

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | December 2020

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

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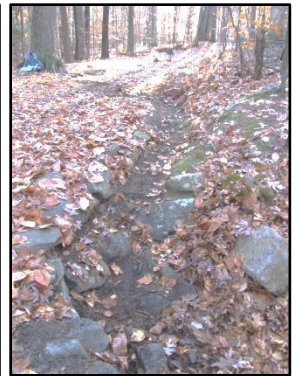


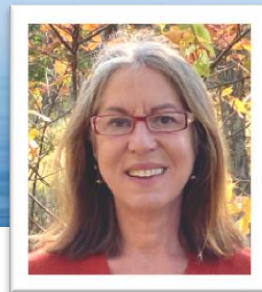
AMC-SEM volunteers meet for fall clean-up in the Blue Hills. *Photo by Skip Maysles*

Trailwork crew improves safety & access for all

By Skip Maysles, Trails Chair

It does not get any better than this! It was a beautiful Saturday morning for some trail work in the Blue Hills! On November 14, a group of eight volunteers walked the trails and cleaned many water bars, raked some leaves, cut some small trees and branches that were blocking the trails, cut back some over-grown vegetation, and removed some rocks. We got outdoors, got a little dirty, and had FUN! Plus, we made the trails safer for ALL to use!





View from the Chair: What SEM Offers Us

Why are you an AMC member?

Twenty years ago I wanted to start hiking but wasn't sure how to begin and certainly didn't want to tramp the Blue Hills alone. A friend told me about AMC. Perfect! I started with local hikes and soon took an introductory hiking workshop to learn about clothing, footwear, nutrition, and planning. I avidly read Outdoors magazine (now [online articles](#)) and learned about the organization. AMC wasn't just about local hikes. AMC offered education, supported lodging and huts, protected open spaces, maintained trails, offered opportunities to underserved communities, and advocated for conservation at the local and federal level. I am proud to be a member.

AMC generally and our SEM chapter specifically continue to offer so much to me, and I hope also to you.

I continue to learn about AMC's [Conservation](#) efforts. Do you have ideas for SEM conservation webinars or are you willing to give a Zoom presentation? Contact Conservation Chair Joanne Newton at conservationchair@amcsem.org.

With winter upon us, I was glad to have a refresher on winter hiking by watching SEM's [Winter Workshop video](#). Very useful advice even for local hikes. I learned about micro-spikes in my first Winter Workshop - a game changer in being confident while hiking in the winter.

Many of us are hiking with a few friends because we don't want to hike with a group right now. How to plan a route and avoid the crowds? I use the [RLBH maps](#) on [AMCSEM.org](#). This has Red Line hike routes going back to 2006! Most Red Line hikes are 4-6 miles. (Note, DCR issued a new [Blue Hills map](#) this year. Check your planned route by reviewing the current map.)

We crave connection. Our 20s and 30s committee is offering online social opportunities including a [Trivia Night](#). Do you want to help plan future events? Contact 20s 30s Chair Susie Schobel at 20s30schair@amcsem.org.

Sometimes I just want to curl up on the couch and watch a video. AMC chapters have loaded their free online content to <https://vimeo.com/showcase/7668907>. The Mt. Everest Base Camp video took me to a place I'll never likely be in person. Do you have ideas for a video? Email our communication chair Nichole Nelson at communicationschair@amcsem.org.

I welcome your ideas. Email me at chair@amcsem.org

Diane Simms, 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



Conservation Corner

Principle #6: Respect wildlife

By Bill Cannon, Conservation Vice Chair

Leave No Trace Guidelines:

- ❖ Observe wildlife from a distance. Do not follow or approach them.
- ❖ Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- ❖ Protect wildlife and your food by storing rations and trash securely.
- ❖ Control pets at all times, or leave them at home.
- ❖ Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Never Feed Animals:

Whether it's an apple core thrown from the window of a moving car, or an orange peel casually left on the side of a trail, our food waste attracts wildlife to areas with high human activity. Food thrown alongside roads draws wildlife nearer to roadways and increases the likelihood they will end up as road kill. Scraps tossed on the trail bring wildlife closer to the trail corridor as they seek out food.

One apple core will not completely disrupt the local ecosystem, but cumulatively, we know that feeding wildlife damages their health, alters their natural behaviors and exposes them to predators and other dangers. This is because when an animal finds or receives human food consistently over time by campers and visitors, they no longer seek their own food in nature. This is extremely dangerous because, like humans, animals need a varied diet to get all the nutrients to be healthy, strong, and in good reproductive health. When going to the campground or trail is an easy meal of fruit or human processed foods, they eat and get full on single food items instead of a range of food items that all provide different nutrients. So when that squirrel or deer or bird, which looks so hungry, comes up to eat trail mix out of your hand, know that you're putting the animal at risk of a healthy life, a prolonged existence, and the opportunity for healthy offspring.

