

The Southeast Breeze

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

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Please send your Word doc and photographs to 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

Business ads start at just \$15/month. Send inquiries to breeze.editor@amcsem.org



Group rests in the shade during an 8-mile, 5-peak hike. Photo by Diane Hartley

Belknap Mountain Traverse group summits 5 peaks

By Dexter Robinson, Hike Leader

Dexter Robinson and Tom Graefe led a group of eight on April 30th on a traverse of five mountains in the Belknap Range in the Lakes Region of New Hampshire. The Belknap Mountains are a range of 26 named peaks located in the east-central part of the state, south of Lake Winnepesaukee. The range extends for about eight miles, beginning at New Hampshire Rt.11A in Gilford, running south, then it curves east through the northern end of Gilmanton, before ending in the town of Alton, where it overlooks Alton Bay of Lake Winnepesaukee. The mountains are named after Jeremy Belknap (1744–1798), a renowned preacher, historian, and author of *The History of New Hampshire*.

We had great weather for this 7-mile traverse with cool temperatures, a breeze on the summits, and no bugs. The hike featured a variety of features, including woods, ledges, scrambles up and down, and scenic vistas. After reaching the five summits, it concluded with a visit to Round Pond, a beautiful and secluded mountain pond considered to be the jewel of the mountain range.

Additional information about the Belknap Mountains and a map can be found in the latest edition of the AMC Southern New Hampshire Trail Guide as well as [online](#).

Photos continue on p. 4

View from the Chair: Get Active!

We are seeking applicants for several [Executive Committee positions](#). In the November annual meeting, members will vote on the Executive Committee slate. We currently are seeking applicants for Chapter Chair, [Vice Chapter Chair](#), and [Secretary](#). The Secretary position is perfect for someone who wants to give back but does not want to manage a committee and does not want the larger time commitment of the other roles. The Secretary takes the minutes of the monthly ExCom meetings and is also a voting member with a voice in how our chapter is run. Secretary is a very key role.



We also have openings for several Vice Chair positions, which are not part of the slate voted on by members. Committee Vice Chairs support the Committee Chairs with the expectation that they will move up to Chair when the current person steps down. Please contact me with questions.

Check out our [latest activities](#). We have bike rides, paddling, local hikes, and destination hikes. We've had recent activities for families and new members. We've already had a good number of Leaders-in-training from our April training session start their co-leads, so we look forward to more activities to come. In addition to outdoor activities, the Conservation Committee held several Zoom sessions on recycling and on ticks. I write more about what we're looking to do in the SEM Goals article in this issue.

At the 2021 annual meeting, members voted to accept the updated [Bylaws](#). In the meeting, I mentioned that the Executive Committee was also in the process of updating the SEM [Chapter Standing Rules](#), which have more details about the roles of Executive Committee members. The SEM Executive Committee approved the updated Standing Rules in our April meeting.

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.

Diane Simms, Chapter Chair

2022 Executive Board

Chapter ChairDiane Simms
Vice ChairOPEN
 SecretaryNatalie Halloran
 TreasurerEarl Deagle
 Past Chapter ChairLen Ulbricht
 Biking ChairWilliam Trimble
Biking Vice ChairOPEN
 Cape Hiking Chair.....Jane Harding
 Cape Hiking Vice ChairRobin McIntyre

Communications ChairVictoria Holland
 Communications Vice Chair... Alanna Halloran
 Conservation ChairShana Brogan
 Conservation Vice ChairKris Atkinson
 Education ChairAnne Duggan
 Education Vice ChairDoug Griffiths
 Hiking ChairPaul Brookes
 Hiking Vice Chair.....Bill Belben
 Membership Chair.....Samantha Fisher
 Membership Vice ChairSandy Santilli

Paddling ChairBarry Young
 Paddling Vice ChairJoe Keogh
 Regional Director.....Jenna Whitney
 Skiing ChairJeannine Audet
 Skiing Vice ChairDia Prantis
 Trails ChairSkip Maysles
 Trails Vice ChairSteve Scala
 20's & 30's Chair.....Shannon Garber
20's & 30's Vice Chair.....OPEN

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Lisa Robitaille
 Webmistress.....Cheryl Lathrop
 Nominating Committee Chair.....Walt Granda

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

Please contact chair@amcsem.org
 or nominating.com@amcsem.org
 if you are interested in any position.



