

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | February 2021

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Who were those masked men? Volunteers from AMC-SEM who helped to replace the old split plywood with a sturdy new Romeri Bridge. *Photos by Skip Maysles*

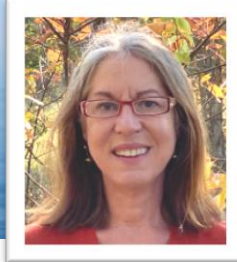
Romeri Bridge project completed in the Blue Hills

By Skip Maysles, Trails Chair

WOW! It is always great when three like-minded organizations collaborate and successfully complete a project! Personnel from the Department of Conservation and Recreation, Friends of the Blue Hills, and the AMC-SEM Chapter worked together to rebuild the Romeri Bridge located near marker #3174 adjacent to Wood Road in the Blue Hills. Personnel from these groups were involved in many hours of planning, environmental permitting, approving, site visits, and construction.

Finally, on Saturday, January 9, with sunny weather and temps in the low 40s, a small crew of five removed the old bridge and assembled the new bridge. Thank you to our Saturday trail work volunteers: Bill Doherty, Bob Flagg, Steve Scala, Skip Maysles, and another frequent SEM volunteer.

A special thank you to all individuals who assisted behind the scenes and who supported this project!



View from the Chair: New Board Members and COVID Update

The SEM Executive Board works hard to plan activities, educate leaders and members, maintain trails, and more. In last month's View, I introduced you to three of our new Executive Board members. This month, I'd like you to meet two more. They join our existing Executive Board members to support our chapter. We keep SEM vibrant by rotating board positions regularly.

Samantha Fisher, Membership Chair, is a 4+ year member of SEM. She is a level 1 hike leader. She completed leader training in 2019 and continued her training with Wilderness First Aid and CPR. Sam did overnight backpacking trips to New Hampshire last year and hopes to become a Level 2 hike leader when restrictions ease up. (Level 2 is leading hikes in the big mountains.) She is a Retail Manager with 15+ years of experience ensuring smooth operations and excellent customer service. Sam received her BA in Communications from Bridgewater State.

Natalie Halloran, Secretary, is also involved with SEM's 20s & 30s Committee. She joined SEM in 2017 and has been a regular on the Red Line Blue Hills series. She took leader training in 2017 and started leading some of those hikes. She has a Bachelor Science in Mathematics and taught high school math for a year before moving to technology positions. Hawaii is Natalie's favorite place for outdoor activities. On her last trip she went hiking, kayaking, e-biking, waterfall rappelling, and snorkeling. She found the e-biking terrifying!

COVID-19 continues to impact all aspects of our lives. Our leaders have been posting activities following the AMC guidelines to comply with current state requirements. The guidelines were formulated to help ensure the safety of you, our members, and our dedicated activity leaders. Guidelines include a **limit of group size to ten people** and required **registration** for activities. Because [MA Executive Order 55](#) requires face coverings in a public location, **face coverings are required** during our activities. MA also has a strict Travel Order, so SEM is not offering activities in other states and is not accepting participants from other states at this time.

With the risks of COVID-19 and the requirements for our activities, there have been less trips planned but with additional activity leaders (see Sue Svelnis' article on leadership training, page 6), we hope to see a few more activities posted in our database soon. Trips fill up quickly and we are so grateful to have an enthusiastic response! We appreciate your understanding and patience as we create compliant, safe trips for as many as possible. Meanwhile, we are offering more and more virtual gatherings (see activity listings to hop on board our photo scavenger hunt) and continue to educate online. Feel free to reach out to any of us ([see officer list](#)) with your questions about the outdoors. We are still here to support you so we can all BeOutdoors safely.



Far Left:
Samantha Fisher

Near Left:
Natalie Halloran



Diane Simms
AMC-SEM Chapter Chair

2021 Executive Board

Chapter ChairDiane Simms
Vice ChairOPEN
 SecretaryNatalie Halloran
 TreasurerDavid Yampanis
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 Cape Hiking Chair.....Jane Harding
 Cape Hiking Vice ChairRobin McIntyre

Communications ChairNichole Nelson
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 Trails Vice ChairSteve Scala
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Social Media AdministratorLeah Brodsky
 Webmistress..... Cheryl Lathrop
 Nominating Committee Chair..... Alan Greenstein

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

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



2021 AMC Annual Summit

By Skip Maysles, Trails Chair

WOW! Happy 145th birthday! Not to us, but to the AMC organization!

On Saturday, January 23, volunteers, friends, and supporters from Maine to Virginia joined in the first-ever virtual Annual Summit! Due to COVID-19, it was a much different event than past meetings. I missed seeing my old friends from SEM, other trail committee members, and the Bay Circuit Trail leaders.

The themes for 2021 were highlighted by John Judge, president and CEO:

- Telling AMC's Story
- Advancing Diversity, Equity, and Inclusion (DEI)
- Digital Transformation

I will briefly discuss the second two items.

DEI: For our organization to evolve in the future, we need to attract a diverse group of people. An organization is made stronger by diversity. As an organization, AMC can no longer wait for people to find us, but rather we must seek out and proactively invite them into this organization.

Digital Transformation: Good news! In the next few months, AMC plans to release a revised website which will make life easier for all of us! Stay tuned for more info!

More than 15 presentations/events scheduled included:



AT Thru-Hiker Derick

A repeat presentation by Derick Lugo, author of *"The Unlikely Thru-Hiker, An Appalachian Trail Journey,"* a story of a young black man setting off from the city with an extremely overweight pack and a willfully can-do attitude.

He learns lessons on preparation, humility, race relations, and nature's wild unpredictability. I met Derick, trail name Mr. Fabulous, at the 2020 Annual Summit, and read his book. I highly recommend it!

Conservation Impact Through Advocacy. Almost everything we experience outdoors is impacted by decisions made by federal, state, and local elected officials. So it is up to all of us as individuals to lobby our

elected officials and let them know what is important to us. You can do this by first doing some research to understand the issues. The more knowledge you have about an issue, the more you will be able to express your ideas and concerns. Next, contact your local officials. Be passionate about the issues that are important to you!

