

The Southeast Breeze

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

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AMC-SEM hikers reach the summit of Mt. Everett on the third outing of the Winter Hiking Series on Feb. 6. Alyson Tatum, left, Anne Duggan, Maureen Pena, Mike Butler, Carlos Pena, Paul Audet, Peggy Qvicklund. *Photo by Jeannine Audet*

Winter Hiking Series explores home state heights

By Jeannine Audet, Hiking Chair

The 2020-2021 AMC SEM Winter Hiking Series ended with two spectacular hikes in the Berkshires. Due to COVID restrictions, the Series was held in Massachusetts this year, instead of our usual destinations in the White Mountains. While a departure from our routine, this allowed our leaders and participants to experience the beauty of the mountains in our home state. The Berkshires are "greener" & less rocky than the Whites, but offered a challenge and spectacular views.

On February 6, two groups hiked the challenging Race Brook Falls trail to the Appalachian Trail, to the summit of Mt. Everett at an elevation of 2,602 feet, the highest mountain in the south Taconic range. The Race Brook Falls were largely frozen over. We wore hiking spikes more than halfway to the summit, then changed to snowshoes at the Race Brook Campsite. Just past the old fire tower, we were greeted on this sunny brisk day to a beautiful view of the distant Catskills & Taconics. Our total trip was 5.4 miles, with 1,850 feet of elevation gain.

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View from the Chair:

Our chapter has had over 130 outdoor, as well as online, activities since we restarted in early July. More than 45 leaders and co-leaders have kept our chapter active. Each week, more leaders are resuming posting activities, so by the time you read this View, I'm sure there will be additional names. Thank you, leaders:

Robert Akie * Jeannine Audet * Paul Audet * Bill Belben * Robert Branczewski * Paul Brookes * Margaret Christen * Ken Cohen * Paul Currier * George Danis * Eva Das * Bill Doherty * Anne Duggan * Samantha Fisher * Barbara Gaughan * Cathy Giordano * John Gould * Tom Graefe * Walt Granda * Alanna Halloran * Natalie Halloran * Deborah Hayden * Jane Harding * Diane Hartley * Jodi Jensen * Susan Jilson * Pamela Johnson * Sandra Johnson * Richard Kaiser * Maureen Kelly * Claire MacDonald * Craig MacDonald * Skip Maysles * Robin McIntyre * Robin Melavalin * Paul Miller * Joanne Newton * Peggy Quicklund * Varma Saripalli * Steve Scala * Susie Schobel * David Selfe * Kathleen Selfe * Diane Simms * Sue Svelnis * Ellen Thompson * Pete Tierney * Cindy Tobey * Nancy Tutko * Jay Vivian * Barry Young

AMC's priority with COVID restrictions is safety of our leaders and participants. When considering when to ease restrictions, AMC will use a risk-based approach which considers daily new cases, infection rate, and positive test rate. The requirements for the next phase are being drafted. When Massachusetts risk allows implementation of the new phase, you will see the changes in our activity listings.

Over the past years, many people have participated in the Thursday evening Red Line the Blue Hills hiking series. A good number of our Hiking Committee leaders, as well as SEM Board members, including myself, became involved with the AMC-SEM chapter because of this series. Bob Vogel's article on page 5 describes the origin of the name and why we are changing it to Trail Trace the Blue Hills. Redlining also refers to a [discriminatory practice](#) that has harmed people for generations. The series was not named after this practice, but we will not keep using a name that is so hurtful. AMC-SEM wants all to feel welcome on our activities. Do we love the series because of the name? No. We love the series because of the camaraderie among hikers, feeling of belonging, friendships formed, partnership of leaders, and pride of accomplishment. We continue this beloved series with a name that describes what the series is. The Trail Trace the Blue Hills series will start April 29. We are in the process of designing new patches. For those of you who have completed all the trails, I encourage you to trade in your old patches for the new when they are available. I am in the process of Trail Tracing and am looking forward to adding the new patch to my pack.

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

Diane Simms, AMC-SEM Chapter Chair

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Winter Hiking Series Continued from page 1



On the way up Mt. Everett at a frozen Race Brook Falls. Peggy Qvicklund, left, Mike Butler, Carlos Pena, Anne Duggan, Maureen Pena, Paul Audet. *Photo by Jeannine Audet*

On March 6, two groups hiked the Gould Trail to the AT out & back, for a round trip of 6.8 miles to the summit of Mt. Greylock at 3,491 feet, the highest mountain in MA. We were treated to sunshine once again, but brisker temps, in the teens. The trails were packed down, & the snow more solid than on the previous hike, so hiking spikes were the traction wear of choice. Our group marveled at the views & the 100-foot tall war memorial at the summit. The breezy weather made our stay at the summit brief, & we were able to have our lunch on the way down at the Peck's Brook Shelter.



Summit of Mt. Greylock. *Photo by Rima Tamule*

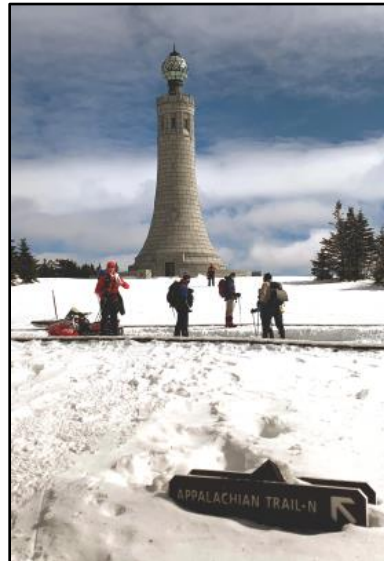
Who knows? Maybe COVID will keep us local, to enjoy our home state a bit more on future winter hikes? I know I intend be out in the Berkshires year round to enjoy all that these mountains have to offer!



View past the summit of Mt. Everett.
Photo by Jeannine Audet



Ascending Mt. Greylock via the Gould Trail.
Photo by Peggy Qvicklund



Left: War Memorial at the summit of Mt. Greylock. Right: A tree-hugger descending Mt. Greylock. *Photos by Rima Tamule*



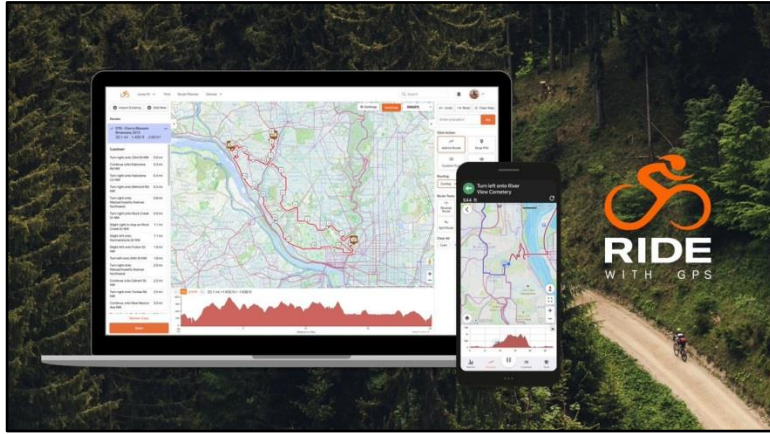


Photo & logo courtesy of Ride With GPS.