Thank you for all that you do!

Enjoy your world. Leave No Trace.

Leaders, please consider sharing this information at your activity gatherings. Conservation is a huge part of the AMC's Mission.



Hiker points to one of three stones the dolmen rests on. Barry points to carving which can drain off the dolmen. What do you think it would have drained? *Photos by Diane Simms*

Hike to mysterious stone formations

By Diane Simms, Chapter Chair

Terrific hike at F. Gilbert Hills! Barry Young led the group to interesting and mysterious stone structures, including a dolmen, prayer seat, standing stone, and large astronomically-arranged rocks. Who arranged them? Why?



Barry prayed for the rains to hold off and they did. 😊



Diane Hartley has an impressive record of hikes & climbs!
Photo by Anne Duggan

New SEM Level 2 hike leader racks up some serious trail miles

By Paul Miller, Level 4 Hike Leader

As Diane Hartley commented in a recent email, "Becoming an AMC member in 2019 really has been transformational for me." Here's why: Almost immediately upon joining, Diane started hitting the myriad trails in the Blue Hills with the chapter on a weekly basis. In April 2019, Diane was an active participant in our largest-ever SEM Leader Training workshop at the Wildlands Trust in Plymouth and then quickly racked up enough co-leads to earn her SEM Level 1 hike leader status.

In September 2019, Diane participated in the SEM's two-day, in-person Wilderness First Aid certification program, also at the Wildlands Trust. WFA certification is a prerequisite for leading Level 2 hikes (and a good idea for all activity leaders). Then last December she joined Pam Johnson's Blue Hills White-Lining group, co-led our snow-blessed first Winter Series hike at Mt. Wachusett, and joined the chapter for other winter adventures.

When COVID struck this past spring, Diane hit some of the trails on the Cape in a big way; hiking 10 to 12 miles several times a week with Cathy Giordano. You have to work really hard to rack up serious elevation gain on the Cape, but this apparently was enough to help Diane get in shape for a very full summer season of rugged hiking. This included multi-day Appalachian Trail section hikes in Massachusetts and New Jersey with Anne Duggan and

Leslie Carson, as well as several backpacking trips in the White Mountains (one with Dexter Robinson).

Oh, yeah, Diane also summited Mt. Carrigain in mid-September with Anne, Leslie, and several friends to complete her 48th New Hampshire 4,000 footer and qualify for membership in the [AMC 4,000 Footer Club](#)! I'm getting tired just writing down all Diane's exploits.

Anne's enthusiastic recommendation note for Diane does a nice job of expressing her qualifications to lead hikes up in the Whites: *"I give my highest recommendation to Diane Hartley as a Level 2 hike leader. Since meeting her last fall at a hike leader's meeting, I have been impressed with her hiking ability, organizational skills, and eagerness to hike with others."*

"Diane is a tireless hiker. She bounds up any trail at breakneck speed. This summer we tackled Mount Washington, Mount Jefferson, Mount Adams, Mount Madison, and Mount Moriah."

"As a leader. Diane is organized, thorough, and promotes safety. On October 28th Diane co-lead a trip to Mount Tecumseh. Diane planned the trip, screened participants, wrote up the information sheet, and led the way up the mountain. She did an excellent job and exceeded all my expectations."

Congratulations, Diane! We need more hike leaders like you. (She is now working on her Level 4.)

SEM supports Blue Hills trailwork

The AMC-SEM Chapter was able to make a donation to the Friends of the Blue Hills for 2020 in the amount of \$250, which will support the maintenance of 125 miles of trails in the Blue Hills Reservation. In her letter acknowledging the chapter's donation, executive director Judy Lehrer Jacobs wrote:

"Thanks to you, the Reservation's diverse ecosystems will remain healthy, its scenic vistas will thrill and inspire, and its 125+ miles of well-maintained trails will allow for easy access for all. Visitors will explore the Reservation, feel a sense of ownership of our natural treasure, and be inspired to work to protect it."

At the foot of the letter, the Friends list all 16 hills in the Blue Hills Reservation. Can you? See the answer below.

Answer: Kitchen Hill, Chickatawbut Hill, Fox Hill, Wampatuck Hill, Rattlesnake Hill, Little Blue Hill, Great Blue Hill, Wolcott Hill, Hemerway Hills, Houghton Hill, Hancock Hill, Tucker Hill, Boyce Hill, Buck Hill, Hawk Hill, Nahant Hill



Short Notice Email List (SNEL) procedures have changed

by Diane Simms, Chapter Chair

Do you receive SNEL emails? Do you want to continue receiving them? You don't even know what SNEL is? Read on!