You can email, call, or use social media to connect with them. If your officials have Town Hall meetings, attend the meetings and engage them in a discussion! Lastly, remember that many different voices can speak louder together! Sign on-line petitions and recruit others with similar ideas and passions. Use your voice to protect the outdoors!!

This was my favorite presentation: Understanding that I (we) have the power to make a positive impact on the environment is awesome!

Putting Your Best Foot Forward discussed special techniques for lacing your boots—to address fit issues, foot care before and during a hike, and treating a few common foot injuries.

Evacuation Decisions in the Wilderness explained how to safely evacuate those in need of medical attention from the wilderness. Patient assessment, treatment capabilities and limitations, and mode/speed of evacuation were discussed.

Developing a Pathway to Net Zero Carbon Emissions: The AMC has adopted a goal of achieving "net zero" carbon emissions from its facilities and operations by 2050. This event discussed the science behind this goal, what AMC has already done, how it is developing a strategic plan to achieve this goal, and the challenges involved. Participants also learned how they can track and reduce their own personal "carbon footprints."

Protect the View: A group used a science-based campaign and call to action to preserve scenic trail experiences in Philadelphia. This in-depth research identified ten scenic views which were deemed significant, yet vulnerable to development pressure. With other stakeholders, the team was able to protect these great views for all to see!

This is a short list of events, but as you can see there was truly something for everyone! A full list of videos of the 2021 Annual Summit can be viewed [here](#).

Overall and given the circumstances, this was another great Annual Summit! If you have never attended a summit, what are you waiting for? You have my personal invitation to join us in 2022!



Bob Vogel with Certificate of Appreciation presented to him in October 2019 by members of his hiking group. *Photo by Claire MacDonald*

Contributions earn Bob Vogel the AMC Volunteer Leadership Award

Editor's Note: Bob Vogel of the Southeastern Massachusetts Chapter is a recipient of the AMC's 2021 Volunteer Leadership Award. Nominated by multiple members of our chapter, Bob was recognized with the following citation at the Annual AMC Summit:

Bob is known for introducing people to the outdoors. He's led many trips to the Blue Hills Reservation and created a Tuesday Morning Hiking Series to get people out weekly close to home. When the series was interrupted in March, Bob helped people continue to get out by providing weekly hike recommendations. He designed these as educational experiences to help hikers learn about how to lead and plan, how to read maps, and how to decipher trail intersections.

Bob also designed an Introduction to Backpacking series. This step-by-step experience started in his backyard where he set up a variety of tents and other equipment so people could compare and learn. He then organized progressively more challenging experiences in New Hampshire, starting with a beginner trip—the first time some had slept in a tent in the woods. Subsequent trips increased participants' knowledge and skills through experiential learning. While on these trips, Bob helped everyone with what they needed, made sure they were well prepared, and even loaned out equipment.

When outdoor activities were cancelled in March, Bob wrote weekly articles on the "History of the Blue Hills,"

now published in the Chapter Newsletter. Like everything he does, these articles are accurate, educational, and sprinkled with Bob's sense of humor and fun.

Bob was awarded "Volunteer of the Month" by his Chapter, and we are pleased to further recognize his work, dedication, and commitment with the 2021 Volunteer Leadership Award. Thank you for all your work, and congratulations, Bob!

See Bob's acceptance on video!

As some of you know, as part of the AMC (virtual) Summit last Saturday I received a Volunteer Award. I thought of writing a "Thank you" note, but it didn't seem quite sufficient. You can see the end result [on video] at: <https://youtu.be/9hdcEwa32TM>

For anyone, or anything, I missed, it wasn't on purpose. 20+ years is a long time, and my memory, especially for names, was never great and gets worse all the time.

I hope that this brings back some (hopefully fond!) memories. Enjoy.

Bob

Hike the Blue Hills with Bob on video By Paul Brookes, Hiking Chair

On Wednesday Jan 27 (at 11am) Bob Vogel completed his third White Line the Blue Hills series. Bob said on the day he completed, "As we had snow today, I can say that I hiked in the snow to earn this. Until today, however, the most snow I'd see was a dozen flakes in the air one day." I would say that hiking all 125 miles of trails in the Blue Hills is an accomplishment in any season.

Bob logged 183 miles in 103 hours. He says, "This did not include the time stopped sawing tress and removing blowdown." Indeed, I thought, since anyone who sees Bob on the trail sees a hand saw sticking out of his backpack. "If you appreciate the trails you should show your appreciation by doing your part to maintain them."

Bob completed his final hike with his friends Joanne Newton and Karen Foley. He recorded it on his GoPro. The video is worth watching just to see how even a little snow can transform the Blue Hills into a winter wonderland. He completed the series at intersection marker 6102, which is 7 minutes 40 seconds into the video at <https://youtu.be/pNyWu2wy9Ys>.

Congratulations to Bob and all those that have completed a White Line series this season. For a complete list of finishers see page 5.



SEM Distinguished Service Award presented to Jeannine Audet

Jeannine Audet received the AMC-SEM Chapter's Distinguished Volunteer Award at the Annual Meeting in November 2020. A chapter member for 15 years, Jeannine has served multiple terms as SEM Skiing Committee Chair, a position she currently holds.

She is a Winter Workshop Instructor and Winter Hike Leader, and she helps to plan and organize the annual Noble View Weekend trip.

Jeanine is a versatile volunteer for our chapter—a Skiing Leader, Class 4 Hiking Leader, and Biking Leader. She is an organizer and leader of our chapter Family Hikes, and she led Bike Trips at the 2019 AMC Fall Gathering hosted by AMC-SEM on Cape Cod.



In addition, Jeannine is a regular article and photo contributor to the SEM chapter's *Southeast Breeze* newsletter. Her name will be inscribed on the AMC-SEM plaque of Distinguished Service Award recipients.

Thank you, Jeannine, for your many contributions!

A facsimile of the DSA plaque with names of recipients 2001-2020.