Biking events ramping up; free smartphone app for members

By Peter Linhares, Biking Vice Chair

For many of us bikers here at AMC-SEM, we are waiting for regulations regarding the pandemic to be less strict and lifted here in Massachusetts, so that we can ramp up our biking events. Regardless, our hope is to continue with biking this spring and through the summer and beyond.

In addition, I'd like to remind those who are members of the AMC Southeastern Massachusetts chapter that you can have a free membership to the RideWithGPS app. You can download this to your smartphone and use to it track your miles, record, post, share your routes, or select other routes to follow with turn cues and more! Please follow this link for instructions on how to sign up. This link also provides some of the features and [phone app information](#):

Please follow this [link to sign up](#) within the AMC-SEM chapter on RideWithGPS.

For anyone who does sign up, I will be notified and will provide the approval. You do have to be a member of the AMC-SEM chapter in order to be approved.

Please remember to search for the SEM chapter once you log in to join.

This is an \$80/year value that is free to those who are members of AMC-SEM. This more than covers your AMC membership. Please promote this to your biking friends. Join AMC-SEM and get a free membership to RideWithGPS for free!

Spring conditioning underway for Cape Cod hiking groups

By Robin McIntyre, Cape Hiking Vice Chair

Ten hikers enjoyed wooded trails, bog views, and swans in flight at the Bourne Sisters Woodland, Perry Woods, and the Leary Properties conservation area in Bourne on March 27. Robin McIntyre and co-leader-in-training Janis Delmonte shared information about the history of the area in the older section of Bourne. The region is part of the glacial moraine on the Cape, so it has rolling hills to work on our spring conditioning challenge! A beautiful place to live and hike!



Cape hikers mark the start of spring with a March 27 exploration of adjoining parks and woodlands in Bourne.
Photo by Robin McIntyre



The group takes a break at the edge of a bog in the woodlands.

Photo by Christine Thompson

‘Trail Trace the Blue Hills’: A name whose time has come

By Bob Vogel, Hike Leader

In 2006 I decided to start a new series that would meet at the Blue Hills every week on Thursday. Bill Ruel had previously come on one of my hikes, and had been marking up his map with a red pen as we hiked. I joked that he didn't think I'd be able to find my way back to the cars, so he was keeping track of how to get back. He said that he had always wanted to hike all of the trails in the Blue Hills, so whenever he hiked there, he marked the trails he had hiked on his map. Thus, the name "Red Line the Blue Hills" was born.

For the past 15 years, “Red Line the Blue Hills” has grown exponentially from its humble beginnings. However, an unforeseen and regrettable result of “Red Line the Blue Hills” is that we now refer to what we do as “Redlining.”

Redlining is a term that, to effectively all of us involved, has one simple meaning: Hiking every inch of every trail. However, to most Americans “redlining” has a different, and more sinister, meaning. Redlining, especially to those living in the inner cities, refers to the discriminatory practice of “redlining” neighborhoods on the map by racial demographics and denying those within those areas access to mortgages or home improvement loans. It is a significant part of the system which has restricted inner city residents from moving to suburban areas.

To us involved in the Blue Hills hiking series, “Redlining” represents years of fun and great friends. However, to many others “redlining” represents the pain of years of discriminatory housing practices that have restricted their ability to exit the inner cities or build equity by owning a home. While the term “Redlining” doesn’t bother those of us who associate it with hiking, now more than ever is a time for empathy. It bothers many others, and is a term that must end. The only way for us to stop saying “Redlining” is to rename the series, and the process.



Changing the name won't immediately serve to remind us to change our vocabulary, but it is a necessary first step. I look forward to the opportunity to Trail Tracing with you some Thursday evening.



Photo by Nel Graefe

Volunteer of the Month: Tom Graefe

By Paul Brookes, Hiking Chair

Each month the AMC-SEM recognizes one of the amazing people who give their time, energy, and resources to make our chapter one of the best! Tom Graefe is April's Volunteer of the Month.

Tom became an off-Cape hike leader for SEM in November 2019. This winter he decided to give back to SEM by becoming a Winter Hike Leader. Under the mentorship of some of our most experienced winter hike leaders, he helped plan and lead three out of the four Winter Hiking Series hikes, and in March he successfully advanced to become a Level 4 Winter Hike Leader.

This winter Tom also planned and ran a series of six Winter Conditioning Hikes based out of the Blue Hills, and now he is leading another series of six Conditioning Series hikes, again based out of the Blue Hills. Working with other leaders, he created his series as a complement to the Startup Conditioning Hikes.

As well as being active planning and leading hikes, Tom has involved himself in other areas of SEM. Specifically, last summer and fall he was actively involved in the annual committee tasked with updating all the public-facing documentation on the Hiking section of our SEM website. This small group of people—which also included George Danis, Joanne Newton, Bob Vogel, Paul Brookes and Diane Simms—performed a stellar job making our documents current, relevant, and COVID applicable.

Thank you, Tom, for all you do for the chapter! Tom will receive a Volunteer of the Month certificate and a \$50 REI gift card.



Anne Duggan, left, & Diane Hartley. *Photo by Nancy Tutko*

Hike leaders earn Class 4 status

By Paul Brookes, Hiking Chair

I am pleased to announce that Diane Hartley and Tom Graefe have fulfilled all the requirements to become four-season hike leaders (Class 4).

Class 4 leader level allows Diane and Tom to lead day hikes during any season in areas such as the Berkshires or White Mountains. For a complete list of our leader levels click [here](#).

This winter Diane has worked closely with some of our most experienced winter hike leaders, co-leading hikes and snowshoes with Anne Duggan, Maureen Kelly, Jeannine Audet, Paul Miller and Peggy Qvicklund.

Anne Duggan says, "During this winter's Snowshoe series, Diane was my 'Right Hand Man.' Diane helped me on all five hikes from start to finish. She showed strong winter skills, strong leadership skills, and a love of winter conditions. The series included hikes in Myles Standish State Forest, Monument Mountain, and Mt. Greylock.

"Diane was also a critical co-leader throughout the Winter Hiking Series, helping co-lead on the Mt. Wachusett, Mt. Everett, and Mt. Greylock Hikes.

"In all of these, she helped screen participants, pre-hike routes, edit communications; she led and swept and helped participants on difficult parts of the trail."

Tom Graefe also worked closely with some of our most experienced winter hike leaders, co-leading hikes with Maureen Kelly, George Danis, Paul Miller, and Anne Duggan. He was an invaluable co-leader throughout the Winter Hiking Series, helping organize and co-lead the Mt. Wachusett, Seven-Sisters, and Mt. Greylock hikes.

George Danis, past hiking chair, says, "Tom was extensively involved in all aspects of planning the Seven Sisters hike. He worked effectively with the other group leaders on route selection (a tricky issue due to poorly marked trails in the area), the planned hiking distance, and the total planned hike time. On the day of the hike, Tom participated in the pre-hike talk, acted as sweep, provided guidance and instruction to participants, and assisted in navigation and route finding. He performed all his duties and responsibilities in an excellent manner.

"Tom is a strong hiker. This winter he created and led a Blue Hills Conditioning Series, and screened participants for that series. The Conditioning Series hikes averaged 7+ miles with elevation gains of 1,000+ feet, so thorough screening was a critical part of the success of the series."

