

# The Southeast Breeze

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

## Get AMC-SEM activities delivered right to your email inbox!

Sign up for the AMC Activity Digest. Sign into your account at the bottom of the [outdoors.org](https://www.outdoors.org) page, then click on My Outdoors.

Or call 1-800-372-1758.

Find past issues of *The Southeast Breeze* on our [website](https://www.outdoors.org).

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## Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to [breeze.editor@amcsem.org](mailto: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](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Fun AMC-SEM hike June 7 at the Fall River Bipreserve. Cooler on the trails, under the tree canopy—and no masks! Look for our next hike later in June. *Photo by Diane Simms*

## Trail-Tracing the Blue Hills series starts June 17

By Bill Doherty, Hike Leader

Looking for a challenge this summer? Join us in Trail-Tracing the Blue Hills, with the goal of hiking all 120 miles in the Blue Hills Reservation. This is the 16th year of this popular series, formerly known as "Red-Lining." We hike at a moderate pace for two to three hours every Thursday. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come for one Thursday or come for them all. Group size is limited to 25.

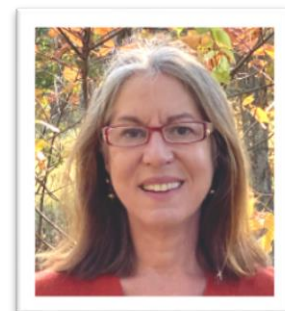
As this is a series, participants will be screened for their initial hike and will not be "rescreened" subsequently, but participants will need to register for each hike when it is posted. Finishers are awarded with a patch for their achievement with different color levels for those who complete the series multiple times.

See additional details and registration information on Page 11 in Activities.



## View from the Chair: Return to Summer Activities

Summer is upon us! Thankfully we can now spend these cherished summer days with family and friends. I hope your fun plans will include taking part in an AMC-SEM activity. Effective June 11, requirements that had been in place to help keep leaders and participants safe have been lifted. AMC has shifted to direct alignment with [CDC guidelines](#). I'm so happy to be writing about restrictions for the last time. The impacts to our activities include the following:



- Group size:
  - Maximum based on land manager requirements, if any.
  - If no "land manager requirement, leaders determine group size.
- Leader flexibility in posting activities:
  - Online registration
  - Email to register
  - Show & Go" activities
- Leaders can require masks based on their own preferences.
- Screening will not be based on vaccination status.
- Note: Leaders are not responsible for enforcing CDC guidance.

With the summer comes a break in our publication of the *Southeast Breeze*. Our next *Breeze* will be published in September. Look forward to an issue filled with AMC-SEM summer activities. Be part of them!

I'm always interested in your input either by email or in person. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).

*Diane Simms, AMC-SEM Chapter Chair*

### 2021 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary .....Natalie Halloran  
 Treasurer .....David Yampanis  
 Past Chapter Chair .....Len Ulbricht  
**Biking Chair .....OPEN**  
 Biking Vice Chair .....Pete Linhares  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
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 Conservation Chair .....Joanne Newton  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Sue Svelnis  
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Paddling Chair .....Ed Foster  
 Paddling Vice Chair .....Joe Keogh  
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 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20s & 30s Chair.....Susan Schobel  
**20s & 30s Vice Chair.....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah 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](mailto:chair@amcsem.org) if  
 you are interested in any  
 OPEN position



## New AMC-SEM patch design for your Conservationist activities

By the AMC-SEM Conservation Committee

Your SEM Conservation Committee is excited to present our new patch! The new design showcases the outdoors and is intended to remind that we each play a vital role in protecting natural resources. These patches will be available within a month. Do you remember the [Conservation Patch Activities](#) we rolled out several months ago? Are you working on ways to earn this patch so you can proudly display it on your backpack?



New AMC-SEM patch design for Conservationist activities shows outdoors elements of sun, sky, mountains, forests, water, and roads to travel by foot or bicycle.

To earn this patch, view the activities we have suggested or come up with your own suggestions and let us know! Complete one or more activities in each of the six categories: Conservation Activism, Environmental Activism, Health Activism, Energy Conservation, Water Conservation, Waste Reduction.

