

The Southeast Breeze

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

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The snowshoeing group tackled Mount Greylock in the Berkshires, the highest point in Massachusetts. *Photo by Maureen Kelly*

Snowshoers cover 32 miles in five winter outings

By Anne Duggan, Hike Leader

The 2021 Snowshoe Series kicked off on December 20, 2020, with a rare gift of early season snow in Myles Standish State Park. Led by Eva Borsody Das, Diane Hartley, Paul Brookes, and myself, twenty participants divided into two groups of ten hiked over forest roads, deforested dunes, and scrub pines to peaceful Charge Pond. This nine-mile trek along mostly flat terrain allowed us to warm up our snowshoeing muscles, test out any new gear, and get ready for the season ahead (9 miles, 300 ft. elevation).

The remainder of our series was designed as monthly weekend experiences, beginning with a shorter hike on Saturday afternoons and a full-day adventure on Sundays.

In January a group of ten participants traveled west, meeting in Great Barrington for a Saturday afternoon hike to the top of Monument Mountain. Although the views were obscured by clouds, we enjoyed a robust hike up and around the snow-capped, foggy mountain (2.7 miles, 760 ft. elevation).

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View from the Chair: Spring Looks Bright

At this time last year, we prepared to hunker down, not knowing for how long. Would it be six weeks, two months, until summer? Who could have imagined what the year would bring? Now we have signs of hope. This hope inspires us to plan for the future while also supporting our members who aren't yet ready for group activities.

Our Hiking Chair, Paul Brookes, and Hiking Vice Chair, Pamela Johnson, recently held the March Hike Leaders meeting. The robust attendance showed that we are eager to increase our outdoor activities. As part of our spring planning, we are introducing a new hike series in the Fall River Bioreserve. This nature oasis is in the heart of SEM's geographical region and an easy drive from some of our region's largest cities: Fall River, New Bedford, and Taunton. I am excited that we are increasing our activities in this area. [Fall River Bioreserve hikes are posted here.](#)

Not ready to hike with groups yet, but miss the social camaraderie? Join our [SEM online events](#). SEM's Education Chair, Sue Svelnis, and Communications Vice Chair, Alanna Halloran, recently held a [Winter Scavenger Hunt](#). People hiked on their own or in small groups, looking for items on the list, such as frozen waterfalls, bird's nests, animal tracks, and more. They submitted pictures which were shared on a fun Zoom session. Sue and Alanna have already posted a follow-up Spring Scavenger Hunt and a Winter Tracking Detectives Group. Show off your photos!

Do you want to lead activities? The more leaders we have, the more activities we can run. We can always use more hiking, biking, ski, and paddling leaders. The leader training is online, followed by co-leading with an experienced SEM leader when you are ready. [Register for online leader training here.](#)

I'm always interested in your input. Email me at chair@amcsem.org.



Diane Simms, AMC-SEM Chapter Chair

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On the trail on a perfect day. *Photo by Rima Tamule*

Snowshoe Series

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Sunday's hike found us at Mount Greylock for a new adventure. We began on the Hopper Trail, then diverted onto the Money Brook Trail. Enjoying scenery of snow-laced birch, elm, and fir trees, the group traversed along the banks of Money Brook to the towering frozen falls. After reversing direction to the Prospect Trail, we hiked to a viewpoint on Prospect Mountain with views of the farmland and fields of Williamstown and "the hopper" (a grain hopper shaped valley). Two intrepid hikers even climbed to summit Mount Prospect. Again, we reversed our direction, returning to Hopper Road to disperse (6.1-7.3 miles, 1400 ft. elevation).

February brought more snow and more challenging hikes. This time, our group of ten, met at noon in Charlemont at the Mohawk Trail State Forest. We hiked the Indian Trail to the summit of Mount Todd, taking in stunning views of the hills and valleys of the Mohawk Trail and Northern Berkshires. Once replete with visual summit treats, we descended on the steep, snowy slopes of the Mohawk Mohican Trail, returning to forest headquarters by late afternoon (5.7 miles, 1100 ft. elevation).

Our Sunday began bright and early once again at the Hopper Trailhead of Mount Greylock in abundant snow, brisk temps, and glorious sunshine. Ascending the steep and steady incline of the Hopper Trail, hikers took turns breaking trail on the steeper grades. After a short jaunt up Sperry Road, we again broke trail through deep snow heading towards March Cataract Falls. The descent to the falls proved to be too treacherous, and after a glimpse of the distant falls, we were forced to turn back.

Basking in the sun, we enjoyed a much-deserved lunch break at the Sperry Road Campground. We then continued our ascent of the Hopper Trail towards Greylock's summit, where leafless trees provided spectacular views toward the west. After enjoying the scenery of the Overlook Trail, we reversed direction down the Hopper Trail, then along Sperry Road to relish the expansive views of Greylock's summit from Stoney Ledge. Although we had glimpsed the radio tower on Mount Greylock during most of the hike, we were finally able to see Veterans' War Monument!

Satiated with sunshine and scenery, we descended through the lovely winding, wooded Haley Farm Trail to Hopper Road. At the end of the day, we had snowshoed nine miles, gaining 2,200 feet of elevation within 6.5 hours—what a wonderful way to culminate our 2021 series! Throughout this season's five hikes, we trekked more than 32 miles with 5,765 ft. of elevation gain!

I would like to thank all the leaders and snowshoers who helped make this series a reality.

My snowshoeing mentor, Eva Borsody Das, was only able to make our first snowshoe this year, but she has been a great teacher and inspiration to me over the last few years. Diane Hartley co-led all three hikes and provided a valuable sounding board and pre-hiking buddy along the way. Paul Brookes helped with our first snowshoe in Plymouth, and Jeannine Audet and Maureen Kelly both helped with our final snowshoe! I couldn't have planned such an ambitious itinerary without knowing that I had strong leadership behind me.

I would like to thank all the hikers who joined us during the series. Congratulations to the hikers who were able to join us for all three snowshoes: Doug Griffiths, Rima Tamule, Ute Anderson, and Sujatha Srinivasan.

Design our SEM Conservation Patch!

Submit an original design in color and no larger than 3.5" round, square, or rectangular. Email submission to conservationchair@amcsem.org or contact the Conservation Chair at that address if you need help with this. All submissions are due by April 15th.

Our SEM members will vote for the winning patch. 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.



Cape hikers at Bourne Farm in West Falmouth. *Photo by Kelly Kelly*

Holiday weekend hike on the Cape

By Kelly Kelly

The West Falmouth Hike on February 21st was *wonderful!* Ten AMC-SEM hikers met to enjoy the snow and trails near Bourne Farm. Led by John Gould and Cindy Tobey, it was a delightful hike on a perfect day: Sunshine. Beautiful landscapes. Happy hikers enjoying conversation and exercise. Thank you to the AMC leaders who continue to share their favorite trails!



Hikers stop to admire a small waterfall along the trail. *Photo by Kelly Kelly*

Be a winter tracks detective!

By Sue Svelnis, Education Chair

Have you ever wondered what creatures are sharing the trails with you? Winter is a perfect time to track their footprints. Even without snow, there are many ways to track wildlife by what they leave behind. On Tuesday evening March 30th, Pam Landry and Pat Liddle from the Northeast Wildlife Trackers group will join us on a Zoom call. They will help us review pictures and clues you find to identify the species and activity the animal was most likely engaged in.

