

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | June 2020

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*Impressions of Spring at the Arnold Arboretum. Photo Ken Cohen*

## The unmasking of Nature at the Arnold Arboretum

Article and Photos by: Ken Cohen, Hike Leader

It Happens Every Year—We Have Sprung Into Spring!

Life abounds and is seasonally renewed! This Is "The Renaissance of The Seasons!"

Mother Nature is immune to our pandemic. In fact, She is in the process of awakening her tree and plant children, right on schedule. Locally, few places are a better example of that renewal than the Arnold Arboretum, located at 125 Arborway, Jamaica Plain.

This year I had to cancel what would have been the "Third Annual Spring-Into-Spring Hike" (deep-sixed by Covid-19) at the Arboretum. During a five-week period, I visited that "tree museum" on three occasions and captured a number of the stages of the evolution of spring thru-the-lens. It's my pleasure to share some of it with you.

Amongst an avian chorale, and one amazing life form after another, I put foot afield, with camera in hand, amongst that sanctuary of the trees.

The photos that follow are examples of the chronological awakening of more than 15,000 species of trees and other plants at the 170-acre park, which is owned and maintained by Harvard University. It was founded in 1872 and designed by the "father of landscape architecture," Frederick Law Olmstead. Admission is always free-to-all. The often breathtaking scenery changes every day!

*Photo Essay Continued on page 6*



## View from the Chair: Searching for your next committee chair

As I write this View on a wet and foggy end of May day, progress has been made toward reopening volunteer led trips, currently canceled though June 14. AMC has established guidelines to be followed and is preparing materials for trip leaders to facilitate social distancing. Soon after you read this *Breeze* issue, if all goes as planned, you will see trip postings gradually rolled out by our hiking, Cape hikes, biking, paddling, and trails committees.

Looks like returning to at least a modified activity set for the second half of 2020 appears likely.

But in this issue of the View, our last until September, I wish to focus on recruiting for open positions on your Executive Board. First the very good news. Further progress has been made on filling Board openings with **Paul Brookes** stepping up to be **Vice Chair, Hiking Committee**. Thank you, Paul, for your commitment to keeping the wheels of the chapter turning.

Next, the chapter's Nominating Committee (**Alan Greenstein**, chairperson, assisted by **Robin McIntyre** and **Diane Hartley**) is tasked with preparing a nomination slate for a vote of the SEM membership at this year's Annual Meeting on November 7. This task involves talking with trip leaders and perhaps even non-trip leaders and exploring potential interest in a role on the Board. (The corona virus has hampered that effort, but hopefully trips will commence soon.) They are also interested in referrals should you know of someone who may be a good fit for the Board. At this time the Nominating Committee is focused on three Board positions that will become open in November. Two of them are **Chapter Secretary** and **Membership Chair**. Their position descriptions are currently posted on the Activities Data Base under Volunteer Opportunities. Here's the link: [SEM Volunteer Opportunities](#). You'll also notice the third position, **Trails Vice Chair**, is listed, too. (Coincidentally, an accompanying article in this issue spotlights the Trails Committee.) Look them over. Curious if there is a fit for you? Then let's talk. No commitment required. See below for contact information.

Finally, I'd like to say a bit more about **committee vice chairs**. We are always looking for vice chairs to help the chair, sometimes even having two vice chairs on a committee. Being a vice chair is an easy way to learn, without taking on the chair's role, how both the committee and the Board work to manage chapter operations. When the chair steps down at term completion, vice chairs usually have first option to move up into the committee chair position. If exploring a vice chair position is of interest to you, or even sharing the vice chair role with a current occupant, let's talk.

The best way to learn about volunteering on the Board is to reach out to the Nominating Committee (Alan, Robin, Diane), me, a current Board member, or any past Board member. Ask about what Board members do, skills that may help, time commitments, what you can learn, what you can offer. Even if it may not be a good fit for you now, maybe it will some time to come. The goal is to make SEM a better organization, and the best way to do that is if we can get more people to engage in that conversation.

Here's our contact info:

Alan Greenstein – [alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com)

Robin McIntyre – [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net)

Diane Hartley - [dhartleyplymouth@gmail.com](mailto:dhartleyplymouth@gmail.com)

Len Ulbricht – [chair@amcsem.org](mailto:chair@amcsem.org)

*Len*

Len Ulbricht, Chapter Chair

## 2020 Executive Board

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Trails Chair ..... Skip Maysles  
Trails Vice Chair ..... Pete Tierney  
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## Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Christine Racine  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

The Breeze Editor..... Mo Walsh  
Blast Editor..... Marie Hopkins

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





## Preview of AMC reopening

By AMC Staff

AMC volunteers, members, donors, and staff have responded to COVID 19 prioritizing health, safety, and our mission. We've made tough decisions about closing lodging, cancelling programs, and reducing staff. As we head into summer, we look forward to reopening the parts of AMC that can implement appropriate safety measures. This preview is based on what we know today. The information can change. Keep up with your AMC emails or visit AMC's [COVID 19 Update](#).

### Volunteer-Led Programs—Safety First

In order to relaunch volunteer led programs, participants and volunteers must commit to cancelling their participation if they are exposed to, test positive for, or experience the symptoms of COVID 19 within 14 days of their event. Anyone taking part in AMC activities will be expected to wear face coverings, practice social distancing, and follow appropriate health and safety practices. Those who prefer not to follow these practices should not attend AMC events.

New requirements may mean that AMC cannot offer some activities this summer or even this year. It may mean some volunteers sit the season out. While people make the decisions that work for them, we look ahead to the day when we can expand our offerings again.

### Continued Online Opportunities

By converting so many programs, trainings, and social events to online offerings, we learned that we can reach new people! This is particularly true for people who are safer at home. Throughout the summer and fall, we will continue to offer online programs. Follow the [chapter Facebook page](#) and [AMC's Facebook page](#) and review the [complete listing](#).

### Relaunch In-Person Opportunities

Volunteers and staff have defined how we will restart in-person volunteer activities. Volunteers receive regular updates through the Volunteer Newsletter and/or from their staff liaisons. We will resume in-person volunteer activities in two phases.

**Phase One**—Trail work and other stewardship activities: Volunteers who adopt trails, maintain structures, etc., as individuals or in groups <4. Start date June 15.\*

Required training

Adopt safety protocols

**Phase Two**—Volunteer Leaders groups of <10. Start date June 22.\*

Leaders have required training and safety practices.

Participants must register for events and sign an electronic waiver.

These new requirements mean that we may not be able to do all of the activities we normally do. Some activities simply cannot allow appropriate social distancing and are inappropriate for wearing face coverings. AMC is committed to upholding best practices for the safety of volunteers and participants and we look ahead to the day when these precautions will not be necessary.

Some of our long-standing traditions will not go ahead this summer and maybe even into the fall. Like the huts, many volunteer led camps and cabins will remain closed. Some Adventure Travel and other events may be cancelled. We hope that whatever changes in your AMC, that you will find your local AMC community through your chapter. Reach out! Offer to tell your stories about your favorite part of AMC. Be well.

*\*Editor's Note: Most AMC-SEM Activities are still **Canceled** for the summer. Check the chapter listings at [Outdoors.org](#) for future trips.*



**A masked meditator enjoys spring at the Arnold Arboretum. Face covers will be required as AMC reopens activities.**

*Photo by Ken Cohen*



Sue Svelnis, Bill Doherty, and Rob MacDonald removing a small tree blocking a trail at the Blue Hills in Milton. *Photo by Skip Maysles*

## Spotlight on the Trails Committee

By Skip Maysles, Trails Chair  
Pete Tierney, Trails Vice Chair

Do you love hiking and being outdoors?

