keeps you dry in a storm. Many tents are less than perfect. If you buy *any* tent, test it out in your backyard before you take it into the woods and depended on it.

The same applies to sleeping bag ratings. It may say "20°" but does that mean you'll be "comfortable" or "clinically alive" in the morning? There is a big difference! There are sleeping bag standardized ratings these days, but not every manufacturer tests their bags. See: <https://thermarestblog.com/en-iso-sleeping-bag-ratings/> and lots of other articles available on the web.

For New Hampshire in mid-summer, if you pick your weekends, a 30-degree bag is fine. But even mid-summer, I've appreciated a 20-degree bag at times. It does get cold in the mountains, and if you are higher, it gets colder. Can you sleep with all of your clothes on and make it through the night? Yes, but in a 20-degree bag with your base layer on and using a sleeping pad, you are usually fine. No summer sleeping bag is going to also be a winter sleeping bag. When you come to the SEM 'Winter Workshop' they will be talking "-20 degree" sleeping bags, and you'll appreciate those when it drops well below 0°! So there is no one, magic sleeping bag.

**Renting gear.** If you want to try this whole backpacking thing before committing big bucks, REI in Framingham and Reading rent some gear. Contact them for details. <https://www.rei.com/rentals>

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





### 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

**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](mailto: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](mailto:paulbcurrier@comcast.net))

### CAPE HIKING

**Sun., Dec. 1. Hike Maple Swamp East Sandwich, MA.** Work off those Thanksgiving calories by exploring moraine remnants in the Maple Swamp. This is a hilly hike certain to raise your heart rate and produce some healthy sweat. Hiking shoes required and hiking poles recommended. Hike will be 4 - 5 miles and we will go by the Maples Swamp and possibly a quaking bog. From mid Cape highway if coming from Sagamore Bridge take Exit 3 Quaker Meetinghouse Rd exit, turn R at end of ramp and take 1st left onto Service Rd. The parking area is the next R after Mill Rd. From mid Cape highway heading towards the Sagamore Bridge take Exit 4 turn L over highway and take next R onto Service Rd., Maple Swamp is next L after Noel Henry Rd. L Jane Harding (508-833-2864 Before 9 p.m., [janeharding@comcast.net](mailto:janeharding@comcast.net))

**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](mailto: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](mailto:shaferhayden@gmail.com))

**Thu., Dec. 12. Hike Punkhorn Parklands (C3C), Brewster, MA.** Wooded, hilly trails with pond views. Hiking boots and poles helpful. Route 6 Exit 9B, 2 miles to a right on Setucket Rd, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 am 2 hours. L Richard Kaiser (508-432-3277 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**(NM) Thu., Dec. 19. Hike Barnstable-Bridge Creek Conservation (C3D), Cape Cod, MA.** Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 9:45am. 2 hrs. From Exit 5 off Rte 6 North on Rte 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168 Before 9pm, [farlewis@comcast.net](mailto:farlewis@comcast.net))



## Activities

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

### CAPE HIKING

**Sat., Dec. 21. Hike Greenough Pond Yarmouth, MA.** 3 1/2 hour hike on wooded trails with hills. Hiking boots and poles recommended. Bring lunch. Directions: From Rt 6, take Exit 7 North on Willow Street. Right turn on Route 6A. At sharp curve turn right onto Summer Street. Park at Dennis Pond Beach parking lot on right. L Richard Kaiser (508-432-3277 Before 9 pm, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Dec. 26. Hike Eagle Pond Cotuit, MA.** Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Sun., Dec. 29. Hike--Sandy Pond Recreation, West Yarmouth, MA.** Wooded trails, pond views in Mid-Cape area. Route 6 Exit 7S, left on Camp Street, left on Buck Island Road, and left at Sandy Pond Recreation Area. L Janet Kaiser (508-432-3277 before 9:00 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net)) CL Richard Kaiser (508-432-3277 Before 9:00 p.m., [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

### 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](mailto:communicationschair@amcsem.org) and/or to Leonard Ulbricht [chair@amcsem.org](mailto:chair@amcsem.org).

### HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).

Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

**(NM) Tue., Nov. 26. 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](mailto: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](mailto:vogel.r@comcast.net)), R Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net))

**Fri., Nov. 29. Walk Your Turkey Off Hike at Halfway Pond Conservation Area, Plymouth, MA.** Join me for a 9 am Friday morning-after-Thanksgiving hike at Halfway Pond Conservation Area in Plymouth. We will combine dirt road walking around the ponds with hilly trails in between the ponds for about 6 miles of beautiful trails. Features along the trails include wetlands, kettle holes, beech forest and an area of cathedral pines. Halfway Pond is the headwater for the Agawam River and has been eagle nesting territory in the past. Meet at the Long Pond Boat Ramp Parking Lot at 8:45 for a 9:00 am start. Take Exit 3 off Rt 3 and head southwest. At the intersection turn left onto Long Pond Rd and an immediate right onto Clark Rd. Stay left to keep on Clark Rd which turns into West Long Pond Rd. Parking Lot is on the right between the two ponds. The parking lot we are using is not located on the map linked. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))





## Activities

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

### HIKING

**Sat., Nov. 30. 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](mailto:wsfi1@verizon.net), See [whiddenschool.com](http://whiddenschool.com) or [zazenzone.com](http://zazenzone.com)), R Roger Whidden (781-834-7722 9 am - 9 pm, [wsfi1@verizon.net](mailto:wsfi1@verizon.net))

**(FT) (NM) Sat., Nov. 30. Copicut Woods, Indian Town Rd, on the border of Fall River and Westport, MA.** Meet at 10:00 a.m. Indian Town Rd Parking lot. Required equipment: hiking boots, rain gear, water and snacks. This 516-acre property is both a prime destination and the southern gateway to the Southeastern Massachusetts Bioserve. Copicut introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. We will be hiking on many trails lined with pine needles bordering beautiful stone walls. There are some bog bridges so make sure you have sturdy hiking boots. There is an old farm house and barn foundations to explore also. Hike will be approximately 4.5 miles. L Joanne Newton (508-215-9470 Best before 9 PM, [newt665@comcast.net](mailto:newt665@comcast.net)) CL Paul Audet ([milmod@aol.com](mailto:milmod@aol.com))

**Sun., Dec. 1. Thanksgiving Weekend Blue Hills Massacree Hike., The Blue Hills southern 3 Parking lots along Randolph Ave. Milton, MA.** Come join the AMC SE Massachusetts Chapter Conservation Committee and Officer Obie in the Blue Hills pickin up the Garbage. The Dump was closed on Thanksgiving, so we are doing it with Alice on Sunday cuz we got to be in court on Monday. Feel free to wear bell bottoms and Tie Dye. Bring your own Implements of destruction. We will supply the Garbage bags and the Rubber gloves. We plan on pickin up the garbage on the southern end of Randolph Ave. Then we will load it up on the VW Micro Bus and take it to the Dump while singin in three part harmony. Registration is not required. Meet in one of the 3 Southern most parking turn offs on Randolph Ave (Rte. 28), just north of the Highway (Exit 5 on 128/93). Plan to be there at 9:45 so we have time to look at the 8x10 color glossy photographs with the circles and arrows and the description on the back. L Joanne Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L William Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com))

**(NM) Tue., Dec. 3. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** See Tues., Nov. 26, listing for details.

**Thu., Dec. 5. Thursday Morning Series: Bay Circuit Trail - Sharon-Easton, MA.** Hike about 7 miles of the Bay Circuit Trail through parts of Sharon and Easton. We will hike through Borderland, then continue down some power lines and then through "Fox Hill" and "Beaver Brook Woods", two Easton pieces of Conservation and NRT land. This hike is fairly level, and we will 'move at the groups pace'. Along the way we will pass "The last bear den in Easton", where the last bear in Easton was killed. (until a new one moves in one of these days) And there is only a couple hundred yards of road walking! I think it's the nicest section of the BCT.. .but I might be prejudiced. Hike will meet at 9:45 and the hike will start at 10. We will stop and have lunch along the way, and should complete our hike by 2:00. Note: Registration is required for this hike as we will have to spot cars. Since the parking lot at the trails end is quite small, I'll direct most folks to meet at the start, but I'll need some volunteers to meet at the end and leave cars to shuttle folks back to the starting point. If you have a 4 or more passenger vehicle and can help shuttle folks, note that when you register. (Directions for where you should meet will be in the Info Sheet.) Please register by Tuesday, Dec 3 to allow time to organize the car spotting. Thanks. If it rains? Bring your raincoat, we will have fun anyways! :-). L Bob Vogel ([vogel.r@comcast.net](mailto: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.)