Hiking Milestones

Every quarter we acknowledge the hikers who completed a series in the prior three months. With each completion of a series, the hiker achieves a new "color" title. Please congratulate the following who completed a series sometime during the months of October, November or December of 2020:

Third Quarter 2020

Cathy Giordano 10/27/2020	Red Line the Blue Hills series 1st time Red Liner
Laurie Gaynor 11/27/2020	Red Line the Blue Hills series 1st time Red Liner
Lisa Habboub 11/29/2020	Red Line the Blue Hills series 1st time Red Liner
Ken Cohen 10/05/2020	Red Line the Blue Hills series 2nd time Blue Liner
Sandy Johnson 10/27/2020	Red Line the Blue Hills series 2nd time Blue Liner
Joanne Newton 10/14/2020	Red Line the Blue Hills series 3rd time Green Liner
Bill Belben 10/27/2020	Red Line the Blue Hills series 3rd time Green Liner
Bill Belben 12/15/2020	Red Line the Blue Hills series 4th time Orange Liner
Linda Douglas 11/20/2020	Red Line the Blue Hills series 7th time Pink Liner
Bob Vogel 10/14/2020	Red Line the Blue Hills series 8th time Bronze Liner
Bill Doherty 11/29/2020	Red Line the Blue Hills series 10th time Gold Liner



Volunteer of the Month: John Gould

By Robin McIntyre, Cape Hiking Vice Chair

Each month the SEM chapter 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, Cape Hikes recognizes John Gould.

John embodies many of the qualities that AMC looks for in a leader—a love of the outdoors, preparedness, good interpersonal skills, and a welcoming nature. John has been involved with AMC and the Falmouth 300 Committee for many years, working both on trail clearing and as a hike leader. A retired physician from the Upper Cape community, John has enjoyed a retirement split between two areas—here and New Mexico. This year, with our travel restrictions, John has been a full-time Cape resident and we have been the beneficiary of his time and energies. He has scheduled multiple hikes this season and is always interested in scouting new areas. He has a particular interest in the geology of our area and the fascinating glacial movement which formed the Cape. He has taught many of us how to use an analog watch as a compass when hiking and shares tidbits about the history of the areas that we are hiking in. Congratulations, John, and thank you from all of us at AMC-SEM!

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



Email [Susie Schobel](#) for more information on the 20s & 30s Vice Chair position.

Email [Sue Svelnis](#) for more information on the Education Vice Chair position.

Sign up for Leadership Training, the online pandemic version

By Sue Svelnis, Education Chair

One of the disappointments of this pandemic was having to cancel our in-person Leadership Training workshop. This event, held every spring, was our opportunity to graduate new SEM activity leaders. But we are still graduating new leaders: We are just doing it virtually.

AMC offered a virtual Leadership Training class on Zoom last spring. It was so successful that another one was held in December, and two more sessions are scheduled at the beginning of April and the beginning of May.

Our chapter requires a supplemental class to this training to become an SEM leader. In this two-hour Zoom class, we cover the requirements for the leaders in various categories, how to screen participants prior to an activity, and how to create an activity on the AMC database. We discuss some group management scenarios.

In January we graduated seven new leaders for our chapter. Please welcome Claire Milligan, Dan Slavins, Robert Akie, Bill Belben, Jessica May, Patty Everett, and Bill Doherty. All seven have an interest in hiking, and some will also be pursuing leadership in other activities, such as kayaking, backpacking, and trail work.



SEM would like to congratulate and thank these individuals for completing this training. To become Level 1 hike leaders, they will each need to co-lead two hikes with a Level 1 or higher SEM Leader. The hikes will be listed on our activity database under Hiking or Cape Hikes. We hope you will get the chance to join a hike and thank them in person for their contributions to our chapter.

If you would like to join our chapter's growing family of activity leaders, please consider taking the Leadership Training class virtually this year. If you have any questions on the process, please feel free to contact me, Sue Svelnis, Education Chair for SEM (educationchair@amcsem.org). Thank you!



You can still join AMC-SEM's virtual Photo Scavenger Hunt

Our Activity committees are collaborating to bring you something new—a Photo Scavenger Hunt! If you missed the Zoom explanation session on Feb. 8, you can still hop in at any time and share your findings before we share and discuss everyone's findings and close the event with a second Zoom session on March 1.

Once you [register here](#), we will supply a link to the checklist of items to look for while hiking with friends, family, or on your own in Southeast Mass (or wherever you may be!) in February. You will have three weeks to hike and identify as many items as you can. Photos of each item are encouraged so that they can be shared with the group. Your registration includes details on where you can submit your photos and completed list.

We all miss the camaraderie of hiking in large groups as we did pre-Covid. This activity has been created to help nurture that spirit, encourage hikers to explore new trails, and let you socialize online. And while you are doing this, you might learn something new from Nature.

You may choose to do this on your own or you can create your own teams.

The second session will be on March 1st from 7-8:30 PM. If you are unable to join the Zoom session, you are still welcome to join in this Scavenger Hunt.

If you have any questions, please reach out to [Sue Svelnis](#).



Design the Conservation patch coming to a backpack near you!

By Joanne Newton, Conservation Chair

The Southeastern Massachusetts Chapter (SEM) Conservation Committee is excited to announce a new Conservation Activity Patch. We have created a way for members and friends to participate in a personal challenge with conservation in mind—a way to educate and get you more involved in Conservation through AMC.

The committee will soon have the activity rules posted on our [SEM Conservation webpage](#), but in the meantime we need a new patch design. This is where you come in. We



want members to submit an original design in color and no larger than 3.5" round, square, or rectangular. Electronic submission is preferred, but contact the Conservation Chair if you need help with this.

We will then ask our SEM members to vote for the winning patch. All submissions are due by April 15th—easy date to remember. The Conservation Committee will select the top three designs that best represent the activities that are required to obtain the patch. A \$50.00 gift certificate to REI will be awarded to the winner. The real prize is you can say "That's the patch I designed!" as you see someone's pack with your patch on it.

Think of the outdoors activities that you do and try to think of images that will convey the beauty of the natural resources in the mountains, forests, waters, and trails that we love and need to protect. What speaks to you and represents the reason why we should engage in these conservation activities to ensure that future generations will be able to enjoy what we do now?