Please congratulate Diane and Tom when you see them. I look forward to joining them next winter on some of their hikes.

(See "Volunteer of the Month" on page 5 for more on Tom Graefe's contributions to AMC-SEM—and his face!.)



Tom Graefe serving as "sweep" on a Winter Series hike, a critical role in making sure all hikers stay together and safe. *Photo by Maureen Kelly*

Wanted: Print issues of the Breeze!

We are searching for old issues of the Southeast Breeze, particularly the first issue in 1979, up until 2000. We want to fill in gaps on [our website](#) and details in other records. These are important for remembering the hard work and dedication that made our chapter what it is today, and celebrating our upcoming milestone anniversary!

Thanks to all who helped with issues from the 80s and 90s, on our website [here](#). If you know anyone who might have a missing issue, please contact Nichole at communicationschair@amcsem.org. We would love to complete our collection as best we can, and would especially prize the very first issue!



Paul Brookes, left, with Pam Johnson in December 2018 when she completed her first Trail Trace of the Blue Hills and he completed his 10th. *Photo by Pete Tierney*

Hiking chair is now Class 4 leader

By George Danis, Hike Leader

It is with great pleasure that the SEM hiking community welcomes Paul Brookes as its newest Class 4 hike leader! In this new capacity Paul is certified to lead hikes in all four seasons and across all elevations. Paul is a longtime Class 1 leader well known for his Red and White Lining exploits. He is also developer and leader of the popular and extremely valuable course on how to successfully navigate using only a map and compass.

When Paul was elected Hiking Chair at the 2020 Annual Meeting, he decided to pursue Class 4 leader status. While his experience and knowledge were sufficient that many of us would consider him an ideal candidate to be elevated to Class 4 based on the “comparable experience and training” clause of the leader requirements, Paul insisted on following the regular path. He asked for an independent group to monitor his progress, and Maureen Kelly, Paul Miller, and I agreed to be his mentors.

When COVID-19 forced the Winter Series to substitute Massachusetts hikes for its planned New Hampshire ones, we agreed that, for this year, we would accept the Holyoke and Berkshire ranges as acceptable alternatives to the high peaks of the Granite State. (Mt. Greylock has always been considered comparable).

Paul achieved Class 4 status on the last hike of the Winter Series—a hike up Mt. Greylock that he planned, led, set expectations for, and monitored, communicating with all participants throughout the hike.

Please join with me in congratulating Paul Brookes on achieving level 4 hike leader status!



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 January, February, or March of 2021:

First Quarter 2021

Karen Foley 01/04/2021	White Line the Blue Hills series 1st time	White Liner
Joanne Newton 01/04/2021 03/03/2021	White Line the Blue Hills series 1st time 2nd time	White Liner Blue Liner
Pam Johnson 01/19/2021 02/19/2021	White Line the Blue Hills series 1st time 2nd time	White Liner Blue Liner
Bob Vogel 01/27/2021 02/24/2021	White Line the Blue Hills 3rd time 4th time	Green Liner Orange Liner
<i>Bob is the first to go around four times!</i>		
Ken Cohen 01/31/2021	White Line the Blue Hills 1st time	White Liner
Tom Graefe 03/10/2021	White Line the Blue Hills 1st time	White Liner

These finishers will receive a cool Winter Trail Trace the Blue Hills patch. Congratulations to the following finishers, who also will receive the fun 100-mile patch:

- Ken Cohen,
- Karen Foley
- Pam Johnson
- Joanne Newton

For 2021, personal hikes as well as AMC-sponsored hikes can count towards your 100-Mile Patch.



Staying Warm in Winter, Part 4

By Dexter Robinson

The Wilderness Education Association invented the acronym **WISE** for this layering system. It stands for wicking, insulation, sheltering, and extremities/extra. This fourth and final article explores keeping the **Extremities** warm and what **Extra** items to carry. It concludes with how to manage the layers to stay warm and not perspire.

- Socks, boots, and gaiters
- Hand Protection
- Hats
- Face and neck protection
- Eye protection
- Extra
- Regulating your body temperature

Socks, boots, and gaiters

Your feet are absolutely critical for enjoying outdoor winter activities. Some people wear liner socks under their winter socks to wick away moisture and prevent blisters. Winter socks are generally thicker than summer socks and like summer socks they should breathe. The preferred choice of socks these days are made of merino wool. Merino wool is breathable and adapts well to changing weather conditions, which keeps your feet more comfortable in winter as well as summer. Merino wool has evolved over time to be super lightweight, non-clammy, and has an incredible ability to resist odor. Top rated socks for winter activities include:

- Smartwool Medium Hiking Crew
- SealSkinz Trekking Thick Mid
- Falke TK2
- Darn Tough Hiker Boot Full-Cushion
- Icebreaker Hike Heavy Crew

Over the socks go your winter boots. Three season hiking boots are just not warm enough given the length of time one might be in contact with the cold air, ice and snow. You need boots with more insulation and waterproofing. The latest generation of winter hiking boots are lightweight, waterproof, and compatible with various traction devices. Some manufacturers publish the temperature range for their boots but these numbers can be misleading since it depends on the individual. A more useful unit of measure for warmth is the grams of insulation. For winter hiking in a variety of conditions and locations 400 grams of insulation is recommended.

An important item, actually a requirement, for your boots are winter gaiters. In addition to keeping your feet warm they prevent snow from entering your boots. Top rated gaiters for winter use include:

- Outdoor Research Crocodile
- Outdoor Research Verglas
- Black Diamond Apex GTX
- Rab Latok Alpine
- Sea to Summit Alpine eVent

Hand protection

When it comes to the hands, there are many options. Modern gloves and mittens should follow the same basic principles as the rest of outerwear - employing some form of layering, with a lighter layer next to the skin, an insulation layer, and a shell that protects your hands from the elements on the outside. Mittens are warmer than gloves but gloves allow maximum dexterity, simplifying tasks like retrieving your snacks.

A popular combination is a pair of thin liner gloves of merino wool under a heavier and waterproof glove or mitten.



Far Left: Fox River Double Ragg Mittens

Middle: Smartwool Liner Gloves

Left: Marmot Expedition Mittens

In extremely cold conditions expedition mittens like [Outdoor Research's Alti Mitts](#) offer additional protection. They feature a shell mitten over a removable insulating mitten. A liner glove can be added to make a 3 layer system.

Having strings attached to mittens makes it easy to remove the mittens without the risk of them blowing away or falling into the snow.

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Staying Warm Continued from page 8

Hats

Hats provide another layer of warmth under the hood of your shell. Winter hats come in all types and thicknesses.

I generally carry at least two different hats – one thin and one thick. Both are fleece. On some NH White Mountain trips I bring an additional heavy fleece Peruvian style hat which covers my ears.



Left: Balaclava

Right: Buff, or Neck Gaiter

Face and neck protection

Further protection for your head can be accomplished with a balaclava, buff, or neck gaiter. All of these items come in varying thicknesses. Balaclavas vary in style with some covering part of your face and neck. A buff is simply a longer version of a neck gaiter. Buffs offer great versatility. All three insulate your neck which has major arteries close to the skin thus preventing a significant loss of heat from this area.