**Sat., Dec. 7. Winter Series Hike #1 - Mt. Wachusetts, 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. Wachusetts 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](mailto: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](mailto:danisdad51@outlook.com), An experienced hiker and hike leader, Geoge 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., Nov. 30, listing for details.



## Activities

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

### HIKING

**(NM) Tue., Dec. 10. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** See Tues., Nov. 26, 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](mailto: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.** 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](mailto:bcannon56@gmail.com), AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis ([suesvelnis@gmail.com](mailto:suesvelnis@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)), R Bill Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com))

**(FT) (NM) Sat., Dec. 14. 2nd Annual Caroling Around the Pond, Houghton's Pond Visitor Center, Blue Hills Reservation, MA.** Hark! Come one! Come all! Put on your best festive and fun holiday attire and join us for a stroll around Houghton's Pond at the Blue Hills Reservation on Saturday, December 14th at 10 AM. We will meet at the Houghton's Pond Visitor Center to "rehearse" before heading out on our 1.1 mile caroling adventure around the pond. We will stop along the way to sing a traditional carols, seasonal tunes and holiday ditties. Stay for light refreshments and cheer after the singing! We will wrap up before noon. Revelers of all ages are welcome to join in! Well behaved dogs on leashes are most welcome! Caroling will be cancelled if the weather outside becomes frightful. Cancellation will be posted on the AMC website and also by SEM Chapter notification so be sure to check if weather looks bad. L Pamela Johnson (617-448-4446, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam is an AMC SEM Chapter Hike leader and serves as co-leader on the White Lining Series, the Conditioning Series and the Introduction to Hiking Series. She also volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts in the summer. Pam has climbed the NH 48 and loves being outdoors!) CL Maria Sestina (Maria Sestina is an AMC SEM Hike Leader and loves outdoor adventures of all kinds!)

**Sat., Dec. 14. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See Sat., Nov. 30, listing for details.

**Mon., Dec. 16. Enjoying, not just Surviving, Winter, James Library, 24 West St., Norwell, MA.** Do you enjoy three season hiking and walking and are interested in getting outside during the winter months to do the same? Shorter days, storms, icy sidewalks, and cold weather can be challenging. This presentation will provide a view of winter as a season when outdoor activities can be enjoyed by dressing properly. Techniques for staying warm along with clothing and foot gear examples will be on display. The presentation is free and will take place at the James Library, 24 West St., Norwell, MA on Monday, December 16, 2019, 7 pm. Registration is not required. L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@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 the mountains on the New England Hundred Highest list as well as the NH four thousand foot mountains in winter. He has summited Mt. Washington in every month.)

**(NM) Tue., Dec. 17. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** See Tue., Nov. 26, listing for details.

**Sat., Dec. 21. Snowshoe #1 2019- 2020, TBA, MA.** We will be chasing snow to begin a graduated series of snowshoe hikes in New Hampshire and Massachusetts. Hike locations will be posted 1 - 2 weeks prior to the planned hike. Full winter gear with snowshoes and microspikes will be required. Priority for registration will be given to participants in the SEM Chapter Winter Hiking Workshop. L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com)) L Leslie Carson (508-737-6627, [lrc929@comcast.net](mailto:lrc929@comcast.net), Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4KFooters in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest for the past seven years. She is certified in SOLO Wilderness First Aid and CPR. Since 2015 she has led/co-led AT hiking/trekking trips in western US and internationally.) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) CL Linda Church ([Ichurch@whoi.edu](mailto:Ichurch@whoi.edu)), R Anne B. Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com))

