

The Southeast Breeze

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

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The first Red Line the Blue Hills hike of the season! So good to see familiar faces. 😊
Photo by hike leader Walt Granda

Returning outdoors in the time of COVID-19

By Skip Maysles, Hike Leader

July 16th was a beautiful Thursday night to restart our traditional Red Line the Blue Hills series of hikes! For approx. ninety minutes, nine hikers and our leader Paul Brookes explored the green dot trail starting at the east end at Shea Skating Rink parking lot in Quincy. We followed all Covid-19 requirements including wearing masks when appropriate, minimum of 6 feet separation and limit of 10 people.

We hike every Thursday night (weather permitting) from mid-April through mid-September. If you would like to join us, please register on the [AMC activities web page](#)! Get outdoors and explore!

(More hike photos on page 3)

Circling up in the parking lot for a Green Dot hike. Who's who behind those masks? *Photo by Skip Maysles*





View from the Chair: Green Shoots under the COVID Cloud

After three-and-one-half months of the COVID-19-induced shutdown, the restart of volunteer-led trips is underway. The term *restart* reminds me of the green shoots that pop up after a natural disaster, such as a devastating forest fire or volcanic eruption. I am seeing green shoots.

In the seven weeks (July 1 to August 20) since volunteer trips restarted, 13 hikes had been posted (same day RLBH hikes counted as one), all north of the canal. Green shoots. During the same period last year, there were 45 hikes, bike rides, and paddles offered — more than three times as many. Still, hats off to the volunteers who have begun the restart process. The change over to the new on-line trip registration system, including the electronic waiver sign-in, is working. Could it be better? Yes, but, on the good side, leaders no longer have to deal with paper waivers, and the registration system provides a list of registrants automatically. Green shoot. We are also learning to use video conferencing for our committee meetings. Certainly we all miss the socializing that goes with in-person meetings, but for some unable to travel a distance to meetings, attending is no longer an issue. We can reach a wider audience. Green shoot.

So where do we go from here? Reports so far indicate our green shoot trip leaders and participants have maintained social distancing without difficulty, and the resumption of trips has been well attended. Hopefully the COVID risk will remain low and we will see more trips grow with time. Your executive board's monthly meetings have switched to video conferencing. It will be used more and more to help run the chapter. Our 2020 annual meeting and dinner will be converted to a video webinar, as well — sans dinner, of course! We are likely to see an even greater chapter use of webinars for training and topical learning events. They can be recorded and repeated for future use. As webinars multiply throughout AMC, there will be ever greater opportunities for on-line learning. Even as the COVID cloud continues, there will be more green shoots. The new normal is coming.

Len Ulbricht, AMC-SEM Chapter Chair



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The Breeze Editor Mo Walsh
Blast Editor Marie Hopkins

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



Here's your chance to recognize a Totally Awesome SEM Volunteer!

by Paul Miller, 2020 DSA Committee Coordinator

Every year since 2001, the AMC Southeastern Mass. Chapter has presented one of its members with a Distinguished Service Award (DSA) to recognize his or her outstanding contributions to the chapter. While a committee composed of past award recipients selects the ultimate recipient, we encourage all SEM chapter members to make DSA nominations. To see a list of past recipients, [just click here](#).

Do you know someone who:

- ...has been an AMC-SEM chapter member and actively involved in and contributing to the chapter for at least five years?
- ...and has distinguished her or himself through an exceptionally high level of volunteer service?
- ...and has contributed significantly to more than one committee within the chapter?
- ...and has also contributed in some AMC club-wide capacity (such as during the recent AMC Fall Gathering hosted by our chapter)?
- ...but has not previously received the DSA award?

If so, please complete a [DSA Nomination Form](#) and forward it to me, the 2020 DSA Committee Coordinator, at paulallenmiller@verizon.net. Or, if you prefer, just email me that person's name, along with a brief explanation of why you think he or she deserves to receive this prestigious annual award based on the above criteria.

IMPORTANT: All nominations must be received by October 1, 2020, so don't procrastinate on this one!

Thanks, and stay well!

Leading Hikes Again

by Maureen Kelly, Hike Leader

The evening of Thursday, August 20th, I led my first hike since Covid-19 entered our world, with Barry Young as my coleader. I wanted to support the 'Red Line the Blue Hills' hikes because they have been so important to our chapter. I also wanted to help bring back hiking as a way to exercise, socialize and reduce some of the anxiety that we are all feeling.

All hikes at the Blue Hills are limited to 9 people total so we had a small group, much smaller than some of the Red Line hikes in the past! But smaller can also be nice. We were happy to welcome 3 new hikers to the program and since hikers need to register before the hike, we knew who was coming. When everyone was there, we could begin the hike.