Leaders in the AMC-SEM chapter have been using the Short Notice Email List (SNEL) for almost 20 years. SNEL was started when activities were listed via print, including [outdoors.org](http://www.outdoors.org) and the *Southeast Breeze*. But how could we let our members know about last-minute activities and changes? SNEL was born.

SNEL was the brainchild of Erika Bloom, who has been supporting it all these years with help from other dedicated leaders. Thank you, Erika!

After AMC implemented an online database of activities, known as ActDB, activities were much easier to find. But even after ActDB, AMC-SEM leaders found SNEL helpful.

Short Notice Email List (SNEL)	Access Activities:
	SNEL participant: Signup
Receive an email about SEM:	SNEL leader: Posting
<ul style="list-style-type: none">* activities* cancellations* changes* announcements	SNEL admin: snel_admin@amcsem.org
	ActDB participant: search
	ActDB leader: login

Look for this box near the bottom of the home page at [amcsem.org](http://www.amcsem.org).

SNEL is now used for notifying the email group of activities which have not been filled or of changes to "Show and Go" activities. A surprise snow, for example, might inspire an impromptu snowshoe hike.

Of course, in this time of COVID-19, activities fill quickly and AMC does not permit "Show and Go" activities, so we have sent few SNELs. When we get back to normal, we expect to continue using SNEL.

SEM used the Yahoo Groups service to manage the SNEL emails. Yahoo Groups is terminating support December 2020. SEM will be using Google Groups to manage SNEL. We are **NOT** automatically converting previous SNEL users to Google Groups. There are over 1,000 users, some with multiple email addresses, dating back to the early 2000s. To get SNEL emails, you must register with Google Groups.

Do you want to sign up for SNEL? Sign up procedures are located on the AMC-SEM website home page. Sign up anytime. Here's the link:

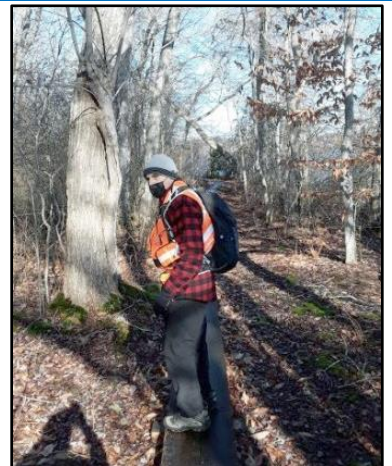
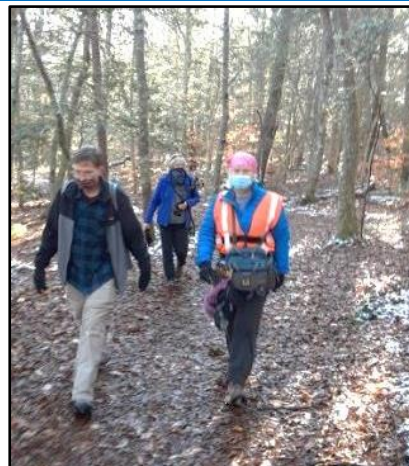
<http://www.amcsem.org/assets/chapter/snel.signup.procedures.participants.pdf>

Are you a leader who uses SNEL to alert people to updates in your activities? Updated procedures for initiating a SNEL are located on the AMC-SEM website home page. Here's the link:

<http://www.amcsem.org/assets/chapter/snel.post.procedures.leaders.pdf>

Lowell-Holly/Ryder Conservation Area Hike *Photos by Dave Selfe*

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Volunteer of the Month:

Bob Vogel

By Skip Maysles, Trails Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have so many people give their time, energy, and resources to make our chapter one of the best! Bob Vogel is December's Trails Volunteer of the Month.

Bob has been an SEM member for over 20 years! Of the many volunteer positions he has held, I believe Bob loves the trail work the most. He hikes in the Blue Hills (and beyond) several times a week. On every hike, he carries the tools either in his backpack or attached to his belt. Bob is always in trail maintenance mode, clearing downed twigs from the trail with his hiking poles as he walks along, clipping low-hanging branches that whack him in the face (he's tall), and stopping to saw trees that have fallen across the path.

The virus did not stop Bob this year. He formed a "pod" of friends to continue his hiking and trail work. In addition, Bob took on the responsibility of reporting downed trees in the Blue Hills to Friends of the Blue Hills (FoBH) and to the DCR.

Whether he is participating in a formal trail maintenance event or out on his own, Bob epitomizes devotion to keeping our trails in good shape for the enjoyment of all hikers/dog walkers/runners/bikers.

Congratulations to Bob, and thank you for a job well done!

