

The Southeast Breeze

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

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Have a story for *The Southeast Breeze*?

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

Please send photos as separate attachments, including the name of each photographer. Identify main subjects. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to breeze.editor@amcsem.org

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Spring had not yet sprung April 11 when AMC-SEM hikers explored part of the Fall River Bioreserve. *Photos by Diane Simms*

AMC-SEM hiking series explores local Bioreserve

By Diane Simms, Chapter Chair, and Breeze Editor Mo Walsh

The AMC-SEM chapter is taking advantage of local natural resources with hikes in different sections of the Southeastern Massachusetts Bioreserve. The 13,600 acres that stretch from Freetown to Fall River is not a single destination, but a collection of places that create one of the largest networks of protected lands in the Commonwealth.

The April 11 hike was on the Watuppa Reservation portion of the Fall River Bioreserve. We took the trails marked with KP (King Philip) on the official map, in the southwestern section. If you go there, look for gnomes stashed in several places! On April 25 AMC-SEM groups explored trails in the Copicut Woods.

The Bioreserve sustains native plants and animals, including the rare Atlantic white cedar swamps and more than 100 species of birds. It protects drinking water for more than 100,000 local residents.

Look for future hikes in this richly diverse area.



More photos on page 4



View from the Chair: The 'Face' of Chapter Activities

We can see each other's faces again! Such a treat to see my fellow hikers this past Sunday, some of whom I've hiked with several times, but had never seen without a mask. Governor Baker lifted the mask mandate for outdoor activities, effective April 30, so we no longer require face coverings during our activities, as long as we can socially distance. Continue to bring your mask and please wear it when social distancing is difficult or if your leader requests you do so. Please note that some leaders may choose to continue to have their participants wear masks.



Our group size continues to be limited to ten, and that will likely remain the case for at least the next month. However, we have more leaders posting activities, so it's not hard to grab a spot. This past Sunday, we had four hikes. This week, we have eight hikes, a bike ride, and a trail work activity. This includes two groups of our popular Trail Trace the Blue Hills series. Do not be deterred if an activity is waitlisted. Someone canceling could open up a spot for you.

Sign up for Activity Digests to receive emails about posted activities. Subscribe to digests at your AMC profile. Go to www.outdoors.org. At the bottom of the page, click **Log In**. At the bottom of the page, click **My Outdoors**. Digest Emails displays. Select your preferences, which can include frequency, chapter, types of activities, and more. You can create several digests.

Some leaders use the Short Notice Email List (SNEL) to advertise open spots. With the small group size, leaders are eager to fill their activities. In April, SEM sent two SNEs for hiking and two for biking. You may have signed up for SNEL a while ago, but we needed to replace the SNEL platform in January when Yahoo stopped supporting Yahoo Groups. We now use Google Groups. We did **not** automatically convert people because the Yahoo Groups list had people from 20 years ago! Instructions for signing up for SNEL are [here](#). If you have difficulty signing up, just email me requesting to be added. You do not need a Google account to sign up for SNEL.

The Cape Hiking committee will be going on summer hiatus soon. I appreciate all that Cape Hiking Chair Jane Harding, Cape Hiking Vice Chair Robin McIntyre, and the leaders have done this past year. They offered more than 50 hikes this season!

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

Diane Simms, AMC-SEM Chapter Chair

2021 Executive Board

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Vice ChairOPEN
SecretaryNatalie Halloran
TreasurerDavid Yampanis
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Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media AdministratorLeah Brodsky
Webmistress..... Cheryl Lathrop
Nominating Committee Chair..... Alan Greenstein

The Breeze Editor.....Mo Walsh
Assistant Editor.....Laura Lamar
Blast Editor.....Marie Hopkins

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



AMC-SEM Thousand-Miler Cyclists Q1: January-March, 2021

Robyn Saur	2,153
Ed Nelson	1,429 Holed up in Longboat Key in Florida
Richard Beaudoin	1,051
Gratz J.-C. Castelein	943
Paul Currier	939 Sunny, sunny Florida
Joe Balboni	553
Bernie Meggison	540 Tour de Southeast USA
Mike Garrity	474
Mark Gurnee	420
Bill Cook	274
Jim Kilpela	217
Barbara Gaughan	212
Lawton Gaines	206
Lee Eckhart	168
Larry Decker	94
Alan Greenstein	56
Peter Linhares	43
Patty Williams	---
Lou Outor	---
Geoffrey Lenck	---
Glenn Mathieu	---
Susan Eliason	---

Any additions? Send your mileage to
paulbcurrier@comcast.net. For info about or to join the
Thousand Milers, send an email to
paulbcurrier@comcast.net.