AMC-SEM Updates Chapter Goals

By Diane Simms, AMC-SEM Chapter Chair

Our last deep dive discussion of goals was in 2019, so the SEM Executive Committee has been having lengthy discussions this year about updating our chapter goals. We worked towards those 2019 goals even while dealing with the difficulties caused by the pandemic. Some of our updated goals are a reaffirmation of our previous goals, while others are an expansion. In our May 11 Executive Committee meeting, we agreed on the goals listed below.

I appreciate every volunteer and everything they do for SEM. Do you want to help us meet our goals? Check out our [volunteer positions](#). I'm also interested in your feedback on our goals; email me at chair@amcsem.org.

AMC-SEM is a volunteer-run organization. We have volunteer leaders, committee members, and executive committee members who support the programs, activities, and communications. Volunteers choose what work they want to do and what activities they want to lead. Leaders choose where and when they offer activities.

Increase awareness of, belonging with, and inclusive participation in SEM by a wide variety of activities and outreach in our region.

1. Encourage weekend activities.
2. Encourage use of [MeetUp](#) for appropriate activities, and ease barriers to use by activity leaders and committees.
3. Expand activities for "affinity groups."
 - Conduct at least three new-member-focused outdoor activities (that is, activities specifically planned and promoted as new-member activities) by the end of 2022.

20's & 30's hikes Kick off June 12th!



Come join us June 12th from 2:00 pm - 5:00 pm for our first 20s & 30s hike of the season. We will be hiking the Lind Farm Conservation area in Norfolk. This will be about four miles with minimal elevation gain.

[Registration is required, here.](#)



'The Belle' and 'The Spawn'

Fourteen hikers enjoyed a 4.6-mile hike in Bell's Neck, Harwich, on April 28th. We stopped to see the activity in the herring run and to pose with the statue we refer to as "The Belle of Bell's Neck." Photos by Barbara Gaughan

- Identify at least two leaders interested in leading family-focused activities and conduct at least one family-focused outdoor activity by the end of 2022.
 - Post and promote 20's and 30's activities.
1. Host SEM open house in connection with AMC 2022 FallFest at a location designed to increase awareness of AMC by people under-represented in SEM outdoor activities.
 2. Conduct leader gathering by end of 2022 that includes presentations and social interaction.

Fight climate change through education, activism, chapter policies, and engaging members in measures they can take in their own homes and communities.

1. Include Breeze articles focused on different aspects of climate change.
2. Hold occasional activities that are proximate to public transportation.
3. Recruit speaker for SEM annual meeting to speak about climate change.



Greenhouse gases and how you can help sustain our future

By Shana Brogan

A key contributor to climate change and air pollution in general is the release of greenhouse gases into the atmosphere. In the United States, carbon dioxide accounts for 80% of these gases released, according to the U.S. Environmental Protection Agency, followed by methane (10%), nitrous oxide (7%), and fluorinated gases (3%). Carbon dioxide is released through burning fossil fuels such as oil, gasoline, natural gas, and coal. The largest sector burning fossil fuels is power plants generating electricity (31%), followed by transportation (26%).

Globally, a group of 1,300 independent scientists provide public reports on climate change as part of the Intergovernmental Panel on Climate Change (IPCC). In their most recent report, they stated that the world has a “brief and rapidly closing window of opportunity to secure a livable and sustainable future for all.” Even though the window is closing, *it is still open!*

Every Person Can Make a Difference—Stepping Forward:

- Minimize idling your vehicle.
- Combine errands, carpool, bike, and use public transportation.
- Consider buying electric, hybrid, or more fuel-efficient vehicles.
- Plant native trees.
- Calculate your carbon footprint (the amount of greenhouse gases produced by your actions) [here](#).
- Consider how far your purchases travel to get to you and buy local!
- Learn and support the AMC’s “30 by 30” initiative, instituted as “an ambitious and visionary goal to protect 30 percent of our nation’s lands and waters by 2030. Get more details [here](#).