Bob will receive a Volunteer of the Month certificate and a \$50 REI gift card.

Addition to 1,000-Miler Q3 results*

Susan Eliason	July	810.3
	August	643.7
	September	543.7
	October	414.6
	November	224.8
	December	
	To Date	4.603.5

*See other results in November 2020 issue of the *Breeze*.

Lowell-Holly/Ryder

Photos by Dave Selfe

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GREAT BLUE HILL FROM THE SOUTH.

Great Blue Hill from the South. Photo by A. Lawrence Rotch, 1887—Hathi Trust⁴

Blue Hills History

The Evolution of the Reservation

By Bob Vogel, Hike Leader

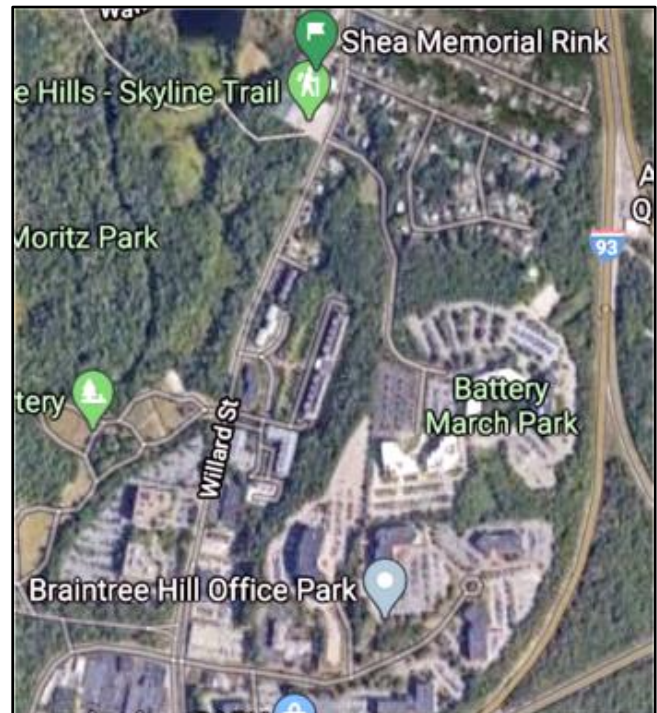
When we think of the creation of the Blue Hills, most of us probably think they were “preserved.” This isn’t quite accurate. While the Blue Hills, when the Europeans arrived c.1620, looked somewhat like they look today (although they were “old-growth” vs. today’s “second-growth” forests), by the time they were “preserved” in 1893 things had changed, and not for the better. Eastern Massachusetts had “grown up.” All of the good land had been converted to farms, which involved clearcutting most of the trees. Most of the Blue Hills were too hilly to easily develop into a farm or a town. It is said that even the sheep farmers never took their stone walls above the 200’ elevation. However, I’ve never personally tried to verify that.¹ Less productive land, like many of the actual Blue Hills “hills,” was used for woodlots. Fortunately (for us), the granite that existed in most of the Blue Hills was inferior to the Quincy Granite quarried in the area near Ricciuti Drive, so the rest of the Blue Hills were never quarried.²

“Two hundred years of continuous cropping and burns had resulted in a sort of dried-out chaparral of oak and chestnut sucker growth littered with ashes and bristling with gray-white, fire-killed skeletons waiting to fall down. Every fifteen or twenty years the cutters came in and chopped the suckers from the stumps. They left the trimmings where they fell;

the sun baked them dry; the next burn charred them black. Fires occurred every year — ground fires in the spring, maybe some hot ones in the fall. A few cart tracks wandered through this interminable thicket of bleached sticks and brown, clinging leaves. There was no shade in it, no depth, no relief.”³ (*Landscape with Reptile* by Thomas Palmer)

The reality is that the Blue Hills were not “preserved” because of how nice they were—they were set aside because they were the open space that was still available at the time. And they were only available because no one had yet found an economically viable use for them.

Aside: The one hill not included in the Blue Hills Reservation was Pine Hill. It is located to the East of Willard Street, across from Wood Road and Shea Rink. Over time, as land has become more valuable, Pine Hill has been developed, and today is home to Battery March Park (a four-building, 50-acre office park⁵) and the Braintree Hill Office Park. (“...situated on the Braintree/Quincy line in a highly visible 40-acre campus setting. The building’s hillside setting offers excellent highway visibility, coupled with panoramic views of the Boston skyline, Quincy Bay, and the 7,000-acre Blue Hills Reservation.”⁶) This is what the whole Blue Hills might have looked like if it hadn’t been “preserved” in 1893. Whew!