**Sat., Dec. 21. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See Sat., Nov. 30, listing for details





## Activities

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

### HIKING

**(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](mailto:DLepore2@GMail.com)) CL Hans Luwald (508-668-0462 Before 9 PM, [Hans.Luwald@Gmail.com](mailto:Hans.Luwald@Gmail.com))

**Sat., Dec. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See Sat., Nov. 30, listing for details.

**Tue., Dec. 31. White Line the Blue Hills, Blue Hills Reservation, MA.** What is "White Lining?" White Lining is an honor system quest to hike all of the mapped trails in the Blue Hills Reservation between the Winter Solstice and the Spring Equinox. For most folks White Lining takes several winter seasons to complete, hiking trails both on their own as well as in our fun White Lining group! For the sixth year, this popular series will have 12 hikes and will run from December 31, 2019 through March 17, 2020. We will meet on Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3 to 4 hours. We will hike at a moderate pace, perfect for moving and chatting at the same time. We will also enjoy lunch while out on the trails. Please consider the number of weeks you will be able to attend when deciding if this is the right group for you to join. If you are "White Lining" and think you can attend most of the 12 hikes, this is the group for you. If "White Lining" isn't your goal, there is another AMC winter hike also offered on Tuesdays in the Blue Hills that may be a better option. You only need to register one time for all 12 hikes. Registered hikers will be sent an email during the prior week detailing the meet up location and map plan of the hike. Hikes will be cancelled during active snow storms, heavy rain, icy conditions and/or excessive cold. Winter hiking clothing, insulated hiking boots, micro-spikes, snow shoes and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers with proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. White Line the Blue Hills! Lots of fun, adventure, no bugs, and gorgeous winter landscapes! L Pamela Johnson (617-448-4446, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series in the Blue Hills. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts. Pam has climbed the NH48 and is now working on 52WAV.) L Claire MacDonald (Claire and her husband, Craig, are AMC SEM Hike leaders. Claire and Craig have both completed their "Red Line" of the Blue Hills and have also completed the NH48. They love international treks including adventures hiking in Nepal and Patagonia. Claire and Craig were co-leaders of the White Lining series last year.) L Craig MacDonald (Craig is an AMC SEM hike leader and together with his wife, Claire, has been co-leader on the White Lining series and is also co-leader on the Conditioning Series.), R Claire MacDonald (508-265-3858, [cfrmacdonald@hotmail.com](mailto:cfrmacdonald@hotmail.com))

**Thu., Jan. 2. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA.** This is a series of advanced conditioning hikes in the Blue Hills Reservation during the winter months on alternating Thursdays. The hikes are intended for those with previous winter hiking experience. This experience could include previous SEM white lining hiking in the Blue Hills. The series is not suitable for beginners. We will be doing at least 4 miles at a moderate to moderate fast pace on rugged trails in the Blue Hills Reservation to achieve over 1000 feet of vertical climbing. The hikes will take 3 to 4 hours. MICROspikes or similar spikes will be required since we will be looking for icy places to use them. Also, backcountry snowshoes (ones that have built-in traction) are required. The series will also focus on efficient layering and climbing techniques. Steady rain or bad driving conditions will cancel. Registration is required. Group size is limited to 10. Contact the leader at: [dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com) to register. L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@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 of the NH four thousand foot mountains in winter and recently completed climbing the New England hundred highest mountains.), R Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com))

**Sat., Jan. 4. Winter Series Hike #2- Mt. Morgan- Mt. Percival Loop, NH.** Join us for hike #2 of the Winter Hiking Series of 4 hikes. We will hike a 5.5 mile loop, with approximately 1500 ft. of elevation change, in the Sandwich Mountain Range of Waterville Valley, NH. We will be rewarded with beautiful views at the summits, weather permitting. There are also interesting rock formations & caves along the trail. Proper winter clothing & gear are required (which may require snowshoes/ traction), as well as previous winter hiking experience &/or participation in the SEM Winter Hiking Workshop. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, [milmod@aol.com](mailto:milmod@aol.com)) L Maureen Kelly (617-943-4288, [mokel773@aol.com](mailto:mokel773@aol.com))

**Tue., Jan. 7. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.



## Activities

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

### HIKING

**(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 Codding 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](mailto:rcarnes2@aol.com))

**Tue., Jan. 14. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Thu., Jan. 16. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA.** See details at the Thur., Jan. 2, listing.