Trails just don't happen! Do you know that most trails we use are maintained by a group of trail work volunteers? They keep the trails safe for hiking, biking, and walking. Every spring through fall, SEM has a group of trail work volunteers who work throughout the SEM area and beyond. Most of the activities include raking, brushing, clearing water bars, removing small downed trees and loose stones, marking trails, etc. Occasionally we do larger projects, such as building stairs and bridges, re-routing trails, etc.

An ongoing project for the SEM Trails Committee is the maintenance of the Skyline Trail in the Blue Hills. For those not familiar with the trail, it is a challenging, often rugged path that cuts across the Blue Hills Reservation from northeast to southwest, crossing at least a dozen hills along the way. Very popular with avid hikers seeking a good workout, as well as families seeking impressive views, it is heavily trafficked. Our AMC-SEM Trails Committee has adopted the trail between the Hillside Street Reservation Headquarters and Route 28. This means we are committed to upkeep on a regular basis: removing blowdowns from the trail, cutting back encroaching vegetation, clearing water bars, cleaning the rock stairs, and tossing the seemingly inexhaustible number of "ankle-roller" stones off the path.

Some larger projects the chapter has supported include rebuilding a bog bridge at Myles Standish State Forest, building an embankment stairway to conservation trails in Duxbury, and the design and construction of a bridge over a stream in the Fall River Bio Reserve.

Plans for 2020 included clean-up and re-marking a section of the Warner Trail through F. Gilbert Hills State Forest in Foxborough and re-marking the Bay Circuit Trail in Walpole, similar to what we previously had done on the BCT in Pembroke and Hanson. We also are planning to partner with the Wildlands Trust Organization on building a bog bridge on one of their south shore properties.

One of the appealing aspects of trail work is immediate gratification. You can walk in a trail that is eroded, narrowed by vegetation, and blocked by blowdowns across the path. After a couple of hours of work, you can walk back out the same trail seeing it improved, widened, and easily passable for yourself and others to enjoy. Trail work takes no special expertise or strength. Some people like clipping back branches; others like to dig out clogged water bars. We typically work in groups of 5 to 7 and we provide all tools and instruction. We learn from each other, and we'd love to see you at one of our events. To join us, sign up on the chapter activities page or contact either [Skip Maysles](#) or [Pete Tierney](#).

Finally, if you would like to be more involved and also help plan the trail work activities for this year and into the future, we currently have an open position of [Trails Committee Vice Chair](#). If you are interested, please contact either Pete or Skip for additional information.



Pete Tierney re-blazes the Warner Trail in F Gilbert Hills Forest, and Libby Cierri assists with marking the Bay Circuit Trail in Pembroke. *Photos by Skip Maysles*

**Right:** Newly built stairs allow better access to an historical trail in Duxbury.





Photo by Dave Selfe

## Volunteer of the Month:

### Debbie Hayden

By Robin McIntyre, Cape Hiking Vice Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best! This month, the Cape Hiking Committee recognizes **Debbie Hayden**.

Over the past four years as a Cape hike leader, Debbie has led groups through terrain in Mashpee, Falmouth, and Harwich, sharing her love of the outdoors, natural history, and the history of the area. She has special connections to conservation of the ocean, marshes, and rivers which she shares with those around her.

Her warm welcoming nature invites hikers to return and enjoy the comradery, while they exercise in the great outdoors. Debbie can also be found as the sweep on many hikes led by others on the Cape. She loves paddling and joins or leads paddles on the Cape in the warmer months. She has served as a mentor to upcoming or newer hike leaders, helping to expand the number of leaders and our hike offerings on the Cape. Congratulations, Debbie, and thank you from all of us at AMC-SEM!

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



## A Red Liner's hiking memories

By Lawton Gaines

I was very fortunate to grow up in Canton in the late 1940s and 50s within sight of Great Blue Hill. We lived on Indian Lane, and Great Blue was visible from our second floor window. We now live only a short distance from the house I grew up in, and when I built the house in 1973 we could see Blue Hill from the roof. The trees have grown up quite a bit in all these years and now block the view.

The first time I hiked in the Blue Hills was with the Cub Scouts, probably around 1950 or 1951. We climbed what the scout leader call the Blue Dot trail from Route 138 up to the Eliot Tower. It had blue dots on the rocks showing the way, but it was many years before I learned it was the Sky Line trail. For the first time, that day I saw the Boston skyline and Boston Harbor from the top of the tower. We made a fire in the fireplace and I'm sure toasted some marshmallows.

I hiked up there many more times throughout the 1950s and early 60s, but always took the "Blue Dot" trail to the tower. Most of the time in autumn, someone would be up there with a fire going in that fireplace, and in the winter there would always be skiers by that fireplace with a fire going. (You could walk in ski boots back then.) I became fascinated with skiing while talking with that fun group around the cozy fire, and it became a big part of my life.

There were no radio towers up there in those days, only that castle-like weather station, the Eliot pavilion, and that wonderful stone bridge. Bob's recent post reminded me that there were two bronze plaques cemented in the wall of that bridge, but they have been missing for some time. I always wonder where they went.

On July 4, 1976, my family climbed the ski slope to see the Boston Bicentennial celebration fireworks from atop Blue Hill. There were many other people up there with the same idea. It was quite a show, although the size of the fireworks was akin to something you'd set up as a dollhouse display and there was no sound except from the local fireworks.

I never dreamed there were so many wonderful trails in the Blue Hills Reservation until I started hiking with Joe and the Red Line group. There have been many enjoyable days hiking with that group, and for the next few years I'll be working on my Green Line patch.

Thank you all!

*Editor's note: Lawton completed Red Lining 6/21/15 and Blue Lining 11/16/19.*





## Spring at the Arnold Arboretum

Photos by Ken Cohen

*Continued from page 1*



Left:  
Dawn  
Redwood  
Tree from  
China



Pollen Season!



Hearts in the woods.

Right:  
Tortuoga  
Beech Tree

*Photo by  
Stephanie  
Cavallaro*



A flowering pine.

*Continued on page 7*





## Spring in the Arnold Arboretum *Continued from page 6*

*Photos by Ken Cohen*



**Oak Tree with Seeds**



**Redbud Landscape**



**Bleeding Heart**



**White Lilac**



**Weeping Birch Tree**



**Forsythia**



**Pale Pink Azalea**



**Elephant Ear Cabbage**



**Carolina Silverbell**



**Peeked Crabapple**



**Trillium**



**Traditional Lilac**

*Continued on page 8*





## Arnold Arboretum *Continued from page 7*

*Photos by Ken Cohen*



Peony



Buds on a Redbud Tree



Apple Blossoms



Grackle



Dawn Redwood Branch Is Born



Tree Swallow



Magnolia



Azalea



American Dogwood



Fern Forest



Reaching Skyward



Cherry Trees



Park Rangers



Redbud Afloat



This Too Is Spring



Groundcover



From left:  
Trillium bloom  
Red-Winged  
Blackbird  
Landscape Painter





## Species of 'Special Concern' in the Blue Hills Reservation

By Joanne Newton, Conservation Chair

I have written about the Endangered Species and the Threatened Species of plants and animals in the Blue Hills. This last installment is about those of Special Concern, which means that these species are not legally protected under the Endangered Species Act. Their numbers are in decline and they, too, are in danger of extinction.

The information I reference below has been gathered from the website of the Massachusetts Division of Fisheries and Wildlife.

### Eastern Whippoorwill

I was particularly saddened when I learned about the Whippoorwill, as I can remember their songs in the evenings when I was a child, but I cannot tell you when I last heard one.