We started at the Donovan School in Randolph and headed towards the horse bridge that crosses Rt. 24. We met a family hiking the same trails over to Ponkapoag Pond. One of the hikers said he always likes to see what graffiti art is on the bridge. We took a picture of some of the hikers social-distancing on the horse bridge and some of the graffiti art.

(Continued on page 4)



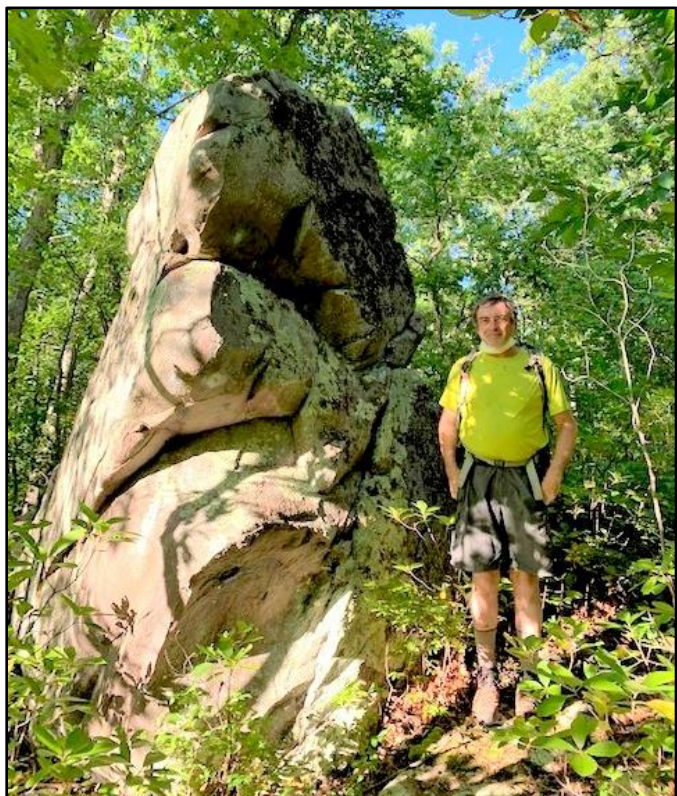
Maureen Kelly (far right) and RLBH hikers on the "horse bridge" crossing Route 24 in the Blue Hills Reservation. Several new hikers to AMC-SEM are taking advantage of hiking Thursday evenings in the Blue Hills this year. *Photo by Barry Young*

Leading hikes again (Continued from page 3)

After walking out to the small, lily pad-covered Duck Pond, we re-crossed the horse bridge and turned left to hike the woods close to the highway. It was unusual to be in such a natural wooded setting and hear the loud traffic because we were so close to the highway. I'm not complaining; I appreciate the fact that the Blue Hills Reservation conserves so much land close to Boston. Imagine what that land would be worth to a developer!

Smith Trail is a pretty, narrow trail that was taking us from the Pipe Line Trail to High Street near Lombardo's Function Room in Randolph. (I had my prom there many years ago; did you?) Along the trail there was a large glacial erratic rock. I asked Francis Hammel to stand beside it for perspective on his height.

As we hiked, we enjoyed the scent of sweet pepperbush shrubs that are native to southeastern Massachusetts. At one intersection we found two stalks of purple flowers blooming by themselves. One hiker used her identification app "Picture This" to identify the flowers as garden phlox. Maybe they escaped from a local garden or maybe there was a house in that location in the past.



The glacial erratic on Smith Trail, looms over Francis Hammel. *Photo by Maureen Kelly*



A fragrant sweet pepperbush.

Photo by Maureen Kelly

We all tried to keep six feet of distance between us as we hiked. When we wanted to talk, we put on our masks and moved a little closer. Everyone seemed to feel comfortable with the Covid-19 requirements.

We hiked 5.2 miles in a little over 2 hours. It felt good to be leading hikes again; participants were at least as appreciative as they were before Covid-19 and as one participant said, "It's just so nice to be outside again."

I understand that not all leaders or hikers are comfortable hiking in groups just now, but if you do feel comfortable, come and join us some Thursday night. We would really enjoy hiking with you.

Editor's Note: At this time, all AMC hikes are limited to 10 people to make social distancing easier, and masks must be worn when social distancing is not possible. AMC-SEM also will be running our Thursday morning hikes and Cape hikes very soon. Check out our [AMC-SEM website](#)

and click on the **Schedules** tab at the top of the page, then choose *Quick-Clicks* and *Hiking* or *Cape Hiking*.



Lovely garden phlox on the trail. *Photo by Maureen Kelly*



BE OUTDOORS

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Goodbye & Thanks to Volunteer Christine Racine

By Nichole L. Nelson, Communications 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 we say a reluctant goodbye to one of our most stalwart all-around volunteers, Christine Racine, Social Media Administrator.