We will set up a Zoom session and post the date and time on the SEM ActDB so we can tell you more about this program and help answer any questions you may have about creating a patch or completing the activities.

Please send all entries by April 15th to conservationchair@amcsem.org. Good luck and we hope to hear from you!



Our new
Cape Hikes
leader is a
New
Englander
turned
seasonal
visitor.

*Photo by
Jane
Harding*

Welcome Margaret Christen, new Level 1 Cape Hikes Leader

By Jane Harding, Cape Hiking Leader

Margaret Christen is a seasonal resident of Cape Cod, but she has strong roots in Massachusetts: She was born and raised in Quincy. In her adult life she planted new roots in St. Croix, USVI, and Austin, TX, which she claims as her permanent residence. But Margaret never lost her affinity for New England, and she owns a second home in Dennis, where she spends most of the spring and fall. She started hiking with different groups on the Cape and, fortunately AMC-SEM was one of the groups. Margaret attended Leadership Training in the Spring of 2019.

In October, Margaret stepped up to co-lead the Crowe's Pasture hike when the original leader was sidelined. The hike takes participants through historic Quivet Neck on quaint Cape roads. This area was settled by colonials. The route then proceeds to a wooded trail, which takes us to a salt marsh and which we follow to the beach. Our first sight on the beach is not only the water, with views to Provincetown, but an example of a large oyster farm. We walk the beach to Sesuit Harbor and back to our cars.

Margaret was prepared to do the AMC-SEM introduction to hikers, as well as to provide a succinct description of the hike. This hike must be done around low tide for the group to enjoy the portion along the salt marsh that surrounds Quivet Creek. How we proceed to do the hike is often predicated on wind direction. The beach portion is more enjoyable with the wind at your back.

In January, Margaret scouted a hike in the Indian Lands Conservation Area in Dennis. It was a challenge to forge a route of slightly over four miles. We started in the Cape Rail Trail parking lot, which is the start of the new Cape Bike Rail Trail extension to Yarmouth. We walked over

the new bike bridge, which spans Rte. 134, and went to the site of the old town hall. There we stopped to see one of 16 historical cemeteries in Dennis, and Margaret shared some historical tidbits. We proceeded into the Indian Lands Conservation Area. We hiked along wooded trails with spectacular views of Bass River, the largest river on the Cape. It marks the boundaries of Dennis and Yarmouth. We then walked on the second of three bridges constructed as part of the Rail Trail extension. This bridge replaced an old rail bridge. We reversed direction and made our way back to the start.

Margaret greeted hikers, did the SEM intro talk which included key elements of the waivers, leave no trace policy, and a brief description of the hike. She had everyone introduce themselves, assigned a sweep, and started the hike. She set a comfortable pace and checked periodically that the group was staying together, but socially distanced. Covid guidelines were maintained throughout the activity.

Cape Hikes welcomes Margaret as a leader and, to be transparent, I will confess that she is my sister.

SEM Cycling 1,000-Milers 2020

Robyn Saur	7,206
Ed Nelson	5,520
Paul Corriveau	4,669
Susan Eliason	4,604
Bernie Meggison	4,100
Jean-Claude Castelein	4,025
Patty Johnson	3,500
Jean Orser	3,435
Leonard Johnson	3,100
Richard Beaudon	2,241
Glenn Mathieu	2,200
John F. Sullivan	2,037
Joe Tavilla	2,024
Bill Cook	1,829
Jim Kilpela	1,445
Lee Eckart	1,398
Larry Decker	1,330
Barbara Gaughan	1,246
Paul Currier	1,116
Alan Greenstein	1,115
Patty Williams	1,096
Lawton Gaines	306

TOTAL **59,542**



Staying Warm in Winter Part 2

By Dexter Robinson

In the first article, the WISE layering system was introduced, followed by a discussion of the **W**icking or base layer.

This article continues exploring the layering system by discussing the Insulating or middle layer.

- Traps warmth, loose fit, breathable
- Fabric choices
- Must stay dry
- May have more than one
- Ventilation options
- Ease of adding or removing

Insulating layers vary widely. Their role is to trap and retain warmth against the body, creating a comfortable airspace between the wicking layer and the exterior shell. The more air space, or loft, the warmer you are, just like the down comforter on your bed. Unlike the base layer, it should fit **LOOSELY** to help create air space. It should also be breathable, so as to transfer any moisture from the base layer.

For thousands of years wool has been an insulating layer, since one could stay warm when it got wet. When serious mountaineering began in the 18th century, wool was typically used for heavy coats, hats, and socks. The use of wool for mountaineering continued right into the 20th century, with tweed jackets. But the downside of wool was that it could be bulky, itchy, and took a long time to dry.



Mount Everest explorer George Mallory, right, in stylish, layered jacket, c. 1924. *Photo from The Filson Journal*

Mountaineer George Mallory disappeared 800 feet from Everest's summit in 1924. His body was discovered in 1999 and revealed clothing made of gabardine, wool, cotton, and silk. A recent project replicated Mallory's clothing and tested the outfit on Everest. Researchers found the gear "highly effective at providing protection at high altitude...excellent at trapping air next to the skin," and "lighter than modern gear." Most telling was that, while it was being tested, "all the other climbers thought the (replica) jacket was stylish and wanted to know where they could buy their own versions of the clothes!" ("Evolution of Mountaineering Gear" by Pete Takeda, [The Filson Journal](#))



Edmund Hillary, left, summited Everest (with Tenzing Norgay, right) wearing a mid-layer of a custom Shetland wool sweater providing "great insulation, breathability, and warmth" between synthetic long underwear and an outer layer of "a lightweight and windproof 'cotton wrap, nylon weft' blend." ("Undressing Everest") *Photo Royal Geographic Society*

As technology advanced in the 20th century, people began to search for new fabric options. The goal was to improve on the limitations of the natural fabrics like wool, silk, cotton, and linen. There was a migration to synthetic fabrics such as nylon, polyester, acrylic, and rayon.