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Charles Eliot



Born November 1, 1859
Cambridge, Massachusetts, US

Died March 25, 1897 (aged 37)
Brookline, Massachusetts, US

Resting place Mount Auburn Cemetery

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Blue Hills Evolution

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Charles Eliot, who was the Landscape Architect to the Metropolitan Park Commission (predecessor to today's DCR) had a vision. He saw the Blue Hills as part of a green belt surrounding Boston.⁷ (Everything from the Fens, to the Esplanade,⁸ to...public beaches. Maybe we'll come back one week and look at all these other, related, places that tie in to the Blue Hills as just the southern terminus.)

As for the Blue Hills. he saw them as a park. He envisioned folks riding their, or in provided, carriages down the paths, and coming around corners to reveal scenic vistas. He was a landscape architect after all. He didn't just want woods he wanted a place "affording widespread panoramic prospects in all directions."⁹

He then set out to "restore" them and create the reservation he imagined. He provided instructions:

"Late in the year, after the first snow, send gangs of men to all parts of the Reservation. Have them cut all dead wood, cart away that which is salable, and burn the rest in heaps.

"From February through April, when the danger of ground fires is greatest, divide the Reservation into hundred-acre parcels and assign one man to each. Equip him with water cans and a Johnson pump. Put out all fires.

"In late summer, send men with hatchets throughout the Reservation to chop sprouts and suckers from all fire- and ax-killed stumps. Do not harm seedling trees.

"After several years, when all the stumps have stopped sprouting and seedling trees are established, thin the seedlings. Continue to burn dead wood and suppress fires."

While his plan worked, and the results can be seen today, Charles Eliot didn't live to see the results. He died from spinal meningitis at age 37. Eliot Tower on Great Blue, and the "bridge" next to it are named for, and a memorial to, him.

In 1883 Eliot had become an apprentice for Frederick Law Olmsted and Company, where he worked on designs for Franklin Park (1884), the Arnold Arboretum (1885), and the Fens (1883) in Boston, among other projects. In 1886, Eliot had opened his own office.

On March 5, 1890, Eliot published an article entitled "Waverly Oaks" to defend a stand of virgin trees in Belmont, Massachusetts. In the process, he made a plea for preservation of the oaks and outlined a strategy for conserving other areas of scenic beauty in the same way, he said, that the Boston Public Library held books and the Museum of Fine Arts pictures. This article resulted in a conference held at the Massachusetts Institute of Technology in 1890 on Preservation of Scenic Beauty, and led to the enactment of Massachusetts legislation creating The Trustees of Reservations in 1891. It was the world's first organization created to "acquire, hold, protect, and administer, for the benefit of the public, beautiful and historical places."

After the death of their partner Henry Sargent Codman, Olmsted's son Frederick Law Olmsted, Jr., and stepson John Charles Olmsted asked Eliot to become a full partner in their firm. In March 1893, the firm's name was changed to Olmsted, Olmsted and Eliot. Within a few months, Eliot assumed the leadership role as the elder Olmsted's health continued to fail.

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Blue Hills Evolution Continued from page 8

The Gypsy Moths

The gypsy moth was accidentally introduced into Massachusetts from France in 1869 and appeared in the Blue Hills in 1904. At first the MDC responded by painting the nests with creosote. This seemed to work for a period of time, but then the moths came back again. The MDC responded by spraying with lead arsenate. By 1938, 30,000 pounds of lead arsenate was being sprayed throughout the Blue Hills.

Eventually this, too, stopped being effective, and, belatedly, it was also learned that lead was a hazardous substance, which built up in the soil.

So they progressed to the next “solution”—DDT. (And we all know how that one played out.) It wasn't until 1962 when Rachel Carson's book *Silent Spring* showed the environmental effects of DDT that the public began to take an interest and eventually were galvanized to action. DDT was finally, in 1972, banned from agricultural use in the US.¹³

The Chestnut Blight

In the 1800s the American Chestnut was among the largest, tallest, and fastest-growing trees in America. It could grow to over 100' tall, and could be 7' in diameter. The wood was rot resistant, so good for fence posts and the lower logs of log cabins. And it was straight grained and easily worked, making it a good wood for furniture construction.¹⁴ We are all familiar with...

