

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | March 2022

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Or call 1-800-372-1758

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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. 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 ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



All ready for the hike at Noble View! Photo by Paul Brookes

## Return to Noble View for winter weekend fun

By Jeannine Audet, Skiing Chair

AMC-SEM hosted yet another successful Noble View weekend this year, February 18-20, after COVID restrictions had placed this much anticipated weekend on hold last year. There were 26 in attendance, many new to this event.

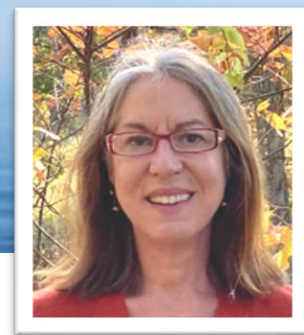
There was no snow yet again this year, alas for Jeannine Audet and her would-be skiers. However, Paul Brookes, Paul Miller, Eva Borsody-Das and Jeannine led hikes through the varied terrain of the Noble View property, including the lovely Little and Big Pitcher Falls, and rolling terrain through the woods. An evening hike also was offered, with a nearly full moon. Microspikes were a must, as the trails were quite icy. Paul Brookes' dog, Sunny, was an eager participant on our hikes.

Sandy Santilli and Karen Singleton prepared wonderful meals, including chili, lasagna, and quiche, as well as desserts; rave reviews followed the meals. Our group had cheerful happy hour on Friday and Saturday evenings, sharing our favorite drinks and snacks.

Jeannine guided yoga sessions both days. Participants agreed the stretching was a very helpful way to cool down on Saturday evening and warm up on Sunday morning.

Evening time was otherwise spent socializing, reading, or doing puzzles by the roaring wood stoves. Everyone chipped in, as always, to do dishes, feed the wood stoves, and tidy up. We look forward to our trip next year!

See more photos on page 3



## View from the Chair: Spring Events!

I am excited about our upcoming events!

Our in-person Leadership Training is April 2 and 3. The [first day](#) is required for potential leaders. The [second day](#) (optional) builds on the first day. It is targeted for those who want to lead more difficult activities, but is open to all potential and current leaders. Even if you're not sure you want to be a leader, taking leader training makes you a better participant. I wrote a two-part article titled "Trip Leader Training" about four graduates from the 2019 session. In the [October Breeze](#) article, Johanna said, "I knew I'd be a better informed participant if I was needed, in any little helpful way." The article describes how the training paid off. "We were heading out and the weather kept changing. We had delays. Because I was aware of the time and how it's all planned, I knew what should be part of the leader's decision making. I felt confident enough to speak up." You too can be a more informed participant. Sign up!

Our Membership Chair, Samantha Fisher, has posted three New Member hikes. These hikes are to introduce newer members to shorter distance local hikes. Gain knowledge from experienced hike leaders. Learn more about the AMC. Although this hike series is targeted to newer members, all are welcome. Join us [April 24 at Ponkapoag Pond](#) in Canton, [May 15 at Gilbert Hills](#) in Foxboro, and [June 26 at Borderland](#) in Easton. We are looking for a Membership Committee Vice Chair to help organize other new member activities. Email me or the Nominating Committee at [nominating1@amcsem.org](mailto:nominating1@amcsem.org) for more information.

Our Conservation Committee has planned two terrific events! Enjoy a [conservation walk April 30](#) with naturalist Gil Newton. This leisurely walk through Crocker Neck Conservation Area will offer pine and oak forest, salt and freshwater marsh, beach, and estuarine flats. Gil will stop and talk about the various habitats with some of the history of the area. The other event is online. Are you confused about what goes in your trash bin and what goes in your recycling bin? You're not alone! Register for the online [April 27 Talking Trash & Recycling](#). You will learn ways to reduce the amount of trash you generate, improve your recycling habits, and make easy changes to lead a more sustainable lifestyle.

Our Trails committee has scheduled its first event of the year! Celebrate Earth Day with [trail maintenance in the Blue Hills](#). No experience is necessary. Everyone is welcome. Tools are provided. Help improve those trails you love to hike.