Nylon, the first fully synthetic fiber, was developed in the 1930s at DuPont by American researcher Wallace Carothers. It had a sensational debut as a replacement fabric for women's silk stockings. Nylon is usually found paired with other fabrics that are natural or semi-synthetic.

In 1941 a group of British scientists applied Carothers' work with synthetic fibers to create the first commercial polyester fiber called Terylene, marketed in the U.S. as Dacron.

Continued on page 10



Staying warm Continued from page 9

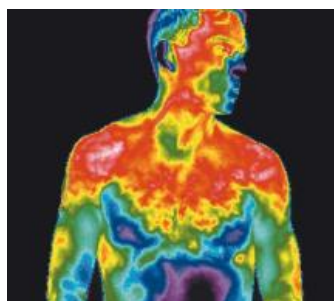
Your choice of insulation should depend on the exertion range of your winter activities as well as how your body reacts to cold temperatures, changing weather, and activity location.

Common Insulation Types

- **Wool** is a traditional mid layer material with good insulation even when damp. It absorbs and transfers moisture but does not feel wet even when it holds significant moisture. A wool shirt or light weight wool jacket can be significantly less expensive than other choices. The downside of wool is that it takes longer to dry compared to other choices. A merino wool blend is another option. A traditional wool example is the L.L. Bean Maine Guide Zip-Front Jac-Shirt.
- **Fleece** became available in 1979 thanks to Malden Mills and Patagonia. It was a new, light, strong pile fabric meant to mimic, and in some ways surpass, wool. Polyester fleece serves the same purpose by maintaining its insulating properties when damp, with the added advantages of being lighter and drying more quickly than wool. It comes in multiple weights: 100, 200, and 300 grams per square meter (GSM). Examples are the Columbia Fast Trek™ II Full Zip Fleece and the Patagonia R1 Fleece 1/2-Zip Pullover.
- **Down** has several variations. Natural down utilizes plumules from ducks and geese to provide the most warmth for the least weight and bulk, provided it doesn't get wet. Down jackets are ultralight, ultra-warm and ultra-packable. Down is rated on fill power ranging from about 450 to 900. Fill power is the volume in cubic inches that one ounce of the down fills up. Higher quality down has a higher fill number, indicating a warmer down. The downside of down is its cost and the special care required to clean it. An example is the Marmot Hype Down Jacket.
- **Water-Resistant Down** treated with a polymer helps down handle dampness. Like down, it is ultralight, ultra-warm and ultra-packable. Unfortunately it is costly and its wet performance lags behind synthetics. An example is the Rab Microlight Alpine Down Jacket.
- **Down/Synthetic Insulation** combines the performance benefits of two types of insulation. Some designs blend the down and synthetic fills together and use that blend throughout the jacket, while others put down in certain areas, like the core, and the synthetics in other areas, like the arms or sides.

Another benefit of this jacket is that it costs less than a down jacket. An example is the Arc'teryx Thorium AR Down Hoodie.

- **Synthetic Fiberfill** such as polyester fiber is used similarly to down, but does not have as good warmth:weight ratio. However, it is less expensive, provides better insulation when wet, dries quickly, and absorbs very little moisture. There are brands of very fine fiberfill like Thinsulate, PrimaLoft, or Thermolite that provide higher warmth for a given thickness. An example is the REI Co-op Revelcloud Insulated Hoodie
- **Wool/Synthetic Insulation** combines wool with a synthetic material to create sheets of insulating fill. Jackets that use this blend benefit from wool's ability to insulate when damp and its resistance to odor. An example is the Icebreaker Tropos Insulated Jacket.



Mid layers help to trap and retain body heat.

The same layering rules apply with insulating layers—with the exception of wool or fleece, they must stay dry in order to be effective. Multiple thin layers rather than one thick layer work better for breathability and layer management. For example, you can put a fleece vest over a thin wool sweater that sits on the base layer. Consider a

hoody which significantly increases warmth while adding little in weight or bulk.

When evaluating layers, consider how well it can ventilate. A thin jacket style layer with a full or quarter zip provides more ventilation options than a pullover sweater. Also consider how easily and quickly you can change the layer. This becomes important in a group-led activity, when stops tend to be short, to avoid cooling down.

Down is generally put on when standing around for a period of time. For high exertion activities like mountain climbing, most people find down too hot to wear. Since everyone's metabolism is different, you need to experiment with different insulating layer combinations to find what works best for you.

Some links for further reading:

[Winter Hiking Insulating Layers](#)

[What is Merino Wool](#)

[Synthetic vs. Natural Fabrics in Clothing](#)



Note the ski jumper in the air. This hill, although not the jump itself, is still there in the Blue Hills, just southwest of 4205. The tower height was 14m (46'), and the hill's steepest point was at 30m (98').²

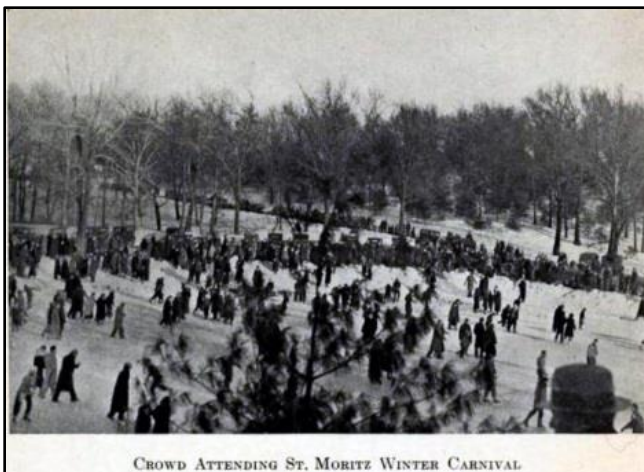
Blue Hills History: Winter Sports

By Bob Vogel, Hike Leader

When we think of winter sports at the Blue Hills most of us *hikers* think snowshoeing. Or *maybe* XC skiing. Some might think of downhill skiing at the slope on Great Blue Hill. Most probably don't think of outdoor skating...or ski jumping...or a toboggan run, but they *were* options at one point. This week we take a look at the history of outdoor winter sports at the Blue Hills.