The Whippoorwill is part of the Nightjar family, which means that it is a nocturnal bird that feeds on insects they catch on the wing. They are seldom seen, but are quick to announce their presence with their distinctive call on calm, moonlight nights. Their call is exactly as their name sounds "whip-poor-will." They usually arrive in



Massachusetts in mid-April and stay until the end of September. Very little is known about their wintering habitats, but it is believed they travel to the Gulf of Mexico and south to Central America.

This unassuming bird is approximately 8 to 10 inches long and weighs 43 to 64 grams. The sexes are nearly identical in plumage with colors of streaked browns and grays. They blend perfectly with the colors of their oak leaf nest or the thick branches on which they perch during the day. Their body shape is distinctive with a small body, which is always positioned horizontally when perched; they have a large, flat head with large, dark eyes and a very small bill.

The Whippoorwill has been greatly impacted by land development and fire suppression in their habitats, which are usually deciduous and mixed forests adjacent to large clearings with well-spaced trees and a low canopy. They prefer open understory forests, as the females lay

their eggs directly on the ground leaf litter. Their numbers have been also impacted by the decline in large moths, predation by other animals, particularly domestic and feral cats, and road mortality.

As you continue to read about the moths and butterflies below of Special Concern, remember that their decline is also impacting Whippoorwill.

### Coastal Swamp Metarranthus or Heath Metarranthus



This moth is a "geometrid" moth. This name comes from the Ancient Greek word *geo* which means "the earth" and the word *metron* which means "measure." This refers to the way the larvae of these moths or "inchworms" appear to "measure the earth."

Their wingspan is slightly over one inch, and the colors across their bodies range from dark brown to light pinkish-tan to white. Their bodies are peppered with black and have a bright orange underside.

They are found primarily in pine-scrub oak barrens, as well as acidic swamps and bogs. These moths fly in June and early July. Larvae feed during the summer on blueberries and cranberries. *Look carefully before you eat that handful of wild blueberries while hiking!*

### Hessel's Hairstreak

This butterfly also has a wing span of about an inch with gossamer wings that fold above its back while resting. The upper side of the wings is dark brown and the underside is a reddish-brown with bright bluish-green scales and white spots. *They are quite beautiful!*

They prefer white cedar swamps and shrub swamps and bogs. They fly from early May through early June. They lay their eggs on the branch tips of white cedar.

I think "hairstreak" is a curious word, but when I tried to research its origins all I found is from Merriam-Webster: "any of a subfamily (*Theclinae* of the family *Lycaenidae*) of small butterflies, usually having striped markings on the underside of the wings and thin filamentous projections from the hind wings."



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## Species of 'Special Concern'

*Continued from page 10*

### Oak Hairstreak

This Hairstreak is similar in size to Hessel's with upper sides of dark brown with a small black spot capped in orange. The underside is tan with a white and black line crossing both wings forming a "W."

They inhabit open oak woodlands and barrens on rocky uplands and sandplains. They fly from late June through July.

*Joanne's aside: In the pandemic world, any woman who hasn't been to a hair salon in two months will have a different definition of "hairstreak."*



### Comet Darner

Remember the damselflies from last month? Well, this time we add a dragonfly to our Special Concern list, which begs the question of what is the difference between the two? From the U.S. Fish and Wildlife Service website: *"Damselflies hold their wings together and upright, while dragonflies will hold their wings open or down. If wings are pinched together and held upright, it is likely a damselfly. If the wings are out, it is likely a dragonfly!"*

This is a large dragonfly with a bright red abdomen and a bright green thorax. It has long red legs which taper to black at the ends. The wings are transparent and usually clear, though they can be tinged with amber. The face is bright green and the male's compound eyes are green, while the female's eyes are sky blue. Their bodies range from 3 to 3.4 inches long and their wingspread may be over 4 inches

The Comet Darner's typical habitat is ponds containing floating and emergent vegetation including coastal plain ponds. The nymphs are aquatic while the adults inhabit a wide range of uplands. The nymphs may take as long as 3 to 4 years to reach maturity. Adults appear in late June through early September. They do spend much of their time high in trees when they are not feeding but they are large enough that we may be lucky to see one as we pass any ponds as we hike.



### Eastern Pondmussel:

This is a medium-sized to large mussel that may exceed 6 inches in length. Their shape is distinctly elongated or elliptical and the posterior end tapers to a blunt point. The outer shell in adults is usually dark brown or black and the inner side of the shell is usually purple, pink, or silvery white.

These pondmussels can be found throughout the Atlantic coastal drainages from Virginia to New Hampshire and in the Eastern Great Lakes Region, but they are most abundant in southeastern Massachusetts, particularly in large coastal plain ponds on the mainland and Cape Cod. They inhabit streams, rivers, and small to large lakes and ponds. They don't seem to prefer a particular water depth or flow.



They spend much of their time partially burrowed into the bottom of wherever they are living. Do you know that all freshwater mussels have larvae (called *glochidia*) that must attach to the

gills or fins of a vertebrate host to develop into juveniles? I did not. The host fish in our area are most likely sunfishes and bass.

These mussels are threatened by pollution and non-native and invasive species and are vulnerable to alterations in the water bodies where they live.

I will leave you with two thoughts.

First, a quote from Barbara Ward, the founder of the International Institute of Environment and Development (IIED).

*"We have forgotten how to be good guests, how to walk lightly on the earth as its other creatures do."*

I chose this quote because we, as the human race, have caused the extinction of a number of species beyond what is imaginable to most of us. Yes, species become extinct through natural selection and as a result of natural catastrophes throughout the 4.5 billion years of Earth's history. Relatively speaking, scientists have only recently recorded extinctions so we don't know how many species have vanished in reality.

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## Species of 'Special Concern'

*Continued from page 11*

However, according to Wikipedia, "Some scientists estimate that up to half of presently existing plant and animal species may become extinct by 2100." Also, in the same Wikipedia article, "According to the 2019 Global Assessment Report on Biodiversity and Ecosystem Services by IPBES, the biomass of wild mammals has fallen by 82%, natural ecosystems have lost about half their area and a million species are at risk of extinction—all largely as a result of human actions."

We can dispute the numbers but we cannot dispute our impact on the world around us and the plant and animal species that are vulnerable due to our actions. As hikers, bikers, paddlers, climbers and campers we all love the outdoors and we should all think about "walking lightly on the earth".

And lastly, here is part of a poem about Whip-poor-wills, written by Obadiah C. Auringer, 1849-1937.:

### The Whippoorwill

By Obadiah C. Auringer

Listen, how the whippoorwill  
From his song-bed veiled and dusky  
Fills the night ways warm and musky  
With his music's throb and thrill!...

Starting into sudden tune  
'Mid the amorous air of June,  
Lord of all the songs of night,  
Bird unseen, of voice outright,  
Buried in the sumptuous gloom  
Of his shadow-paneled room,  
Roofed above by webbed and woven  
Leaf and bloom, by moonbeams cloven,  
Searched by odorous zephyrs through,  
Dim with dusk and damp with dew,—

He it is that makes the night  
An enchantment and delight,  
Opening his entrancing tale  
Where the evening robins fail,  
Ending his victorious strain  
When the robins wake again.

I hope that the nights become 'an enchantment and delight' again with the Whippoorwill's lovely song and I hope we can all "delight" by hiking together again soon.

## Some RLBH Memories: In the dark, in the rain, getting lost...

By Maureen Kelly, Hike Leader

I have many, many, memories of Red-Lining the Blue Hills over the past 12 or 13 years. My first memory was getting an email that said "come and hike the Blue Hills with us every Thursday night." Because I worked in Boston, I could swing by the Blue Hills on my way home from work, get outdoors and meet some new people. In the end, that is just what I got—to be outside in a beautiful place and to meet a lot of great people.