Eye protection

On a cloudless day in treeless snow covered areas it can be extremely bright. Leaving your sunglasses at home or in your car can lead to snow blindness or sunburn of the eyes. For windy above tree-line or exposed summits ski goggles may be required.

Extra

The “E” in the WISE acronym also stands for Extra. It is a good idea to bring along a change of socks, gloves, hats, and additional layers you can add if you find yourself getting too cold. At a minimum I always carry an extra base layer shirt just in case this layer gets damp. Also, I pack a highly compressible hooded down jacket for very cold summits, emergencies or standing around for a long time.

Regulating your body temperature

While it is helpful to know about all the clothing available for layering it doesn't address the important topic of how to regulate your body temperature to avoid perspiring.

The goal of staying warm by avoiding perspiring is achieved by adjusting your layers so as to always feel just **SLIGHTLY ON THE COOL SIDE**. But mentally this is contrary to what we usually do by piling on layers when we feel the slightest bit cold.

That's fine if you are not generating heat but for hiking and other high exertion activities you want to be proactive in changing your layers so you won't overheat. It is a balancing act between heat production and heat loss.

Often people will begin an outdoor activity with too many layers and then remove layers when they find themselves perspiring. It works better to start out feeling a bit cold then adding layers, if needed, as your body adjusts to the environment and your level of heat production.

Everyone's metabolism is different so each of us may have different layers on and need to change them at different times. Consequently, if you are hiking with a group, there may be frequent stops to adjust layers. Similar to adding/removing upper body layers, adding/removing hats and face protection provides another excellent way to adjust your body temperature.

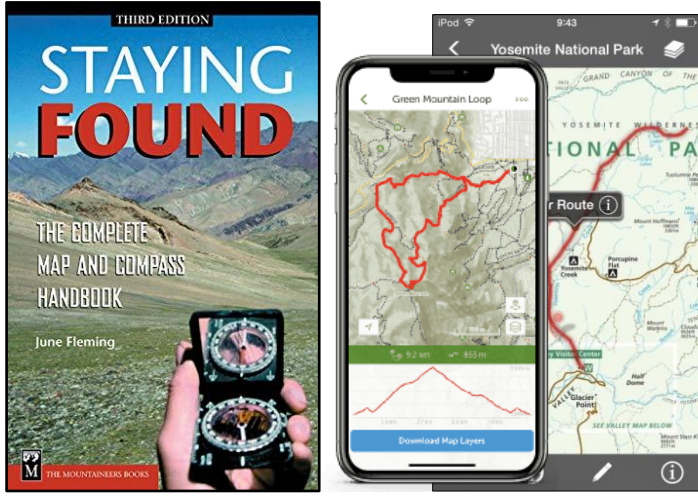
You also adjust layers based on the environment. If you are climbing a mountain the temperature drops about 3.5 degrees per 1000 feet. Changes in the current weather and wind can also affect the environment. It is best to adjust layers **BEFORE** an obvious change to heat production or loss happens, e.g. approaching a hill or reaching tree-line.

Under certain conditions wearing all 3 layers (base, insulating, and sheltering) may not be necessary. Wind, temperature and the level of exertion may be such that you might only need to wear your base layer or just your base and sheltering layers.

To summarize these four articles: The key to staying warm in winter is to stay dry by using a WISE layering system of carefully selected thin clothing that is proactively managed.

Some links for further reading:

[What to Wear and How to Layer It](#)
[Layering Hacks for Cold Weather and Winter Hiking](#)
[Socks for winter activities](#)
[Gaiters for winter activities](#)



Books, phone apps, and even YouTube videos can help you pre-plan your hike and navigate as you go.

Navigation Tools: Interview with Hiking Chair Paul Brookes, Part 2

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 Southeastern Massachusetts Chapter Hiking Chair. Do you use any navigation apps? If you do, which would you recommend?

Paul Brookes:

I think navigation apps on your phone are fantastic. I love teaching map and compass, and the basic skills. You always want to know those, and have a backup. The apps are so convenient. They actually make the hike more interesting. They make it more fun. One I recommend is [All Trails](#). It shows you where you are and, if you record the trail, where you've come from. If you're lost, you can more easily backtrack along the trail.

Another one I use in local parks and reservations, where they have their own trail map, is [Maplets](#). It will actually show you what trail maps are locally available—for example, the Blue Hills or Borderland State Park. It will download their trail maps. You've got the stylized one, with the intersection markers on. It shows you a dot where you currently are. That's actually quite nice. All Trails tends to be more of a topographical map with contour lines. Those are two that I use.

Alanna Halloran:

Is there anything, you would advise against, anything that could go wrong?

Paul Brookes:

The apps are very convenient, but you do want to have a map in your pocket as a backup and know how to read it. Especially if you're in an area—you're hiking the Whites, or in the Berkshires—and you don't know the trails. You can fall, you can break your phone, and it just doesn't work. The battery can die. As often as not, I find, for some reason it doesn't detect your location. These things don't always work. It's software, and software has bugs in it. Plus in the winter, when it's very cold, your battery life can be minimal and not survive the length of a hike.

Actually, when it's extremely hot, I've found my phone turns itself off at times. Because it's overheating. You can't rely on the phone. But while it is working, it's a good idea, and it's quite nice. Especially for beginners. There are things you can do to extend your battery life, like turning Bluetooth off and wifi. I would say, have your apps running when you're on local hikes. But when you're further afield, and you need to not just rely on your phone, make sure you've done your planning ahead of time, and you've marked off the route on the map.

Alanna Halloran:

You haven't mentioned a compass yet. Would you say they're needed?

Paul Brookes:

It's absolutely no value to you if you don't have a map and actually know where you are. Plus, you're going to get a sense for directions. The sun rises in the east, sets in the west. Your map also can tell you where you are, just by looking at terrain features. A map is more important.

There are other things that are more important than a compass, actually. Good hiking boots. Food, so you keep your energy up. Water. But yes, a compass is important. It does help you know where you are in terms of direction.

The main use of a compass is when you've got to an intersection. The number one thing that people end up doing as a mistake is to actually be hiking the wrong direction along a trail. If a trail should be going north, I'll check that the needle's pointing north and not south. That's one very clear use.

However, there's a lot you can do with a compass. If you take some classes, and get some more experience with it, you can use it to bushwhack between trailheads. You can triangulate on mountaintops and find exactly where you are on a map. For most people, most of the time, especially beginners, the main use of a compass is to make sure you're actually going the right way on a trail.

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Navigation Tools Continued from page 10

Alanna Halloran:

Are there any books or classes that you'd recommend?

Paul Brookes:

When it's not COVID time, REI and other organizations often have classes. They tend to be a bit expensive, and are usually only two or three hours. But that's one option. If you want a book, I actually used [this one] as part of a foundation for the class that I developed on map and compass. It's called [Staying Found](#) by June Fleming.

Also, YouTube has some pretty amazing videos, which are broken into ten-minute clips. Which go over the basics of how to use a compass to face in a particular direction. You use a compass to know if you're going the right way along a trail. If a trail goes north, it's easy, but if a trail's going east, how do you actually turn that dial and work out, "Am I going east?" These links talk about each of these different things:

[How to use a Compass](#)

I would recommend you start with:

[Wilderness Navigation #2 – Red in the Shed](#)

[Wilderness Navigation #3 – Taking a bearing](#)

[Wilderness Navigation #4 – Following a bearing](#)

Also, I provide a workshop to the Southeast Mass Chapter of the AMC. This time it might be within a weekend or two of each other, in late summer. This is for beginners. You don't need to have any prerequisite knowledge. But it does progress quickly, and it does end up with some more intermediate or advanced skills.