Cape hikers discover an oyster farm off the bluff in Monk's Park/Little Bay. *Photos by Nancy Tutko*

Monk's Park and Little Bay Hike

By Robyn McIntyre, Cape Hiking Vice Chair

On a blustery and chilly April 22, ten hikers enjoyed a 4-mile hike on Bourne Conservation Trust properties. Led by Nancy Tutko and Robin McIntyre, the hike covered varied terrain, including rolling hills crossed by wooded paths through scrub pine and beech trees, sandy beaches on Buzzards Bay, and white pine pathways.

Although everyone had to pull winter gear back out (wind chills in the high 20s), we enjoyed views of churned-up water from the bluffs, with the sounds of osprey and Canada geese in the background.



Hikers tackle a blustery walk along Buzzards Bay.



Volunteer of the Month: Marie Hopkins

By Nichole Nelson, Communications Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have so many people give their time, energy, and resources to make our chapter one of the best!

Marie Hopkins, our Blast editor, is one of our “behind-the-scenes” volunteers, doing essential work to help things run smoothly and make our chapter great. The Blast Editor is essential to communicating important information to you, our members, from your board.

Marie, who is a retired business and computer teacher, is perfect for the position, which is illustrated by how she describes her job:

“You could think of this position as an electrical wire spanning the distance between a wall outlet and a lamp,” she says. “Blast and Breeze messages are typically written by chapter chairs; they are the electrical current in the wall outlet.

“The Blast Editor—using a computer service called Marketing Cloud, part of Salesforce.com—sends out these timely chapter-wide email messages; that is the electrical wire leading to the lamp.”

Since editing requires software, Marie is our go-between for the technical support needed to ensure we get timely emails out to you, and she would like to thank the IT staff at headquarters for their help. She also collaborates with the Chapter Communications Team and the AMC Volunteer Relations Staff, often on short notice. She goes above and beyond, as many of our volunteers do. She helps to ensure our messages are brief, easily read, and professional.

At the time she took the position, at least six years ago, Marie was working and could not participate in many hiking events. Now she can enjoy AMC-SEM hikes and activities listed in the Blast and Breeze publications.

“Hiking with Southeastern, Cape, and sometimes Boston chapter members offers a unique opportunity to make friends and to become aware of unknown-to-me hiking trails that I am surrounded by. The leaders of these events are my heroes,” Marie says.

Marie’s job was so appreciated when COVID-19 brought about policy changes this year, which was a challenge for many of us. But even the challenges of 2020 did not keep her from getting those important updates to you.

That is the indefatigable spirit of AMC-SEM volunteers! Thank you, Marie, for all you do.

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

Exploring the Bioreserve Continued from p. 1



The arrival of spring was evident on the April 25 hike by the reservoir in Copicut Woods.

Photos by
Diane Simms



Pam Johnson presents Bill Doherty with his second White Lining the Blue Hills patch in February 2019. *Photo by Ken Cohen*

The Making of a Class 1 Hike Leader: Bill Doherty

By Ken Cohen, Hike Leader

Bill Doherty and I have known and hiked with one another for a number of years during AMC-SEM programs such as "Winter Tracing the Blue Hills" and Bob Vogel's "What the Heck Kind of a Hike is This?" This past COVID-19 winter, we literally crossed paths in the Blue Hills Reservation on many occasions.

Eventually our face-masked discussions led to the fact that Bill had finished all of his online courses en route to becoming an AMC-SEM Class 1 Hike Leader. Knowing that Bill had Trail-Traced more than ten Blue Hills maps told me that he'd be a great candidate for hike leadership. At that point I offered to mentor him during the two hikes required for his leadership training.

Bill's first co-lead on March 18th went very well. I turned the reins over to him after the circle-up for our five-mile Ponkapoag Pond hike in the Blue Hills Reservation. Overall, Bill's group leadership performance was excellent! He learned quite a bit as the hike went on.

The second required co-lead was virtually all his! I put Bill in charge of everything except the actual listing and participant administration of the hike, since he did not yet have full access to the AMC ActDB system. Actually, we took the time to walk him through the procedure I used to list the trip on the database, in a virtual kind of way, via telephone.

Bill successfully designed the hike route (CCC Camp and The Domes region of the Blue Hills), qualified all individuals, conducted the circle-up, led the hike, added points-of-interest details along the way, organized separation and snack breaks, and conducted the circle-up at the end of the hike.