I was not on the first Red Line hike but I was on the second. Jerry Yos was there and Maureen Yachimski, along with others we haven't seen in a long time, but we remember them. The leaders were great taking us to all corners of the park, but sometimes they would disagree: "We go this way!" said Bob Vogel. "No, we go this way!" said Dexter Robinson. [Note. Bob was always right, Dexter always wrong ☺—bv] It really didn't matter which way we went, because eventually we hiked on every trail, multiple times.



Pack a headlamp, just in case. *Stock Photo*

I remember the first time we came out of the Blue Hills in the dark, not at dusk, but in the **dark**. We had to descend a steep hill with rock slabs, and we had to do it slowly because it was difficult to see. [Note: 3,065 ft. to 3,042 ft.—bv] In the future we saw there was a side trail we could have taken that would have been much easier, but we didn't know it at the time. When I got down, I turned around to see about 16 small headlamps coming down the trail like the line of the seven dwarfs coming home from working the mines. We all made it out, we did just fine, and it was kind of exciting to hike out in the dark.

*Continued on page 13*





Paul Brookes and Sue Svelnis make ice cream cookie sandwiches on their final Red-Lining hike in August 2017.

Photo by Ellen Thompson

## Red-Lining memories *Continued from page 12*

Of course, one goal of Red-Lining the Blue Hills is to hike every trail on the map, and when you do you get to celebrate by bringing cookies for the rest of the hikers! I have had some great cookies over the years, but the best was the one created by Sue Svelnis and Paul Brookes, who were both finishing on the same night. The cookies were a surprise half-way through the hike. We came to a road, and Paul had left his car there with a cooler and ice cream. Sue pulled out her homemade chocolate chip cookies, Paul lathered on some ice cream between them, and we had ice cream sandwich cookies! If that's not incentive to join this group, I'm not sure what is!

I have learned a lot from hiking with the RLBH group, too. I learned that you don't listen to the weather forecasters or you would never go hiking. The hikes end up getting cancelled very infrequently—once a year usually. Sometimes we would hike in the rain. Paul Brookes and I were leading a hike from Shea Rink one night, and we both waited in our cars in the pouring rain just hoping that no hikers would show up that night. Well, about eight hikers showed up, we went out, and though it rained the whole time, we had a fun night and enjoyed it after all. Lightning is what we don't want to hike in and, on one hike Joe Keogh led, it started thundering and lightning while they were hiking. The group hiked as fast as they could back to the cars when...the storm stopped, the sun came out, and the group turned around and went

back out to hike some more. I learned to always bring my rain jacket in my pack.

I learned that I can get lost in the Blue Hills. Cheryl Lathrop and I were leading a hike one Thursday, but decided that we would pick up some trails before the hike along West Street. This is a small triangle of land between Rt. 128 and West Street. The trail was very wet, so we decided to leave the trail and "go around the water and come back to the trail further down." Well, we did not find the trail further down. We got turned around and found shrubs so thick we were cutting our skin (we were in shorts) trying to get through there and back to some trail and find a way out, so we wouldn't be late to the hike. Finally, Cheryl pulled out her compass and somehow, we found our way out.

*[Note: It was not "somehow"! It was Dexter Robinson's SEM "Map & Compass Training" class!—bv ]*

We made it to the hike in time, thinking we might have picked up some bacterial infection in the swamp with all of our cuts. We survived, and I learned to not go far off trail and to bring a compass.

Another of my best memories of RLBH was when I finished Red-Lining my map! They took my picture and gave me my patch; that was a fun, proud moment that many of you have had as well. This series has brought so many AMC-SEM and other people out to hike and socialize that it is a force. RLBH has brought us hike leaders, hiking committee chairs, and vice chairs, SEM executive board members in other committees and SEM chapter chairs and chapter vice chairs.

It all started with Bob Vogel taking us for a simple walk in the woods. It continued with other leaders: Joe Keogh, Michael Swartz, Cheryl Lathrop, Jim Plouffe, Dick Carnes, and Dexter Robinson. Many more new leaders have taken over recently and the Red-Lining continues on. The SEM chapter of AMC has been very well-served by this hiking series.

Thank you to all of the people volunteering your time to make this happen and to make it enjoyable, and thank you to the hikers who have come to the Blue Hills every Thursday night for a new outdoor adventure

*[Editorial note: Paul Brookes now runs the SEM Map & Compass courses. If you would like to learn to find your way around in the woods you can contact [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com) to learn about this great course.]*





## AMC-SEM Biking 1,000-Milers (2,000 mile club)—Year 16—2020

By Paul Currier, Thousand Milers Registrar

Founded in 2004 by Jack Jacobsen and becoming operational in 2005, our AMC Southeastern Massachusetts Thousand-Milers (started as SEMAMC 2,000 Mile Club) is now beginning its 16th year of recording mileage and awarding our cyclists for riding 1,000 miles or more annually. A significant achievement patch is awarded to riders the first time they ride and record **2,000** miles or more.

The club experienced its first significant growth during our Vice-Chair Victor Oliver's tenure and has been growing since. We have had several volunteer registrars, starting with Paul Currier and continuing with Dan Egan, Bernie Meggison, and once again, Paul Currier.

To join, [send me an e-mail](#) and record and send your cumulative mileage to me quarterly for posting on [our website](#) and in our chapter newsletter, *The Breeze*.

For additional information about the 2,000 Mile Club, contact Cycling Chair, [Bernie Meggison](#), Registrar [Paul Currier](#) (508-833-2690), or Founder [Jack Jacobsen](#).

## Next year's treat: Fiddleheads From Chad Wohlers Discovering Nature scrapbook

[Editor: Save this recipe for Spring 2021.]

"Harvest the tender little ostrich rolls of fern as soon as they are an inch or two above the ground. Carefully brush off and remove the papery brown scales. Thoroughly wash fiddleheads in clean potable water several times until the wash water appears clean. Then bring a small amount of lightly salted water to a boil, add washed fiddleheads, and cook them at a steady boil for 10 minutes. Fiddleheads can also be washed clean and steamed for 20 minutes. Serve at once with melted butter or vinegar. The sooner they are eaten, the more delicate their flavor. They may be served, like asparagus, on toast. Cooked, chilled fiddleheads can also be served as a salad with an onion and vinegar dressing."



<http://www.umext.maine.edu/onlinepubs/htmpubs/4198.htm>

*Discovering Nature scrapbook is continued on page 20*



Special patch awarded to AMC-SEM Thousand Milers the first time they ride and record 2,000 miles or more in one year.

NAME	Q1 Miles
Ed Nelson	1384 Holed up in Longboat Key in Florida
Bernie Meggison	736 Many miles in Florida including 100+ from Key Largo to Key West
Gratz JC Castelein	639
Robyn Saur	578
Mark Gurnee	425
Joe Balboni	412
Joe Tavilla	217
Jim Kipela	217
Richard Beaudoin	176
Alan Greenstein	165
Barbara Gaughan	144
Lawton Gaines	138
Peter Linhares	137
Geoffrey Lenck	95
Lee Eckhart	52 Outside
Paul Currier	42





## How to start hiking again without getting hurt

By Kyle Harrow, M.S. Exercise Physiology

Whether you've been learning a new language, doing crossword or jigsaw puzzles, trying to teach your kids 4th grade math, or puttering around the house; none of us has been hiking "the way we used to." Chances are we have been sitting a whole lot more than we normally do too. You may have heard the phrase "sitting is the new smoking," and it very well may be for a variety of reasons. After being relatively sedentary for the better part of three months, this will help you to start hiking again without developing achy knees, hips, backs, and feet.