The origins of large-scale winter sports at the Blue Hills: The St. Moritz Carnival

The "St. Moritz of the South Shore"—named after the 1928 Winter Olympics in St. Moritz, Switzerland—was dedicated in Quincy on January 27, 1929, with a ceremony attended by 15,000 people. The facility included outdoor skating ponds, a toboggan run, a ski jump, and a warming house. The "Winter Carnival" was held from 1929 through 1937. In 1931, between 50,000 and 75,000 spectators attended.¹



CROWD ATTENDING ST. MORITZ WINTER CARNIVAL

Downhill Skiing

³Downhill skiing got its start in 1935, when the Civilian Conservation Corps cut two trails on Great Blue Hill. These trails were laid out by Arthur Shurcliff, a landscape architect working as a consultant for the Metropolitan District Commission.⁴ Skiing in 1935 wasn't the advanced sport we know today. If you wanted to ski down Great Blue Hill, you started, not by buying a lift ticket, but by *walking up* with your skis. You see, while the CCC had recently cut the trails to ski down, no one had installed any mechanized method for getting you to the top.



As for "grooming the trails," again there was no mechanization; if you wanted work done on the trail, *someone* did it. To this end, the CCC helped out as well.

It wasn't until 1949 that the Blue Hills ski area began the transformation into the ski area we know today. That year major improvements were made, including the addition of two rope tows to get skiers back up to the top after they skied down. A third rope tow was installed in the new practice area, an open area located at the bottom between the two main ski trails. Mt. Cranmore's Hannes Schneider was brought in to oversee the construction. The tow lines were built by Walter Stadig.⁵

Of course, now there have been many improvements made, such as installing lights to allow night skiing.

And installing snow making capabilities. Did you know that during the ski season they put 16,000,000 gallons of water on the slopes in the form of snow? That is done with a combination of fan guns and stick guns. They use nineteen fan guns that they can move around to the ski area to make snow where needed. They also have twenty stick guns that are permanently mounted along the race course on Big Blue.⁸

Whatever *your* favorite winter activity is... Get to the Blue Hills and do it!

Continued on page 12



Blue Hills: Winter Sports

Continued from page 11

¹<https://www.newenglandskihistory.com/Massachusetts/bluehills.php>

²<http://www.skisprungschanzen.com/EN/Ski+Jumps/USA-United+States/MA-Massachusetts/Quincy/2080>

³<https://archive.org/details/annualreportofme1935mass/page/6/mode/2up>

⁴<https://www.newenglandskihistory.com/Massachusetts/bluehills.php>

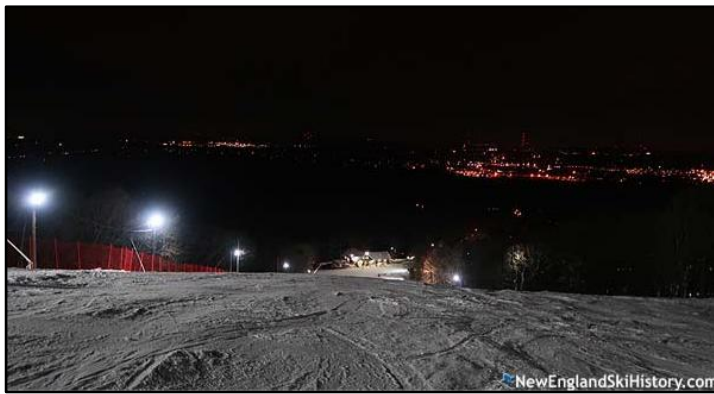
⁵<https://www.newenglandskihistory.com/cccskitrails/Massachusetts/greatbluehill.php>

⁶<https://catalog.archives.gov/id/550017>

⁷<https://www.newenglandskihistory.com/Massachusetts/bluehills.php>

⁸<https://www.bluehillsboston.com/snowmaking-101>

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Eight hikers enjoying the trails at Great Neck Audubon Sanctuary in Wareham on an AMC-SEM January 21st hike.

Photo by Robin McIntyre

Join the AMC's winter challenge!

By Nina Paus-Weiler, AMC Outdoors Staff

Many outdoor enthusiasts have long known that time outside makes you feel good. In fact, spending 120 minutes a week in green spaces boosts your well-being, according to a 2019 study published in the journal *Nature*. Whether you decide to walk around your neighborhood for 20 minutes a day, take up birdwatching in a local park for an afternoon, or spend a weekend skiing in the backcountry, time spent outside is *good for us*. This winter, we challenge you to try to lift your spirits, improve your health, and have fun by spending two hours every week outdoors. But don't go it alone; consider AMC your expert guide for squeezing the most out of this winter, whether you're completing a backyard scavenger hunt or layering up for a frosty hike above treeline. Here you will find a [list of resources](#)—written and compiled by AMC experts and guides—to help you recreate outside safely and responsibly in the coming months.



AMC-SEM hikers at Coonamesset River on January 21st hike.

Photo by Robin McIntyre



‘Hiking with Kids’ series, Part 1

By Sarah Vendetti

There is nothing more rewarding than sharing something you love with your child, except maybe seeing them start to value it as much as you do. For me, the experience I have most enjoyed sharing with my son, Tommy, has been hiking. From the earliest toddles on the beach to the mountains we have summited together, hiking and backpacking has become something special that is forging an extraordinary bond between us, mother and son.

Thanks to my parents, I started my own adventures outdoors as soon as I could walk. Living in a relatively rural town south of Boston, my first memories of the outdoors were in the dry and sandy pine barrens and cranberry bogs of southeastern Massachusetts. Here I found dusty trails to explore, pine glades to play in, and snapping turtles bigger than me! I remember the beach, too. Wooded paths to rocky shores, and all the secret wonders held within the tide pools. As soon as I was old enough, my parents brought me to the mountains, and I fell in love.