The AMC-SEM executive board and Communications Committee would like to thank Christine for her excellent service in many capacities. Christine is returning to her home state of Maine and becoming involved with the Maine chapter, where she will continue to gift her talents towards the AMC goal of making the outdoors accessible and enjoyable for everyone.

While she was with us here in the Southeast Massachusetts chapter, she was a hike leader, Chapter Vice Chair, and Social Media coordinator/administrator. As social media administrator, she grew [our Facebook page](#) followers from basically two to 200—and more! During these past months, that page has been particularly valuable as a means of keeping us all in touch.

Christine, we will miss you and wish you all the best “Down East.” Thank you from all of us at AMC-SEM!

Christine will receive a certificate and a \$50 gift card.

If you are interested in the Open position of Social Media Chair, please email chair@amcsem.org.

Leave No Trace Principle #1: Plan ahead and prepare

By the AMC-SEM Conservation Committee

This is the first in a series of information sheets prepared by members of the AMC-SEM Conservation Committee, which reminds us: “Founded in 1876, the Appalachian Mountain Club promotes the **protection**, enjoyment, and understanding of the mountains, forests, waters, and trails of America’s Northeast and Mid-Atlantic regions.

Leave No Trace Guidelines:

- ❖ Know the regulations and special concerns for the area you’ll visit.
- ❖ Prepare for extreme weather, hazards, and emergencies.
- ❖ Schedule your trip to avoid times of high use.
- ❖ Visit in small groups. Split larger parties into smaller groups.
- ❖ Repackage food to minimize waste.
- ❖ Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Questions to help you prepare for your trip:

- Where are we going? What is our departure time and meeting place?
- What are the specific rules and regulations of the area we are visiting?
- What are the goals and expectations of the leaders and the group?
- What clothing and gear are required and what could also be beneficial to bring?
- What is in everyone’s packs: could duplicates be eliminated and are all necessary supplies packed?
- What is the level of experience of the group and what are their specific skills?
- Does anyone have any medical conditions that the leaders should be aware of?
- What is the weather immediately preceding the trip? Do plans need to be altered?
- What wildlife may be encountered and are you prepared for that situation?
- What is your Emergency Action Plan, to include information on the nearest hospital and police phone number?

Enjoy your world. Leave No Trace.



RLBH: 'This is my kind of hiking!'

By Maureen Yachinski

I well remember joining that first Red Line the Blue Hills adventure. I had been a member of the AMC for a few years and had looked through the magazine faithfully, but never ventured further than reading the articles and noting all the hikes listed.

I am not sure what I was waiting for or what I was afraid of, but when I saw the notice about the Red Line hikes I thought: *I can try this one. It is not too far to drive. It's starting at the end of the day, so won't go on for hours and hours. Plus, I always wanted to explore the Blue Hills more. Even better, I can park nearby close to the start time and check out the crowd. If it looks like an "all 20-something crowd" that might look askance at a middle aged "need to start hiking again" woman, I can pretend to be gazing at the scenery and drive off. No one knows me there anyway!*

I took a chance and showed up that evening. It turned out to be a great mixture of ages and genders. The enthusiasm was contagious, the friendliness both sincere and warm. Things only improved when the hiking started. We hiked part of old Rte 128 and stopped by a classic New England puddingstone rock where Bob Vogel read a poem: "The Dorchester Giant," by Oliver Wendell Holmes. Suddenly I realized, *This is my kind of hiking!*

I eventually did Red Line all the trails then on the printed map—one hike and one trail at a time. [Editor's note: Finisher #5, 10/1/2007] I met some wonderful people and made some great memories. One of the favorite memories etched in my mind is the night we hiked a little too long and darkness crept in before we ended our hike. I don't remember what trail we were on, but we had a slight hill to descend. We all turned on our headlamps as we made our way back. Quite sure we must have looked like a bunch of miners as we hiked down that hill together.

And I never drove under the horse bridge in later years without remembering the time I hiked over it with the Red Line Group. Eventually, I joined the SEM chapter of AMC in hiking some of the 4,000-footers in New Hampshire and even accompanied a group on my first (and so far only) overnight backpacking adventure on Mt. Cabot. That was something that was always on my bucket list!

So, thank you for all those long-ago hikes and all these ever-present memories of rambling adventures on the trails of New England. May we meet again on the trail one of these days. Until then, stay safe and be well.



Masks are always handy, as hikers on the Green Dot Trail display above. Photo by Skip Maysles

Masks aren't often needed with strict social distancing, maintained by RLBH hikers below. Photo by Diane Simms



Save the Date!