As you age it takes less and less time to become deconditioned. That combined with being relatively sedentary for weeks is a recipe for overuse injuries and flare ups of any chronic issues that you've dealt with in the past. So, in addition to the more obvious cardiovascular conditioning, taking care of the way your body moves or doesn't, is equally important to avoid any musculoskeletal issues that could set you back weeks or months again.

First a bit of anatomy: the foot bone's connected to the hip bone. In other words, start at the feet and work your way up to get all those muscles and soft tissue moving optimally. Actually, the feet could take up this entire discussion but suffice it to say that strong, functional feet provide a solid foundation for the body. The hip joints and the muscles of the hip are the powerhouse that moves your body. You may have certain areas of your body that give you trouble but if you take good care of the feet and the hips a lot of those issues will be addressed as well. The main problem that happens with a lot of sitting is that your hip muscles are totally at rest. The neural connection from the brain to the hip muscles literally shuts down. You

know how, when you've been sitting for a long time and you get up, it may take a while to get moving? That's the delay between the brain and the muscles. And, the first muscles to fire once you're up moving are your quadriceps or thigh muscles. The hip muscles need not even get involved if you used your arms to push yourself up from the chair. It's no wonder the brain forgets the hips are there.

What happens when the powerhouse hip muscles are not being activated or asked to work is that other muscles take over the job that the hip muscles are supposed to do. The other muscles in the back and legs are then doing jobs that they're not supposed to do. That's when the trouble starts in backs, knees, and ankles as the muscles meant to move and support these joints take over the job of the powerful hips. So let's get those hips and feet moving!

### Mobility

**Feet:** The feet are pretty easy to work on. Go barefoot. Give them a massage by working the toes back and forth and spreading them apart. Rotate your ankles in both directions - think of drawing big circles with your toes. Point and flex your feet. Then to wake up the ankles and lower leg muscles walk on your toes for 10-15 steps then your heels. Do that a few times.

**Hips:** Sit on the floor in the 90/90 position (below). If you need to, sit on a cushion or rolled up towel. Just sit there and let your hips adjust and relax into this position. After a minute or so switch to the other side and repeat. Switch 3-4 times. Then gently lean forward, think belly button to thigh keeping your head and chest up. The idea is to stretch the glute muscles, **not** to see how far down you can get to the leg. Hold the stretch for 10-15 seconds then repeat on the other side. Switch 2-3 times. This is an excellent series to do before and/or after a hike and before bed.



*Continued on page 16*





## Hiking without hurting *Continued from page 15*

### Heel lifts: (Calves, feet, ankles)

1. Stand on one or both legs and just go up and down on your toes.
2. To increase intensity do one leg at a time.
3. To advance this exercise stand with your toes on the edge of a step and lower down and up, but do this very slowly and start with both legs first.

### Bird Dog: (Core and balance)

1. On your hands and knees with hands under shoulders and knees under hips.
2. Extend opposite arm and leg pause for 3-5 sec then switch sides.
3. As you extend feel like you're reaching for the opposite ends of the room.
4. Keep your head and neck aligned by looking at the ground.

### Hip lifts or Bridges (Hips)

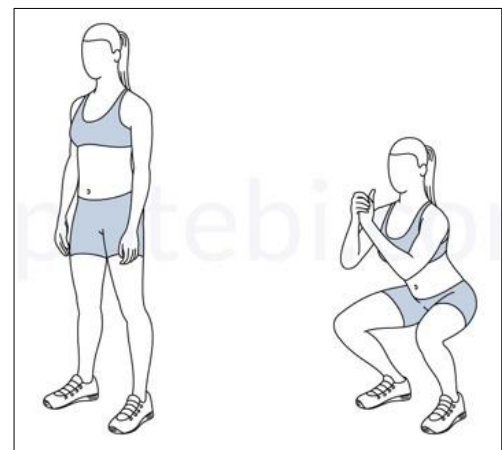
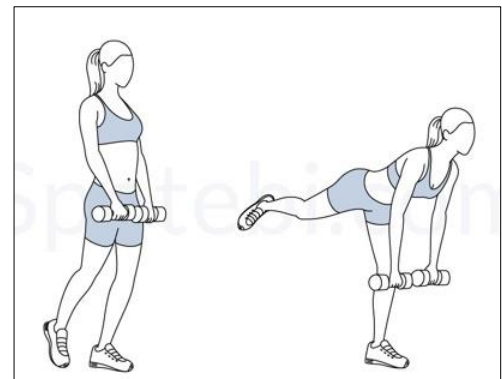
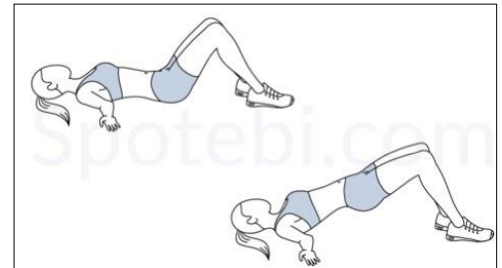
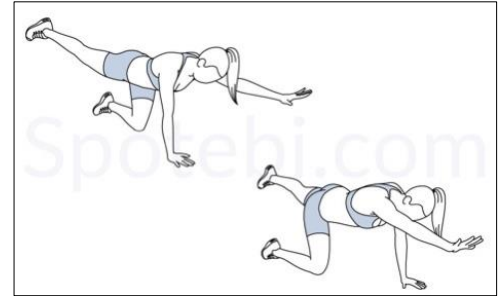
1. Lie on back, knees bent.
2. Push into feet to lift hips.
3. Pause at the top then slowly lower down to floor.
4. Don't push hips so back is arched. At the top there should be a straight line from knees to hips to shoulders.
5. To increase progress, lift one leg towards the ceiling then press hips up using one leg.

### Single Leg Dead Lift (Hips and core)

1. Stand on one leg.
2. Start by hinging at hips to bring free leg behind you keeping it straight.
3. At the same time lower your upper body towards the floor.
4. Hold both upper body and leg in a straight line parallel to floor for 3-5 seconds.
5. Return to starting position keeping the straight line of leg and body.
6. Do same side 5-10 reps then switch sides.
7. If necessary for balance hold on to the wall.
8. To progress add light dumbbells.

### Squat (Hips and thighs)

1. Stand with legs shoulder width apart.
2. As you bend your knees press your hips back like you're sitting on a chair.
3. Keep your weight towards your heels and lower down as far as comfortable.
4. Press your heels into the floor to stand back up.
5. Make sure to keep your knees in line with your hips and ankles; don't let them move together or out to the side.
6. To help with knee alignment, hold a yoga block lengthwise between your thighs.
7. You can start out using a chair and lower down until your butt just taps the chair then push with your heels to come back up.



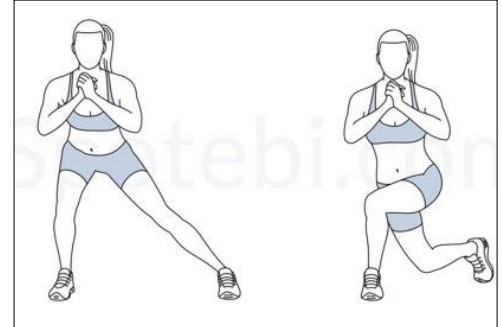
*Continued on page 17*



## Hiking without hurting Continued from page 16

### Lunge to Curtsy (Legs and hips)

1. Stand tall feet hip-width apart.
2. Step out to the side with your right leg into a lunge.
3. Press off your right foot and cross the leg behind the left leg.
4. Bend both knees until left thigh is parallel to the floor.
5. Then step the right leg out to the side and repeat sequence.
6. Switch legs after reps completed.
7. As you lunge out to the side make sure your hips are going back behind you as in the squat.
8. Don't bend at the waist, and think about keeping your chest up.