Record your completed activities on the [scorecard](#). Once you have finished your scorecard, email it to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org). Your beautiful new patch will then be on its way to you! Attach it to your backpack or wear it with pride on your choice of outdoor gear.

We hope you enjoy the activities and learn something more about how you can become conservationists. Will YOU complete the challenge?

[#amcsem](#) [#hikemassachusetts](#) [#conservation](#)

*Note: The SEM Conservation Committee is looking for more volunteers to help us with planning, organizing and running conservation projects and communicating ideas on how each of us can improve conservation measures in our daily lives. Email Joanne Newton at [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.*

## New Class 1 Leader Janis Delmonte

By Jane Harding, Cape Hiking Chair

Janis Delmonte became a volunteer leader for AMC-SEM to give back for the pleasure it provides her. Raised in Stoughton, Janis retired to Mashpee, where she is fond of hiking and walking her dog on the trails of the Mashpee River Woodlands. Hiking allows her to explore many areas of Cape Cod with experienced leaders and meet some wonderful people. She is involved in several hiking groups, as well as AMC-SEM.

Janis completed Leadership Training through Zoom in April of 2020. More recently, she completed her co-leads to become a Class 1 leader.

Her first co-lead, with Cape Hikes vice chair Robin McIntyre, was on a hike in the Bourne Sisters, Perry property, and Leary property. Prior to a pre-hike with Robin, Janis downloaded the trail map from the Bourne website. She traced the actual hike on the map to have as a resource on the day of the hike, which had many small loops cobbled together to make the required distance.

On the day of the hike, Janis checked in all of the registered hikers, visually inspecting them to be sure they had the required apparel and equipment. For the trailhead talk, Robin shared the history of the area and Janis reminded the group of key elements of the waiver they signed, described trail conditions they should expect, and facilitated group introductions. During the hike, Janis ensured the group was keeping up and maintaining social distancing. She described some unique features of the area and planned a separation break.

Her second co-lead was in the Mashpee River Woodlands, managed by the Trustees of Reservations. Designated Leader Jane Harding had coached Janis on the steps to qualify as a Class 1 leader. Janis greeted the registered hikers and introduced herself. Janis gave the trailhead talk with no assistance, facilitated introductions, and assigned a sweep. Along the way, she described unique features of the area. Janis demonstrated that she was ready to lead without assistance.

Janis is a wonderful addition to the Cape Hike Leader volunteers. Please congratulate her when you see her!







## Volunteer of the Month: Bill Cannon

By Joanne Newton, Conservation Chair

There are so many people who contribute to our SEM Chapter in countless ways, and Bill Cannon is one of our great volunteers.

Bill was the Conservation Chair for several years and when his term expired, he agreed to stay on as the Conservation Vice Chair. I am so grateful for him for continuing on the committee because Bill is an excellent example of a conservationist and I have much to learn in that regard. He adds much knowledge and guidance in our Conservation Committee meetings and projects.

Bill has been involved in numerous projects for SEM over the years. If there is a training program, such as New Leadership Training, Bill presents the Leave No Trace Principles. He and Sue Svelnis recently prepared and conducted a webinar for the Quincy Library Adult Education Program on Beginning Hiking and Leave No Trace. It was extremely well received and our chapter will be able to use this material for training for other organizations as well as within SEM.

Bill is creative in all that he does for our chapter. He organized our 2019 post-Thanksgiving hike along the theme song of "Alice's Restaurant." Bill brought his red VW MicroBus and some of us dressed for the theme. It was great fun and we filled too many bags of trash along Route 28. I say "too many" as there is always more litter along that road.

Bill has organized the Full Moon hikes for several years at Borderland State Park. This takes a large amount of coordinating to submit the applications, as a separate form must be filled out and approved for each month. This is an extremely popular hiking series and many of us are anxiously awaiting its startup again this year.

To commemorate these hikes, Bill makes "full moon hiker" zipper pulls, which he passes out for all of us to enjoy. Many of us have also greatly appreciated his homemade essential oil insect repellent, which works better than anything you can buy in a store. Bill shared his recipe last year; check it out [here](#)!