Your assignment before then is to go out in nature and photograph evidence such as footprints that an animal has left behind. Then make your best guess as to what left the tracks. Just looking at tracks on a computer is not going to be very successful. You will need to explore like a detective.

First, have a ruler or an obvious-sized object like a dollar bill in your picture to get a sense of the size. Next, evaluate and photograph the trail showing the pattern of movement on the landscape. Then document any backstory, which could include snow conditions (deep, icy, fluffy, depth); behavior (moving in a straight line, moving from tree to tree, moving in and out of the water, zig-zagging from tree to tree); and other signs (food, nests, dens, scat, quills, feathers, placement of urine). Look for anything else that may provide clues.



If there is no snow, you'll need to work a little harder but the evidence should be there. Images of chewed nuts, chewed bark, claw marks, scat, nests, digs, broken branches, cocoons, burrow, etc. The more evidence you find, the more likely we will get a good identification and story. The [Massachusetts Wildlife](#) and [Northeast Trackers](#) websites are great resources for this work.

Submit your pictures and details in advance of the Zoom call so our experts have time to review them. All photos and clues should be sent to educationchair@amcsem.org. Whether you submit tracks or not, you are still invited to join this Zoom meeting on Tuesday, March 30th, at 7 pm. We can all learn from the process of identifying the evidence. Details will be provided upon [registration here](#).



Volunteer of the Month: Cheryl Lathrop

By Diane Simms, Chapter Chair

Each month the SEM chapter recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month, the SEM Board recognizes one of our behind-the-scenes volunteers, Cheryl Lathrop.

Cheryl is the long-time webmistress of our SEM website, amcsem.org. With good humor and patience, she has worked closely with committee chairs to freshen their pages, including updating links, loading new content, and teaching technical skills for managing linked Google Docs. She quickly loaded new COVID-19 content for leaders, so they had access to key information. Each month, she loads the *Breeze* to the website, often on short notice, so the link can be emailed to our members.

In addition to all her work on the website, Cheryl is a keeper of chapter history, locating and storing important documents and photographs. She has self-initiated projects, such as loading Bob Vogel's Blue Hills history essays to the website. Cheryl is a past Chapter Chair and activity leader. She has been a valuable contributor to our chapter for years.

Congratulations, Cheryl, and thank you from all of us at AMC-SEM! Cheryl will receive a Volunteer of the Month Certificate and a \$50 gift card.



Companion Planting limits need for chemicals in your garden

By Ellen Thompson

The Conservation Committee is offering a personal challenge for members and friends to participate in activities to earn a conservation patch. One of these activities is to practice companion planting.

What is companion planting? There was a time when the prevailing thought seemed to be whatever went wrong with a plant, it just needed to be sprayed or dusted with some chemical. This attitude is bad for the environment. Time honored wisdom says some plants, when grown together, improve each other's health and yields.

Companion planting is the practice of growing certain plants together to reduce or eliminate the need for pesticides, fungicides, insecticides, or other chemicals. The practice is usually used in the context of vegetable gardens, but can be useful in any garden. Following are some examples of beneficial Companion Plants:

Marigolds are like gold in the garden: They repel root nematodes, which attack many garden plants, and are especially helpful beside tomatoes.

Tomatoes and basil are like peanut butter and jelly out of the garden. Planted beside each other in the garden, the basil can protect from tomato horn worm. Some gardeners claim basil helps the tomato crop as a whole.

Nasturtiums add a beautiful color to your vegetable garden and your dinner plate, since they are edible. In fact, aphids like them so much they will leave the other garden plants alone.



Mint wards off ants and cabbage moths.

Carrots, dill, parsley, and parsnip attract beneficial insects, such as praying mantis, ladybugs, and spiders that eat insect pests.

Thyme keeps away cabbage worm, which is helpful to cabbage, broccoli, Brussels sprouts, and kale.

If you want to learn more about companion planting, there is a wealth of information on the internet.

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Companion Planting Continued from page 5



COMPANION PLANTING



IN NATURAL ECOSYSTEMS, PLANTS PERFORM FUNCTIONS THAT CAN EITHER HELP OR PREVENT OTHER PLANTS TO GROW THE SAME WAY IS TRUE IN OUR GARDEN. CERTAIN PLANTS GIVE NUTRIENTS BACK TO THE SOIL, WHILE OTHERS NEED TO TAKE UP NUTRIENTS. PLANT AROMAS AND FLOWERS CAN ATTRACT POLLINATORS OR DETER PESTS. BELOW IS A CHART TO HELP YOU UNDERSTAND WHICH PLANTS GROW WELL TOGETHER AND WHICH TO PLANT FAR APART!

PLANT	GOOD COMPANIONS	BAD COMPANIONS
BEANS	MAIZE, SUNFLOWERS, LAVENDER, CABBAGE, CUCUMBER, STRAWBERRIES, BRINJAL	ONIONS, GARLIC, FENNEL
BEETROOT	BEANS, ONIONS, GARLIC, LETTUCE, CABBAGE	
BRINJAL	CALENDULA, MARIGOLDS, MINT, PEAS	
BROCCOLI, CABBAGE, CAULIFLOWER, KALE	AROMATIC PLANTS, DILL, SAGE, ROSEMARY, POTATOES, BEETROOT, CELERY, GARLIC, ONIONS, GERANIUM	TOMATOES, POLE & RUNNER BEANS, PEPPERS
CARROTS	LETTUCE, CHIVES, LEEKS, ROSEMARY, SAGE, PEAS, WORMWOOD	STRAWBERRIES, FENNEL, CABBAGE
LETTUCE	CARROTS, RADISH, STRAWBERRIES, CUCUMBER, BEANS	CELERY, PARSLEY
MAIZE	SUNFLOWERS, AMARANTH, BEANS, PEAS, & OTHER LEGUMES, PUMPKIN, SQUASH, CUCUMBER, MELONS & OTHER CUCURBITS, PARSLEY	CABBAGE, TOMATO, CELERY
ONION/GARLIC	CARROTS, BEETROOT, STRAWBERRIES, TOMATOES, LETTUCE, CABBAGE	PEAS, BEANS, PARSLEY, LEEKS
PEAS	LAVENDER, CARROT, TURNIP, RADISH, CUCUMBER, MAIZE, BEANS, GROWS WELL WITH MOST VEGETABLES & HERBS	ONION, GARLIC
PEPPERS	TOMATOES, GERANIUM, BASIL, CARROT, ONION	BEANS, KALE, CABBAGE FAMILY
POTATOES	CORIANDER, MARIGOLD, BEANS, MAIZE, CABBAGE FAMILY, BRINJAL	PUMPKIN, CUCUMBER, SQUASH, MELONS, SUNFLOWERS, TOMATOES
SPINACH	STRAWBERRIES, BROAD BEANS, PEAS	
TOMATOES	BASIL, OREGANO, PARSLEY, CHIVES, NASTURIUM, ONIONS, CARROTS, CELERY, CALENDULA, GERANIUM, BORAGE	POTATOES, FENNEL, CABBAGE FAMILY
CALENDULA	TOMATOES - REPELS TOMATO WORM	GENERAL PEST DETERENT, PLANT THROUGHOUT GARDEN
COMFREY	FAST-GROWING NUTRIENT ACCUMULATOR. PLANT ALONG THE EDGES & USE LEAVES FOR MULCH	COMPOST ACTIVATOR, USE LEAVES TO MAKE COMFREY TEA FERTILIZER!
CHILE PEPPER	CABBAGE, MAIZE	REPELS CABBAGE MOTH, PLANT ON BORDERS TO KEEP FLYING PEST AWAY!
MARIGOLD	PLANT FREELY THROUGHOUT THE GARDEN. REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES & MANY MORE	USE MARIGOLD LEAVES TO MAKE AN ORGANIC GENERAL INSECTICIDE SPRAY!
NASTURIUM	TOMATOES - IMPROVES FLAVOR!	REPEL WHITE FLIES & SPIDER MITES
THYME	CABBAGE	DETERS CABBAGE WORMS
ROSEMARY	CARROTS, CABBAGE, SAGE, BEANS	DETERS CABBAGE MOTH, BEAN BEETLES & CARROT FLY!
WORMWOOD/ ARTEMESIA	AROUND GARDEN EDGES	KEEPS ANIMALS OUT! ALSO REPELS WHITE FLY
YARROW	PLANT FREELY THROUGHOUT THE GARDEN. REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES, AND MANY MORE!	PLANT NEAR AROMATIC HERBS TO ENHANCE ESSENTIAL OIL PRODUCTION