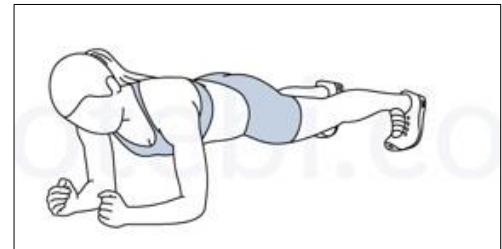
### Split Squat (Hips, hamstrings, balance)

1. Start in a split leg position.
2. Bend your knees and lower down as far as is comfortable or until back knee lightly taps the ground.
3. Press into your front foot to come back up to starting position.
4. To increase intensity hold a dumbbell in each hand.
5. For a bit more of core involvement hold one heavier weight in the opposite hand of leg that steps back. Remember to switch weight when you switch legs.



### Plank. (Core, arms, shoulders, legs)

1. Start in push up position with arms straight or bent (as in photo).
2. Hold body in a straight line engaging glutes and belly button.
3. Keep shoulders strong and away from your ears
4. Feel your head being pulled away from your body as you gaze at the ground so your neck and spine are straight.
5. Hold for as long as you want and breathe.



*Kyle Harrow has a Masters in exercise physiology. She is a Certified Personal Trainer and Corrective Exercise Specialist. She has worked in Cardiac Rehab programs in the U.S. and Canada. For many years, Kyle ran her own personal and small group training business in New Jersey before moving "back home" to Scituate, MA, last July.*

## Red-Lining with a dear friend

By Maria Sestina, Hike Leader

First of all, I want to start by saying that every Red-Lining hike has had beautiful moments, so much hilarity, camaraderie, wonderful conversation, and contemplative quiet. How can I forget hiking in the rain? Then suddenly having the rain stop and a sunset begin—all of the hikers with a pinkish cast to their skin—as if we had all spent hours in a Caribbean sun with a number 6 sunblock, when we should have had SPF 50 + on!

But probably my most meaningful memory was hiking with my dear friend Joanne Newton, completing our

final trail together—Little Blue. I saved it so we could finish together. We packed a picnic, exchanged little sentimental gifts. I carried my father's hiking stick from when he was a young man hiking the Austrian Alps.

At Augustus Hemenway's granite bench, I struck an iconic pose of my father's on top of an Alpen mountain peak. Though Little Blue is no Alpine peak, I know he would have been proud. We hiked back to our cars discussing what type of cookies we would bake for our badge celebration.

It's been an incredibly unforgettable ride!

See Joanne Newton's RLBH memoriest on page 17





## ‘Confessions’ of a Red Liner

By Joanne Newton, Hike Leader

I distinctly remember my first Red Line hike—the route was around Houghton's Pond. It was April 2018. Joe Keogh was the leader, and we had more than 30 people. Joe had Red Line patches to hand out to people, and everyone applauded their success. I didn't know anyone, and this was only my second hike ever. I am not an outgoing person at times, so saying this was outside my comfort zone is an understatement. I have to get to know people before I can chat easily. It didn't take long that evening, though, before I felt comfortable, as everyone was so friendly and excited to be hiking. The returning Red-Liners were as excited, if not more so, than the newbies like me. Joe asked who was new to the group, so right off, I and the others felt included and welcomed.

There was so much to learn! What to wear (after several hikes I knew “no cotton” was the rule); what equipment did I need; how much water to bring; what is a separation bio-break and does anyone actually do that while hiking? Why do we start down a trail and then turn around and come back again? I laughed each time we did an “out and back” and passed our fellow hikers. Then, the worrisome thoughts: Can I keep up; can I really do this?”

The worst feeling, the one that gave me and several other newbies major, heart-stopping anxiety (yes, Maria Sestina and Karen Foley, that includes you) was figuring out where to meet each week. Oh, and be there by 5:45 PM as the group leaves *promptly* at 6 PM. We were terrified the group would leave without us. (*Note: Bob Vogel has cancelled the 15-minute wait rule. Be on time!*)

You old-timers know where the second pull-off is on Route 28 (with all the commuters trying to crash into you as you slow down to look); where the overflow lot is at Bernie and Phyl's; where the end of Royall Street is. The winner by far, is where in the world is “Fisherman's Beach”? It was a dark, rain-drenched night. There were no GPS coordinates given—no landmarks, as I didn't know any of these areas. I swear I drove up and down that road six times. The only reason I spotted the pull-off was I saw the lights from Richie Monarch's van. I was a nervous wreck by this time. There were about 10 of us huddled in the rain. As we stood there with umbrellas, lightning exploded overhead and we all quickly decided to go out for dinner rather than hike—great decision!

Maria and I became good friends. We were so excited to hike our first 100 miles in one year, you would have thought we had completed the Appalachian Trail! Then,

we committed to finishing our Red Line maps at the same time, arm in arm. We faithfully hiked each Thursday night, miserable when we had to miss a night.

As we got closer to our goal, Bob, Maria, Karen and I (and sometimes Paul Brookes) went out together, so Bob could help us find the trails we needed. We didn't know how to read maps yet and would get so twisted around and lost. Maria and I got braver and went out by ourselves. Those hikes are funny in retrospect. We were so determined; so unsure of ourselves as we hiked this way and back that way, not making much progress on our maps. We didn't have many “tools in our toolbox,” but we started to learn. We finally finished our maps at Little Blue in July 2019—arm in arm, just as we planned it.

When Maria and I got our Red Line patches, it wasn't just because we colored in our last trail. This represented a new passion; a huge achievement in so many ways; and the creation of new, sure to be long-lasting friendships. We even planned our outfits that night: Maria had red and white stockings to symbolize Red-Lining, and I wore red shorts for the occasion. Maria wrapped red ribbon around us. I was a bit embarrassed and said, “Maria, we are not getting married.” We were surprised and happy to learn that Bob was giving us our patches, as he had helped us so much: hiking with us, assuring us we could do this. It was an evening filled with laughter, new friends, great cookies and the knowledge that we would continue to hike as long as we were able.

**Confession time:** A fact known only to me and Maria: We were supposed to meet at the parking lot at the Athletic Fields off Blue Hill River Road. Without speaking to each other about where to meet, we both pulled into the lot near Hillside Street at the same time. It took us a few minutes to realize we had gone to the wrong meeting place! There was that heart-stopping anxiety again. It was the perfect, never-to-be-forgotten ending for two new Red-Liners.

Joanne Newton, left, Bob Vogel, and Maria Sestina.  
*Photo by Sue Svelnis*







The “Well in the Woods” that served two estates.

## Blue Hills History: That well in the woods-and where it leads us

By Bob Vogel, Hike Leader

When we hike near intersection 1182 we see a fenced-in well...

I'd always wondered “What's the story behind that?” Then I heard about the Eustis Estate, located at 1424 Canton Avenue, Milton (just down the hill), and figured there might be a connection. The Eustis Estate is now part of Historic New England. I had planned to go over there and ask them if they knew anything about the well up on Hemenway Hill. Then recently I acquired a copy of the map which was included in the 1995 *AMC Massachusetts and Rhode Island Trail Guide*. Looking at the map of the Blue Hills, I saw that the well was there—and labelled as “Eustis well.” Bingo!