With the experience and assistance of Joanne Newton as our second seasoned hike leader, the trip went extremely well! Letters of recommendation were sent to the Hiking Chair, and Bill was approved as a Class 1 Hike Leader on April 20th. Bill has already signed up to lead eight of this season's Trail Trace the Blue Hills hikes.

I strongly believe that Bill will make an excellent trip leader. His knowledge and hiking expertise will benefit and inspire many participants and future hike leaders.

It wouldn't surprise me to see Bill move towards a Class 2 Leader Certification in the not-too-distant future.



Bill Doherty conducts the circle-up with AMC hikers. *Photo by Ken Cohen*

Discovering
old vine trails
on a tree.

*Photo by
Ken Cohen*





Popular ornamentals and invasive plants can force out native species. *Stock photo*

Help local gardens transition from invasive to native plants

By Kate Sullivan, Conservation Committee

I recently joined the Southeastern Massachusetts Chapter's Conservation Committee with the intention of finding like-minded people with whom to move forward with conservation initiatives. The team immediately put me to work! I have been tasked with writing an article about one of my newfound passions: planting native species of plants, shrubs, and trees.

- 🌿 I want to transform my backyard garden from a swath of exotic and invasive plants to one where native plants flourish.
- 🌿 I want to transform my garden from a patch of land where chemicals control the growth of weeds to a patch of land where undergrowth of native plants controls the growth of weeds.
- 🌿 I want to transform my garden from a barren, dry, sun-parched landscape where there are a few insects, birds, and mammals to a thriving, vibrant, moist landscape where butterflies and bees hover and dart among the blooms, birds swoop in for a delicious meal, and chipmunks scuttle between the rocks.

I live in a condominium complex that is about 35 years old. I moved to the condo in March 2018. I was so curious as to what spring would bring to my new backyard. The back garden, which lies at the base of a rock ledge, was filled with growth. A huge forsythia was blooming with golden flowers, and a couple of lilac plants burst with purple flowers. Peonies and lily-of-the-valley pushed up through the soil all over the place.

A handful of rhododendrons bloomed with white and pink flowers. A colossal wisteria vine crawled up the rock ledge, out-competing the English ivy and the poison ivy. I was amazed at all the colors of the flowers throughout the spring and into the summer.

Although I was impressed by the number of plants in the garden, I was also a bit worried. One thing I noticed throughout the summer about the wisteria vine was that it was winding its way through the trees on top of the ledge—trees such as oak and beech, which are indigenous to the area. The vines were wrapping themselves around the trunks and the limbs. In some cases, branches had bent under the weight of the vines.

The wisteria found a very desirable place to live and took advantage of it. It was planted by the previous owner of the condominium, who probably purchased the wisteria at a local plant nursery. She bought a plant that displayed beautiful blooms in the summer and lush green leaves. The local birds enjoyed the protection of the extensive vine network, which housed all kinds of insect life.

By the fall of 2018, after a summer of watching my new garden grow, I decided I wanted to learn more about native and non-native plants. I looked online for resources on how to deal with non-native and invasive species. I ended up taking a workshop on identifying invasive plant species. I learned so much! In many ways, I wish I had never attended the workshop, since it opened my eyes to all the invasive plants that surround me.

The winter of 2018-2019, I decided to dismember the colossal wisteria vine. The trunk looked like a large tree. It spread its vines left, right, and upwards. It had been growing for years. I bought myself a pair of loppers to begin dismantling this vine. That winter, I liberated twelve trees from its deadly grip. I snipped and cut each limb of that wisteria. I spent many winter weekends cutting and cutting. By March of 2019, most of it was gone. I placed a black plastic bag over the stump.



Wisteria vines crush a garden pagoda.

Photo: BBC Gardener's World

Continued on page 7



A native perennial, columbine is available in a wide range of colors. *Stock photo*

Garden transition

Continued from page 6

During the summer of 2019, I was vigilant. I cut back any little sprout of wisteria that I noticed. Because the root system was so widespread, it sent shoots up everywhere. No tendril of wisteria escaped my cutters.

In the summer of 2020, we had such a dry, hot summer. It was the summer of a pandemic and a drought, and my garden turned to dust.

Over the winter I did some research about what to plant in my garden. I know that I want to plant native plants. These plants are suited to the New England climate and support the food chain.