I will also note that Bill has been our cartographer for Trail Trace the Blue Hills for several years: He records the routes hiked each week and helps leaders with new routes as needed.

To thank Bill for his efforts and the work he does with a smile and genuine willingness to help others, he will receive a Volunteer of the Month certificate and an REI gift certificate in the amount of \$50.00. Thank you, Bill!

## Dan Slavin now Class 1 Leader

By Claire MacDonald, Hike Leader

Dan Slavin has become AMC-SEM's most recent Class 1 Hike Leader. A native of Albany, NY, Dan grew up with his father in the Adirondacks, and he never spends much time away from the mountains. Dan has found himself hiking all over the Northeast, as well as Shenandoah National Park, Rocky Mountain National Park, the Beartooth peaks, and the Absarokas. Most recently, Dan hiked Japan's Mount Fuji.

An attorney, Dan works at Naval Station Newport and lives in Middletown, RI. When not hiking or leading hikes in the area, Dan enjoys running, boxing, tennis, and SCUBA diving.

Dan worked with Craig MacDonald in the Blue Hills for his first co-lead, and with Claire MacDonald in the North Hill Marsh Sanctuary and Kettle

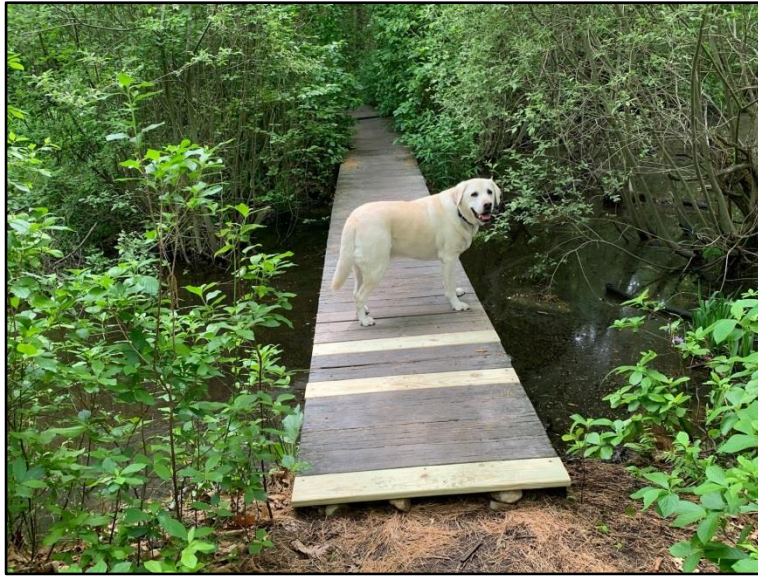


Photo by Claire MacDonald

Holes hike in Duxbury for his qualifying hike. Dan's final co-lead was also the longest hike to-date for his girlfriend, Neila. They both look forward to more time in the woods with the AMC-SEM Chapter.

Dan has been helping co-lead the Startup Conditioning Series and will be helping with the Trail Trace the Blue Hills series. In addition, Dan plans to enroll in Mountain Leadership School in June, and he wants to start training to become a Class 2 mountain hike leader. Please welcome Dan when you see him.





Quality Assurance Inspector Sunny approves the bridge repairs by the AMC-SEM Trails crew. *Photos by Skip Maysles*

## AMC-SEM's Trails volunteers adopt #TrailsFest repair projects

By Nichole Nelson, Communications Chair

Have you ever wondered who maintains the paths you tread? The AMC recently sponsored #TrailsFest, a series of webinars on how trails get protected. In short, the trails, shelters, put-ins, and climbing routes we enjoy rely on us, the people who use them, for their protection and maintenance.

The AMC-SEM chapter has an active Trails Committee, which collaborates with other committees, organizations, and individual volunteers to protect and maintain our local trails! For #TrailsFest, volunteers Pete Tierney, Paul Brookes, and Skip Maysles worked on an adopted trail to remove encroaching foliage and downed trees. Here are the before and after pictures.