AMC-SEM Annual Meeting Webinar

Saturday, November 7, 2020

5:00 to 7:00 pm

Registration via Activity Database Posting opens on October 1st.

Please visit the amcsem.org Home Page for links to the Slate of Officers and an Amendment to the Bylaws to be voted on at this meeting.



Insights from 2019 graduates from AMC Trip Leader training

By Diane Simms, Chapter Vice Chair

My first SEM activity was a Red Line hike. The goal of this series, started by Bob Vogel in 2006, is to hike every inch of the 100+ miles of trails in the Blue Hills, and I do mean every inch. That summer evening, we hiked a little offshoot and then did an about-face, continued down the trail, and then did that again. And again. And again. At one road spur, the group gathered by a parked car. Paul Brookes and Sue Svelnis were being awarded Red Line patches for hiking every trail. We all benefited because the custom is that new patch honorees bring cookies. Even better, on this night the two had planned ahead. In addition to chocolate chip cookies, there was a tub of ice cream in a freezer bag to make ice cream cookies. This was a hiking club I wanted to be part of!

I kept coming back, enjoying the friendly welcomes and marveling at how the trip leaders would wind us through the Blue Hills for two-plus hours, miraculously returning us to our cars at dusk or later. People talked about Trip Leader training. Could I possibly learn how to lead other hikers? I took the Trip Leader training in April 2019 after hiking with SEM for about two years. This training is the first step to qualify to be a Level 1 leader of local trips. I checked in recently with a few other hikers who also took the training last year. They shared their thoughts about the training and our Southeastern Massachusetts AMC chapter. Part 1 below. Part 2 will appear in the next issue of the *Breeze*.

Part 1: Insights from Diane Hartley and Tom Graefe

"The people I've met through AMC have become my close friends."

Diane Hartley took the trip leader training to become a more informed hiker. "I had been hiking only a little bit when I took the training. I'd just joined AMC that March after I retired. When I joined the AMC, it was to get out there and hike. Becoming a leader wasn't even a remote thought."

Diane made friends while hiking. "I met Cathy when she was the leader on a hike I did. We both did Len's conditioning series in the Blue Hills and became friends. We did the White Lining series this year, carpooling together from the Cape. After leader training, she mentored me." Diane adds, "The people I've met through the AMC have become my close friends. They're the people I spend time with now. This all in a year."

Joining AMC was transformational for me. "To become a hike leader, you need to co-lead hikes with two different leaders. Diane says, "In each one I learned something different. What I learned from Cathy is how to screen. Hikes on the Cape can be rugged and there's no bail out so it can be a long 10-mile hike. If you have someone who is not prepared, it's a bummer. Someone has to walk them back and you may not get to finish the hike. Screening is very important to make sure they can do the hike you have planned." Diane has led a couple of local hikes. Now, Diane is training to be a level 2 leader, which will qualify her to lead hikes in the White Mountains.

Diane promotes trip leader training. "You'll understand a lot more when you go on an AMC hike. It makes you a communal hiker with an understanding of responsibility, safety, and looking out for each other."

"The group needs people all the time willing to run activities."

Tom Graefe started being involved with the 2019 White Lining series, followed by the Conditioning series. That led him to take the trip leader training. "In doing White Lining, I was interested in the people running it and seeing what leaders were doing. I thought it would be interesting to know them better. A way to do that was to take the training, co-lead, and then lead. I wanted to share the experience. Leaders have an interesting vantage point on activities."

Tom recognizes that AMC SEM is run by volunteers. "The group needs people all the time willing to run activities. I enjoy planning hikes and finding something interesting. I'm not a big club person generally but I made a personal commitment to reach out more than I normally would. I would never have done it had I not felt welcomed into the group and encouraged by leaders to do leads. I thought it was pretty wonderful the way everyone was encouraged. I could see all the other graduates being encouraged and given the opportunity - new member, old member, male, female—all having fun together."

Tom is an experienced hiker and group leader, but he still learned from the SEM leader training. "I got a different perspective on how groups work. What I learned was the AMC method with groups of people coming together who you don't know. The hikes are lightly organized, light touch, and often semi-random groups of strangers. Leaders bring a little bit of order to an activity in which people don't want too much order." *Continued on page 8*



Trip Leader training *Continued from page 7*

Tom likes being a hike leader. "I love looking at maps and the process of imagining a hike to design something that's fun. It's fun to see how groups, in a span of several hours, come together even with lousy weather." The course and his leading experience continue to teach him. "This made me concentrate on being better about being a leader, to think about what it means to hike with a group. When you pay attention to the group, you see there are different ways people delight in nature. What is it that people like about hiking? What's been fun on a lot of hikes, particularly if it's a familiar area, is to see what people notice, and share those moments of joy."