Check out these and all other [SEM activities](#). We hope to see you soon. I want to hear your input. 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, Chapter Chair*

### 2022 Executive Board

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### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
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 Nominating Committee Chair..... Alan Greenstein

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

Please contact  
[chair@amcsem.org](mailto:chair@amcsem.org) or  
[nominating.com@amcsem.org](mailto:nominating.com@amcsem.org) if  
 you are interested in any position.





## Noble View trip Continued from page 1



Home base at the Noble View lodge. *Photo by Paul Brookes*



Happy Hour supervised by Sunny. *Photo by Paul Brookes*



Pause for rest and appreciation. *Photo by Paul Brookes*



Little Pitcher Falls. *Photo by Jeannine Audet*



Heading into the woods. *Photo by Paul Brookes*



Sunrise on light snow. *Photo by Paul Brookes*





## Conservation Corner

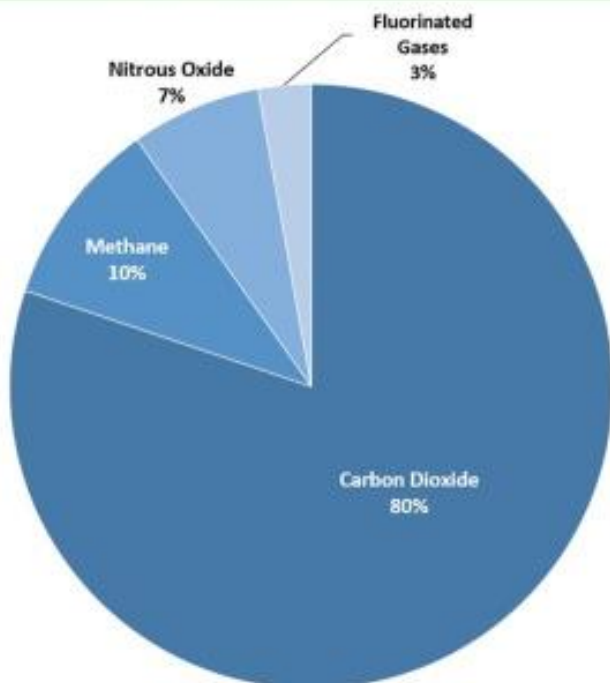
# Talking Trash: Reducing & Reusing Waste

By Shana Brogan

Trash is becoming more expensive and complicated to process these days. Think about all the single use containers you discard: sauce jars, detergent and soap jugs, beverage bottles, condiment jars, snack bags and pouches, produce bags, egg cartons, bread bags, plastic wraps. The list goes on and on! Have a look in your trash and recycling: How much is plastic? How much is glass?

Massachusetts creates 5.5 million tons of solid waste per year. Three million tons are burned in incinerators; 1.6 million tons are transported out of state; and just under one million tons are buried in landfills. The decomposition process in landfills creates methane, which accounts for ten percent of our greenhouse gas emissions, according to the U.S. Environmental Protection Agency.

### Overview of U.S. Greenhouse Gas Emissions in 2019



U.S. Environmental Protection Agency (2021). Inventory of U.S. Greenhouse Gas Emissions and Sinks: 1990-2019

It is no secret that municipal transfer stations are expensive operations. One of the greatest expenses is the cost of taking trash from your town to the incinerator or landfill, which is based on the weight of the trash. What is the greatest contributor to the weight of your trash? Food scraps! Organic material accounts for 28.1% of the contents of our trash, according to the Massachusetts Department of Environmental Protection.



Courtesy photo from [recyclesmartma.org](https://recyclesmartma.org)

## Some tips to start your waste reduction journey:

**Inventory your recycling** to see what plastic and other single-use containers you are recycling each week. Start doing this before every trip to the transfer station, so you can see what you recycle and use most, and watch the amount decline over time.

**Make a change with the single-use item that is the most abundant in your recycling.** For single-use water bottles, buy larger jugs of water. Better yet, use a refillable bottle. If it's soda or other drink cans, buy a larger soda or beverage bottle.

**Use reusable grocery bags on display at check out.** You often get a discount using them, so they will quickly pay for themselves.