"Before" photos of broken bridge boards and fallen tree damage to a boardwalk.



Pete Tierney inspects a section of new lumber replacing broken boards on the boardwalk.

## Scavenger Hunt Ends June 21st

We have an enthusiastic group participating in the Spring Scavenger Hunt! We extended it through June 21 to capture more late spring flora and fauna and invite more AMC-SEM members to join in.

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





Bill on the Skyline Trail east of Chickatawbut Road.

## Bill Belben joins Class 1 Leaders

By Tom Graefe, Hike Leader

If you want to catch Bill Belben in the Blue Hills you'll have to get an early start. Bill became a Class 1 Leader after being a co-leader for the Spring Conditioning series with Di Hartley and me.

As an indication of Bill's enthusiasm for hiking, there is nothing quite like finding out at the end of an eight-mile conditioning hike that he logged ten miles in the morning before we even got our start!

Bill is matter of fact about his goals for hiking the Appalachian Trail and the New Hampshire 48, as well as trail tracing the Blue Hills. Plus, he has become one of the latest AMC-SEM Class 1 leaders—all of which contributes to his capability for either leading or participating in all aspects of hiking adventures.

Congratulations Bill, and we look forward to more trips with you!

## Online sources on 52WAV hikes, trail routes; books to check out

By Claire MacDonald, Hike Leader

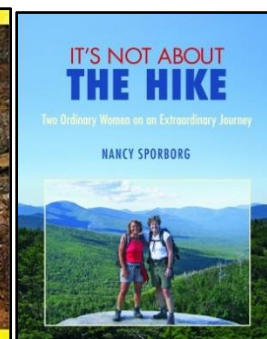
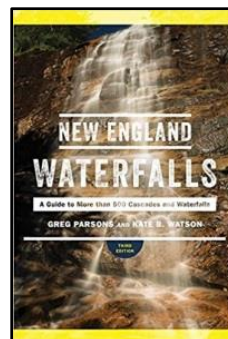
Here is an interesting, recently-discovered, website, [NewEnglandWaterfalls.com](http://NewEnglandWaterfalls.com), that lists the "52 With a View" rated by difficulty. Some are at least as difficult as many of the 4,000-footers, but all depends on the trails you pick, so choose wisely. The toughest Baldface peaks, for example, are more doable going clockwise and using the Slippery Brook Trail to avoid the worst section of the cliffs. The [Facebook site](#) is very helpful.

This website also rates the 4,000-footers on difficulty and has a lot of valuable information about usual trails taken, mileage, etc. Really study the elevation gain and mileage. A trail 4.4 miles long with an elevation gain of 2,200 feet means you are gaining 1,000 feet per mile, which is STEEP! This is Cannon Mountain via the Kinsman Ridge Trail. Doable if you pace yourself and it isn't too hot!

Our group took Lonesome Lake to Hi-Cannon and down Lonesome Lake. That was very rough and—as we found out after—one of the Terrifying 25! Luckily it wasn't wet. Those sloping slabs would have been treacherous; they were bad enough dry, and there is a gnarly ladder—not one of the nicer ones!

There is a lot of info online, on social media, and in books. Keep a log for your eventual patches. We never thought we'd go for the 4,000-footer already in our mid-60s, but the bug has a way of biting—with a lot of books out there of other people's journeys, too. Check out *It's Not About the Hike* by Nancy Spurborg, the tale of two ordinary women on an extraordinary journey hiking the NH 48s. There are many others, too, and many good used book sites—Thriftbooks, Abebooks, etc.

Happy planning and hiking! Share your accomplishments on [Facebook](#), [Instagram](#), or in the [Southeast Breeze](#).





## Tick Safety: What you should know before you head out on the trail

By Nancy Tutko, Hike Leader

*Note: Nancy works for a nonprofit land conservation organization on Martha's Vineyard, where she has been exploring the island's 220 miles of trails for many years.*

It's high season for ticks, which have long been on the rise in the northeastern United States. Joining [deer ticks](#) and [wood ticks](#) out on the trails, meadows, beaches, and woodlands are [lone star ticks](#), a relative newcomer with potentially serious implications.