The Eustis Estate is now outside the Blue Hills, but that isn't necessarily the way things used to be. The estate is now 80 acres. Originally it was 250 acres, and the adjacent land belonged to a related family. A portion of the Blue Hills to the north of Hemenway Hill was probably originally part of the Eustis Estate.<sup>1</sup>



Left:  
<sup>2</sup>“Eustis Well” on 1995 Map  
Right:  
<sup>3</sup>Overview on Google maps.

The well was used to provide water to the estate, and you can still see portions of the pipe running down the side of the hill. Why is it called “Hemenway Hill”? Well, the Hemenways owned land there, too. And the Eustis and Hemenway families were inter-connected. OK, let's back up a bit.

Who lived in The Eustis Estate?

“On November 7, 1876, twenty-five-year-old Edith Hemenway married twenty-six-year-old W.E.C. Eustis. A year later Edith gave birth to twin sons, Frederic and Augustus. Shortly thereafter the couple began to build their family home on land given to them by Edith's mother, Mary Hemenway. W.E.C. and Edith had a daughter, Mary, in 1885. The family lived on the estate for the rest of their lives.



Eustis Estate mansion built as a “starter home” on land from the Hemenway family. Open for tours.<sup>4</sup>



Mrs. Hemenway owned the large estate to the south of this site, and W.E.C. Eustis's family lived to the north. The Eustis mansion was the first building constructed on the property in 1878, and was designed by preeminent architect William Ralph Emerson. The property originally comprised more than 250 acres of fields, woodland, and gardens, with four original buildings built between 1878 and 1902.

Two subsequent Eustis generations lived at the estate until it was sold to Historic New England in 2012. It now comprises eighty acres of land, with many of the original outbuildings.<sup>5</sup>

The Estate is open for tours (except during the present virus situation of course.) I haven't been there yet, but it was on my list of places to visit, and will be again when things settle down.

*Continued on page 19*





## Blue Hills history *Continued from page 18*



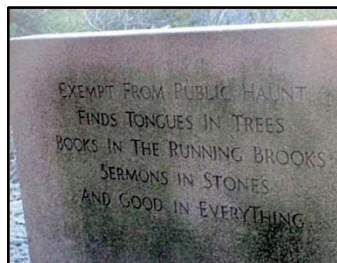
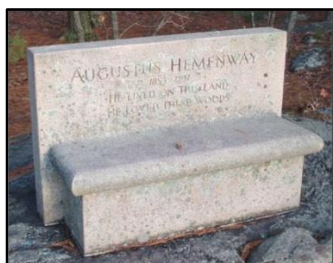
Portraits of  
Augustus  
Hemenway,  
circa 1875,  
and in 1919.<sup>6</sup>

As noted, Edith was a Hemenway—another name we are familiar with. So let's look at her family. From Wikipedia:

"Augustus Hemenway (1853–1931) was a philanthropist and public servant in the latter part of the 19th century. Son of Edward Augustus Holyoke Hemenway and Mary Tileston Hemenway, he was educated at Harvard University. His siblings were Edith Hemenway Eustis (1851-1904) of the Eustis Estate; Charlotte Augusta (d. 1865); Alice (died in infancy); and Amy. In 1878, he donated the Hemenway Gymnasium to Harvard, and expanded it in 1895. He also served as an overseer of the University and supported other institutions in the Boston area, including the Museum of Fine Arts, Massachusetts Eye and Ear Infirmary, Groton School, Metropolitan Park Commission, and MIT. In 1881, he married Harriet Lawrence, cofounder of the Audubon Society and the Massachusetts Audubon Society. They had five children.

"Hemenway served in the Massachusetts House of Representatives in 1890 and 1891. Upon his death in 1931, it was said of him: 'In the various interests...thrust upon him he never failed to do his full share in attending to the work at hand.'<sup>7</sup>

We know Augustus, specifically, because of his bench, which we see when we do "Little Blue." (He was also involved in Ponkapoag. Remember him, his name will come up again in future articles.)



***"Exempt from public haunt/ Finds tongues in trees/  
Books in the running brooks/ Sermons in stones/  
And good in everything."—Inscription***

We also know the family name from "Hemenway Hill" and "Hemenway Hill Path." So the Hemenways were rich and owned a lot of land around the Blue Hills. Where did they get their money?

Edward Augustus Holyoke Hemenway was the father of both Edith Hemenway Eustis and Augustus Hemenway. His story is rather interesting. Again, from Wikipedia:

"At the age of 13, he started working in Boston as a clerk in Robinson & Parkers' dry goods store. He went to work as a supercargo for Benjamin Bangs, a wealthy shipowner and merchant in Boston, and for a few years was his agent and partner in South American trade. Hemenway became owner of extensive silver mines in Valparaíso (Chile), and lived there for eight years

"He owned a township in Washington County, Maine, where pine was cut on his own land, sawed into lumber at his own sawmill in Machias, and carried to Cuba, where he owned a sugar plantation, or to Valparaíso on his own ships, which returned to Boston with copper and nitrate of soda. He spearheaded the commercial enterprise of the US with the west coast of South America. When he went to Chile, he established his own business by 1838. He established many large silver mines, reaping huge profits. He was extremely hard working and ensured that all details of his business were personally attended to by him, including the loading of ships.

"This overwork resulted in a nervous breakdown in 1860; he spent 14 years in Dr. Buel's Sanitarium in Litchfield, Connecticut recuperating. Upon his recovery in late 1873, he wrote his wife that 'I have been thoroughly cured of my insane desire to turn hundreds to thousands, thousands to millions and so on *ad infinitum* and shall hope to live in future, not for myself only but for others, especially the poor and needy.'

"He resumed his business affairs, traveling to Cuba in 1876, where he fell ill and subsequently died. At his death, he was one of the wealthiest men in America. In his will, he provided \$100,000 to be distributed among corporations organized for public charity, 'distributing it, as much as possible, among those most worthy, avoiding all such as make two paupers where there was but one before, and those with any appearance of sham, where the managers derive pecuniary profit from the management.'...His widow, Mary, continued with philanthropic works, including the saving of the Old South Meeting House of Boston as an historical landmark."<sup>8</sup>

*Continued on page 20*



## Blue Hills history *Continued from page 19*

How much land did the Hemenways own? Well, as Mrs. Hemenway gave the land for the Eustis Estate we know they owned that area east of what is now Rt. 138 and north of Great Blue. They owned more.

"[Augustus] Hemenway Jr. owned the land from Brush Hill Road in Milton to Royal Street in Canton and called it Hemenway Farm. This land includes the current Green Street, Green Lane and Hemenway Drive. The area has

one of the little hills that is part of the Blue Hills. For this reason most residents in the area belong to a neighborhood group called Friends of Little Blue.



As Hemenway's family grew and new generations were born, parcels were given or sold modestly to various family members. Eventually a trust was formed that donated land for conservation, created covenants, documented shared rights of way, and added restrictive land-use language to deeds. These efforts continued through the generations and the language is still in place for many of the current property owners, most of whom have no relation to the Hemenways. The intention was to

preserve wildlife, nature and open space—something all seemed to agree on.”<sup>9</sup>

Since it used to be his land, we can thus understand why the Hemenway bench is located on Little Blue...

As Paul Harvey would have said “And now you know...The rest of the story.” (Or at least more of it.)

Until next time...

<sup>1</sup> <http://mixcement.blogspot.com/2012/03/hemenway-hill-hancock-hill-in-blue.html>

<sup>2</sup> 1995 AMC Massachusetts and Rhode Island Trail Guide.

<sup>3</sup> Google Maps 2020.