Aside from actions we can take to help curb carbon emissions, we can protect the earth’s own resources that also serve to sequester carbon in the atmosphere. Known as “carbon sinks,” these natural elements absorb more carbon than they release. Trees, oceans, soil, salt marshes, and grasslands can help serve to capture and store carbon, according to the University of California, Davis. Carbon sinks are continuing to be studied as a means to off-set the effects of climate change.

Belknap Range Hike Continued from page 1

Photos by Dexter Robinson



Scrambling down ledges between ascents.



The view on the way to Round Pond.



Round Pond: A site for sore feet.



A hike through sand dunes, probably on Cape Cod.

SEM Memory: Hiking the Dunes

This photo, circa Summer 1991, shows a line of hikers following a sand dune trail, which some hikers would find more of a slog. That is the ocean in the background, and that might just be a small plane in the sky.

We are regularly adding AMC-SEM historical photos and stories to the Lookback page of our website [here](#). Please submit your own memories and pictures.



Photos by Bill Cannon

‘Beauty and the Beast’ in the Blue Hills

Lady slipper from the May 19 Trail Trace the Blue Hills hike. In contrast, some “dark magic,” also from the Blue Hills, in April! Learn about future TTBH hikes [here](#).

Biking for Muffins by ‘the Dozen’

Photos by William Trimble

A soggy morning gave way to an overcast sky and 12 intrepid bikers completed the Mother's Day Muffin Ride. Jodi Jensen did a wonderful pacing job bringing us in at 12.2 mph. Jeannine Audet kept everyone safe as sweeper. She is working on a ride that will include a brewery. Check back soon!



First Brockton walk/hike of the season! We're planning to do this every month. Hope to see you at the next one.

Photo by Diane Simms



Waste Not, Want Not

By Kris Atkinson, Conservation Committee Vice Chair

On April 27th the SEM Conservation Committee hosted a webinar by Neil Rhein, founder and executive director of Keep Massachusetts Beautiful (KMB), entitled *Talking Trash and Recycling*. It was refreshing to see the pieces of this puzzle nicely connected by an expert with extensive local experience.

The types of trash management, from the least to most desirable, are:

- Landfilling
- Waste to Energy, usually: burned
- Composting
- Recycling
- Reuse
- Reduction

These comparisons included all aspects of each process, such as transport, fuel costs, pollution and volume involved. The discussion focussed on details that we often don't consider, using broad statistical results instead of those of a single community.

One of the most startling slides was one developed by the Commonwealth, showing the ratios of trash by type: over a quarter of it is food waste. So composting or reducing food waste can reduce our trash problem by 25%.

KMB offers helpful articles on their Facebook page and through LinkedIn, touching on subjects such as Improving recycling through extended producer responsibility (EPR) laws, suggestions for organizing community cleanups, effective composting and environmental tips.

Neil's familiarity with various facets of the green community initiatives provided a good perspective on how these issues are all interrelated. He knows the results of efforts to preserve and restore our environment, such as the small-scale solar systems installed on homes and businesses in New England are generating more power during the middle of the day than our two remaining nuclear facilities. An important matter has become the equipment of recyclers becoming more automated, and unable to handle things such as black plastic, shredded paper or small objects. This has spurred some municipalities to return to sorting by type instead of single stream disposal.

In addition, the repercussion of China's ban of importing waste in 2018 led to our present status of less than 5% of plastics being recycled (cut in half), and the recycling programs of many municipalities went from being profitable into deficit. Worldwide, trash has storage facilities bursting at the seams.

We can do better at this, and new solutions are needed.





Paddling trip leader Joe Keogh, left, and Doug Griffiths take a shore break. *Photos by Lisa Robitaille*

Perfect day for kayak paddling

Beautiful day kayaking the Namasket River to the Assawompset reservoir on the Middleboro/Lakeville border. Thank you, Joe Keogh, for leading us on a wonderful adventure! Approximately 5 miles, sun shining with light winds. Next time join us, you'll be glad you did!



Above: Jon Olney, left, and Joe. Below: Martha Griffiths.



New Member hike in the F. Gilbert State Forest in Foxboro. New members get preference, but all are welcome on these hikes. Join us to meet new hiking friends! *Photo by Diane Simms*



Early morning mist at World's End in Hingham on May 21. *Photo by Diane Simms*

Free Gear Offer

15-foot two-person aluminum canoe suitable for camping, hunting, or just a fun time on the water. Includes two canoe paddles. Contact len.ulbricht@gmail.com.