With my newfound knowledge, I went to two local nurseries with a list of desirable native plants. I searched up and down the aisles; there was not a single plant on my list. Both these nurseries had many flowers, shrubs, and trees, but not native ones. I asked the staff if there were any plants designated as native. One person said that the nursery would have a small section in the back devoted to native plants, but there were none at the time of my inquiry. A person at the second nursery said he did not know if they sold any native plants.

Since there were no plants available from my list, I went to plan B: I looked at the tags of plants that looked promising; some tags mentioned that the plant was native. I also used my phone to search for information about a particular plant.

I finally found two types of native plants at one nursery I visited and two at another. The plants I found were *Veronicastrum virginicum* (Culver's Root), *Monarda* (bee balm), *Columbine*, and *Amsonia tabernaemontana* (Storm Cloud).

This experience was troubling to me. I want my local plant nursery to sell native plants. The only way that local plant nurseries will sell them is if the consumer demands native plants. Each time I visit a local nursery, I am going to ask about their native plant collection. If many more gardeners ask for native plants, eventually the stock of plants will shift from mainly non-native ornamentals to native plants that will benefit our unique ecosystem.

Please consider speaking to your local nurseries to help with this change. Your garden will reward you and the wildlife will thank you!

Storm cloud



Culver's root



Bee balm

Stock photos





BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Timetable above and brochure at right promote trips to the Blue Hills. Click 'View' on your computer and zoom in to read the text. Thanks to Joanne Newton for finding this!

Blue Hills History: A 'staycation' option for more than 100 Years

By Bob Vogel, Hike Leader

In these pandemic times, many folks have lowered their vacation plans and "Staycations" are in. Well, you aren't the first to be planning local "Getaways," and at one point the Blue Hills Reservation was the destination of choice for many. So if your plans include a trip to the Blue Hills, take comfort in knowing you aren't the first one to vacation there.

This 1907 brochure provided all the information you would have needed to plan your Blue Hills excursion. It provides the "Summer Schedule, 1907" for the Blue Hills Street Railway Company, as well as connecting information.

And once you knew "How to get there," you weren't left on your own. Six of the ten pages are devoted to the features of the Blue Hills, in case you needed any convincing that it should be your destination of choice.

So, while you are hiking around the Blue Hills this year, think back 100 years or more, and imagine what your trip would have been like then. Many things have changed over these past 100 years, but many more are quite similar to what our grandparents (and great-grandparents) would have encountered. Enjoy your trip to the Blue Hills!

Band Concert in New Band Stand, Saturdays at 4 p. m. (If stormy, will be held Sunday.)

BLUE HILL STREET RAILWAY CO. SUMMER SCHEDULE, 1907

(WEEK DAYS)			
South-Bound (Read Down)	STATIONS	North-Bound (Read Up)	
A.M. A.M.		A.M. A.M. A.M.	
6:05 6:35	Dudley St. Elevated	7:05 7:35 8:05	Threading a Path
6:35 7:05	Matapan Square	6:40 7:10 7:40	11:35 P. M. Canton only
6:50 7:20	Blue Hill Entrance	6:20 6:50 7:20	
6:54 7:24	*Blue Hill Street	6:16 6:46 7:16	
6:58 7:28	(Ponkapong P. Office)	6:12 6:42 7:12	
7:16 7:46	*Canton	5:54 6:24 6:54	
7:25 7:55	East Sharon	6:16 6:46	
7:42 8:12	Stoughton	6:00 6:30	

The above schedule gives through cars only. Intermediate tips are run between Dudley Street Terminal and Matapan every ten minutes, and between Matapan and Blue Hill every fifteen minutes pleasant afternoon. Sunday first car leaves terminals one hour and thirty minutes later.

Pare from Boston to Matapan	MATTAPAN TO	
Blue Hill Entrance	Norwood	.05
Readville	Sharon	.15
Blue Hill Street	Stoughton	
Ponkapong P. O.		
Canton	Brookton	.35
East Sharon		

SUNDAYS AND HOLIDAYS
Cars run between Dudley Street Terminal and Matapan every three minutes, and between Matapan and Blue Hill every five minutes. Between Matapan and Stoughton every fifteen minutes. Subject to change without notice.

SPECIAL CAR.
Special or ordinary open or closed cars may be chartered at reasonable rates for picnics or excursion parties to the Blue Hills from all points in Eastern Massachusetts. For terms apply to the Superintendent of Transportation of The Boston Elevated Company, or Blue Hill Street Railway Company, Canton Junction.