Tom spoke for many of us when he said, "It's been an interesting time when all these hikes got cut in the Spring. It made me appreciate the opportunities they afforded to get out and get to know people."

"When you pay attention to the group, you see there are different ways people delight in nature."

After leader training, I co-led hikes with six different leaders learning something from each of them about making participants feel welcome. I led my first hike at Moose Hill in February and was looking forward to leading my next hike when activities were cancelled. During the stay at home advisory, I enjoyed solo walks at a nearby state forest but I craved sharing nature with others. When AMC resumed activities, I started leading local hikes, following AMC and state guidance on social distancing.

We all have a role in AMC SEM group activities. The leader, of course, plans and leads the hike. But the rest of us also contribute to the group having a fun and safe outing - the person who tells us an interesting nature fact, the experienced hiker who helps change the route on the fly, the quieter hiker who comments on something beautiful others have overlooked... We all contribute.

Hear from more trip leader training graduates in Part 2, to be published in the October Breeze. Although the Spring SEM trip leader training was cancelled, the SEM Board is mentoring new co-leaders who completed online training. Interested in learning more about leading? Talk to a trip leader or email an activity Chair or Vice Chair. Email addresses are available here:

<http://amcsem.org/officers.html>

Friday hike at F. Gilbert State Forest

Photos from AMC-SEM's Facebook Page





Bob Vogel, left, checks the map *again* with Dexter Robinson. AMC-SEM Archive Photo

‘The Lost Trail’ and more of my favorite Red-Lining memories

By Bob Vogel, RLBH Hike Creator & Leader

April 6, 2006. The first night of RLBH! And the first night we couldn't find that one, still-lost, trail.

For those who don't know the history, in the early 2000s SEM ran "Wednesday Evening Hikes" for several years. We would go to a different location each Wednesday and hike from 6 to 8 PM all summer. In 2005 I was laid off and then accepted a job in Randolph. The job "required" that I stay until 5 PM, which made it impossible to make 6 PM hikes at places like Wampatuck, never mind the Cape Cod canal. So for 2006 I decided to hike at the Blue Hills every week. So as not to conflict with the Wednesday hikes, I chose Thursday evenings. I had no idea if anyone would show up; however, folks did show up. A few names you might have heard: Cheryl Lathrop, Ellen Correia, Muriel Guenthner, Carol Roupenian, Maureen Yachimski, Dick Carnes, Erika Bloom, and my son Bobby. A couple of names you might think go back to that first hike actually missed Week 1 and didn't start until Week 2. I'm thinking of Maureen Kelly and Jerry Yos. :-)

That first night—Heck, that whole first year!—was really a learning experience. Unlike recent history, there were no maps published ahead. I was just winging it, trying to hike as far as we could before it got dark. We hiked out old Rte 128. (I'd advertised the hike as going "down the middle of Rte 128". :-)

We worked our way all the way to Rte 28 and then started back. At some point it started to get a bit less bright—Civil Twilight was 7:44—and I encouraged

everyone to walk a bit faster. We got back before it was "really" dark, but I think at least one person had turned on a headlamp. It was the first, but certainly not the last, escape just before dark.

From that first "Poop Sheet":

"Anyone not there at the start time will be assumed to have had to cancel that night. Otherwise we'd wait 15 or 20 minutes of our two-hour hike each week." :-)
Historically, hikes had always waited 10 to 15 minutes for stragglers. With a short time before dark, RLBH began with a warning: Be there on time. :-)

"Raincoat required" (Please bring it **every** week, if only to appease the sun gods." :-)
A statement that is still around in some trip Info sheets.

Other highlights from other trips? Sooo many! I remember the evening I finished Red-Lining. I led the hike over Hawk Hill and the old (now closed) Hemlock Bound Trail toward the Great Cedar Swamp. Fred Wason and his wife Michelle were there, and I'll never forget the look she gave me at the end of the hike. She had been expecting a "moderate" hike, and I had been a bit overly optimistic when I planned that hike. It ran late and did involve quite a bit of Up, and then near the end we came down the steep section of Hawk Hill. I think she forgave me...a few years later. :-)

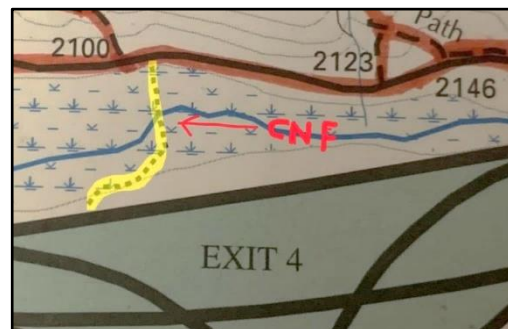
And I remember Maureen Kelly finishing her Red Line map at some intersection at the top of a hill in the Chickatawbut section, as I recall.