**Start composting!** Some transfer stations sell small bins and large outdoor compost bins. You may even have something around your house you can use. Ask your transfer station gate attendant if they accept food scraps. If not, you can either create a compost bin in your yard or buy a compost container.

## Get Educated: Join us!

**Wednesday, April 27th, at 6:30 pm online for a Trash Talk and Discussion on Recycling.**

[Register here.](#) Every bit makes a difference!



With no snow for skiing, this group elected to hike up to the summit of Bear Mountain. *Photo by Lars Qvicklund*

## Ski Committee trips get members back to the slopes and trails

By Jeannine Audet, Skiing Chair

The AMC SEM Ski Committee was so happy to be back out and led three trips this year. We added a trip to the Berkshires the weekend of December 10, and stayed at the Wainwright Inn in Great Barrington. Our group of 17 agreed it was a lovely home base.

Unfortunately, there was no snow, so we instead hiked. One group hiked Alander Mountain along the Alander Mountain Trail, and the other group hiked to the summit of Bear Mountain, just over the Connecticut line.

It was unseasonably warm, and rainy initially, with a clap of thunder at the trailhead. Fortunately the rain stopped, although there were no views. The boulder scramble up Bear Mountain presented some challenging ice.

The group enjoyed dinner at the Barrington Brewery and a stroll along Main Street in Great Barrington, which was adorned with holiday décor and featured ongoing festivities.

On the second day, we hiked to Laura's Tower and the Ice Glen in Lenox, which includes a boulder scramble and contains one of the few old growth forests, with beautiful hemlock trees.

Thank you to Walt Granda and Peggy Qvicklund for your leadership!

Our second trip, for the long holiday weekend of January 14, was back at the Mountain Fare Inn in Campton, NH. This year our group of 13 prepared our breakfasts, which were amazing! On the first day, some of our group skied at the Waterville Valley Resort. Another group hiked to the Fletcher Cascades.

The first day was very cold, with -8 degrees F temps at the start. The ski trails were slick, but the forest beautiful. The hikers had a great day. Afterward, members of the groups imbibed at the Berkshire Mountain Distillery and the Big Elm Brewery. Dinner followed at the Coyote Grill.

Unfortunately, our New England Patriots lost the playoff game that evening. On the second day, the skiing at Waterville Valley was lovely, as it was warmer and the snow softened. The hiking group snowshoed Timber Camp Trail. Happy Hour followed around the fireplace at the B and B. Our dinners were great at Panorama.

A snowstorm was predicted for Martin Luther King Day, so some of the group chose to snowshoe around the B and B in the morning, and others hiked part of the Smarts Brook Trail with beautiful, iced-over waterfalls.

Thank you to leaders Dia Prantis, Diane Hartley and Robin Melavalin!

Finally, our third trip was a return to the Old Field House in Intervale, NH, the weekend of February 11th. Our group of 22 was greeted by Nana, the innkeepers' Alaskan Malamute.

The first day, the group enjoyed perfect conditions at Jackson XC—beautiful snow and sunny skies. We skied 6.5 miles and sat by the fire for a bit outside near the Cocoa Cabin along the Ellis River Trail.

The hiking group ambitiously summited Mt. Crawford. We celebrated with a group dinner at the Red Fox. On the second day, some of the group snowshoed behind the B and B, while the rest of the group skied along the Saco River at Bear Notch XC Ski. Sadly, COVID closed the gathering spot there, so there was no soup this year. We hope that will change for next year!

Thank you to Len Ulbricht for co-leading!

We always welcome new participants on our trips. We are also seeking ski leaders, so please contact Jeannine or Dia if interested!

*See more photos on page 6*





Photo by  
Jeannine Audet



## Volunteer of the Month: Dia Prantis

By Jeannine Audet, Skiing Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Skiing Committee recognizes Dia Prantis for her numerous contributions.

Dia is currently the Skiing Vice Chair and a skiing leader. She has been welcoming to our new and returning ski trip participants. She assisted with organizing and leading a new trip to the Berkshires this past winter.

Dia has been very helpful in attending to all of the details involved in planning and leading multi-day ski weekend trips. In addition, her cooking skills and enthusiasm were much appreciated during the Waterville Valley trip this year, as our group was responsible for preparing breakfast.