TROLLEY INFORMATION BUREAU
300 Washington St. and 12 Pearl St., Boston
New England St. Railway Club
JOHN J. LANE, Secretary
Booklets, Time Tables and General Information
Information Cheerfully Given. Call, Write or 'Phone
NO - CHARGE!

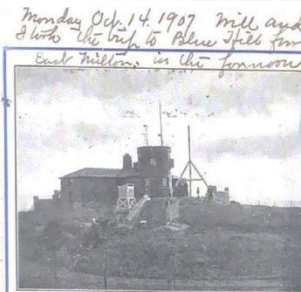
The Blue Hill
Street Railway Company
**RESERVATION
ROUTE**
TO
GREAT BLUE HILL
AND
HOUGHTON'S POND



THE PATH TO THE SUMMIT.

Take any car to
**MATTAPAN
STOUGHTON
READVILLE** (Sundays and
Holidays only)
and change for The Blue Hill Street Railway
Take any car to
NORWOOD
and change for Canton and The Blue Hill
Street Railway.

THE PEQUA PRESS, STOUGHTON, MASS.



Blue Hill Observatory. Kite Day First Thursday in Each Month.

LYING south of Boston about ten miles distant is the Blue Hill range, the most conspicuous feature of the large Reservation owned by the Commonwealth and maintained for the enjoyment of the people. The entire Blue Hill range is seven miles long, extending from Little Blue Hill in Canton, to President's Hill in Quincy. These beautiful hills are all contained in the Reservation embracing 5,000 acres. The view from the summit of Great Blue Hill is the most interesting, and from its variety and general attractiveness the finest, in New England. On the north may be seen



CHARLES RELOT MEMORIAL BRIDGE. NEAR THE SUMMIT.

Boston Harbor with its many islands, and on a clear evening the lights of Cape Ann, forty miles distant, are visible. As one turns to the east, Hull, Nantasket, Hingham and Weymouth come into view. At the southeast are Plympton and Alden's Hill at Lakeville, the latter twenty-eight miles distant. Almost due south lies the Fall River Stand-pipe, and as one turns to the south west Attleboro and Woonsocket may be seen. Farther north is Great Manadnock, fifty-two miles from Blue Hill, and also numerous other places of interest.

Don't forget to bring your camera as some of the most picturesque scenery in New England



THE PICNIC GROUNDS.

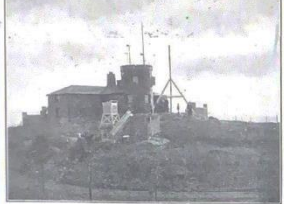
is to be found in the Blue Hill district. As the sun sets in the evening the view is perhaps the most glorious, the sun gradually sinking below the horizon reflecting crimson rays upon the clouds and sky. As the after-glow gradually fades away the rising moon furnishes new charm until the nightly illumination of the surrounding towns and neighboring country adds new beauty. The light-houses at sea, and the hundreds of street lights of the distant towns and cities, each twinkling like a star, all enhance the splendor, making a picture one never forgets. Picnic parties may be seen in the secluded nooks upon the hill, enjoying the unusual spectacle.

Continued on page 9



Blue Hills 'Staycation' Continued from page 8

Monday Oct. 14, 1907 Mill and I took the trip to Blue Hill for our first morning in the mountains.



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CHARLES ELIOT MEMORIAL BRIDGE. NEAR THE SUMMIT.

the pond is covered with boat-loads of children; while others are bathing and diving in the lake. Boat-houses have been erected on the north shore, and happy families picnic in the cool pine groves which border on the pond. At this season of the year thousands of people leave the heated city to enjoy the quiet stillness of this pleasant body of water and wander through the vast woods surrounding the lake.



PONKAPOAG POND AND PICNIC GROUNDS

PONKAPOAG POND.

This attractive sheet of water is most easily arrived at by taking the cars of the Blue Hill Street Railway to Ponkapoag Postoffice and walking to the pond. Ponkapoag Pond obtains its name from the Ponkapoag tribe of Indians who, in the seventeenth century, occupied the territory covered by the towns of Milton, Canton, Stoughton and Sharon. The Indian chief, Chicatawbut, held full possession over all this country and with warriors hunted game on the shores of the pond. In the present day this pond is probably better known as a resort for picnic parties than any other place in the vicinity of Boston. The magnificent groves along the shore make this an ideal place to spend a day in the country. Boats may be hired for rowing and fishing on the lake, and refreshments purchased at the pavilion on the grounds.