Chart courtesy of
[Faith Filled Food for Moms](#)



Pete Tierney adding a BCT disk. Photos by Skip Maysles

Bay Circuit Trail Maintenance

By Skip Maysles, SEM Trails Chair and
Inter-Chapter Trails Committee Member

First, some fun facts of the Bay Circuit Trail (BCT). It is a 230+ mile trail that runs from Plum Island on the North Shore to Kingston/Duxbury on the South Shore and connects 37 towns. It is located between Routes 128/93/95 and 495 and forms the letter "C" around Boston. It offers many opportunities for hiking, biking, running, walking, etc. More info is available at <https://www.baycircuit.org>.

For the past several years, SEM Trails Committee members have been doing some work along the BCT in the southeast MA area. Under the supervision of the BCT management group, we are replacing old and broken 4" square plastic BCT trail markers and 2" x 6" blazes with the new 4" round aluminum disks. Also, we trim small trees/branches/weeds that may be blocking the trail signs in the near future. We carry a tool bag with a hammer, nail extractor, drill, aluminum nails, new trail signs, pruners, vice grips, and of course, a saw. We are a self-described trail troubleshooting crew.

Our philosophy for marking the trail is simple. Signs are used only when necessary, and do not over-mark or under-mark the trail. The goal is to keep the "wilderness" feel of the trail, but also keep hikers from getting lost! So, when approaching a junction, there will be a sign prior to the junction alerting you as to which way to go, a second sign at the junction showing the way, and a third sign past the junction as a confidence marker.

In addition, if you are on a part of the trail which does not have any junctions, you should feel comfortable hiking for a few minutes without seeing any markers.

Also, there is a different procedure for installing the new disks. The old disks were attached to the tree by nails at maximum depth which caused a very tight fit of the marker to the tree. As the tree grows and gets wider, it causes the old plastic markers to break. The preferred method is to allow approximately 1/2" space between the nailhead and tree which provides room for expansion.

Some of the nicer properties we have visited in the past years have been:

The Burrage Pond Wildlife Management Area, 382 Pleasant Street, Hanson: a 2,000+ acre property with ponds, marsh, swamps, retired cranberry bogs, and several miles of walking trails. Good variety of wildlife.

- Tubbs Meadow Conservation Area, 139 Monroe Street, Pembroke: a 106 acre property with many easy loops.
- Veterans Commemorative Town Forest, School Street, Pembroke: an 88 acre property, quiet and with a great water view of Silver Lake.
- Bay Farm Conservation Area, Bay Road, Duxbury/Kingston town line: an 80 acre property with many loops, open fields that attract a variety of birds, beautiful views of Kingston Bay, and, at the Duxbury terminus, a small beach to relax, soak your feet, and swim.

So, if you are looking for another challenge this year, consider hiking the Bay Circuit Trail.



Clockwise from far left:

1. New round aluminum blaze.

2. Old square plastic blaze.

3. New blaze vandalized with an axe.

4. Old marker with tree growth breakage.



Paul Brookes and Cathy MacCurtain in the winter of 2017/2018, on one of the coldest hikes in WLBH history.

White Line the Blue Hills series creators honored with patches

By Pamela Johnson, Hiking vice Chair

A favorite hiking series, "White Line the Blue Hills," was created by Paul Brookes and Cathy MacCurtain in 2015. Also known simply as "White Lining," the challenge of this series is to hike all of the trails on the Blue Hills Reservation map between the official Winter Solstice and the Spring Equinox—not a minute before or after the official winter season. It may take years to complete a "White Line," named for trails hopefully covered in snow, because winter conditions may make hikes impossible due to bad weather that affects both driving and hiking conditions.

In March 2020, current White Line leaders Pam Johnson, Claire MacDonald, and Craig MacDonald had planned to celebrate the end of the 2020 White Line series with a luncheon at the Blue Hills Grille. They planned to honor WLBH-series founders Cathy MacCurtain and Paul Brookes and to award them the first official "White Line the Blue Hills" finishers patch.

Sadly, due to COVID-19, the final hike and luncheon had to be cancelled. The celebration was rescheduled to December 21, 2020, (Winter Solstice) and again had to be cancelled. With hopes of gathering in person looking less likely, we decided to mail the new White Line patches to Paul and Cathy first, and then mail patches to the other White Line finishers.

The letter that went along with the patches to honor and thank Cathy and Paul and to celebrate all White Line finishers follows on page 9.



March 2019 photo of WLBH group on snowshoes, some for the first time! *Photo by Ken Cohen*

White Line Finishers

Paul Brookes	Cathy MacCurtain
Len Ulbricht	Linda Douglas
Jodi Jensen	Claire MacDonald
Joe Keogh	Craig MacDonald
Pete Tierney (x 2)	Stephanie Cavallaro
Bob Jabaily (x 3)	Sandy Johnson
Bill Doherty	Karen Foley
Bob Vogel (x 3)	Joanne Newton
Pam Johnson	Ken Cohen
Michael Schwartz (x 3)	



White Lining honors Continued from page 8



The new AMC-SEM White Lining the Blue Hills patch designed by Pamela Johnson, Hiking Vice Chair.

IT'S A CELEBRATION

By Craig MacDonald

It's finally snowing. We've waited months for this to happen. The flakes fall and coat the trail in anticipation of our footsteps. They arrive at first in ones, twos, and tens of hundreds that spot jackets and melt on lips and tips of chilly noses. Flurries of thousands upon thousands, even millions of their kin, follow and mass in droves to pile up and soften our tread.

How will snowfall end this time – in a superficial thin coating that dusts and blows in the wind or in inches of accumulation that reaches our boot tops and aspires still higher? Will the snow melt and freeze and slip under foot or accumulate in staggering brawny drifts that impede our passage? With micro spikes and snowshoes at hand we embrace all outcomes, like partners ready to dance a light fandango or a ponderous polka. This is White Lining at its best. Now it's time to recognize two exceptional leaders who gave White Lining their best.