Be vigilant about tick safety to avoid Lyme and other tick-related diseases:

- ✓ Learn before you go—read the links included in this article.
- ✓ Treat shoes, clothing, and gear with permethrin or an EPA-approved insect repellent. Follow label instructions carefully.
- ✓ Avoid wooded and brushy areas with tall grass and leaf litter.
- ✓ Walk in the center of the trail.
- ✓ Inspect yourself and companions carefully for ticks afterward.

### What helps keep ticks at bay?

The longtime standard to repel biting insects is [DEET](#), used in products by OFF!, Cutter, and Ben's. Some folks favor products that use essential oils to ward off insects. [Cape Cod Naturals](#), for example, sells insect repellent and sunscreen, along with dryer sheets and pet shampoo.

These days, however, many land managers, surveyors, and others who spend a lot of time outdoors are turning to permethrin, a chemical treatment for clothing, boots, backpacks, and other gear.

[Permethrin](#) is a highly effective pesticide applied to clothes and shoes to repel (and kill) ticks and other insects. Buy it in liquid spray form to treat your own clothes, or buy clothing that's factory pre-treated with permethrin, which lasts up to 70 washings. [Tick-repellent gaiters](#) are an easy, effective way to help stop ticks from moving up your legs. For more information about how to use permethrin, visit:

- [Centers for Disease Control and Prevention](#)
- [Consumer Reports](#)
- [Section Hiker](#)



Permethrin-treated clothing and gear repels and kills ticks.  
*Photo by Nancy Tutko*

Ticks commonly found in the Northeast that can cause disease in humans include:

#### American dog tick (wood tick), *Dermacentor variabilis*

Transmits: [Tularemia](#) and [Rocky Mountain spotted fever](#).  
Comments: The highest risk of being bitten occurs during spring and summer. Dog ticks are sometimes called wood ticks. Adult females are most likely to bite humans.

#### Black-legged tick, *Ixodes scapularis*

Transmits: *Borrelia burgdorferi* and *B. mayonii* (which cause [Lyme disease](#)), *Anaplasma phagocytophilum* ([anaplasmosis](#)), *B. miyamotoi* disease (a form of relapsing fever), *Ehrlichia muris eaucلائensis* ([ehrlichiosis](#)), *Babesia microti* ([babesiosis](#)), and Powassan virus ([Powassan virus disease](#)).  
Comments: The greatest risk of being bitten exists in the spring, summer, and fall. However, adults may be out searching for a host any time winter temperatures are above freezing. Stages most likely to bite humans are nymphs and adult females.