**The author
hiking in
western
Massachusetts
in 1988.**

My father, Tom, a skilled educator, took a child-centered approach to hiking with me at a young age. I remember his simple core philosophy around hiking with kids: “Parents should do what it takes for kids to enjoy hiking so they want to do it again!” Hiking is challenging for little bodies, and in the summer it is hot, and the work of climbing mountains is hard. How, then, do we make it enjoyable to the youngest among us so they want to do it again?

The first, and probably most obvious way to make hiking a hit with kids, is with snacks! Packing plenty to eat is key. Packing snacks that are fun and rewarding is even better! What works for Tommy and me on the trail is “GORP Plus.” (Good Old Raisins and Peanuts, plus a little something extra).



Tommy in 2020, off the summit of Mt. Cardigan in New Hampshire.

Traditional GORP, common in trail lunches provided by AMC huts and lodges, is an ideal trail snack because it is easy to pack and store. It’s also nutritious, providing a quick energy boost from the simple carbohydrates in the cereal and dried fruit, as well as sustained energy from fats in the nuts. Adding something fun, like M&Ms or another candy, makes it more fun for kids.

Besides “GORP Plus,” remember to pack **PLENTY** of water for thirsty kids, and thirsty adults, too! (Enough for at least 1 liter of water per person for each hour hiking on a hot day.)

Tommy’s GORP Plus recipe:

- 3 Cups of Honey Nut Oatmeal Squares Cereal (any cereal will do, I like these because they do not crush easily in my pack)
- 1 ½ Cups of raisins/craisins (or any dried fruit)
- ½ Cup of peanuts
- ½ Cup of almonds
- ½ Cup of M&M candies
- ½ Cup of any other fun candy (we do mini Swedish Fish!)

Mix together, and store in an airtight container until you’re ready to hit the trails! Enjoy!



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.

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 HIKING

Sun., Feb. 14. Hike Centerville, MA. This hike will take place on paved walkways and sandy beach. It can be a very cold walk based on weather forecast. If there is snow on the ground I would recommend traction devices for your shoes. Wear sturdy footwear and warm clothing and bring hydration fluid. **See AMC Trip Policy on page 14.** L Jane Harding (508-833-2864, janeharding@comcast.net)

Sun., Feb. 21. Hike West Falmouth, MA. This is a relatively easy hike across an old farm and through its adjacent woods. Along the way we will pass a tidal stream and cranberry bog. There are a few hills and the hike is four miles long and will take two hours. L John Gould (508-540-5779, jhgould@comcast.net, For 17 years has been a Level 1 SEM/Cape Hikes leader.) **See AMC Trip Policy on page 14.** L Cindy Tobey

Thu., Feb. 25. Hike Brewster, MA. 2.5 hour easy hike with hilly, wooded trails and pond views. Bring water and snacks. Boot traction devices and poles may be required if icy conditions. Must have hiked similar distances recently and be able to maintain a moderate pace. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net) **See AMC Trip Policy on page 14.** CL Robert Akie

Sun., Feb. 28. Hike--S, Wareham, MA. This pre-registered hike with a limit of 9 participants is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Waterproof hiking shoes/boots are required and microspikes/Yak Trax and poles if snowy/icy. Start location will be send to registered participants. **See AMC Trip Policy on page 14.** L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 5th year Level 1 SEM/Cape Hike Leader)

Sun., Mar. 7. Hike Falmouth, MA. This hike covers a varied terrain of rolling woods, two ponds, stone walls, and an old farm with sheep. There are some hills as the area is part of the moraine which makes it moderately difficult. The 4.5 miles will take about 2 hours. **See AMC Trip Policy on page 14.** L John Gould (508-540-5779, jhgould@comcast.net, For 17 years has been a Level 1 SEM/Cape Hikes leader.) L Cindy Tobey



Activities

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

Thu., Mar. 18. Hike Brewster, MA. 2.5 hour easy hike with hilly, wooded trails and pond views. Bring water and snacks. Boot traction devices and poles may be required in icy conditions. Must have hiked similar distances recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 14.** L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Mar. 25. Hike--Bourne, MA. This pre-registered hike with a limit of 9 participants, 4+ miles, 2 hours, will take place in Bourne. The wooded trails have frequent rolling hills with leaves, rocks, and roots to negotiate. Waterproof hiking shoes/boots are required with microspikes/Yak Trax and poles if icy/snowy. Bring water. Start location will be send to registered participants. **See AMC Trip Policy on page 14.** L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 5th year Level 1 SEM/Cape Hike leader)

Sat., Mar. 27. Hike North Falmouth, MA. This moderately difficult hike has a lot of hills but rewards with some nice views of Buzzards Bay. We will cover 6 miles or so over 3 1/2 hours, which includes a stop for lunch. **See AMC Trip Policy on page 14.** L John Gould (508-540-5779, jhgould@comcast.net, For 17 years has been a Level 1 SEM/Cape Hikes leader.) L Cindy Tobey

EXECUTIVE COMMITTEE

Volunteer Opportunities

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. SEM Education Vice Chair. The role of the Education Vice Chair is to work with the Education Chair and Education Committee Members to coordinate and supervise programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training, Wilderness First Aid, and Map & Compass. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The position requires you to be available for meetings online several evenings a month, and to be present for any in person training classes (when they resume) supported by the Education Committee. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email educationchair@amcsem.org for more information. L Susan Svelnis (educationchair@amcsem.org) L Diane Simms (chair@amcsem.org)