It was more than five years ago when Paul Brookes and Cathy MacCurtain started White Lining – really started it, as in actually invented the whole thing. They planned the weekly Tuesday hike to run from the Winter Solstice to the Spring Equinox. The hike was a big hit and wait-lists burgeoned. The hike became a regular AMC-SEM Chapter series. More than that, it became an institution.

Eager followers swelled the ranks leaving booted footprints in the snow on Blue Hills trails. The hikers' tracks mingled with those of deer and coyote, forest creatures that peered from daytime seclusion at the chatty color-clad hikers moving as a noisy conga line over numbered paths. Fun and light adventure for us, and possibly entertainment for wildlife, it was hard work for Paul and Cathy.

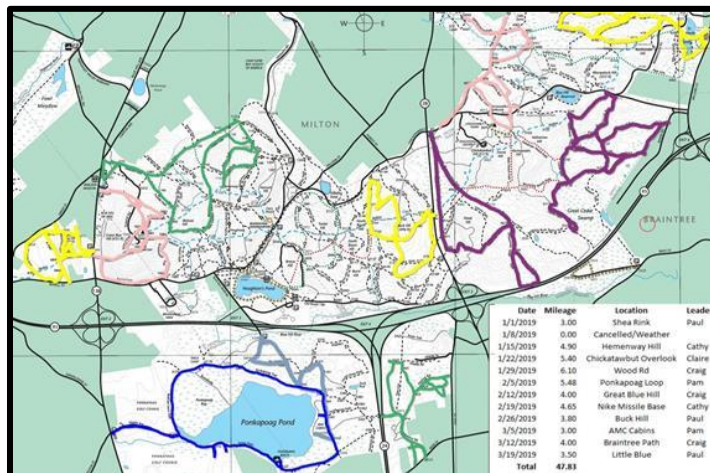
Trails hiked in summer may not be accessible in winter. Trails safe in summer may not be wise to traverse if icy. Parking at trailheads street-side in summer may not be plowed in winter. Weather forecasts today may deteriorate by the following week. To get the true sense of White Lining, Paul and Cathy planned hike routes over every mapped trail in the Blue Hills during the proscribed winter period. They performed these tasks with exceptional dedication and cheerful disposition. They offered help and encouragement to many of us over the several years often needed to complete this endeavor.

All of us listed below, all finishers of the White Line hiking series, applaud your pioneering effort, admire your relentless dedication and thank you greatly for making White Line happen. With this letter we want the two of you to be the first recipients of the new AMC-SEM Chapter White Line patch. This patch will be awarded to all White Line finishers now and into the future. Those listed below also received the patch mailed with this letter. In anticipation, we know we will see all of you on the trails again.

Sincerely,

White Line Leaders

Pam Johnson, Claire MacDonald, and Craig MacDonald



Trails map from 2018-2019, the last complete WLBH series.



Paul Brookes with hiking pal Sunny. *Photo by Ken Cohen*

Navigation Tools: Interview with Hiking Chair Paul Brookes, Part 1

By Alanna Halloran, Communications Vice Chair

Editor's Note: Video of the entire interview is [posted here](#).

Alanna Halloran:

I'm speaking with Paul Brookes, AMC-SEM Hiking Chair. Paul, what are the basic tools of navigation, and which would you recommend for beginners?

Paul Brookes:

The most important tool is daylight. I usually try to hike in the morning, especially in an area I'm not familiar with. Another important navigation tool is a friend. Especially someone who's walked that trail before or knows the area. After that, making a plan. Downloading a map. Deciding where to go, how long to be out on the trails.

Alanna Halloran:

Where do you get your maps?

Paul Brookes:

A lot of local towns, forests, parks, reservations, have maps online. Download them. They won't be the traditional, topographical map, but that's good. It will show the trails clearly. Trail intersection markers, for example, will be marked on the map. Often they'll recommend trails and how long they'll take. That's the first place I go when I'm looking just for a nice, local hike.

If you're looking for something longer, or you want to go in the Whites (White Mountains), then there are some great books in [the AMC store](#). You can get a small discount from the store.

If you're in the Whites, I would recommend the [White Mountain Guide](#) by Stephen D. Smith. It's fantastic. As far as Massachusetts, one I think is rather good is the [Massachusetts Trail Guide](#) by John Burke.

I'll often be driving around, and I have a dog. If I see a trailhead, I'll just decide to get out and do a 20-minute walk. Often they'll have a small box which has some maps in it. If they don't, many will have one of those timber kiosks with a large map behind the glass. I'll take a picture of the map, and then carry that with me.

Alanna Halloran:

Can you go through how to read a map, and what the most important features are?

Paul Brookes:

The most important part is to look at, first, where are you? I'll put a big cross on the map where my car is. It's no good knowing exactly where you are if you've forgotten where your car is.

I'd say the next most important part of a map is the actual trails. I almost always stay on the trails. After that, I look for water: brooks that might cross the trail, where I expect to see maybe a small bridge or at least steps over a brook. That gives me an indication as to where I am versus where I think I am.

On a map you look for intersection markers. Read for descriptions on the bottom. Often it will tell you whether there are blazes on any particular trails and, if so, what colors they are.

There's more sophisticated stuff you can look for. But for 90 percent of all hikes, that pretty much does it.

Alanna Halloran:

Sounds simple enough. How do you not get lost?

Paul Brookes:

The first thing is, you have to actually have your map out. It's no good if it's in your backpack, or it's sitting in your pocket. I actually will hike with my map in my hand. I have one of these things you can carry your map in, and basically hang it around your neck. I also have one of these Tom Brady-type pouches which sits on your arm. You can open it up and look at your map directly that way. My map is always very accessible to me.

Continued on page 11



Navigation Tools Continued from page 10



Paul Brookes is appropriately dressed for winter weather, hydrating, and keeping his map accessible on this 2016 winter hike.

Photo by Cathy MacCurtain

Paul Brookes:

The main idea in not getting lost is awareness, always as you're hiking going, "This is where I think I am on my map." At certain points get confirmation that where you are is actually where you think you are. There's a concept called **point awareness**, which means you know precisely, exactly, what point you are at on the map. For example, when you're at the trailhead, you have point awareness. When you hit an intersection marker, you have point awareness. When we talked earlier, I mentioned looking for a brook crossing the trail. If it shows it crossing the trail on your map, you have point awareness. You know exactly where you are.

There's also a concept called **line awareness**, when you know you're on the trail, but you're not exactly sure how far along the trail you are. You have line awareness.

There's an idea called **area**. You might step off a trail for a bio break and, instead of walking back to a trail, you accidentally walk further into the woods. You then have **area awareness**. You know where you are roughly on the map. You're just not quite sure how to get back to a trail.

Point awareness is best. Then line, then area, and then lost is worst. It means you look at your map, and you've got no idea what side of a mountain you're on.

Alanna Halloran:

If I do get lost, what should I do?

Paul Brookes:

We all get lost. I've certainly gotten lost, either by myself or leading hikes, fortunately not yet in any dangerous situations. I'd say the first thing is to **stay calm**.

I'll actually just sit down on a log, and say, "This is a great opportunity to have a snack." If my dog's with me, I'll pet my dog. Do whatever you need to do to get that panic, which is starting to well up, get it out of your system.