Thank you, Dia!

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



## Ski Committee Trips

Continued from page 5

### Top to Bottom:

Traversing  
Ice Glen  
Photo by  
Peggy Qvicklund



Hiking Timber  
Camp Trail.  
Photo by  
Diane Hartley



A break at the  
Big Elm Brewery.  
Photo by  
Siri Mohr



Skiing at  
Waterville Valley.  
Photo by  
Jeannine Audet



Below Left: XC  
skiing at Bear  
Notch. Photo by  
Jeannine Audet

Below Right:  
Sitting at Jackson  
XC's Cocoa Cabin.  
Photo by  
Jeannine Audet







Pepi Reguero, left, Paul Newell, Kate Sullivan, and Babz Clough on Mt Crawford summit. *Photo by Pepi Reguero*

## Mt. Crawford Snowshoe Hike

by Len Ulbricht, Past Chapter Chair

On a warm sunny Saturday in February, with the temperature in the mid-40s, six of us on the annual Old Field House XC ski and snowshoe weekend chose to ascend Mt Crawford (el. 3,119 feet). The trailhead is just south of Crawford Notch, NH, on Rte. 302. The easy part for Kate Sullivan, Babz Clough, Pepi Seguero, Paul Newell, Paul Audet, and me was foregoing base layers, down jackets, and chemical hand warmers. The more challenging part was 1,900 feet of elevation gain in snowshoes and heavy winter boots.

Soon after arrival at Davis Path trailhead, the frequent post holes from prior hikers confirmed that snowshoes were the right choice. A photo op winter scene at trailhead's Saco River hiker bridge cheered us on as upward we went. Babz led the way along the wooded trail while I swept.

Soon we hit the steeper portion of the ascent, and we began to spread out. Frequent pauses to rest and hydrate



A view of the Saco River taken from Hikers Bridge.

*Photo by  
Pepi Reguero*

were the routine until we reached about halfway to the summit and 900 feet of elevation gain.

At that point my legs ached enough for me to reconsider. I was just not in good enough condition to proceed further. Turns out Paul A., experiencing dehydration symptoms, was also reconsidering. Babz offered to head back with us, but just then a descending hiker named Dave came by and offered to escort us back to trailhead.

Proceeding to the summit, Kate, Babz, Pepi, and Paul N. took in panoramic views of Mt. Washington and the Presidential Range. On our descent Dave regaled Paul A. and me with his ice climbing and winter Presidential traverse stories.

Lessons are learned on every hike. In this case: 1) Be well-hydrated the day before starting out for the hike. 2) Know yourself when it is time to stop and forego proceeding further. 3) Pay it forward and assist your fellow hikers whenever possible. The mountain will always be there.



Near-end of winter peak ascension. *Photo by Holly Riehl*

## Stunning views from Kinsman peaks

By Dexter Robinson, Hike Leader

On March 16, winter leaders Bill Belben and Dexter Robinson led a 10-mile hike with six participants to North and South Kinsman in the New Hampshire White Mountains. The group was rewarded at the summits with stunning views of the Franconia Ridge. This almost-last day of official winter featured above-freezing temperatures and very little wind. Trail conditions ranged from snow and ice for most of the day to some bare ground and slush at the end.





## Zealand Falls Hut Weekend

Photos by Paul Brookes

The fifth hike in the Winter Hiking Series took place March 4-6 in the backcountry of the White Mountains of New Hampshire. The group hiked into the AMC's Zealand Falls Hut, home base for the weekend. At an elevation of 2,700 feet, the hut is an easy 2.8 miles from the trailhead.

The 25-foot-high cascading Zealand Falls passes only fifty feet from the hut, and a one-mile hike leads to the Zeacliff lookout, with views of the Pemigewasset Wilderness to the south and Willey Range to the east.



## Education Committee Upcoming Events for 2022

The newly formed SEM Education Committee is happy to announce some exciting new educational opportunities.

### April 2 and 3 Leadership Training

Leadership training is being extended to two days to allow us more time for some expanded skills and scenarios. The training will be held at the Rochester, MA, Grange Hall at 182 Hartley Road in Rochester. The format is:

Day 1: **Basic leadership training** for all new leaders.