I'd recommend it to anybody. Especially if you're interested in becoming a hike leader, or you're a new hike leader and haven't yet taken it.

Alanna Halloran:

Any last thoughts you'd like to share with readers?

Paul Brookes:

First of all, I'd say AMC is a fantastic organization. One of the things I like about the AMC is that our hikes are organized. Leaders will have been trained. Many of us will have learned Wilderness First-Aid. That's one of the things that differentiates us from, for example, Meet-Ups, where you have no idea necessarily what sort of training a leader has. Or even what their level of commitment is to a group. If you're not fast enough, are they going to make sure that the group slows down to its slowest? Or are they going to just say, "We're leaving you. You're not fast enough"?

Meet-Up and AMC complement one another, but if you're looking for hikes which are a little safer and organized, look at [AMC hikes](#).

The other thing I'd share with you is AMC takes [Diversity Equity and Inclusion](#) seriously. Not to pick on Meet-Ups, but I know, a lot of times, people will immediately set their Meet-Up to be wait-listed, so they can select their friends. We do not do that on AMC hikes. It's first come-first served. As long as you have the equipment and the fitness level to do the hike, you will be invited on the hike.

I guess my last thought would be, wear a face mask. Get the vaccine when it's your turn. That's the way we're going to put all of these COVID restrictions behind us, and we'll be able to hike again, in larger groups, in the AMC. I'm looking forward to that, so [let's all do our part](#).

April 15 deadline for patch designs!

Think of the outdoors activities you enjoy and 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.

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

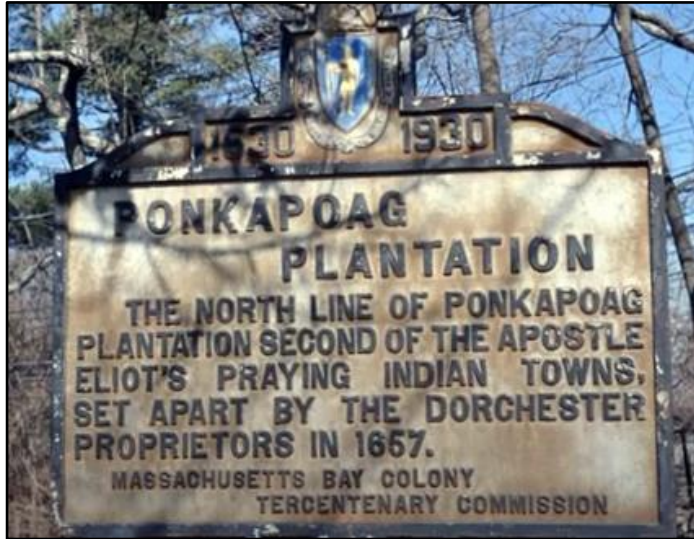
The Conservation Committee will select the top three designs, and SEM members will vote for the winning patch. A \$50.00 gift certificate to REI will be awarded to the winner.

Join our Spring Scavenger Hunt

We had an enthusiastic group register for the Spring Scavenger Hunt, and it's not too late to participate! On [April 26th](#), from 7-8 pm, we will close the Hunt and share and discuss everyone's findings.

If you want to join in, you must register for the April 26th Zoom session. 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 still have more than two 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.

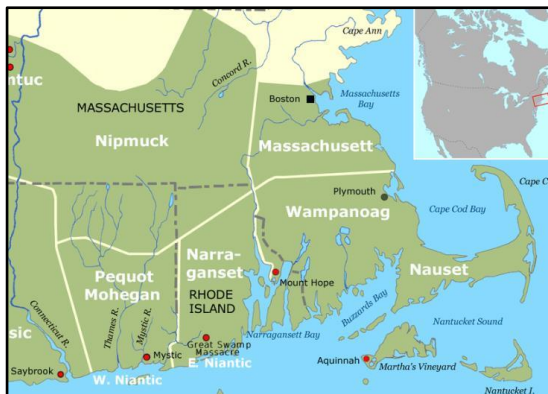


Ponkapoag's Indian Line Farm & Eliot's 'Praying Indian' towns

By Bob Vogel, Hike Leader

OK, today, before we get to "Blue Hills History" we need to take a look at the history of the Massachusetts area before, and during, the arrival of the Europeans. This will then let us talk about a specific Blue Hills History event to which we will all be able to more directly relate. So, back in time to when the first Europeans visited the area.

Before the Europeans arrived, there were multiple Native American tribes in southern New England. The Wampanoag tribe was in southeastern Massachusetts and part of Rhode Island. The Massachusett tribe inhabited valleys of the Charles and Neponset Rivers including what is now Boston and the suburbs. The Nipmuc tribe lived primarily in central Massachusetts and adjoining Rhode Island and Connecticut. These tribes competed with each other, and sometime fought among themselves.



² Map shows territories of the six Native American tribes when European pilgrims arrived in New England.

In the present pandemic situation, we can relate to the first bit of inter-continental history. Captain John Smith mentioned contact with the Native Americans when he explored the coast of New England in 1614. Europe had had many plagues over the years. Not so America, which had been isolated by the Atlantic Ocean. Apparently, some of Captain Smith's crew were sick, as after their visit there were multiple pandemics among the Native Americans between 1614 and 1617. Because none of the Native Americans had *any* immunity to this disease or diseases, and of course no idea of germs or how diseases were transmitted, this killed off 75% to 90% of all of the Native Americans.

Then came the Pilgrims. Most of us grew up hearing the story of Plymouth Plantation, and how the settlers arrived, and were helped by the Native Americans, who taught them how to plant corn (fertilizing it with a fish), and they had their first Thanksgiving, and everyone lived happily ever after. Well, that isn't quite the whole story. Let's look a bit more deeply at some of the things that happened.

Squanto

Tisquantum (c. 1585 \pm 10 years to late November 1622), more commonly known by the diminutive variant **Squanto** was a member of the Patuxet tribe best known for being an early liaison between the Native American population in Southern New England and the *Mayflower* pilgrims who made their settlement at the site of Tisquantum's former summer village. The Patuxet tribe had lived on the western coast of Cape Cod Bay, but they were wiped out by an epidemic infection.

Tisquantum was kidnapped by English explorer Thomas Hunt who carried him to Spain, where Hunt sold Squanto in the city of Málaga. He was among a number of captives bought by local monks who focused on their education and evangelization. Tisquantum eventually traveled to England. He then returned to America in 1619 to his native village, only to find that his tribe had been wiped out by the epidemic infection; Tisquantum was the last of the Patuxets. When his tribe died, he went to live with the Wampanoags.

The *Mayflower* landed in Cape Cod Bay in 1620, and Tisquantum worked to broker peaceable relations between the Pilgrims and the local Pokanokets.³

Continued on page 21



Indian Line Farm Continued from page 20

So, the only way the Pilgrims could work with the Native Americans was via one of them who had been kidnapped, taken to Europe, and luckily for him, was bought by monks and eventually got back to America. Sort of ironic, isn't it.