Then consider what your resources are. If you've got your phone, **start your app** if you don't have it running. It will show you precisely where you are. That's helpful when you've stepped off of a trail and you just need to know what side of a trail you're on. If you're lost, but you're still on a trail, **backtracking** is always a very good idea. You very, very rarely want to leave a trail if you're on one.

Don't bushwhack. Once you've gotten back on a trail, or if you're not on a trail, **listen**. Perhaps you can hear some traffic, the babbling of a brook, or some other hikers in the distance. I always **carry a whistle**, so hopefully someone will come and find me. When you do find someone, don't let them go unless you are really comfortable that you can find your own way out. This is not the time to be prideful. This is the time to **get help**.

Alanna Halloran:

My next question is, how can winter affect navigation?

Paul Brookes:

Fundamentally, everything else takes longer and is more difficult. If it's very cold, you've got gloves on or mitts on. It's hard to open the map, which is why it's so important to have already pre-planned something and just carry it around your neck.

Your brain honestly thinks slower, so you have to do everything more carefully. It's even more important to be aware continually. "This is where I think I am right now. In a few minutes, I should be crossing a brook." Or, "Let's take my compass out, and just quickly check. At this intersection, I expect one trail to be going east, and one going north. Let's check that this is what's happening."

Plus, if something goes wrong, there are fewer people out there. You want to do more planning, to develop your route at home. I won't say don't hike solo. We all do. But at this point you want to have also taken a class or two.

The blazes and intersection markers may be covered in snow or frost. Snow might have covered the trail. You can see where a trail is by the lack of stuff, of trees, by where daylight's coming from. There's a skill to it. When people have hiked a trail, it can be a false flag, if you just follow them, but they've got themselves lost. You can follow someone's snowshoes and end up not where you want to be. It's a little bit harder in the winter, but the skills you learn and apply in the summer also apply in the winter.

Scavenger Hunt a ‘wild success,’ new hunt kicks off March 22

By Sue Svelnis, Education Chair and
Alanna Halloran, Communications Vice Chair

Did you see a frozen waterfall, a black capped chickadee, or a red squirrel this winter? These were only a few of the items on our Winter Scavenger Hunt list. If you saw a beaver this winter, we really wished you had joined us, since that was one of the items that none of us found.

In February we created a new kind of hiking experience to combat the sense of isolation many of us have been feeling due to the pandemic. We supplied a list of 21 items that you might expect to find while hiking, and asked participants to find and photograph as many as they could.

We kicked off the hunt with a Zoom session to review the list and share ideas for spotting the items. We also encouraged people to work in teams if they wished.

The hunt went on for three weeks and during that time many of the pictures were shared on the [AMC-SEM Facebook page](#). We wrapped up the hunt with a final zoom where we were able to view all the pics and share stories. It was so great to see many new and familiar faces and to know that although we did not physically hike together in person we were all hiking together in spirit with a common goal.

It was so fun we are launching a Spring Scavenger Hunt in the same format that will kick-off on March 22nd. [Register here.](#)



Frozen waterfall. Photo by Diane Hartley



Black-capped chickadee. Photo by Peggy Qvicklund



Tracks in snow. Photo by Joanne Newton

Continued on page 15



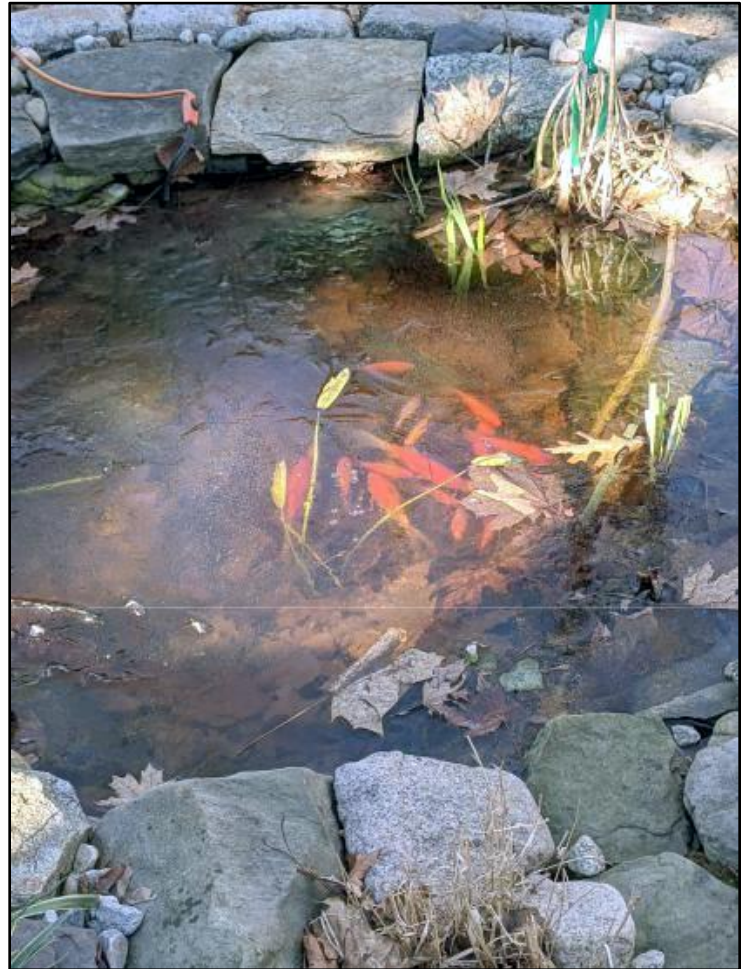
Scavenger Hunt Continued from page 14



Red fox. Photo by Joanne Newton



Beaver activity. Photo by Marnie Bolstad



Fish through water. Photo by Bill Cannon

Join our chapter Spring Scavenger Hunt

The Virtual part of our Scavenger Hunt will be two Zoom sessions: On [March 22nd](#) from 7-8 pm, we will kick off the Hunt and review the list of Scavenger Items. On [April 26th](#) from 7-8 pm, we will close the Hunt and share and discuss everyone's findings.

You must register separately for each session--they are posted as two separate activities. Once you register, we will supply a link to the checklist of items to look for, as well as where you can submit your photos and completed list.

You will have 5 weeks to hike with friends, family, or on your own and identify as many items as you can. Photos of each item are encouraged so that they can be shared with the group.

Explore trails, connect online, and learn something new from Nature!



Staying Warm in Winter, Part 3

By Dexter Robinson

WISE layering system

The Wilderness Education Association invented an acronym for this layering system called WISE. It stands for wicking, insulation, sheltering, and extremities/extra.

This article continues exploring the WISE layering system by discussing the **Sheltering** or outer layer.

- Protection from the elements, handles sweat
- Soft and hard shell jackets
- Hard shell jacket features
- Soft and hard shell pants
- GORE-TEX® jackets
- Alternatives to GORE-TEX



Just as it sounds, this outer layer protects you from the wind and various forms of precipitation, like rain and snow. Sheltering clothes must not only offer protection from the elements; they must also handle sweat produced by our bodies. The sheltering layer should cover the entire body, usually with a hooded jacket for the upper half and pants for the lower half.