Day 2: **Expanded leadership training** (optional) for:

- New leaders seeking to lead Class 2 and above.
- Current Class 1 leaders who would like to advance to Class 2 and above.
- Any chapter leaders interested in expanded training.

We are seeking leaders to help teach and guide practice exercises on both days. We would like to invite both experienced leaders and new leaders. New leaders will be partnered with the experienced leaders in presenting and leading exercises.

June 4 and 5  
**Map and Compass** by Paul Brooks and friends

TBA Spring 2022  
**Introduction to Backpacking**







Ann Hargleroad with Blue Hills trails companion, Hannah.

## Winter Trail Tracing **DONE!** My turn to make the cookies!

Article and Photos by Ann Hargleroad

On December 23, 2021, I was hiking with some friends in the Blue Hills and I'm not sure how we landed on the topic of how we should all join the Friends of the Blue Hills and hike the 125 miles of trails to get their patch. It seemed like a fun idea, but it soon blossomed into a full winter endeavor.

Nothing much happened. And no plans were made. But as an AMC member, I like to check out the Outdoors on the web. I came across a Southeastern Mass. chapter series: "Winter Trail Tracing ( WTT) the Blue Hills," led by Pam Johnson. I signed up for one of her hikes. That was when it all really began.

Through her enthusiastic hikes, I literally learned the ins and outs of trail tracing. It was fun discovering and learning all the trails.

Snowstorms came and went. Snow accumulated and melted. Sometimes I followed snowshoe prints or an indentation where no brush grew, other times bare trail.

I saw the beauty of the woods.

Found places I never dreamt existed.

I enjoyed many a sunset as I hiked through the short days, giving off their beautiful light.

Finally, I was able to write this letter to Pam (hike leader) and Paul Brookes (SEM hiking chair):

*Hi Pam and Paul,*

I am overjoyed to say that I have completed the Blue Hills WTT!! I started on 12/23/21 and finished today, 3/10/22. Phew! It was getting to be an obsession, but I have to say I enjoyed every minute of it and made so many new discoveries along the way.

Eating lunch on my final day of tying off loose ends with my hiking bud, Hannah.

I hiked a total of 194.08 miles, even though there are only 125 miles of trails in the Blue Hills!

I hiked 48 miles with SEM. Thank-you for letting me join!

I hiked 59.8 miles with friends. Thank-you Fran, Barbara, Tim, Madeline, Maria, Kathy B., and Ellen!

Lastly, I hiked the remaining 86 miles myself, accompanied by my faithful dog, Hannah.

At first the map was a blank canvas. I just went anywhere. And then, seeing that I was leaving little bits everywhere, I became very systematic and pored over the map, trying to find the most efficient way to cover the missing pieces. Thanks to Barbara Lightizer, I discovered Maprika, which was a 100% improvement over AllTrails.

From wintry days on Buck Hill to great finds to meeting exceptional people, I enjoyed it all immensely! I can't wait to do it all over again! BTW: I was beyond overjoyed being awarded the SEM Winter Trail Trace patch, and per tradition for finishers I baked the cookies that day for our lunch time "show" and awards "ceremony."

A sweet ending to a sweet season of exploration.

*Ann Hargleroad*



Ann earned the AMC-SEM chapter's Winter Trail Trace the Blue Hills patch. See the requirements [here](#).

See more photos on page 10





## Winter Trail Tracing

Continued from page 9



WTT photos show both the challenges and the rewards of Winter Trail Tracing the Blue Hills.

*Photos by Ann Hargleroad*



Bicycle weather is (mostly) here! Photo by Lisa Robitaille

## Bicycling Chair and Vice Chair needed as rubber hits the road

We need you! Spring biking is right around the corner! Would you like to become a member of a dynamic leadership team? As an AMC member, a great opportunity awaits you if you enjoy bicycling and socializing with like members. AMC-SEM is currently seeking candidates to serve as Chair and Vice Chair of the Bicycling Committee.

As Chair, you'll coordinate biking activities for the Chapter, represent your committee members at the Board level, and serve as a role model by encouraging and developing new bike leaders.