Reluctant Neighbors

When the Pilgrims arrived in 1620, they found signs of occupation... but no inhabitants (because so many Native Americans had died recently from the pandemics). They did find buried corn, which, because they were short on food, they stole. (Eventually they did apologize and compensate the owner.) After a while they made contact with the reluctant Native Americans. (After what happened the last time they had interacted with the Europeans, can you blame them for being reluctant? They were just practicing "social distancing.")

Eventually they got together, and things went... "OK." Sometimes well, sometimes not so much. There were lots of differences. The Native Americans thought of this as 'their land', which belonged to all of them, to be used as needed. The Europeans thought of it as their "promised land," and didn't really want the Native Americans around. The Pilgrims believed in the individual ownership of land. And if the Native Americans were going to stay, they should at least become "civilized" like the Europeans. Toward that last goal...

"In the 1640s Reverend John Eliot began his missionary work among the natives in the area. Eliot learned their language and began the momentous task of translating the entire Old and New testaments into a phonetic version of the Massachusetts language, titled *Mamusse Wanneetupanatamwe Up-Biblum God*.

In 1646, the General Court of Massachusetts passed an "Act for the Propagation of the Gospel amongst the Indians." The new Christian converts were gathered into 14 villages of "Praying Indians" to serve as an outlying defense for the English colony. The Indians built a church and meeting house in Natick. Eliot ordained a Nipmuc named Daniel Takawambait as the first Native American preacher. Committed to strict rules of Puritan conduct, tribal traditions gradually started to die away."⁴

John Eliot



Born 1604
Widford, Hertfordshire, England

Died 21 May 1690 (aged 85–86)

Occupation Puritan missionary to Native Americans

Signature

John Eliot was a Puritan missionary to the American Indians who some called "the apostle to the Indians" and the founder of Roxbury Latin School in the Massachusetts Bay Colony in 1645.⁵

[Aside: The Roxbury Latin School, which was founded in the Roxbury neighborhood of Boston under a charter received from King Charles I of England, is the oldest school in continuous existence in North America. Since its founding in 1645, it has educated boys on a continuous basis.⁶]

Continued on page 22



Indian Line Farm became part of the Blue Hills Reservation in the 1980s. *Photo from Friends of the Blue Hills*

Indian Line Farm

Continued from page 21

The Blue Hills connection

The one "Praying Indian" settlement related to the Blue Hills was at Ponkapoag, where in 1657, Canton town records show a committee was appointed to lay out a 6,000-acre Indian Plantation at Ponkapoag. This was the second of seven "praying Indian plantations" in Massachusetts.⁷ This included the southern half of Ponkapoag Pond, although their land didn't extend to the Neponset River. Soon after this land was provided to the Praying Indians people started looking for ways to get their hands on it. It started with people leasing the land, but eventually the land was just taken away from the Praying Indians.

By the mid-1670s 1/5 of all the local Native Americans were living in Praying Towns. Then came King Philip's War, during which some of the Native Americans rebelled against what was happening to their world. Some of the Praying Indians joined Philip; others supported the English and worked as scouts. However, the English didn't trust those who remained in the Praying Towns, so they were rounded up and transferred to Deer Island in Boston Harbor. Approximately half of those died of disease and malnutrition before the war ended.⁸

King Philip's War resulted in many deaths on both sides. Those Native Americans who survived lost property rights and individual liberties, and many were sold into slavery. After the war no organized Massachusetts tribe is known to have survived. At the conclusion of the war in 1677, only seven of the original 14 praying villages and 300 Praying Indians survived.

Indian Line Farm

Indian Line Farm. Founded by Albert Whittier in the 1920's, the name refers to the northern boundary of Ponkapoag Plantation which passes through the property.

Albert, brother of C.W. Whittier, a noted Boston realtor, developed Indian Line Farm into a state-of-art dairy, truly a show place of well-maintained barns, fields and stone walls. Upon Whittier's death in the 1940's, Tobe Deutschmann purchased the farm. About the same time, the MDC took a portion by eminent domain to expend the Ponkapoag Golf Course.

On August 22, 1957, the large dairy barn with its sixty-foot silo, burned to the ground in a spectacular blaze. Embers from this firestorm landed on homes over half a mile away. The barn and silo were not rebuilt.

Under Tobe's ownership, the Farm served a multitude of uses: the growing and selling of corn on site, the housing of an electronics manufacturing business in outbuildings, several large horse shows, even for a time in the 1950's, operation of a roadside restaurant. This restaurant is perhaps best remembered for its tall "Indian Line Farm" sign featuring an Indian in full neon war bonnet.

In the 1970s, a firestorm of another sort enveloped the farm as Tobe advanced various large scale development schemes for his property. These included a shopping mall and a business park. The Town defeated them all.

Tobe sold the Farm in the 1980's and almost immediately the MDC took it by eminent domain to include it in the Blue Hills Reservation. Today, as nature takes its inevitable course, it is hard to believe that this property was once a farming show place.

Immediately behind Indian Line Farm is the Ponkapoag Golf Course, Canton's largest course.⁹

¹<https://www.youtube.com/watch?v=b9qM3eTaJcw>

²https://en.wikipedia.org/wiki/Massachusetts#/media/File:Tribal_Territories_Southern_New_England.png

³<https://en.wikipedia.org/wiki/Squanto>

⁴<https://www.patriotledger.com/article/20130610/NEWS/306109519>

⁵[https://en.wikipedia.org/wiki/John_Eliot_\(missionary\)](https://en.wikipedia.org/wiki/John_Eliot_(missionary))

⁶https://en.wikipedia.org/wiki/Roxbury_Latin_School

⁷http://www.canton.org/canton/Canton%20Mass_%20Historical%20Society.%20Canton%20Bicentennial%20Book.%20Chapter%201.htm

⁸<https://www.patriotledger.com/article/20130610/NEWS/306109519>

⁹http://www.canton.org/canton/Canton%20Mass_%20Historical%20Society.%20Canton%20Bicentennial%20Book.%20Chapter%201.htm



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. 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.

BICYCLING

Sun., May 16. Cycling & Ice Cream, head of Town Landing Store in Westport, MA. Join us for an approximately 25mi ride though beautiful Westport, MA. We will pass stone walls & farms, conservation areas, the Westport River, & the beach. There will be some hills. Pace will be moderate, approximately 12 mph. Bring water & a snack. A helmet is required. We will stop for ice cream afterward. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 15.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime. milmod@aol.com)

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)



Activities

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

EXECUTIVE COMMITTEE

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.