*Continued on page 8*





## Tick Safety

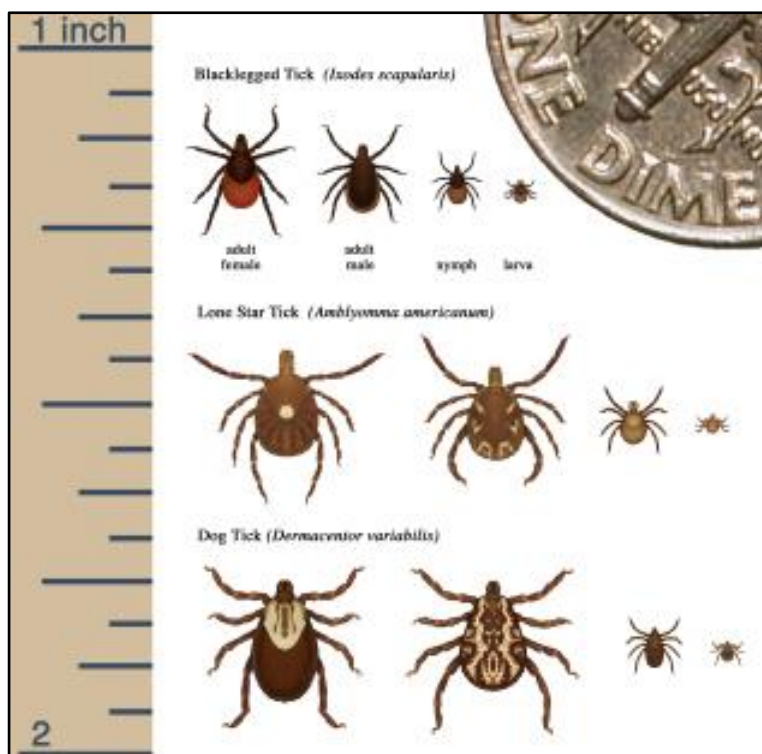
Continued from page 7

### Lone star tick, *Amblyomma americanum*

Transmits: *Ehrlichia chaffeensis* and *Ehrlichia ewingii* (which cause human [ehrlichiosis](#)), [Heartland virus](#), [tularemia](#), and [STARI](#). Comments: A very aggressive tick that bites humans. The adult female is distinguished by a white dot or "lone star" on her back. Lone star tick saliva can be irritating; redness and discomfort at a bite site does not necessarily indicate an infection. The nymph and adult females most frequently bite humans and transmit disease.

Developing news about **lone star ticks** and [alpha-gal syndrome](#): AGS (also called alpha-gal allergy, red meat allergy, or tick bite meat allergy) is a serious, potentially life-threatening allergic reaction. AGS is increasingly linked to lone star tick bites. Read more about alpha-gal syndrome [here](#).

### Identifying ticks



Tick chart courtesy of the CDC.

Information sources for this article include the Centers for Disease Control and Prevention (CDC), Consumer Reports, Environmental Protection Agency (EPA), Prevention Magazine, Wikipedia, and the [Vineyard Gazette](#).



Vintage T-shirts from former Chapter Chair and hike leader Bruce Dunham's collection:  
Purple chapter 20th anniversary shirt;  
Gold Lonesome Lake Beavers Trail Crew shirt;  
Green 1986 Century Bike Ride shirt.

## Show us your vintage T-shirts!

Check out these vintage AMC-SEM T-shirts! If you have some of these, or another, send us photos of you wearing them! The photos can be new or when the T-shirt was new. Email your photos with your name and description of the shirt(s) pictured—"19xx Trail Crew," "Fall Gathering 20xx," etc.—to [social.nw.administrator@amcsem.org](mailto:social.nw.administrator@amcsem.org). You can also post them to our Facebook page or Instagram account with your comments.



## VOLUNTEER to make YOUR chapter even better!

See descriptions of these **Volunteer Opportunities**, pages 9-10, in the Activities section under **Executive Committee**. For more details, contact the listed committee chair or [Nominations Chair](#) Alan Greenstein.





## Activities

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

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## 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](http://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](http://outdoors.org), and then click My Outdoors.

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### BICYCLING

**Sun., Jul. 11. Cycling Freetown & Dartmouth & Running Brook Winery Tasting, Running Brook Winery, MA.** Join us for a 25-30 mile ride through lovely Freetown & Dartmouth, MA. The pace will be approximately 12mph, with some rolling hills. Afterward, we will enjoy a wine tasting & live music at the winery. We can bring our own food to the winery also. A helmet is required to ride. L Jeannine Audet (508-493-8221, [milmod@aol.com](mailto:milmod@aol.com), Jeannine enjoys sharing the beauty of Southeastern MA with other cyclists.) L Barbara Gaughan L Peter Linhares

### CAPE HIKING

**Wed., Jun. 23. Full Moon Hike Sandwich Canal, Sandwich, MA.** THIS IS A REGISTRATION REQUIRED HIKE We will walk out to the end of canal and along Town Neck Beach to Mill Creek, where we will observe the full moon rise around 6:30 PM. Then we will return through town streets. The beach can be very rocky; suggest sturdy shoes, no sandals. You may want to bring a headlamp or flashlight and bug repellent. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

### 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](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto: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](mailto: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](mailto:educationchair@amcsem.org) for more information. L Susan Svelnis ([educationchair@amcsem.org](mailto:educationchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))



## Activities

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

### EXECUTIVE COMMITTEE

**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](mailto:bikingchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto: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](mailto:conservationchair@amcsem.org) for more information.

### HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).

Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

**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. L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto: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](mailto:communicationsvicechair@AMCSEM.org), Alanna is currently Communications Vice Chair and working to be a hike leader for the SEM chapter).

**Sun., Jun. 13. Tour of the Blue Hills Observatory Science Center and Hike, Canton, MA.** Have you hiked past the Blue Hills Weather Observatory with its the round tower and wondered what happens there and how it came to be built on this spot? Do you want to learn more about the impacts of climate change on our local weather? We will discover the answers to your questions! To get you starting to think about the observatory: (Taken from the Blue Hills History #11 written by Bob Vogel) Abbot Rotch (1861-1912) was Harvard's first professor of meteorology, and he built the original Blue Hills Observatory, with his own funds, in 1884. Starting February 1, 1885, the Blue Hill Observatory was occupied and has recorded atmospheric temperature readings continuously ever since. These written records, as opposed to just anecdotal stories, provide the kind of long-term data needed to allow evaluation of climate change. The Blue Hills Observatory "is the foremost structure associated with the history of weather observations in the United States." The tour of the Observatory Science Center will take approximately one hour and there is a cost of \$8.00 per person to be paid on the day of the hike. Our in-depth tour will include the rooftop, history room, instrumentation room, tower and outside area. We will start with a two- hour hike beginning at 1 PM. Our tour of the observatory begins at 3 PM. When the tour is completed, we will have a short hike back to our cars. This hike is being organized by our SEM Conservation Committee. We hope you can join us for this hike and tour which is the first in our 2021 Conservation focused hikes. L Joanne Newton (508-215-9470 Before 9 PM, [newt665@comcast.net](mailto:newt665@comcast.net)) L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))





## Activities

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

### HIKING

**Mon., Jun. 14. Celebration Hike!!! Blue Hills, MA.** Let's celebrate! This will be one of the first SEM hikes with the expanded group size! No masks! We can see each other! Also, this hike will earn the leader, Diane, her first Trail Trace Blue Hills patch. We will be hiking the 4.3-mile route mapped for 9/5/19, Eliot Tower. (Trail Trace maps for prior years are available at <http://amcsem.org/hiking.ttbf.html>). L Diane Simms ([dianesimms@comcast.net](mailto:dianesimms@comcast.net)) L Paul Brookes (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 as well as 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 Pamela Johnson

**Thu., Jun. 17. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** Join us for the 16th year of this popular series. We hike at a moderate pace for 2 to 3 hours in the Blue Hills Reservation every Thursday. Group size is limited to 25. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come for one Thursday or come for them all. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes). We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, participants will be screened for their initial hike and will not be 'rescreened' subsequently, but participants will need to register for each hike when it is posted. L William Doherty (781-982-5673 5-8pm, [wdoeherty1@verizon.net](mailto:wdoeherty1@verizon.net), Class 1 AMC Hike leader. Four-season Blue Hills hiker. Occasional White Mountain hiker. Trail Maintenance volunteer.)

**Mon., Jun. 21. Spring Scavenger Hunt EXTENDED!!! Recap Meeting.** 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. L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto: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](mailto:communicationsvicechair@AMCSEM.org), Alanna is currently Communications Vice Chair and working to be a hike leader for the SEM chapter).

**Thu., Jun. 24. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** See listing for June 17.

**Thu., Jun. 24-26. 2021 SEM Backpack—Appalachian Trail, Northern NJ, Northwestern, NJ.** Enjoy three full days of backpacking on the AT, in from Culvers Gap in Sandyston, NJ, to "The Pinwheel" viewpoint in Vernon, NJ. This three-day, two-night trip will cover 38.6 miles along the trail, including Sunrise Mt, High Point, Mt Pochuck, and "The Stairway to Heaven." Daily elevation gains of 1,200, 600 and 1,100 ft. Must be fit to hike long distances, have lightweight camping equipment, and an adventurous spirit! Backpacking experience required. L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne is a four-season hike leader for the Southeastern MA Chapter of AMC. She has completed the NH 48 4K footers and enjoys gardening.) CL Leslie Carson (Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4K footers in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest since 2013. More recently, she has led/co-led Adventure Travel hiking/trekking trips in western US and internationally. She is certified in SOLO Wilderness First Aid and CPR.) CL Diane Hartley (Diane is a four-season hiker and SEM Class 4 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH.)