And of course, I'll always remember this year with Maria Sestina and Joanne Newton finishing, and getting to present them with their patches at the RLBH circle-up. And, of course, cookies. Lots of cookies. :-)

In my 70+ years, I've had a lot of ideas. RLBH turned out to be near the top of the list. :-)
Thank you all for participating and making RLBH the great series it has always been. And a special thank you to Joe Keogh! Without Joe running things these past so-many years, I

don't know that RLBH would have made it.

Map showing the "CNF Trail," the only place it may exist. Note: CNF means Could Not Find. :-)
It's still lost!





1,000-Milers reach new milestones in second quarter of 2020

By Paul Currier, Thousand Milers Registrar

NAME	Q1 Miles	Q2 Miles
Ed Nelson	1,384—Holed up in Longboat Key in Florida	2,697
Robyn Saur	578	2,400
Susan Eliason		1,948—Self-designed, self-supported Cape Cod Century hit the road June 28!
Grtz JC Castelein	.639	1,912
Mike Garrity		1,490
Bernie Meggison	736—Many miles in Florida, including 100+ from Key Largo to Key West	1,348—Now keeping the CCRT safe and orderly.
Joe Balboni		846
Larry Decker		810
Mark Gurnee	425	754
Jim Kipela	217	711
Richard Beaudoin	176	655
Lou Outor		538
Lee Eckhart	52—Outside	521
Alan Greenstein	165	486
Geoffrey Lenck	95	295
Peter Linhares	137	270
Lawton Gaines	138	206
Joe Tavilla		217
Paul Currier	42	167—Second quarter surge bolted me into 3 figures!
Barbara Gaughan	144	166

Notes: Our newest member, Susan Eliason, jumped right in to #3 after completing a century in June!

Jim Doherty is recovering from Covid19. We all wish him a safe and speedy recovery and hope to see him back with us this year!!



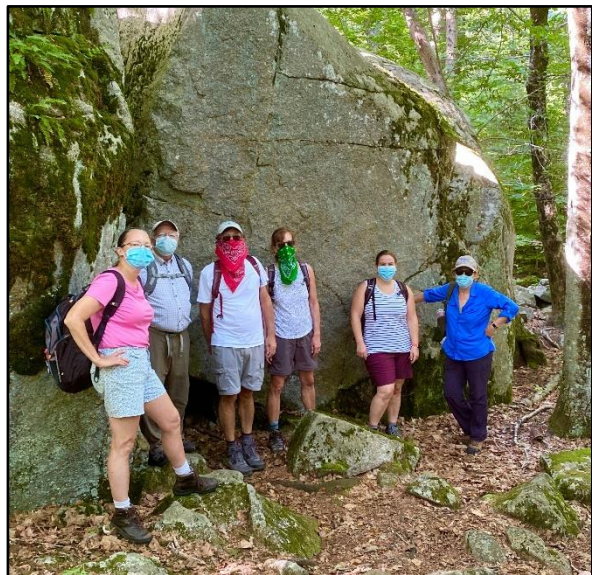
Back on the Red Line this summer. Photos from AMC-SEM's [Facebook page](#). Keep posting!



BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Borderland State Forest hikers, left, and RLBH hikers on Buck Hill, right. *Photos from the AMC-SEM Facebook page*



AMC-SEM Trail Crew cleans up on Buck Hill

A group of eight AMC-Southeastern MASS volunteers hiked up to Buck Hill the weekend of Sept. 11-12 and cleared the water bars, cleaned the stairs, removed loose rocks, and picked up some trash! Everyone had a great time and we got a lot accomplished! Also, a special thank you to all the hikers who passed us and thanked us for doing this work! *Photos by Skip Maysles*



Activities

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

Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

In order to set up a digest you'll first need to create a user account on outdoors.org. If you are an AMC leader or volunteer you may already have an AMC Account, in which case you can use that. Start at the My Outdoors homepage by clicking on the link for "Manage Activity Digests." This link can be found within the second white section of the page under the "Personalize Your Communications" title.

For complete illustrated instructions, visit

<https://www.outdoors.org/wp-content/uploads/2018/04/Activities-Digest-Manual-042518.pdf>.

AMC Trip Policy

Online registration is required. AMC membership is not required, but you will need to set up a free AMC online account if you do not already have one. Click "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. Each person must register individually; you cannot register for a friend or household member.

Group size is limited to 10 people including leader(s). You must bring and be willing to wear a mask whenever we cannot socially distance. Please have your mask on when we circle up. Anyone who does not register or does not bring a mask will not be allowed to join the hike. Bring water and snacks. Insect repellent is recommended. Must have hiked similar distances recently and be able to maintain a moderate pace.