<sup>4</sup> <https://www.historicnewengland.org/property/eustis-estate-museum-study-center/>

<sup>5</sup> Ibid.

<sup>6</sup> [https://en.wikipedia.org/wiki/Augustus\\_Hemenway](https://en.wikipedia.org/wiki/Augustus_Hemenway)

<sup>7</sup> <https://halperns.wordpress.com/2012/12/23/littlebluehill/>

<sup>8</sup> [https://en.wikipedia.org/wiki/Edward\\_Augustus\\_Holyoke\\_Hemenway](https://en.wikipedia.org/wiki/Edward_Augustus_Holyoke_Hemenway)

<sup>9</sup> <https://www.thecantoncitizen.com/2013/03/01/milton-canton-40b-part-1/>

## Discovering Nature scrapbook

By Chad Wohlers *Continued from page 13*



**Dwarf Cinquefoil (*Potentilla Canadensis*)** generally described as a Perennial Forb or herb. We found ours mixed in with the grass near Houghton's front parking lot. A very small flower, indeed.



**Wikipedia:** “Eastern Skunk Cabbage, Clubfoot Cabbage, ... Polecat Weed, or Swamp Cabbage (*Simplocarpus foetidus*) is a low-growing, foul-smelling plant that prefers wetlands.” I think it's a nice, healthy-looking plant. (:=)

**Pepperbush (*Clethra*):** Common names are Sweet Pepperbush, Summer Sweet. Ours just showing leaves and remnants of last year's flowers.



**Canada Mayflower or False Lily-of-the-Valley (*Maianthemum canadense*).** Photo by Erin Heep <http://www.fed.us/wildflowers/eastern/EchoLake/index.shtml>



**Maple Leaved Viburnum or Caprifoliaceae (*Viburnum acerifolium*)** An upright suckering shrub that often grows in dense clumps and reaches up to 5 feet tall. Photo by Joe Keogh 5/7/09 RLBH hike shows some of last year's berries not found by birds.

**Poison Ivy:** The poison ivy was just coming out. If you don't recognize poison ivy in all its forms, and throughout the year, check out this site: Photo from <http://www.poison-ivy.org>







## Activities

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

**Look for new trip postings after June 22 on the [Outdoors.org](#) trip listing system.**

## Volunteer Opportunities

**Ongoing. Vice Chair, Trails Committee.** The AMC-SEM Executive Board is seeking a Trails Committee Vice Chair to assist the Chair in planning, coordinating and leading trail maintenance events. The Vice Chair will assist the Chair in: • Running trail committee meetings and planning trail work events • Participating in trail maintenance & building events • Coordinating and participating on trail work education programs and workshops • Caring for and maintaining chapter trail work tools and equipment. The Trails Vice Chair position which will become vacant when current occupant steps down in November. L Leonard Ulbricht (781-344-0611, [lenu44@gmail.com](mailto:lenu44@gmail.com))([skip.maysles@outlook.com](mailto:skip.maysles@outlook.com)) CL alan greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com)) CL skip maysles ([skip.maysles@outlook.com](mailto:skip.maysles@outlook.com))

**Ongoing. Secretary, Southeastern Mass Chapter.** The AMC-SEM Executive Board is seeking to fill the position of Secretary to the Executive Board when the current occupant steps down in November. The Secretary's responsibilities are to: • Record, prepare and distribute the minutes of the monthly Executive Board meetings for review and approval. • Assist Chapter Chair with chapter administration as needed • Conduct correspondence on behalf of the chapter • File with AMC Club headquarters copies of Chapter documents. Proficient writing, listening, and proofreading skills appropriate to a recording secretary are desirable. L Leonard Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com)) CL Alan Greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com))

**Ongoing. Membership Chair, Southeastern Mass Chapter.** The AMC-SEM Executive Board is seeking to fill the Membership Chair position which will become vacant when current occupant steps down in November. The Membership Chair's primary responsibilities are: • Welcomes new members and provides information about the Chapter • Promotes and organizes events for new members • Provides information about the club to prospective members. • Assists with major event registrations and public opportunities to promote the Chapter • Coordinates membership services with the Club's Membership Services personnel at headquarters. Good social skills are an attribute. Activity leader status not required but helpful. L Leonard Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com)) CL Alan Greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com))

## Be Online With AMC

**Thur. June 25, 1-2 pm. The Transportation & Climate Initiative: Opportunities For Improving Public Health Equity & Investing In Clean Transportation.** Transportations systems across the Northeast and Mid-Atlantic need serious work. They are old, broken, congested, polluting, and in need of revenue. These issues not only stifle economic growth, but they also aggravate public health risks. We also know higher exposure levels to particulate matter increase risks of asthma and cardiovascular disease among other illnesses. [Registration required here.](#)

**Thur. June 25, 6:30-8 pm. The Routeburn Track: A Great Walk In New Zealand With Nancy Rickerson.** Take a vicarious journey along New Zealand's famous Routeburn Track! Join Nancy Rickerson on her hike earlier this year on the Routeburn Track and other highlights of New Zealand's South Island. [Registration required here.](#)

**Thur., June 25, 7-8:30 pm. 5 Peaks In 10 Days | Hood, South Sister, Shasta, Whitney, And Rainier.** Join Mikhail Nitko as he describes his journey of doing 5 high altitude peaks (Hood, South Sister, Shasta, Whitney, and Rainier) in 10 days! Mikhail will be doing a presentation and sharing it with us over Zoom. Add your name to the Google Doc sheet to be emailed an invitation. [Registration required here.](#)

**Tues., June 30, 2-4 pm. Special Event For Testing Porpoises.** This features a live presentation of a sea kayak trip off Cape Henlopen where we will be interviewing and testing porpoises. [Registration required here.](#)

**Tues., July 7, 12-1 pm. Home & Trail: An Introduction To Drying Food With Chef Glenn Mcallister.** Have some fun and try something new, or expand your existing backcountry culinary skills at this Tuesday Lunch & Learn. Learn the basics about dehydrating food from Chef Glenn McAllister. When you keep a supply of dehydrated meals on hand - for adventure, work, and travel - you're automatically prepared for emergencies! [Registration required here.](#)

## Activities

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

**Wed., July 15, 7-9 pm. Third Wednesday Speaker Series: AMC's Net Zero Goal.** Join the Worcester Chapter to hear a presentation by David Publicover, AMC Senior Staff Scientist/Assistant Director of Research entitled, "The Best Thing AMC has Done for the Climate: the Maine Woods Initiative, Forest Carbon, and AMC's Net Zero Goal." [Get Zoom details here.](#)

**Thur., July 16, 6:30-8 pm. In Search Of Hannibal, 2017 With James Dyer.** In June 2017 James Dyer FRGS decided to go in search of the route of the legendary Hannibal across Spain/ France/ Italy - James followed the route of Hannibal's infamous crossing of the Alps by bicycle! [Registration required here.](#)

**Tues., July 28, 7-9 pm. Monthly AMC Boston Hiking/Backpacking Committee Meeting.** Are you an experienced AMC hiker and curious about how volunteer-led AMC hiking and backpacking activities are governed? Interested guests are welcome to sit in. For the particulars, contact Elizabeth Ryan, the chairperson, at [chair@hb.amcboston.org](mailto:chair@hb.amcboston.org).

**Wed., Oct. 21, 7-9 pm. 3rd Wednesday Speaker Series: Search & Rescue In The White Mountains.** Sandy Stott, author of *Critical Hours: Search and Rescue in the White Mountains*. Learn how command of self and others gets challenged, lost, rediscovered and transmitted, and how each us can become her/his own first-rescuer. [Get Zoom details here.](#)



*Happy Trails!*