Sheltering layers can vary widely, from a simple wind-resistant nylon jacket to a multi-layer mountaineering shell parka. In general, sheltering layers fall into two categories: soft shell and hard shell. Soft shell jackets feature a good range of motion, breathability, and are wind and water resistant. They are made of woven nylon or polyester and are intended for highly aerobic activities, with more emphasis on breathability than protection from the elements. They fall in the middle ground between jackets that offer light insulation and waterproof hard shells. This makes soft shell jackets usable year round.

An example of a soft shell jacket is the Outdoor Research Ferrosi hooded jacket.

However, soft shell jackets are not suitable for continuous rain and snow conditions. In that case you need a hooded hard shell jacket that is lightweight, breathable, and waterproof for all-weather use. Typically a hard shell jacket is made of nylon with a polyurethane coating, a GORE-TEX membrane, or a GORE-TEX alternative. Similar to other layers, cotton should be avoided, since it absorbs and retains moisture.

Here is a list of features to look for in a hard shell jacket:

- Ventilation
- Adjustable hood
- Hip belt-compatible pockets
- Zippered pockets
- Two-way front zipper
- Adjustable wrist closures
- Draw cord hem closure
- Large enough to layer underneath

Ventilation features such as side zippers or pit zips to vent off perspiration are important. Pit zips are zippers near the arm pits. I recommend having pit zips on your hard shell, although they are becoming less common as manufacturers focus more on increasing breathability.

If it has front pockets, make sure they are high enough on your body to not interfere with the backpack hip belt.

Not all hard shells have pockets. It's great to have some zippered pockets, not just on the outside, but at least one on the inside for things like your phone and food that you don't want to freeze. Outer pockets are good for things like snacks, hats, and extra gloves. The more things that are accessible, the less often you will have to take off your pack to retrieve them. Unfortunately it has gotten more difficult to find a hard shell jacket that has all of these features, even ones that retail at over \$600.



Pixabay photo by [Hans Braxmeier](#)

Continued on page 17



Staying Warm Continued from page 16

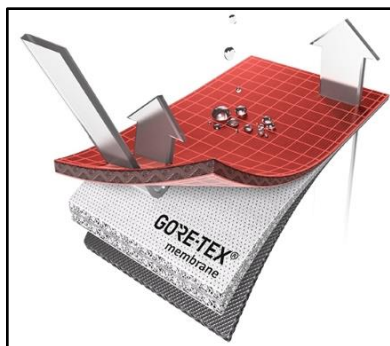
The choice of a sheltering layer depends on your outdoor activity, location, terrain, and weather. Waterproof, non-breathable shell jackets, e.g. coated nylon, are best suited for light or no physical activity. Otherwise you will likely perspire and saturate the other layers.

For pants, the simplest sheltering option is wind and waterproof nylon over a base layer, relying on the airspace between the two for additional insulation. Other options for pants include soft shell pants, hard shell or snow pants, wool pants, and even nylon or nylon-blend 3-season hiking pants. Depending on the weather and temperature, you may want to wear a long underwear base layer under your choice of pants.

For better control of your body temperature, avoid putting on a sheltering layer until conditions warrant it.

GORE-TEX®

In 1969 William and Bob Gore discovered a way of producing a fabric that was impervious to precipitation but not perspiration. The GORE-TEX® membrane has about nine billion pores per square inch. Each pore is approximately 1/20,000 the size of a water droplet, making it impenetrable to liquid water, while still allowing the more volatile water vapor molecules from perspiration to pass through.



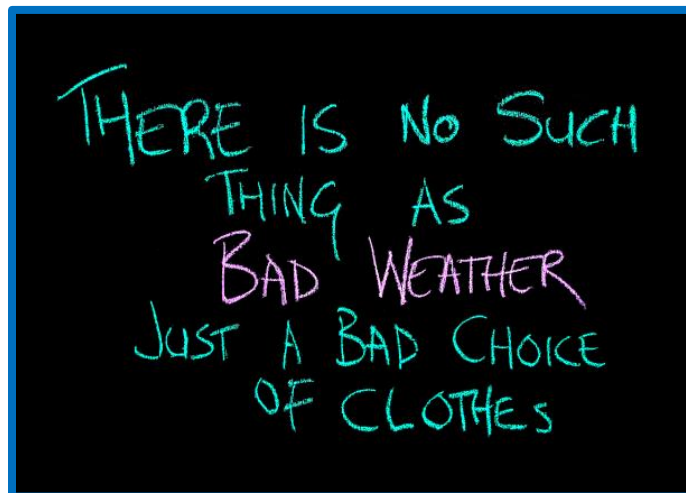
The outer layer of GORE-TEX fabric is coated on the outside with a Durable Water Repellent (DWR) treatment. The DWR prevents the main outer layer from becoming wet, which would reduce the breathability of the whole fabric. However, the DWR is not responsible for the jacket being waterproof. Without the DWR the outer layer would become soaked, preventing breathability. The wearer's sweat being produced on the inside would fail to evaporate, leading to dampness. This might give the false impression that the fabric is leaking. Wear and cleaning will reduce the performance of the GORE-TEX fabric by wearing away this DWR treatment, but the DWR can be restored.

A simple raincoat introduced in the early 1970s set off an outerwear revolution with a jacket that was lightweight, waterproof, and breathable for all-weather use.

GORE-TEX has become the standard to which all other similar fabrics are compared.

GORE-TEX today has multiple types:

1. GORE-TEX—a basic 2-layer version with durability designed for city, trail, and workplace use. There is a 3-layer version for more durability. Examples: the Patagonia Departeur Jacket with two layers and the Mountain Hardwear Boundary Ridge Jacket in three layers.
2. GORE-TEX with PACLITE—a lighter minimalistic fabric, less durable, one layer with the GORE-TEX membrane bonded directly to the outer shell, no lining. An example is the REI Co-op XeroDry GTX Jacket.
3. GORE-TEX with PACLITE PLUS—basically the PACLITE version (2) but double the layer. An example is the Mountain Hardwear Exposure/2™ GORE-TEX® PacLite® Plus Jacket.
4. GORE-TEX ACTIVE—minimalistic design, lightweight GORE-TEX membrane with fine denier performance textiles, and the light c-knit backer material. A lighter version of (1). An example is the REI Co-op Drypoint GTX Jacket.
5. GORE-TEX ACTIVE SHAKEDRY—removes the outer surface from Active Garments (4) to make the waterproof GORE-TEX membrane the other layer. It has one less layer of durability. The membrane is the outer layer, allowing one to shake off the water. It packs down small. An example is the Sitka Vapor SD Jacket.
6. GORE-TEX PRO—most rugged for extreme conditions—very dry, 3-layer construction, with a multi-layer membrane. An example is the Arc'teryx Alpha SV Jacket.