Boston Harbor with its many islands, and on a clear evening the lights of Cape Ann, forty miles distant, are visible. As one turns to the east, Hull, Nantasket, Hingham and Weymouth come into view. At the southeast are Plympton and Alden's Hill at Lakeville, the latter twenty-eight miles distant. Almost due south lies the Fall River Stand-pipe, and as one turns to the south west Attleboro and Woonsocket may be seen. Farther north is Great Manadnock, fifty-two miles from Blue Hill, and also numerous other places of interest.

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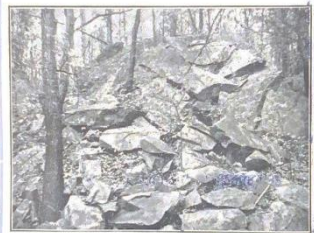
THE PICNIC GROUNDS.

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THE ENTRANCE



WILDCAT NOTCH. Between the Summit and Houghton's Pond.



WOLCOTT POND. Near the Entrance.



Hiking Pants: Brand New with Tags

Contact Johanna Stamm at johannastamm18@gmail.com



A

REI Endeavor Technical Trail Pants. Windproof, 4-way stretch. Tags on. W size 8. \$35.

B

REI ScreeLine pants. Size W 10 (runs small). Gray. Quickdry, stretch, mesh vent behind knees. Tags on. \$30



C

REI ScreeLine pants. Black. Size W 10 (runs small). New \$79.50, asking \$30.



Scavenger Hunt Extended!

We have an enthusiastic group participating in the Spring Scavenger Hunt, but 2021 has been a bit slow to produce some of our favorite flora, fauna, and natural features. So we've decided to extend the Scavenger Hunt through June 21 and invite more AMC-SEM members to join in. We've also added six more later-spring items to the list of to locate on your hikes—and capture in photographs if you can to share on Facebook and at the wind-up meeting.

Hike with friends, family, or on your own, but you must [register here](#) for the June 21 Zoom meeting. 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.



Conservation Committee helps produce 'Tread Lightly' card

Blue Hills Reservation

Respect • Protect • Enjoy

We share a fragile green oasis in an urban environment. Follow these simple steps to remain safe, tread lightly on the land and create a welcoming outdoors for all.



Plan Ahead & Be Prepared

Stay on Park Trails





Carry Out Your Trash



Follow Park Rules



Keep Wildlife Wild



Share the Trails & a Smile

Leave only **Footprints**



Plan Ahead and Be Prepared

Learn about the park before your visit, including the park regulations. **Visit [Mass.gov/dcr](https://www.mass.gov/dcr)** or scan the park map QR code (above). Choose a trail to suit your fitness level, footgear, and equipment. Dress for the weather and carry food, water, and a cell phone for emergencies. Avoid crowded areas and times of high use, especially midday on weekends.

Stay on Park Trails

Protect park plants and wildlife by staying on established trails, as shown on the DCR map.

Carry Out Your Trash

Everything that comes into the park with you, needs to leave with you. Carry out all trash, including food waste and dog poop bags. Use a park trash barrel or dispose of trash at home.

Follow Park Rules

For visitor safety, respect the rules, as shown on the DCR website, trail map and park kiosks.

Keep Wildlife Wild

Enjoy wildlife through quiet observation at a safe distance. For your safety and theirs, do not feed or touch wild animals.

Leave Only Footprints

Take a photo to preserve memories of your visit. Leave nature as you find it, for others to enjoy the sense of beauty and discovery.

Share the Trails and a Smile

Be a courteous park visitor. Practice friendly trail etiquette. Hikers yield the trail to horseback riders. Bikers should yield the trail to hiker s and horseback riders. If passing from behind, politely communicate your plan to pass on the right or the left and add a thank you.

Enjoy your visit and thank you for recreating responsibly. Comments and questions welcome at Mass.Parks@mass.gov.

Our AMC-SEM Conservation Committee worked with DCR and Friends of the Blue Hills to create this notice. The printed cards will be displayed in information racks at Visitors Centers and other locations in the Blue Hills.

It is wonderful that more people than ever are enjoying the Blue Hills Reservation and surrounding parks.

It is a good time to remind hikers and bikers of the best ways to "Respect, Protect and Enjoy" our natural resources in these areas.

—Joanne Newton
Conservation Chair



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. To get started, Login to your account at the bottom of the home page at outdoors.org, and then click My Outdoors.

AMC Trip Policy

Face coverings are only required outdoors in a public space when social distance cannot be maintained. Trip leaders may, at their discretion, require masks. To support contact tracing and hands-free signing of the AMC liability waiver, online registration is required for all in-person AMC events.