Do not come on the hike if you are experiencing any symptoms of COVID-19. Please cancel your registration as soon as possible if you can no longer attend.

This policy applies to ALL hikes. No exceptions.

CAPE HIKES

Thu., Sep. 24. Hike--Wareham, MA. This pre-registered hike with a limit of 10 hikers is a 4 mile, 1 3/4 hour hike will take place in Wareham. The trails are relatively level but require negotiating roots and rocks. There may be trees to step over on the trails during hiking. [AMC Trip Policy](#). L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 5th year Level I SEM/Cape hike leader with previous WFA training) CL Susan Jilson

Sat., Sep. 26. Hike Falmouth, MA. An approximately 2-hour 5-mile moderate hike around a large pond with 2 leaders and 8 participants. There are some hilly areas, and the trail varies from very wide to a bit overgrown. The route passes through deciduous forest primarily, but there are some stands of pine trees. This hike has been offered regularly but this time we will travel partly along 2 trail sections not done before. No dogs please, and rain cancels the hike. [AMC Trip Policy](#). L John Gould (508-540-5779, [jh Gould@comcast.net](mailto:jhgould@comcast.net)) L Catherine Giordano (cmgiordan@msn.com)



Activities

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

CAPE HIKING

Thu., Oct. 1. Hike in Sandwich, MA. Hike on flat wooded trails in an area that has history dating back to early pilgrims. Sturdy footwear required. Hike will be a little over 4 miles and take about 2 hours. [AMC Trip Policy](#) L Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net)

Thu., Oct. 8. Hike Eastham, MA. 2 hour hike. Visit light houses, salt marshes, sea shore beach. [AMC Trip Policy](#). L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Oct. 18. Hike--Bourne, MA. This 2 hour approximately 4 mile hike is in Bourne. The terrain is wooded pathways with frequent moderate rolling hills throughout the hike. More details and directions to the trailhead will be supplied to registered participants. Social distancing guidelines will be followed. [AMC Trip Policy](#). L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a fifth year SEM/AMC Level 1 hike leader with previous WFA training.)

Sat., Oct. 24. Hike North Falmouth, MA. A moderately difficult hike over a hilly terrain, with some long views across Buzzards Bay. It is 5.25 miles long lasting just under 3 hours. There will be a brief stop for lunch or a snack, This hike was last offered 13 years ago and will be a new one for most. [AMC Trip Policy](#). L John Gould (508-540-5779, jhgould@comcast.net) L Catherine Giordano (cmgiordan@msn.com)

Sun., Oct. 25. Hike in Dennis, MA. Due to Covid19 restrictions this hike requires pre-registration, click on Register button. This will be approximately a 4 mile hike through saltmarsh, along a beach and on paved roads through an historic neighborhood. [AMC Trip Policy](#). L Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net, Four years of experience leading hikes on Cape, currently Cape Hike Chair for AMCSEM.) CL Margaret Christen (margaret@mchristen.net, SEM leader in training)

Thu., Nov. 5. Hike Sandwich/W. Barnstable, MA. This hike is very hilly with over 800ft of rise and fall. Good boots and poles are strongly suggested. Bring water and an energy snack. This hike should have some great views and wonderful foliage. It is about 5 miles and should be about 2 hours but could very well go over the time depending on the speed of the slowest person. This is NOT an "easy" hike. [AMC Trip Policy](#). L David Selfe (508-771-0620 before 8 pm, kdsselfe@comcast.net) CL Kathleen Selfe

Thu., Nov. 19. Hike--Wareham, MA. This pre-registered hike with a limit of 9 hikers is a 4 mile, 2 hour hike is on wooded trails with several gentle hills and wet areas. [AMC Trip Policy](#) <http://www.outdoors.org/volunteer/volunteer-resources/trip-policy>. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 5th year Level I SEM/Cape hike leader with prior WFA training)

Sun., Dec. 20. Hike--Bourne, MA. This pre-registered hike with a limit of 9 hikers is 2 hours, approximately 4.5 mile hike. The terrain is wooded pathways, fire roads, and trails with several moderate hills. It is a loop so does not offer easy bail-out points. This is not a novice hike. [AMC Trip Policy](#) L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a fifth year Level 1 SEM/Cape hike leader with previous WFA training)

EXECUTIVE COMMITTEE

Volunteer Opportunities

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) CL Alan Greenstein (alan.b.greenstein@gmail.com)



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Social Media,, Southeastern Mass Chapter. The AMC-SEM Executive Board is seeking to fill the position of Social Media Administrator. The administrator's primary responsibilities are to monitor and update the AMC-SEM chapter Facebook page and chapter Twitter account. L Leonard Ulbricht (lenu44@gmail.com) CL Alan Greenstein (alan.b.greenstein@gmail.com)