*“Under a spreading chestnut-tree
The village smithy stands...”*

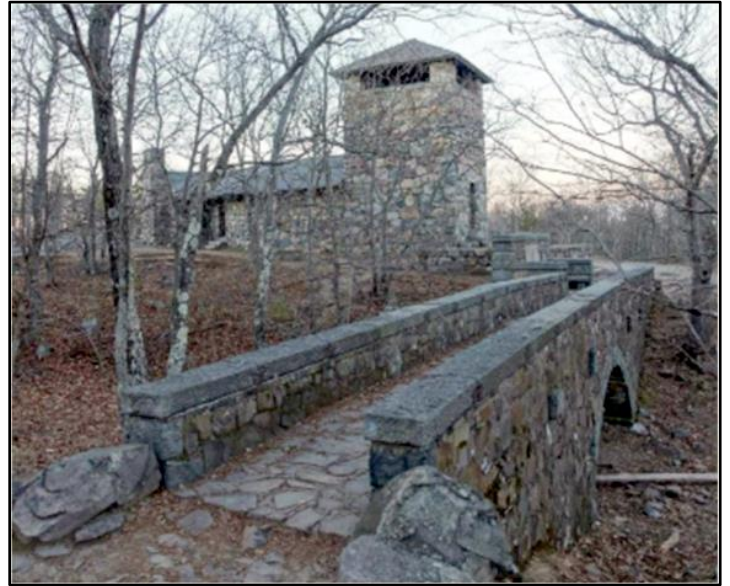
“The Village Blacksmith”
by Henry Wadsworth Longfellow

And...

“Chestnuts roasting on an open fire...”



Left: Majestic American Chestnut. Above: Leaf, husks, and nuts from cultivated tree.



The Eliot Tower and connecting Bridge in the Blue Hills.

You're probably singing the Nat King Cole version right now.

Aside: Why roast chestnuts on an open fire? To enhance the flavor and creamy texture.¹⁵

Chestnuts were a food source for people, as well as were used to feed livestock. And wild animals ate them, of course.

In 1900 nearly four billion American Chestnuts were growing along the eastern seaboard. And then, about 1904, when some Japanese Chestnut trees were imported, *Cryphonectria parasitica*, a parasitic fungus was accidentally imported with them. It spread to the American Chestnut, which had no resistance to it, and they started dying.¹⁶ Eventually all of the mature trees died. Because their roots survived, the stumps would, and some still do, send up suckers, which grow for a while, but eventually they too succumb.

Aside: The American Chestnut Foundation is working to develop a resistant American Chestnut. You can find, and support, them at:

<https://www.acf.org/the-american-chestnut/history-american-chestnut/>.

It would be nice if the Chestnut tree could make as good a comeback as the turkeys and deer.

The loss of the Chestnut tree left a tremendous void in all of the woods. It is probably one of the factors that led to...

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Plaque dedicated to Charles Eliot is installed above a stone seat between the tower and bridge named for him on Great Blue.

Blue Hills Evolution

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White Pine and Other Planted Trees

Between 1904 and 1938 more than two million white pine seedlings were set out in the Blue Hills. Thousands of other trees were started in the same period—mostly hemlock, red pine, and spruce.¹⁷ⁱ

A comparison of the Blue Hills to the recovery of other “neglected” land.

The conditions in the Blue Hills in 1893 weren’t that far removed from much of New England. Maps of that era show most of the land had been clear-cut, with small areas of woods—woodlots for the adjacent homes. However, after the Civil War much of the farming ended in New England, as farmers moved westward to less rocky soil. Walk through many wooded areas around our homes today and we see stone walls. People once farmed these fields and kept animals on this land.



Inscription on the plaque dedicated to Charles Eliot:

*“By ample knowledge,
intelligent perseverance
and eloquent teaching he
created and inspired*

*organizations capable of accomplishing his great purpose
—the preservation of our historical and beautiful places.”*

Once the interior of the country opened up and farmers moved on to better land (Connecticut River Valley, then the Mid-West), the fields were abandoned and the trees grew back up. (There is a lot to “forest succession,” and perhaps we will come back to that one week.) But after 100+ years, most areas are back to a mix of trees, based on what grows best in that area and what other trees were around to provide starter seeds. My own five-acre yard, crisscrossed with old stone walls, is now a mix of hardwood and white pine. I expect that, had they just been left alone these past 130 years, the Blue Hills might not look that different from the way they look today.

I think sometimes all that is needed is for us to stop trying to improve things.

References:

- ¹ *Landscape with Reptile* by Thomas Palmer, p. 23
- ² *Ibid.*
- ³ *Ibid.*
- ⁴ <https://babel.hathitrust.org/cgi/pt?id=uc2.ark:/13960/t6j09xd1v&view=1up&seq=15>
- ⁵ <http://www.batterymarchpark.com/overview.html>
- ⁶ <http://www.flatleyco.com/properties/braintree-hill-office-park/>
- ⁷ *Milton: A Compendium*, Anthony Mitchell Sammarco
- ⁸ <https://friendsofthebluehills.org/3-historic-sites/>
- ⁹ https://books.google.com/books?id=nDJJAAAAMAAJ&pg=PA497&lpg=PA497&dq=charles+eliot+vision+for+blue+hills&source=bl&ots=SIOVhhzPeT&sig=ACfU3U2EKD2a0CNU_L_tWUZQwF094jpU4rA&hl=en&sa=X&ved=2ahUKEwji_K0qDpAhXTj3IEHUNUB-oQ6AEwAXoECCAQAQ#v=onepage&q=charles%20eliot%20vision%20for%20blue%20hills&f=false
- ¹⁰ <https://www.hikingproject.com/photo/7005195/the-great-blue-hill-observation-tower> Ron Birk
- ¹¹ https://en.wikipedia.org/wiki/Eliot_Memorial_Bridge#/media/File:Eliot_Bridge_Milton_MA_01.jpg
- ¹² [https://en.wikipedia.org/wiki/Charles_Eliot_\(landscape_architect\)](https://en.wikipedia.org/wiki/Charles_Eliot_(landscape_architect))
- ¹³ <https://en.wikipedia.org/wiki/DDT>
- ¹⁴ <https://www.acf.org/the-american-chestnut/history-american-chestnut/>
- ¹⁵ https://www.google.com/search?xsrf=ALeKk02f9UXfokrQHBWplwWLdpBjk0FKjA:1589334148201&q=Why+do+you+roast+chestnuts+on+an+open+fire%3F&sa=X&ved=2ahUKEw9SK26_pAhWJg-AKHetiAgsQzmd6BAgYEAw&biw=853&bih=588
- ¹⁷ https://en.wikipedia.org/wiki/Chestnut_blight
- ¹⁸ *Landscape with Reptile*, p. 39



New members join SEM board, vice chair positions still open

Welcome to the newest members on the AMC-SEM chapter board of directors!

Chair.....Diane Simms
Secretary.....Natalie Halloran
Treasurer.....David Yampanis
Biking Chair.....Bernie Meggison
Cape Hiking Chair.....Jane Harding
Communications Chair.....Nichole Nelson
Conservation Chair.....Joanne Newton
Education Chair.....Sue Svelnis
Hiking Chair.....Paul Brookes
Membership Chair.....Samantha Fisher
Paddling Chair.....Ed Foster

We look forward to the next two years with these volunteers. Then, will it be YOUR turn? Or maybe you would like to help now in the following positions.

Chapter Vice Chair.....OPEN
Hiking Vice Chair.....OPEN
20s & 30s Vice Chair.....OPEN
Conservation Committee Members Wanted!

For more information, contact Alan Greenstein at nominatingcom@amcsem.org.

Details are also available in the Activities Listings in this issue of the *Breeze* under Executive Committee Volunteer Opportunities and at outdoors.org [here](#).



Article information and photo from www.greatergood.com.

Caring for reusable cloth masks

The outbreak of COVID-19 has made it essential for everyone to wear a mask when they're out in public. A reusable cloth mask is an inexpensive, responsible, and sustainable choice, but requires proper care.

Wash your mask regularly so you're less likely to contract or spread COVID-19 or other illnesses. A dirty mask can also cause rashes or breakouts.

Wash your mask after every use, if possible, or if it is damp or soiled or if you've been near other people, especially anyone who may have COVID-19 or another illness. Wash it often for cleanliness and safety.

Have more than one cloth mask so you'll always have a backup if one becomes soiled or is in the wash.

Machine wash masks with your laundry on hot or warm and machine dry on a hot setting. You can also hand wash with hot, soapy water or water and bleach, then machine or air dry. Don't use strongly scented detergents if you're sensitive to smells, and avoid bleach if your skin or nose reacts to it. Store clean masks so they stay clean until you're ready to use them.

Taking care of your cloth mask is important, but all masks will wear out. Dispose of your cloth mask (or recycle it properly) when: it does not fit snugly over your nose and mouth, its ties have been stretched or damaged, it does not stay on your face on its own, it has holes or tears in the fabric, or it is wearing thin.



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.amc.org/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.

AMC Trip Policy

You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. Per MA executive order (<https://www.mass.gov/doc/covid-19-order-55/download>), a face covering must be worn for the entire activity. Please have your face covering on when we circle up. Anyone who does not register or does not bring a face covering will not be allowed to join the activity.

Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well. 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.

This policy applies to ALL activities. No exceptions.

CAPE HIKES

Thu., Dec. 17. Hike the trails of West Barnstable, MA. Rugged hills, some very steep, Good hiking shoes recommended, poles if you use them. Bring a snack and water. You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. **See the AMC Trip Policy on page 12.** L David Selfe (508-771-0620 before 5pm, kdsselfe@comcast.net)

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. **See AMC Trip Policy on page 12.** 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. SEM Chapter Vice Chair. The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education, and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets, and special events, maintenance of SEM continuity plan, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. This position will be available November 2020. Email chapter chair Diane Simms chair@amcsem.org for more information.