CAPE 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

Thu., Apr. 15, Hike Falmouth, MA. 4+ mile hike in wooded area with rolling hills, views of two ponds and of some sheep. Expect exposed roots and rocks and a couple of hills. Online registration is required. **See AMC Trip Policy on page 15.** Bring water and snacks. Insect repellent is recommended. Must have hiked similar distances recently and be able to maintain a moderate pace. Do not come on the hike if you are experiencing any symptoms of COVID-19. Please cancel your registration as soon as possible if you can no longer attend. AMC Trip Policy. L Deborah Hayden (508-548-8726, shaferhayden@gmail.com)

Thu., Apr. 15, Hike Truro, MA. 2.5 hour easy hike. Visit National Seashore woods trails, sea shore beach views, and ponds. 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. **See AMC Trip Policy on page 15.** L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Apr. 22, Hike in Bourne, MA. This pre-registered 2-hour, 4-mile morning hike with a limit of 10 hikers (8 + 2 leaders) will take place in Bourne. The trails are wooded with frequent rolling hills and a short section of sand walking. Sturdy walking shoes required, insect repellent recommended. Must have hiked similar distance recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 15.** L Nancy Tutko (ntutko@yahoo.com, SEM/Cape hike leader, WFA/CPR) L Robin McIntyre (robinmcintyre@comcast.net, Robin is a 5th year Level 1 SEM/Cape Hike leader)

Sun., May 2, Hike in Sandwich, MA. We will hike over glacial terrain in conservation land that has early pilgrim history. We will be traversing hilly terrain for 4 miles. Sturdy footwear a must, hiking poles helpful. Online registration is required. Must have hiked similar distances recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 15.** L Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net).

Thu., May. 13, Hike Mashpee, MA. 4 mi morning hike in conservation area. Woodland trails meander in part along a pond & cranberry bog. Mostly flat, some rolling hills. Exposed roots. Signage posted for year-round hunting. Wearing blaze orange is recommended. Directions and start time will be emailed to registered participants. **See AMC Trip Policy on page 15.** L Barbara Gaughan (barbaragaughan12@comcast.net)

Thu., May 20, Hike--Bourne C, Bourne, MA. This pre-registered hike with a limit of 10 people is 4 miles, 2 hours on sandy/rocky beach and on wooded paths with modest hills. Bring water and insect repellent. Sturdy hiking shoes recommended. Must have hiked a similar distance recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 15.** L Robin McIntyre (robinmcintyre@comcast.net, Robin is a 5th year Level 1 Cape Hikes/SEM leader with prior WFA training)

Thu., May 27, Hike Wellfleet, MA. 2.5 hour easy hike. Visit National Seashore woods trails, sea shore beach views, and ponds. 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. **See AMC Trip Policy on page 15.** L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)



Activities

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

HIKING

Tue., Apr. 13. Startup Spring Conditioning Series - Hike #2 (Group A), Blue Hills, MA. The leader may have his well-behaved dog Sunny with him, No other dogs allowed. If you wish to join a group without any dogs consider group B or C. This is a series of 9 conditioning hikes based in the Blue Hills. It's designed for beginning hikers with some experience who want to get in shape for more strenuous adventures. It's suitable for those who can already hike at least 3 miles on hilly terrain at a moderate pace and climb a hill for 15 minutes. The series continues weekly on Tuesday mornings ending on Tuesday June 9th. All the hikes will be over hilly terrain and expect rocks and granite ledges on most ascents and descents. We will start the series at a moderate initial pace of 1.5 - 2 mph with about a 3-mile hike and 500 feet of elevation. Each week we will add distance, elevation gain and slowly increase pace. The expectation is that by the end of the series, we will be hiking at a moderate to fast pace of about 2 - 3 mph, 6 to 7 miles and elevation gain of about 1,000 feet. Hikers with a strong winter baseline of fitness wanting a faster ramp up over six weeks rather than nine weeks should sign up for the 'Spring Conditioning Series'. As the weeks progress, we will end later in the day and by the end of the series will be hiking for about four hours, ending around 2 PM. As this is a series, participants will be screened for the initial session and will not be 'rescreened' subsequently, but participants will need to register for each hike when it is posted. All participants will need gear suitable for changeable spring New England conditions. Hikes will be cancelled in the event of inclement weather. **See AMC Trip Policy on page 15.** L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

Tue., Apr. 13. Startup Spring Conditioning Series - Hike #2 (Group B), Blue Hills, MA. See listing for Group A. **See AMC Trip Policy on page 15.** L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, I am the registrar for this hike. Claire MacDonald is the hike leader.) L Claire MacDonald (cfmacdonald695@icloud.com)

Tue., Apr. 13. Startup Spring Conditioning Series - Hike #2 (Group C), Blue Hills, MA. See listing for Group A. **See AMC Trip Policy on page 15.** L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, I am the registrar for this hike Pam Johnson is the hike leader.) L Pamela Johnson (pjohnson8992@gmail.com)

Tue., Apr. 13. Spring Conditioning Series Hike #2, Blue Hills, MA. This posting is for the second hike of six planned in the Spring Conditioning Series. This series will take place in various locations within the Blue Hills and focus on building conditioning from a strong winter baseline across hikes occurring every week for the next five weeks. As this is a series, participants will be screened for their initial session and will not be 'rescreened' subsequently, but participants will need to register for each session when it is posted. We would like participants to commit to the series. There is one remaining slot for a participant and a waiting list for three additional participants. Participants are expected to have prior hiking experience, to have been regularly hiking prior to the series and be able to hike at a strong (enthusiastic) moderate pace. Initial distance will be apx 6 miles and elevation apx 750-1000 ft, building up from there. This series complements the 'Start up Conditioning series' and provides an option that starts with more mileage and elevation as a baseline. Hikers looking for a gradual ramp up should sign up for the 'Start up series'. Hikes will only be cancelled in the event of inclement weather (e.g., very heavy rain). Rendezvous location and exact morning start time will be sent after your registration is confirmed for each hike on the Sunday prior to the hike. **See AMC Trip Policy on page 15.** L Thomas Graefe (781-659-2441 Before 9:00 PM, tmgraefe@comcast.net) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 2 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties, but her true passion lies in higher peaks, particularly the White Mountains of NH.) CL William Belben (781-801-6135, william.belben@yahoo.com)

Thu., Apr. 15. Blue Hills - CCC Camp and the Domes. Blue Hills, MA. Moderately paced hike with occasional stops and a snack break. An approximate 6 mile, 2-1/2 to 3-hour hike circumventing both Little Dome and Big Dome going out on Sawcut Notch Path and returning via Craggs Foot Path. In addition there will be a few in and out connecting trails. We will go past the Civilian Conservation Corp (CCC) Camp site on the way out where we will stop and the leader will provide a short commentary. This is a mostly wooded hike with some occasional elevation gain. A couple of trails may be wet. Wear sturdy/waterproof hiking boots; bring insect repellant, sunscreen, water, snacks. Steady rain cancels. No dogs. **See AMC Trip Policy on page 15.** L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Joanne Newton CL Bill Doherty (781-982-5673 Before 8:00 pm, wdoherly1@verizon.net, Four seasons Blue Hills hiker. Occasional White Mountain hiker. Blue Hills trail maintenance volunteer.)



Activities

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

HIKING

Sun., Apr. 25. Hike Fall River Bioreserve, (Group A), 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 15.** L Diane Simms (chair@amcsem.org)

Sun., Apr. 25. Hiking in the Fall River Bioreserve (Group B), Copicut Woods, Fall River Bioreserve, MA. See listing for Group A. **See AMC Trip Policy on page 15.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime. milmod@aol.com, I enjoy all levels of hiking, year round, & sharing outdoor experiences with others.) L Barbara Gaughan (barbaragaughan12@comcast.net) CL Paul Audet (508-287-3122)

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 AMC Trip Policy on page 15.** 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).