Sat., Nov. 7. SEM 2020 Annual Meeting Webinar, MA. The SEM Annual Meeting webinar will held from 5-7 pm on Saturday November 7. There will be a report to the membership, election of your 2021 Executive Board, a vote on a bylaw amendment, and presentation of the Distinguished Service Award. L Leonard Ulbricht (lenu44@gmail.com)

HIKING

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

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

Sat., Sep. 26. Blue Hills East Side Loop, Blue Hills Reservation, MA. Join us for for a pleasant early fall loop hike, starting at 9:00 am on the Skyline Trail, and coming back on flatter trails around the hills. The hike will be about 6 miles long, with about 700 feet of total elevation. We will hike at a moderate pace. We may run a second hike if we have enough interest, so if this hike fills up and you would like to join us, please add yourself to the wait list and we will contact you. The hikers will practice social distancing and wear masks when they cannot. Everyone must register for the hike through the ActDB system. Non AMC members are welcome; they just need to create a profile to sign up. L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

Sat., Sep. 26. Blue Hills East Loop Skyline Hike Number 2, Milton, MA. DUE TO POPULAR DEMAND, THIS IS AN ADDITIONAL HIKE OFFERING. Join us for a pleasant early fall loop hike, starting at 9:15 am on the Skyline Trail, and coming back on flatter trails around the hills. The hike will be about 6 miles long, with about 700 feet of total elevation. We will hike at a moderate pace. The hikers will practice social distancing and wear masks when they cannot. Everyone must register for the hike through the ActDB system. Non AMC members are welcome; they just need to create a profile to sign up. L Barry Young (508-339-3089 Before 9 PM, barry.young@comcast.net) L Paul Miller (paulallenmiller@verizon.net)

Tue., Sep. 29. Tuesday Morning Blue Hills Hike, Blue Hills, MA. Enjoy early autumn weather on a 5-6 mile moderate hike in the Chickatawbut/Cedar Swamp section of the Blue Hills. We'll hike well-maintained trails on mixed terrain, passing streams and ponds, with a jaunt on the Skyline. Rendezvous location and exact morning start time will be sent after your registration is confirmed. Bring rain gear, water and snacks. Must have walked/hiked similar distances recently and be able to maintain a moderate pace. Group size is limited to 7 people. Contact via email preferred. L Thomas Graefe (781-659-2441 Before 9:00 PM, tmgraefe@comcast.net)

HIKING

Thu., Oct. 1. Thursday Morning Hike - Sharon, MA. Join us for a 5-6 mile moderate hike in Sharon. This hike will have a variety of terrain including several great hills. Must have recently hiked a comparable distance. Details will be emailed after your registration is confirmed. Please cancel your registration as soon as possible if you can no longer attend so that your spot can be given to someone on waitlist. Group size is limited to 10 people. [AMC Trip Policy](#). L Diane Simms (dianemsimms@comcast.net)



Activities

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

HIKING

Wed., Oct. 7. Blue Hills Morning Hike, MA. Join us for a 4.5 mile moderate hike in the ever-popular Blue Hills Reservation. This hike through some of the Reservation's wooded areas includes a few uphill climbs but nothing too arduous. We are planning on a morning start and spending about 3 hours on the trails. We will email you the address after your registration is confirmed. [AMC Trip Policy](#). L Diane Simms (dianemsimms@comcast.net) CL Sandy Johnson

BEONLINE WITH AMC

Tues., Sept. 29, 5:30-6:30 pm. Black in Nature. AMC Staff & guest panelists discuss the realities and inequities individuals in the Black community face when participating in outdoor recreational activities and exploring public lands. and explore concrete ways to help make outdoor spaces more accessible and inclusive for our entire community. [Register & get Zoom details here.](#)

Fri., Oct. 2, 7-8 pm, Conservation Conversations: The Greening of Hillsboro, OR. Learn about the development of Hillsboro's first comprehensive sustainability plans for city operations and the broader community. [Register here.](#)

Wed., Oct. 14, 7-8:15 pm. Beyond The 48 - The Winter Edition. Michael Blair as he shares stories, pictures, and tips of his journey to explore high peak challenges in winter, including Adirondack 46, the New England 67, the Northeast 115, and even the Trailwrights 72. [Register here.](#)

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.](#)

Fri., Oct. 28, 7-8 pm. Conservation Conversations: Down On The Farm And Out In The Woods—What Is Conservation Worth? Steven Wallander, PhD, gives an overview of how environmental economists evaluate conservation programs. No math required - just a willingness to broaden your perspective. [Register here.](#)

Happy Trails!



THE END