**Tue., Jan. 21. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Tue., Jan. 28. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Thu., Jan. 30. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA.** See details at the Thur., Jan. 2, listing.

**Sat., Feb. 1. Winter Series Hike #3 - 4000' Hike in Crawford Notch, NH.** Join us for hike #3 of the SEM Winter Hiking Series on a 4000' mountain in Crawford Notch, NH. The hike will be chosen depending on weather, trail conditions and number of participants. Possibilities include Mt. Pierce, Mt. Jackson, Mt. Tom or Mt. Field. The hike will be approximately 6+ miles with about 2300 ft. of elevation. Proper winter clothing & gear are required (which may require snowshoes/ traction/ full crampons), as well as previous winter hiking experience &/or participation in the SEM Winter Hiking Workshop. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net))

**Tue., Feb 4. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Fri., Feb. 7-9. Winter Hiking and Cross-Country Ski Weekend - Noble View, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA, 01071, 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 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](mailto: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

**Tue., Feb 11. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Sat., Feb. 15. Snowshoe #2, TBA, ME.** We will be chasing snow to begin a graduated series of snowshoe hikes in New Hampshire and Massachusetts. Hike locations will be posted 1 - 2 weeks prior to the planned hike. Full winter gear with snowshoes and microspikes will be required. Participants in the SEM Chapter Winter Hiking Workshop will be given priority for registration. L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com)) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) L Peggy Quicklund ([quicken@comcast.net](mailto:quicken@comcast.net), Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.) CL Linda Church ([lchurch@whoi.edu](mailto:lchurch@whoi.edu)), R Anne B. Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com))

**Tue., Feb 18. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.





## Activities

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### HIKING

**Thu., Feb. 20. Thursday Morning Hike - Pratt Farm Middleboro, Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346** for car pool to trail head., MA. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. Possible shorter snow shoe hike if weather permits. L Richard Carnes (508-947-3204 before 9 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Tue., Feb 25. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Fri., Feb. 28-Mar. 1. Lonesome Lake overnight, Franconia Notch, NH.** Join us on a wonderful overnight trip to Lonesome Lake Hut. This is the last in the Winter Hiking Series. We leave from the Lafayette Campground on Friday and return Sunday morning. There is a possible Saturday hike into the hut but that is not final. Those hiking in on Friday will have day hikes on Saturday to Canon, Kinsmans or around the hut. Registrants are responsible for booking their bunk (details to follow-- 20 bunks are currently reserved) at the hut. Dinners and breakfasts are group meals and participants will be required to carry some food. Costs of the meals will be evenly divided among the participants. Participation in a winter hiking workshop is required and participants will need appropriate clothing, micro spikes, snowshoes, full crampons and a minimum zero degree rated sleeping bag. L George Danis ([danisdad51@outlook.com](mailto:danisdad51@outlook.com)) L Jeannine Audet ([milmod@aol.com](mailto:milmod@aol.com)), R Jeannine Audet ([milmod@aol.com](mailto:milmod@aol.com))

**Tue., Mar 3. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Tue., Mar 10. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Tue., Mar 17. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Dec. 31, listing.

**Thu., Mar. 26. Thursday Morning Hike - Burrage Pond WMA - Halifax/Hanson, 15 Hawks Ave, Hanson, MA.** Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. Please contact leader BEFORE bringing DOGS on this hike. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**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](mailto: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](mailto:redDoug@aol.com))



## Activities

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### 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](mailto:milmod@aol.com), Jeannine is the Skiing Chair for the SEM Chapter.) CL Jeff Hyman CL Dia Prantis

**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](mailto: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

**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](mailto:milmod@aol.com), Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza





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