The Vice Chair assists the Bicycling Chair in planning and implementing events and developing new leaders, but is not a member of the Executive Committee.

Multiple resources are available to assist you in this role. See more details [here](#).

You can also reach out to AMC-SEM Chair, Diane Simms at [chair@amcsem.org](mailto:chair@amcsem.org) or Nominating Committee Chair Alan Greenstein at [nominating1@amcsem.org](mailto:nominating1@amcsem.org).







## 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.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

**EDITOR'S NOTE:** AMC's new Activities Database no longer provides a newsletter magazine format of chapter activities. Please bear with us as we determine how to provide the most useful format for the Activities Listings without time-consuming cut-and-paste. Follow the Activity link for more information, including precise location, registration information, and leader names and bios.

### CAPE HIKES

#### [Hike Shaw Farm Trail](#)

**Sun., Apr. 3, Open. Mattapoisett/Fairhaven, MA.** Join us for a pre-registered, Sunday MORNING, flat 5-mile hike in Mattapoisett/Fairhaven. We'll start at the Phoenix Bike Trail and then walk along stone wall flanked farm fields, over boardwalks, through the wood, around a meadow, and along Nasketucket Bay. The trail has exposed roots and can be very muddy in places. Sturdy winter waterproof footwear and water are required. If icy and cold, microspikes or similar devices and poles are necessary for safety. Wear layers for varying wind and temperature conditions--part of hike is on exposed beach. Driving directions will be sent to pre-registered participants.

#### [Punkhorn Hike](#)

**Thur., May 19, 9:45AM-12PM, Brewster, MA. Open.** Wooded trails over hills with pond views. Hiking boots & poles helpful. Directions: Rt 6 Exit 78B onto Rt 134 N. In 2 miles turn Rt on Setucket Rd & continue bearing Rt on StonyBrook In 0.3 miles turn Rt on Run Hill Road to large parking lot on left

### CONSERVATION COMMITTEE

#### [Talking Trash, Virtual Presentation and Discussion](#)

**Wed., Apr. 27, 6:30:45PM.** Are you confused about what goes in your trash bin and what goes in your recycling bin? You're not alone. Attend Keep Massachusetts Beautiful's Talking Trash and Recycling presentation on Wednesday, April 27 from 6:30 - 7:45 p.m. via Zoom to learn what happens to your trash and recyclables here in Southeastern Massachusetts. We'll also discuss the world's plastic pollution crisis and how we manage trash and recycling across our state. You will learn ways to reduce the amount of trash you generate, improve your recycling habits and make easy changes to lead a more sustainable lifestyle. This interactive program is delivered in 45 minutes, with 15 - 30 additional minutes for questions and answers at the end. Pre-registration is required!





## Activities

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

### EDUCATION COMMITTEE

#### SEM Basic Leadership Training

**Sat., April 2, Open.** This full day course prepares participants to begin leading SEM activities on the local level. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready for a full day of indoor and outdoor activities. This training is required for prospective SEM trip leaders but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. For this activity we require you to provide proof that you are fully vaccinated or have a negative PCR test in the 72 hours prior to the start of the course. You will be spending a significant amount of time indoors in close proximity to other participants.

#### SEM Expanded Leadership Training (Optional)

**Sun., April 3, Open.** This 2nd full day course will follow the Basic Leadership Training course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in back-country activities. It will expand on topics presented in the Basic Leadership Training course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. It will also include basic map and compass skills and opportunities to share leadership dilemmas. Participants should be ready for a full day of indoor and outdoor activities. This course is open to: 1. attendees of the Basic Leadership Training course; 2. current leaders who want to advance to a higher leadership level; or 3. any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. For this activity we require you to provide proof that you are fully vaccinated or have a negative PCR test in the 72 hours prior to the start of the course. You will be spending a significant amount of time indoors in close proximity to other participants.