Pixabay image by Andrew Martin

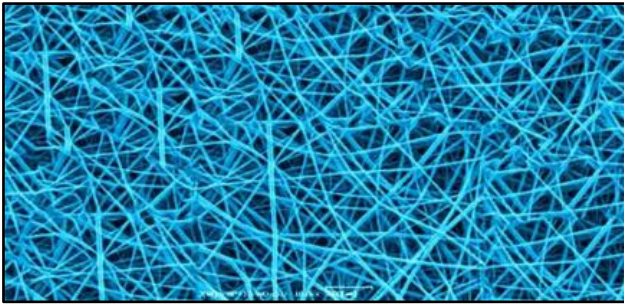
Continued on page 18



Staying warm Continued from page 17

Currently GORE-TEX dominates the outerwear market. On one website (see link below) 14 of the 18 recommended hard shell jackets for 2020-2021 use GORE-TEX. Since GORE-TEX came on the market, a number of alternatives have been introduced. These include:

1. Ascentshell.™ Outdoor Research's exclusive proprietary 3-layer fabric, electric spun for a waterproof, breathable membrane that is soft to the touch. It consists of polymers that form a web that allows sweat vapors to escape, but prevents water from coming in.



An example that uses this fabric is their Interstellar jacket.

2. Pertex Shield:™ waterproof, windproof, breathable, lightweight and extremely packable. It comes in three laminate variants: 2, 2.5, and 3-layer, which vary in durability and resistance to the elements. An example using this fabric is Outdoor Research's Helium II rain jacket.

3. eVent®: waterproof and breathable but unlike GORE-TEX eVent is a "dry system" which makes it possible for moisture to get out in an instant, without it requiring excessive body heat or outside moisture. Unfortunately, in recent years, few if any, outdoor clothing manufacturers are using eVent fabric for hard shell jackets. However, Sea to Summit does use this fabric for one model of their winter gaiters.

When shopping for a shell, be sure to wear clothes similar to your base and middle layers, so you can get the appropriate size. You may have to buy a size larger to accommodate the layers underneath.

Some links for further reading:

[What is a softshell jacket?](#)

[Best Softshell Jackets of 2021](#)

[Best Hardshell Jackets for 2021](#)

[Best Hardshell Jackets for Women of 2021](#)

[Best Hardshell Jackets for Men of 2021](#)



Tommy at age 8 on the summit of Mt. Cardigan. *Photo by Sarah Vendetti*

Hiking with Kids series, Part 2

By Sarah Vendetti

From toddlers to teenagers, hiking with your children can be a very rewarding experience. However, there is a fine line where the discomfort a youngster feels from physical exertion on the trail outweighs the rewards of a good hike. Knowing the needs of a child on the trail, and making sure these needs are being met, are the keys to an enjoyable experience for all.

When I was seven, my mom and dad decided it was a good time for me to tackle my first "big mountain." That summer, my family vacationed at Mount Cardigan Lodge, a well-known AMC facility in Alexandria, New Hampshire. It would be the first of many spring, summer, and fall visits: This season marked 32 years! Mount Cardigan Lodge was the perfect setting for our family. Nestled at the foot of Mt. Cardigan in Mount Cardigan State Park, the lodge offered (and still offers) comfortable bunkrooms, a swimming hole, hearty home-cooked meals and trail lunches to go, miles of well-traveled and marked trails, and excellent company. I remember being beside myself with joy, because of all the new friends I made at Cardigan that first summer!

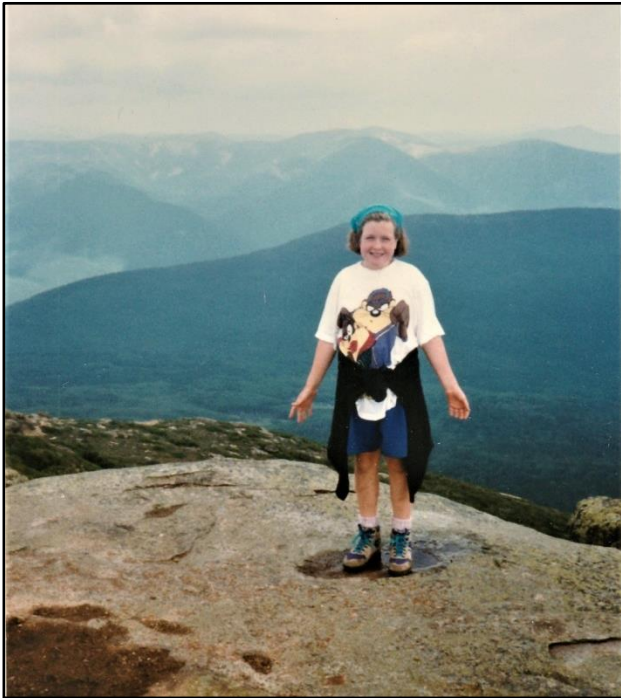
One of the most important aspects of my first journey up Mt. Cardigan was our much-admired hike leader, Mary Conover. She was maybe 65 or 70 years old that summer of 1988, and she played the flute. We awoke each morning of our stay at Cardigan to the sounds of her playing "Somewhere over the Rainbow."

Continued on page 19



Hiking with kids Continued from page 18

That week, Mary, along with my family and some other folks staying at the lodge, made the 2.5-mile trek to the summit of Cardigan. I remember it being very hard. And hot. Mary read my mood like a book, recommending to all that we take our time on the trail. For me, the group took frequent standing water breaks, sitting snack breaks, and little stops along the way to explore the wonders on the trail. As our group approached the summit of Cardigan, she insisted that I be the first in the group to reach the top. What Mary gave me that day was more than the encouragement I needed to achieve my first mountain; she instilled in me a life-long love of hiking.



The author at age 11 on the Franconia Ridge Trail.
Family photo

When I am hiking with my eight year old son Tommy, I aspire to be with Tommy how Mary was with me. First, I recognize his needs on the trail, which are not always articulated, so I rely on indicators and signs to let me know when it is time to rest. Indicators for how Tommy is faring on the trail include his overall mood (chipper? grumpy? lethargic?); the color of his face (too red means rest and water are needed); and how he is walking (forging ahead or lagging behind?). Second, I provide ample opportunities for water and snacks. Third, I celebrate every achievement on the trail—including letting him get to the top first!

Another important aspect for success on the trail with kids is to prepare your pack well with all of the items in the checklist below, and have appropriate footwear for all. I make sure Tommy has comfortable, waterproof, and sturdy shoes with good non-cotton socks. SmartWool works well. Hiking boots with ankle support and good tread are just as important for kids as they are for adults on the trail. I love our hydration packs, as well: I use a larger pack with hydration (Osprey Tempest is my choice), while Tommy has a smaller kid-sized hydration pack from Coleman. Here is a quick, summer day-hiking checklist for a parent pack and a kid pack. Happy trails!