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. SEM Hiking Vice Chair. Do you want to support SEM hiking? We need a Hiking Vice Chair to assist the SEM Hiking Chair. Responsibilities include helping to coordinate hiking activities, encouraging new hiking leaders, and participating in hiking education programs. Email the chapter chair Diane Simms chair@amcsem.org or hiking chair Paul Brookes hikingchair@amcsem.org for more information.

Ongoing, SEM 20s & 30s Vice Chair. The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel 20s30schair@amcsem.org for more information.

Ongoing. Conservation Committee Member, MA. The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton conservationchair@amcsem.org for more information.

HIKING

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Sun., Dec. 20. Snowshoe/Hike #1, Myles Standish State forest, Carver, MA. THIS ACTIVITY WAS UPDATED DEC 2 WITH A NEW LOCATION IN MA. CONFIRMED PARTICIPANTS WERE NOTIFIED PRIOR TO THE CHANGE. The hike is 8 - 9 miles with less than 500 feet of elevation gain. It winds down a forest road through cranberry bogs, over rolling hills of deforested areas to a scrub pine and oak forest to a circle of Charge Pond before returning to Headquarters. Starting at Reservation Headquarters at the end of Cranberry Road in Carver. We will follow Southwest Line Road to Sasemine Way to the Charge Pond Loop Trail and return the same way. **See AMC Trip Policy on page 12.** L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.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.)

Sun., Dec. 20. Snowshoe 1 Group 2, Myles Standish State Forest, Carver, MA. L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 2 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties, but her true passion lies in higher peaks, particularly the White Mountains of NH.) **See AMC Trip Policy on page 12.** L Eva Das (borsody@gmail.com)

FT) (NM) Thu., Dec. 31. Ring out 2020 with a walk at Rocky Woods, Rocky Woods Trustees of Reservations, MA. Let's say goodbye to 2020 with a walk at Rocky Woods, a Trustees property. The trails have gentle ups and downs, with one moderate climb to Lookout Point, the site of a former fire tower. Dress in sturdy footwear, layers such as fleece or down and bring a wind/rain jacket, hat and gloves. May need traction for boots. Please no cotton clothing. Pack a lunch or snack that can be eaten on the go as it most likely will be too cold for a lunch stop. Heavy rain cancels. Contact leader with any questions. Please include cell phone # on registration. Ticket kiosk, free for Trustee members with membership number, \$5 with credit card for nonmembers. **See AMC Trip Policy on page 12.** L Peggy Quicklund (774-893-3011 until 9pm., qvickan@comcast.net)



Activities

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

SOCIALS

Wed., Dec. 16. SEM 20s & 30s Trivia Night on Zoom. Come join us for our first 20s & 30s Virtual Trivia Night via Zoom! Gather a group of friends to make a team, or join a team of other independent players. We will test your knowledge of AMC, Massachusetts, geography, nature, and outdoor activities. Please register by filling out your name and email address on the Google Document via the Registration. If you have any questions, please contact L Susan Schobel at 20s30schair@amcsem.org.

BEONLINE WITH AMC

Dec. 15. Winter Hiking Webinar Series. Join experienced winter hiking leaders for this final webinar of the series designed to educate new winter hikers on gear and clothing selection. Session will be via a Zoom meeting and registration is required. Please see customized link for this session to register. Registration is open for up to 100 people. The format will include slides, videos and discussion to describe the topic followed by a Q&A session. [Details here.](#)

Wed., Dec. 16, 7-8:30 pm. 3rd Wednesday Speaker Series: Paddling Trails on the Blackstone River in RI. Speaker Keith Hainley is River Restoration Coordinator. Blackstone River Watershed Council/Friends of the Blackstone. His talk will take you from the MA/RI border to the Seekonk River. He will show options available for round-trip outings to all-day down river trips. Cold Springs Park covering Blackstone to Thundermist Dam. River Island Park to Riversedge Recreation Area/Manville Dam. Central falls to Slaters Mill. [Details here.](#)

Wed., Jan. 20, 7-8:30 pm. 3rd Wednesday Speaker Series: Multi Day Treks/Hikes Around The World. Ken Curchin will discuss how he transitioned from day hiker to long trekker/day hiker. How easy is it to get started?.Average cost, picking a trek, finding out where and how to book hotels and huts, plus/minuses of a "do it yourself trip," hiring a company to arrange your trip (Norway), or paying for a guide to take you (Machu Picchu & Patagonia). [Details here.](#)



Photo by [Erik Karits](#) from [Pixabay](#).

THE END