#### Map And Compass - Two-Day Weekend Workshop

**Sat., June 4, 9:00 AM - Sun., June 5, 4:00 PM, Open.** In this two-day weekend workshop, you will learn navigation skills using a map and compass. The course assumes no prior experience. We start with basic instruction and progress over two days to cover some intermediate and advanced skills. All activities will take place at the Blue Hills Reservation about 20 minutes south of Boston. Sat. morning will consist of classroom instruction. You'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike using the DCR trail map. This will include a bushwhack between two trails. On Sun. groups will plan their own route to find flags hidden both on and off-trail. You will be using a topographical map that does not show the trails and will use terrain features such as valleys, brooks, and hills to reach your destination. Each group will have an instructor to help facilitate the learning. Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. For this activity you will need to provide proof that you are fully vaccinated by emailing an image of your vaccination card to the registrar or alternatively provide a PCR test taken within 72 hours of the workshop and showing a negative result. Masks will not be required on the hikes or during the classroom instruction.

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Vice Chair SEM 20's & 30's Committee, MA.** Help engage SEM 20's & 30's members by planning in-person activities, online socials, and social media. More details [here](#). For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

**Ongoing. SEM Bicycling Chair and 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](#). 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. Vice Chair SEM Hiking Committee, MA.** More info available [here](#). 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. Vice Chair SEM Membership Committee, MA.** More info available [here](#). 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).





### Activities

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

#### 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)

#### Copicut Woods

**Sun., Mar. 27, 9:45AM-1:00PM, Copicut Woods, Fall River, MA.** The area features a variety of natural communities, vernal pools, an abandoned farm settlement, and the nearly mile-long Miller Lane, a 150-year-old stone-wall-lined scenic cart path. The landscape also has a rich cultural history and provides a range of opportunities for enjoying the outdoors. We will meet at 9:45 AM for a 10:00 AM departure. This is a flat trail, but it has some roots and rocks, so you should wear sturdy shoes (hiking shoes or boots are ideal). Dress in layers. No dogs allowed. In the event of heavy rain or snow conditions, the hike will be canceled and participants will be notified. Directions will be sent closer to the date.

#### Blue Hills Spring Conditioning Series: Hike 2 of 12

**Tues., March 29, 9:45 AM - 2:00 PM, Full.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FIRST hike in the 12-week series that runs every Tues. through June 7. We will meet up at 9:45 AM and will end around 2 PM. Registration is required for each weekly hike. Group size is limited to 15 participants. Each week the hike distance will be longer, we will increase elevation gain, move faster along the trails and add pack weight. When considering this series please plan to attend most of the hikes as it is a building series. Expect challenging terrain including rocks and ledges on most ascents and descents. Weather permitting, we will finish the series on June 7, with an extended day hike on the Skyline trail. You will be ready to take on the NH mountains!

#### Thursday Morning Hike and Tour at the Trailside Museum, Blue Hills

**Thur., March 31, 10AM-1:30PM. Open.** Are you like me and have hiked around The Trailside Museum at the Blue Hills many times but have never been inside? Or perhaps, you haven't been back for a long time? Let's remedy that! The plan is to tour the museum, which should take about a half hour, and then hike for approximately 4 miles. There may be some elevation gain but should not be too strenuous. There is a \$5.00 per person cost to enter the museum. Each of us will pay at that time. Let's combine a little history with our hike and learn some more about the Blue Hills!

#### Blue Hills Spring Conditioning Series: Hike 3 of 12

**Tues., April 5, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the THIRD hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### Frank Knowles-Little River Reserve

**Thur., Apr. 7, 9:45AM-1:30PM, Dartmouth, MA. Open.** Join us on a 5-mile +/- hike where you will experience a variety of terrain from open fields, wooded areas and boardwalks across open, pristine marshlands. A wooded upland trail across DNRT's Jonny Point property connects two salt marsh boardwalks. A network of stone walls and several historic farmhouse and barn foundations reflect the days when farms covered the land. The large forest areas make excellent wildlife habitat, including breeding habitat for many bird species. Sturdy footwear is required - no sneakers. We'll stop for snacks/lunch. Directions will be sent to registered participants. No dogs are allowed in this habitat. Limited to 15. Heavy rain/fog cancels.

#### Blue Hills Spring Conditioning Series: Hike 4 of 12

**Tues., April 12, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FOURTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### Thursday Morning Hike-Ponkapoag Pond Loop

**Thur. Apr. 14, 9:45AM-1:15PM, Canton, MA.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond. Bring waterproof hiking shoes or boots, snack/lunch, and water. We'll take a lunch/snack break at the AMC Camp down at the pond, weather permitting. Steady rain will cancel. Well behaved dogs on leash are O.K. Group size is limited to 14 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend.