**Sat., Jun. 26. Clean-Up the Blue Hills! (#TRAILSFEEST), Blue Hills Reservation, MA.** While hiking in the Blue Hills, the Conditioning Series crew noticed an unnamed hilltop needing significant cleaning. The leader will provide trash and recycle bags and have extra work gloves, sunscreen, and bug spray available, as necessary. All we need is your energy and motivation! If we finish early and the group is interested, the leader will lead a short hike around the Quarries area of the Blue Hills. This is entirely optional. Priority is cleaning up the trash that litters this beautiful area. The worksite is a short walk from parking. Appropriate clothing includes either PT/exercise or hiking attire, weather and preference dependent. No open-toed shoes, and gloves will be required. This is a great way to get into nature, volunteer, and make a difference in a short amount of time. I look forward to working with all of you and having some dramatic before and after photos of the worksite! Thanks for volunteering!!! L Daniel Slavin ([D.Slavs@gmail.com](mailto:D.Slavs@gmail.com), Dan is an AMC SEM Class 1 Hike Leader. Dan boxes, bikes, runs, and does trail work. He likes day-hiking all over Massachusetts and is getting back in to backpacking.)





### Activities

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

#### HIKING

**Thu., Jul. 1. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** See listing for June 17.

**Sat., Jul. 3. New Members Hiking Series. 9 AM - Noon, MA.** Join us for this new hiking series, which will run bi-monthly and will begin at different locations in Southeastern Massachusetts when we meet. New AMC members or those looking to become members will be given priority during registration. If there are any open spots several days before the event, we will gladly accept current members and SEM friends. Enjoy an easy to moderate, approximately three-mile hike. This first hike will take place in the Massasoit State Park in Taunton, MA. The hike will be approximately 2.5 hours. Beginner hikers are welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks and be able to climb a few small hills. 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. Since this hike is the day before July 4th, wear your red, white, and blue! We will provide some refreshments and snacks after the hike so we can socialize a bit more before we leave. This is a great way for you to learn about AMC, get outside, strengthen your hiking legs, and socialize with a nice group of people. 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. L Samantha Fisher (508-243-7594 After 5pm, [Sahavah@yahoo.com](mailto:Sahavah@yahoo.com)) L Joanne Newton (508-215-9470 Before 9 pm, [Newt665@comcast.net](mailto:Newt665@comcast.net))

**Thu., July 9. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** See listing for June 17.

**Thu., July 16. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** See listing for June 17.

#### TRAILS

##### Volunteer Opportunities

**Wed., Jun. 16. #TRAILSFEEST: Trash Cleanup in the Blue Hills, Milton, MA.** No experience necessary! Over the past year, some of the parking lots in the Blue Hills have accumulated too much trash! Please join a group of volunteers to clean up trash in one of these parking lots. 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. Please wear appropriate clothing and no open toed shoes. Also, bring bug spray, sunscreen, water, snack, and gloves. L Skip Maysles (774-284-5080 Between 6:00pm to 9:00 pm, [skip.maysles@outlook.com](mailto:skip.maysles@outlook.com)) CL Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com))

**Sat., Jun. 26. Clean-Up the Blue Hills! (#TRAILSFEEST), Blue Hills Reservation, MA.** See listing under Hiking.

#### BEONLINE WITH AMC

**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.](#)

**Wed., June 16, 6:30-8 pm. TRAILSFEEST Presentation—Community Science: Action On The Trail.** Join AMC's Georgia Murray for a presentation followed by Q&A on how you can get involved with Community Science on the trail. [Register here.](#)

**Mon. June 28, 6:30-8 pm. TRAILSFEEST Presentation—Accessible Water Recreation.** Join AMC's Mark Zakutansky for a conversation on regional river and waterway conservation, efforts to build new public access, and expanding opportunities for more diverse communities to enjoy the waters of the Northeast. [Sign In here.](#)



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