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. 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 11.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime. milmod@aol.com)

Fri., May. 21. Weekday Cycling-Norwood to Sherborn, Norwood, MA. 25 miles loop from Norwood to Farm Pond in Sherborn where we will take a break to enjoy to view. Quiet country roads. Start time 9am. Additional details after registering. This ride is rated as B3C. **See AMC Trip Policy on page 11.** L Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. SEM Chapter Vice Chair, MA. Would you like to be involved in all facets of SEM? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Vice Chair assists Activity Chairs and leaders with questions so it's important that the candidate be a leader or be willing to become one. More details available here: <http://amcsem.org/assets/pdf/vicechair.pdf>. L Diane Simms (chair@amcsem.org) CL Alan Greenstein (nominating.com@amcsem.org, Alan is Chair of the SEM Nominating Committee.)

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.



Activities

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

EXECUTIVE COMMITTEE

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. SEM Bicycling Vice Chair, MA. Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available here: <http://amcsem.org/assets/pdf/biking.pdf>. L Peter Linhares (bikingchair@amcsem.org) L Diane Simms (chair@amcsem.org) CL Alan Greenstein (nominating.com@amcsem.org, Alan is Chair of the SEM Nominating 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

Get your 100-mile patch! Contact hikingchair@amcsem.org. Always looking for additional hike leaders! Contact hikingchair@amcsem.org

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





Activities

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

HIKING

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

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

Tue., May 18. Startup Spring Conditioning Series - Hike #6 of 9 (Group B), Blue Hills, MA. The series is now closed to new participants. Hikers who have participated in the prior week's hikes can register for the next hike in the progression. The series continues on Tuesday mornings and each week we add distance, elevation, 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. All the hikes are over hilly terrain and expect rocks and granite ledges on most ascents and descents. 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. All participants will need gear suitable for changeable spring New England conditions. Hikes will be cancelled in the event of inclement weather. Participants will need to register for each hike when it is posted. **See AMC Trip Policy on page 11.** Registrar & L Paul Brookes (PaulBrookes1966@outlook.com, Living in Boston, I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes & destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Claire MacDonald.

Tue., May 18. Startup Spring Conditioning Series - Hike #6 of 9 (Group C), Blue Hills, MA. See previous listing. **See AMC Trip Policy on page 11.** Registrar & L Paul Brookes (PaulBrookes1966@outlook.com, L Pam Johnson.

Sun., May 23. Hike Fall River Bioreserve - Group B, Southeast 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 11.** L Joanne Newton (508-215-9470 After 6 PM, newt665@comcast.net)

Sun., May 23. Hike Fall River Bioreserve - Group A, Southeast MA. See previous listing. People who have not hiked the Bioreserve with me get preference on registering. Note, there is also a Group B which will hike the same route. **See AMC Trip Policy on page 11.** L Diane Simms (chair@amcsem.org)

Thu., May 27. Blue Hills Thursday Morning Hike- Ponkapoag Pond Loop- Canton, MA. Moderate to fast pace, with occasional stops. Approximate 5-mile hike around the Pond with perhaps a few in-and-outs for Trail-Tracers. Bring waterproof hiking shoes, sunscreen, insect repellent, snacks/lunch, and water. We'll take a break at the AMC Camp near the pond, weather permitting. Steady rain cancels. Well-behaved dogs on leash O.K **See AMC Trip Policy on page 11.** 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.) CL Patty Everett (patriciae568@gmail.com)

Sun., Jun. 6. Hike Fall River Bioreserve - Group A, MA.; See listing for May 23. **See AMC Trip Policy on page 11.** L Diane Simms (chair@amcsem.org)