### Activities

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

#### HIKING

##### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., Apr. 14, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. 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, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go," you will be required to sign an AMC waiver at the trailhead at the beginning of each hike.

##### [Blue Hills Spring Conditioning Series: Hike 5 of 12](#)

**Tues., April 19, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FIFTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

##### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., Apr. 21, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.

##### [Beginner Hike at D. W. Field Park](#)

**Sat., Apr. 23, 9-10:30AM. Brockton, MA. Open.** Do you want to start hiking with a group? This trip is for you! Join us to hike 2.5 miles around the Avon Reservoir on some dirt paths and some pavement. No experience needed. The trip will take about 1.5 - 2 hours. You don't have to be a member of the AMC. Bring a water bottle and wear some comfortable shoes. Meet us at 8:45 am for a 9:00 am start at the second parking lot off Oak St. It is on the left after the tower. Porta Potties are located in the first parking lot you pass on the left. To register or if you have any questions, email the leader and she will get back to you. Looking forward to meeting you and getting you hiking!

##### [New Member Hiking Series-Ponkapoag](#)

**Sun., Apr. 24, 10AM. Canton, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers, whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers will be acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

##### [Blue Hills Spring Conditioning Series: Hike 6 of 12](#)

**Tues., April 26, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

##### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., Apr. 28, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.

##### [Blue Hills Spring Conditioning Series: Hike 7 of 12](#)

**Tues., May 3, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

##### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 5, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.





### Activities

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

#### HIKING

##### [Blue Hills Spring Conditioning Series: Hike 8 of 12](#)

**Tues., May 10, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the EIGHTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

##### [Thursday Morning Hike - World's End](#)

**Thur., May 12, 10AM-12PM, World's End, Hingham, MA. Open.** Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Moderate 4-5 miles on hilly carriage ways and rocky paths. Explore unique peninsula in Boston Harbor with stunning views. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Heavy or steady rain cancels. Directions, property map and reservation information can be found [here](#).

##### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 12, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.

##### [New Member Hiking Series-Foxboro](#)

**Sun., May 15, 10AM, Foxboro, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

##### [Blue Hills Spring Conditioning Series: Hike 9 of 12](#)

**Tues., May 17, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the NINTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

##### [Thur. Morning Hike Along the Lower Neponset River-Wheelchair Accessible](#)

**Thur., May 19, 10:00 AM - 3:00 PM, Open.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station, part of the Mattapan trolley extension off the red line. A parking lot next to the station is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I will have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. For this event everyone will be asked to provide proof that they either are fully vaccinated or have a current (within 72 hours) negative PCR test by emailing me an image of their vaccination card or test results prior to being approved for the hike. Masks will not be required on this hike, but anyone is welcome to wear a mask if desired. The American Planning Association has selected this waterfront trail which spans the city of Boston from its border with Milton to the Dorchester neighborhood as one of the 13 Great Places in America for 2019. This is a lovely urban walk and a great lunch location. I do hope you will join us.

##### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 19, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.



## Activities

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

### HIKING

#### [Blue Hills Spring Conditioning Series: Hike 10 of 12](#)

**Tues., May 24, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the TENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 26, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 11 of 12](#)

**Tues., May 31, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the ELEVENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: FINAL Hike 12](#)

**Tues., June 7, 9:45 AM - 3:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FINAL hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### [New Member Hiking Series - Borderland](#)

**Sun., June 26, 10AM, Easton, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from you experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

### TRAILS

#### [Earth Day! Trail Maintenance in the Blue Hills](#)

**Sat., Apr. 23, 8:45AM-12PM, Milton, MA.** Join us on Earth Day as we clean the Skyline Trail (and possibly more) by removing small, downed trees, easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. SEM will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! No experience necessary! Everyone welcome! Trail: Skyline Trail, from Hillside Street eastward to Route 28. Directions will be emailed to registered volunteers. 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.





THE END