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



Activities

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

HIKING

Tue., Feb. 16. Blue Hills Winter Conditioning Series 2021--Hike #4, Blue Hills, MA. This posting is for the fourth hike of the series. This series will take place in various locations within the Blue Hills and focus on building/maintaining conditioning across 3 hikes occurring every other week. We will add mileage and/or elevation across sessions and as conditions determine, mix in tools of the winter trade (aka snowshoes etc.) Participants are expected to have prior winter hiking experience and be able to hike at a strong (enthusiastic) moderate pace carrying & using winter gear. This is not intended to be an introduction to winter hiking. All participants will need winter clothing, snowshoes, micro spikes, optionally crampons etc. There are two (2) remaining open spots and five waiting list spots remaining for the series. If you registered successfully for previous hikes you will not be rescreened but you must register for this Hike #4. If you did not register previously you must register, after which you will be screened prior to confirmation. We would like participants to commit to remaining hikes in the series. Per above as this is a series, once participants are screened they will not be 'rescreened' subsequently, but participants will need to register for each session when it is posted. Hikes will only be cancelled in the event of inclement weather (e.g., heavy rain) or weather that makes travel hazardous. Rendezvous location and exact morning start time will be sent to confirmed participants the Sunday before each hike. Planned dates: 2/16, 3/2, 3/16 Note: Email contact preferred AMC Trip Policy. **See AMC Trip Policy on page 14.** L Thomas Graefe (781-659-2441 Before 9:00 PM, tmgraefe@comcast.net)

Sat., Feb. 20-21. Snowshoe 3, Mount Greylock, MA. - Join us for two beautiful hikes of moderate to strenuous terrain in the Mohawk Trail State Park and on Mount Greylock. Starting on Saturday with a 1/2 snowshoe at Mohawk Trail State Park (4 mile loop / 1100 ft elevation gain) in Charlemont, MA. On Sunday we will return to Mount Greylock and climb the Hopper Trail, visit March Cataract Falls (time and weather permitting) proceeding to the summit of Mount Greylock (8 miles/ 1800 ft elevation gain). Participants choosing to stay overnight are expected to make their own accommodations. Snowshoes with traction and micro spikes are required. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne is a 4 season hike leader who enjoys making every hike an adventure.) L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com). **See AMC Trip Policy on page 14.** L Jeannine Audet CL 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.)

Mon., Mar. 1. Photo Scavenger Hunt REVIEW, MA. This is a follow up Zoom meeting to our Photo Scavenger Hunt that kicked off on February 8th. We will be sharing our experiences from the hunt. If you haven't already, please send your pictures to communicationvicechair@amcsem.org. You do not need to have attended the Feb. 8th meeting. Here is the link to the Scavenger Items: http://amcsem.org/edu_2021.winter.scavenger.hunt.pdf. **See AMC Trip Policy on page 14.** L Susan Svelnis (suesvelnis@gmail.com)

BEONLINE WITH AMC

Wed., Feb. 17, 7-8:15 pm. An Adventure in the Mountains of the Moon. In March 2019, Katie Bartel climbed Margherita Peak in Uganda's stunning and remote Mountains of the Moon (Rwenzori Mountains). Her talk will cover a brief history of these little-known mountains, her experience, logistics, and what to expect if you want to hike there before the glaciers melt! [Registration required.](#)

Wed., Feb. 17, 7-8:30 pm. 3rd Wednesday Speaker Series - Rescue of the Bounty. Mike J. Tougias, co-author of *Rescue of the Bounty*, will give a dramatic visual presentation about this event. The tall ship Bounty, featured in the Marlon Brando movie *Mutiny on the Bounty*, sank during Superstorm Sandy in 2012. The captain and a crewmember perished in the accident but the Coast Guard performed harrowing helicopter rescues to save the other fourteen sailors. [Registration required.](#)

Thurs., Feb. 18, 7-8 pm. The History of Lewis Mountain in Shenandoah National Park. Join Ranger Claire Comer to hear the complex stories of Lewis Mountain and the desegregation of Shenandoah National Park. As the smallest campground in Shenandoah, Lewis Mountain offers quiet campsites, cozy cabins and a camp store. [Registration required.](#)

Sun., Feb. 21, 2021, 4-5 pm. Mountains and Music Re-Zoom-Ion! Past participants at AMC Mountains and Music weekends will reconnect with old friends . . . interested new participants will hear how our love of classical music and the outdoors melds into a weekend of music-playing and outdoor activities. [Registration required.](#)



Activities

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

BEONLINE WITH AMC

Thurs., Feb. 25, 12-1 pm. The Nature Gap: Confronting Racial and Economic Disparities in the American Outdoors. Nationwide, communities of color are three times more likely than mostly white ones to be deprived of nearby nature; in the Northeast, it's nine times. This webinar will look at recent research that affirms this and at how the conservation and outdoors movement can rethink and remake itself to be more just, inclusive, and effective at guaranteeing nature as a right to all. [Registration required.](#)

Thurs., Feb. 25, 6:30-8 pm. Wilderness First Aid: What Every Hiker Needs to Know. This is not a Wilderness First Aid Certification Course. For that, be sure to sign up for the full 16-hour course offered by your AMC chapters and many other organizations. But this session will ensure you are prepared for most hiking accidents. Hosts are Richard Dabal, the NY-NoJ Chapter's Wilderness First Aid Committee Chair and Instructor and Ingrid Strauch, former NY-NoJ Chapter Hike Committee Chair. [Registration required.](#)

Thurs., Feb. 25, 6:30-8 pm. Justice, Diversity, Equity, and Inclusion Speaker Series. Juan Michael Porter II is an arts & culture journalist whose coverage focuses on the intersection of Black lives, media criticism, and sexual health advocacy. Juan Michael will speak to his experiences addressing racism in the outdoors and everyday life. Afterwards there will be a Q/A and discussion. [Registration required.](#)

Tues., March 9, 7:30-8:30 pm. Conservation Conversation: Building the Environmentally-Friendly Way. Learn about the overarching concepts of green building, its history, and how buildings affect the environment. Discuss things you can do in your own home to help mitigate climate change and improve the natural world. [Registration required.](#)

Thurs., March 11, 6:30PM-8 pm. Your Compost Lifestyle With Earth Matter. Save the date. Details to come [here.](#)

Tues., March 16, 7:30-8:15 pm. Horse Trekking in Mongolia. If you've ever been curious about Mongolia, about traveling on horseback, or if you simply enjoy seeing beautiful scenery, please join us! Jess Halvorsen and Pam Wilmot pictorially recount an experience of a lifetime: a horse-packing trip to northernmost Mongolia that they led in August 2019 for AMC's Adventure Travel Committee. [Registration required.](#)



Image by [Ales Krivec](#) from [Pixabay](#)

THE END