Parent Pack

- ☐ Water, snacks & lunch (extra is better!)
- ☐ Sunscreen & SPF lip balm
- ☐ Bug spray
- ☐ Brimmed hat
- ☐ Raincoat (for you and kids)
- ☐ Sweatshirt (for you and kids)
- ☐ Extra socks (for you and kids)
- ☐ First aid kit to treat minor injuries with moleskin for blisters
- ☐ Flashlight/headlamp
- ☐ Jackknife or multi-tool for cutting moleskin or fixing a broken zipper
- ☐ Whistle for emergencies only to alert others to your location if lost
- ☐ Tissues/wipes
- ☐ Zip-lock bag to pack out waste
- ☐ A paper map - even if you have your smartphone!
- ☐ Compass

Kid Pack

- ☐ Water & lunch
- ☐ Hat
- ☐ Whistle (usually on a neck lanyard)



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

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 18.** L Richard Kaiser (508-246-7582 Before 9 PM, rikaiser@comcast.net)

Sun., Mar. 21. Hike Dennis - Group A, Dennis, MA. This pre-registered hike with a limit of 9 participants is 4+ miles in Dennis. This is one of two hikes posted that will be socially distanced from each other, in accordance with MA Open Space policies. This is a soft sand beach walk, a wooded trail walk with limited elevations and a stretch through a historic neighborhood. Start location will be sent to registered participants. **See AMC Trip Policy on page 18.** L Margaret Christen (832-443-7321 Before 9PM, margaret@mchristen.net)

Sun., Mar. 21. Hike Dennis - Group A, Dennis, MA. This pre-registered hike with a limit of 9 participants is 4+ miles in Dennis. This is one of two hikes posted that will be socially distanced from each other, in accordance with MA Open Space policies. This is a soft sand beach walk, a wooded trail walk with limited elevations and a stretch through a historic neighborhood. Start location will be sent to registered participants. **See AMC Trip Policy on page 18.** L Deborah Hayden (shaferhayden@gmail.com)

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 sent to registered participants. **See AMC Trip Policy on page 18.** 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 18.** 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](#)

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

Tue., Mar. 16. Blue Hills Winter Conditioning Series 2021--Hike #6, Blue Hills, MA. This posting is for the sixth and last hike of the series. This series will take place in various locations within the Blue Hills and focus on building/maintaining conditioning. 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, etc. There are two (2) remaining open spots and five waiting list spots for the series. If you registered successfully for previous hikes you will not be rescreened, but you must register for this Hike #6. If you did not register previously you must register, after which you will be screened prior to confirmation. 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. **See AMC Trip Policy on page 18.** L Thomas Graefe. Note: Email contact preferred. (781-659-2441 Before 9:00 PM, tmgraefe@comcast.net)



Activities

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

HIKING

Thu., Mar. 18. Blue Hills Thursday Morning Hike- Ponkapoag Pond Loop, Canton, MA. Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond with perhaps a few in-and-outs for Red-Liners. Bring warm/waterproof hiking shoes, MICROspikes and/or snowshoes if necessary, sunscreen, snacks/lunch and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Well behaved dogs on leash OK. **See AMC Trip Policy on page 18.** L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Sat., Mar. 20. Hike Plymouth's Long Beach, Plymouth, MA. Our barrier beaches are beautiful places in winter as well as summer. We'll walk at low tide to have room to spread out and see the expanse of shore and sandbars. Join us for this 6-mile hike as we walk at a moderate pace, sometimes in soft sand. Waterproof shoes, windproof jacket, and warm layers will be important to stay comfortable as the wind is usually strong. **See AMC Trip Policy on page 18.** L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com) L Robin Melavalin (robinoutdoors@gmail.com)

Mon., Mar. 22. 7-8 pm. Spring Scavenger Hunt - Kickoff Meeting #BEONLINEWITHAMC, MA. See article on page 13. Once you [register here](#) we will supply a link to the checklist of items, as well as where you can submit your photos and completed list. If you are unable to join the Zoom sessions you are still welcome to join in this Scavenger Hunt. L Susan Svelnis (781-849-9699, suesvelnis@gmail.com, is currently the Education Chair, RLBH registrar, and a class 1 hike leader for the SEM chapter.) CL Alanna Halloran (communicationsvicechair@AMCSEM.org, is Communications Vice Chair and working to be a SEM hike leader.

Sun., Mar. 28. Hike Fall River Bioreserve - Group A, MA. Enjoy an easy to moderate 4-5 mile hike in 16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. There will be two groups which are kept socially distanced from each other, in line with state and AMC requirements. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 18.** L Diane Simms (chair@amcsem.org) L Walt Granda (wlggranda@aol.com)

Sun., Mar. 28. Hike Fall River Bioreserve - Group B, MA. Enjoy an easy to moderate 4-5 mile hike in 16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. There will be two groups which are kept socially distanced from each other, in line with state and AMC requirements. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 18.** L Diane Simms (chair@amcsem.org) L Walt Granda (wlggranda@aol.com)

Tue., Mar. 30. 7-8:30 pm. Winter Trackers Detective Group #BeOnlineWithAMC, MA. See article on page 4. More details will be provided upon [registration here](#). L Susan Svelnis (781-849-9699, suesvelnis@gmail.com, Sue is currently the Education Chair, RLBH registrar, and a class 1 hike leader for the SEM chapter.) L Joe Keogh (jpkoe24@gmail.com, Joe Keogh joined AMC in 2006 at the urging of his wife Ellen, so that he could join other hikers on trips and stop hiking alone. He started hiking with Bob Vogel in the Blue Hills Reservation on the Red Line the Blue Hills Series in the Spring of 2006 and he and Cheryl Lathrop took over the leadership of the series in 2009. He continues to hike and has moved into kayaking as well.)

Sun., Apr. 11. Hike Fall River Bioreserve, Fall River, MA. Enjoy an easy to moderate 4-5 mile hike in the Fall River Bioreserve - 16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 18.** L Diane Simms (chair@amcsem.org) L Walt Granda (wlggranda@aol.com)



Activities

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

HIKING

Sun., Apr. 25. Hike Fall River Bioreserve, Fall River, MA. Enjoy an easy to moderate 4-5 mile hike in the Fall River Bioreserve - 16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 18.** L Diane Simms (chair@amcsem.org)

Mon., Apr. 26. 7-8 pm. Spring Scavenger Hunt - Recap Meeting #BEONLINEWITHAMC, MA. This is the Zoom session to recap the Scavenger Hunt and to share pictures and success stories. [Registration here.](#) Our Scavenger Hunt started on March 22nd but there is still plenty of time to join in the fun. See the March 22 listing. L Susan Svelnis (781-849-9699, suesvelnis@gmail.com, Sue is currently the Education Chair, RLBH registrar, and a class 1 hike leader for the SEM chapter.) CL Alanna Halloran (communicationsvicechair@AMCSEM.org, Alanna is currently Communications Vice Chair and working to be a hike leader for the SEM chapter).

BEONLINE WITH AMC

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.](#)

Wed., March 17, 7-9:30 pm. "Grand Canyon - Rim To Rim To Rim" Presentation. Join AMC Boston Co-Leaders Nav and PT as they recap their epic 2020 adventure. They will tell you about getting to the park, gear requirements, reservations requirements, and much more to provide you a lot of information to potentially plan your own Grand Canyon adventure! The presentation will be followed by a short Q&A session. [Registration required.](#)

Mon., Mar. 22. 7-8 pm. Spring Scavenger Hunt - Kickoff Meeting #BEONLINEWITHAMC, MA. See listing under HIKING.

Tue., Mar. 30. 7-8:30 pm. Winter Trackers Detective Group #BeOnlineWithAMC, MA. See listing under HIKING.

Wed., April 21, 7:30-8:30 pm. Conservation Conversation: How Healthy Is Chesapeake Bay After Three Decades Of Restoration Efforts? Join us for a conversation with Rich Batiuk, former U.S. EPA Associate Director, who for 34 years helped lead the collaborative partnership working together to restore the nation's largest estuaries. [Registration required.](#)

Mon., Apr. 26. 7-8 pm. Spring Scavenger Hunt - Recap Meeting #BEONLINEWITHAMC, MA. See listing under HIKING.

Happy Trails!



THE END