Babbling brook
with skunk cabbage.
Photo by Ken Cohen





Activities

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

HIKE

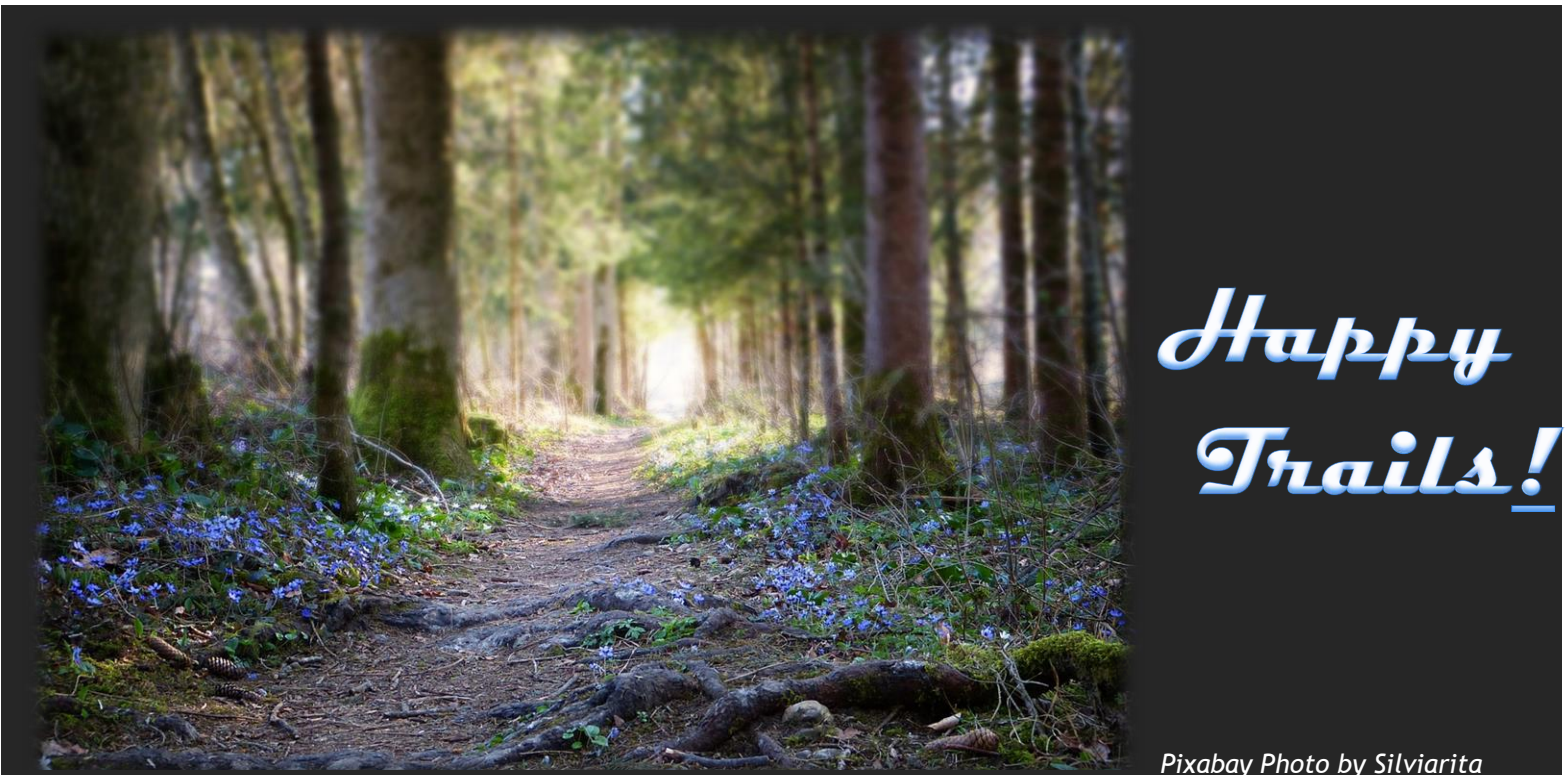
Mon., Jun. 21. Spring Scavenger Hunt EXTENDED!!! Recap Meeting. We extended this hunt through spring since we are enjoying it so much and have not captured all the items. This is the Zoom session to recap the Scavenger Hunt and to share pictures and success stories. There is still plenty of time to join in the fun. We have created a list of items to look for while hiking with friends, family, or on your own in Southeast Mass (or wherever you may be)! Photos are encouraged (but not necessary!) so they can be shared with the group. [Here is a link to the list.](#) We all miss the camaraderie of hiking in large groups as we did pre-Covid. This activity was created to nurture that spirit, encourage hikers to explore new trails, and let you socialize online. And you might learn something new from nature. [Register here](#) and we will supply links to the list of items and where you can submit your photos and completed list. If you are unable to join the Zoom session you are still welcome to join in this Scavenger Hunt. **See AMC Trip Policy on page 11.** 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

Thur., May 20, 6:30-8 pm. End-to-Ending: Hiking the Long Trail. Vermont's Long Trail hits a number of "goldilocks" notes for thru-hiking fans: not too far away, not too long to hike, definitely a bit of a challenge, but still manageable. Come learn about one End-to-Enders journey and get ideas for your own trek through (and up and down) the Green Mountains. [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.](#)



Pixabay Photo by Silviarita

The End