(FT) (NM) Thu., Apr. 29. Thursday Hike at Gilbert Hills, MA. Explore some of the smaller trails in Foxboro (Gilbert Hills) State Forest on this springtime morning hike. We will cover approximately 5 miles, with small ups and downs. Wear sturdy footwear, bring water, snacks and/or lunch. Plan on 2.5 - 3 hrs. Meeting time and place will be sent to registered participants. **See AMC Trip Policy on page 15.** L Peggy Quicklund (774-893-3011 please call before 9 pm, qvickan@comcast.net, Hike leader since 2014. Completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.)

Thu., May 6. The 4th annual "Spring into Spring Hike," Arnold Arboretum - Jamaica Plain, Boston, MA- Including two vistas, Bonsai exhibit (if it has reopened), and "Explorer's Garden." We will explore this "tree museum" during an approximate five-mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at 9:45 for prompt 10:00 am start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels. Leashed dogs o.k. **See AMC Trip Policy on page 15.** L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

Sun., May 9. Hike Fall River Bioreserve 5/9 – (Group A), Fall River, MA. See April 25th listing. **See AMC Trip Policy on page 15.** L Diane Simms (chair@amcsem.org)

Thu., May 13. Hike Brockton Conservation Trails, MA. Enjoy an easy 4-5 mile hike at the beautiful woodland trails and boardwalks of Brockton's conservation properties. 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. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 15.** L Diane Simms (chair@amcsem.org)

TRAILS

Volunteer Opportunities

Wed., Apr. 14. Trailwork at the Blue Hills, Milton, MA. No experience necessary! Everyone welcome! Trail Maintenance in the Blue Hills, Milton, MA Trail: TBD by leader Where to meet: Directions will be emailed to registered volunteers SEM will supply tools, please bring your own work gloves. Please bring water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! All tools will be cleaned prior to and after this trail work event. Register no later than Monday, April 12 @ 6:00 pm. **See AMC Trip Policy on page 15.** L Skip Maysles (774-284-5080 Before 9:00 pm, skip.maysles@outlook.com) CL Pete Tierney



Activities

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

TRAILS

Volunteer Opportunities

Sat., May 8. Trailwork at the Blue Hills, Milton, MA. No experience necessary! Everyone welcome! Trail Maintenance in the Blue Hills, Milton, MA Trail: Skyline Trail, from Hillside Street eastward to Route 28. Where to meet: Directions will be emailed to registered volunteers. This group will be split into 2 once we hike to the trail work site. SEM will supply tools, please bring your own work gloves. Please bring water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! All tools will be cleaned prior to and after this trail work event. Register no later than Wednesday, May 5, 6:00 pm. **See AMC Trip Policy on page 15.** L Skip Maysles (774-284-5080 Before 9:00 pm, skip.maysles@outlook.com) CL Steve Scala (steve.scala@cowen.com)

BEONLINE WITH AMC

Thur., April 15, 6:30-8 pm. The Unlikely Thru-Hiker with Derick Lugo. Derick Lugo had never hiked or camped a day in his life. This Brooklyn-born, New York City urbanite hopped a train to Georgia, grabbed a taxi at the station, and told the cab driver to drop him off at the beginning of the Appalachian Trail. Then he did as he has always done - put one foot in front of the other and never looked back. [Register here.](#)

Thur., April 15, 7-8 pm. Backpacking Workshop Series #1. First of three sessions to learn what 3 season backpacking is all about. This workshop will help you be prepared, self-sufficient and safe whether you are spending one night or multiple nights in the great outdoors. [Register here.](#) Sign up separately for sessions on April 22 & 29.

Thur., April 15, 7:30-8:30 pm. Get Ready to Paddle! Everyone welcome, from people who have never paddled to experienced paddlers. [Register here.](#)

Tues., April 20, 7-8:30 pm. Land Conservation = Climate Action: AMC and the 30x30 Campaign to Save Nature. Please join AMC's Conservation Policy experts for an Earth Day-inspired discussion of how our on-the-ground efforts to protect the places you love connect with the national and global campaigns to save nature and stabilize our climate before it's too late. [Register here.](#)

Wed., April 21, 6:30-8:30 pm. Day Hiking - Things to Know Before You Go. This workshop will go over the basics of planning a day hike, gear, clothes, what to bring, know before you go, physically preparing to hike, leave no trace, and common hiking jargon. [Register here.](#)

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.](#)

Wed., April 21, 7 pm. Using Trail Cameras to Learn about Wildlife Behavior. Janet Pesaturo teaches wildlife tracking and camera trapping and is the author of *Camera Trapping Guide*. [Register here.](#)

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. [Register here.](#)

Wed., April 21, 7:30-8:30 pm. Get to Know Your (Feathered) Neighbors. Join Michele Grzenda, Naturalist and AMC leader for a beginners virtual class filled with bird watching tips and tricks, birding resources, and what you can do to help your feathered friends in your backyard and beyond. [Register here.](#)

Wed., April 21, 7:30-9:30 pm. Delaware Canal - Old & New. Susan Taylor, Executive Director of the Friends of the Delaware Canal, will present an eclectic mix of images that take in the Canal from the Forks of the Delaware in Easton to Phillips' Mill in New Hope. [Register here.](#)

Thur., April 22, 7-8 pm. Backpacking Workshop Series #2. Second of three sessions to learn what 3 season backpacking is all about. [Register here.](#)



Activities

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

BEONLINE WITH AMC

Thur., April 22, 7-8:30 pm. Earth Day - Climate Change and Other Policy Priorities at AMC. Join AMC's research and policy team to learn more about climate change policy approaches such as the recently launched Transportation and Climate Initiative Program, as well as other national and statewide advocacy opportunities to advance AMC's commitment to net zero emissions by 2050. [Register here.](#)

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

Tues., April 27, 7-9 pm. Delaware Valley Chapter and Ty Gagne. Ty Gagne discusses his latest book, *The Last Traverse: Tragedy and Resilience in the Winter Whites*, as an examination of decision-making and risk management in high-consequence environments. [Register here.](#)

Wed., April 28, 6:30 pm. Introduction to Backpacking. This workshop is for experienced hikers who would like to take the next step from day hiking to multi-day trips. [Register here.](#)

Thurs., April 29, 7-8:30 pm. Backpacking Workshop Series #3. Third of three sessions to learn what 3 season backpacking is all about. [Register here.](#)

Sat., May 1, 9:30 am-12 pm. Essentials of Touring Workshop. This one-day ZOOM seminar covers the basic information needed to get you cycle touring and touches on the new sport of "Bikepacking." [Register here.](#)

Thur., May 27, 6:30-8 pm. Going Under Down Under: Caving & Cave Diving In The Antipodes. Timothy Williams will amaze us with a sample account of his expeditions caving and cave diving in New Zealand, Australia and Borneo. [Register here.](#)

Wed., June 16, 7 pm. Hiking into the Future of North Central Massachusetts. North County Land Trust (NCLT) current land conservation activities and vision for the future in north central Massachusetts. Includes the recent conservation of the south slope of Mt. Watatic in Ashburnham as well as a section of the Midstate Trail in Westminster. [Register here.](#)

Earth Day is Thursday, April 22, 2021



The End