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 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.

CAPE HIKES

Mon., Jun. 13. Hike - Full Moon West Dennis Beach, West Dennis, MA. Hike mile-long stretch on beach for sunset views, including inlet search for horseshoe crabs. Return on beach for moonrise. Meet 7:00 p.m. Approx. 2 hours. Option: Ice cream stop, post hike! L Janet Kaiser (774-534-2281 Before 8 p.m., jtkaiser@comcast.net) CL Richard Kaiser (508-246-7582, rjkaiser@comcast.net)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Vice Chair, Southeastern Mass Chapter. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Help organize chapter special events. - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. L Diane Simms (chair@amcsem.org)

Ongoing. Secretary, SEM chapter. SEM is seeking to fill the position of Secretary to the Executive Committee. The Secretary's responsibilities are to: * Record, prepare and distribute the minutes of the monthly Executive Committee meetings (2nd Wednesday from 6:30-8:00 pm) for review and approval. (Meetings are via Zoom. There may be an infrequent in-person meeting, no more than annually.) * As voting member, provide viewpoint in ExCom meetings. * Volunteer for occasional ad hoc discussion meetings to provide input and assist with occasional special event sub committees (not note taking; all ExCom members to assist with ad hoc activities) Proficient writing, listening and proofreading skills appropriate to a recording secretary are desirable. Reasonably proficient with Powerpoint (for taking notes.) Access to a computer. L Diane Simms (chair@amcsem.org)

Ongoing. SEM Education Vice Chair. The role of the Education Vice Chair is to help the Chair to coordinate programs to improve the skills of SEM's members and activity leaders. The Education Committee's core program is Leadership Training. 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 Vice Chair generally moves up to the Chair position when that person steps down. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email chair@amcsem.org for more information. L Diane Simms (chair@amcsem.org)



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. SEM Bicycling Vice Chair. 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 collaborates with the Biking Chair. They assist 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 Diane Simms (chair@amcsem.org)

Ongoing. Vice Chair SEM Trails. Support the Trails Chair. Coordinates trailwork activities including volunteer events. This position opens in Nov 2022 when our longstanding Trails Chair steps down and the current Vice Chair moves up. Candidate for this position should have trailwork experience or a strong desire to learn. Would look for person to be involved in SEM trail events in 2022. More details about Trail committee responsibilities here: <http://amcsem.org/assets/pdf/trails.pdf>. For more information, contact chair@amcsem.org. L Diane Simms (chair@amcsem.org)

Ongoing. SEM Chapter Chair. Executive and administrative officer of the Chapter and of the SEM Executive Committee, and representative to the Appalachian Mountain Club. Provides leadership and overall direction to all Chapter activities and operations. Email Chair@amcsem.org to discuss. Position opens November 2022. More information: <http://amcsem.org/assets/pdf/chair.pdf>. L Diane Simms (chair@amcsem.org)

HIKING

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

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

Tue., May 31- Blue Hills Spring Conditioning Series: Hike 11 of 12, Blue Hills Reservation. "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 Tuesday through June 7, 2022. 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, 2022, with an extended day hike on the Skyline trail. You will be ready to take on the NH mountains! L Pamela Johnson (617-448-4446, pjohnson8992@gmail.com, Pam loves being outdoors! She is an AMC SEM Hike Leader and leads the Winter Trail Trace the Blue Hills series and the Blue Hills Spring Conditioning Series. Pam has climbed the NH48 and is working on the 52WAV.)

Tue., May 31. WILSON MOUNTAIN & WHITCOMB WOODS - 5TH ANNUAL PERENNIALS HIKE!, WILSON MOUNTAIN/WHITCOMB WOODS RESERVATIONS. Lady's Slippers galore! In a good year there are hundreds on both sides, located in sections of the well-marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large, tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain and a snack/lunch break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 3.5 - 6.5 miles at a moderate pace. Bring plenty of water, snacks, sturdy footwear, bug spray, and sunscreen. Steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoeing enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Former AMCSEM Hiking Vice Chair, Level I Hike Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) CL Larry Petrone (508-215-7736 Before 7:00 pm, lpetrone57@gmail.com)



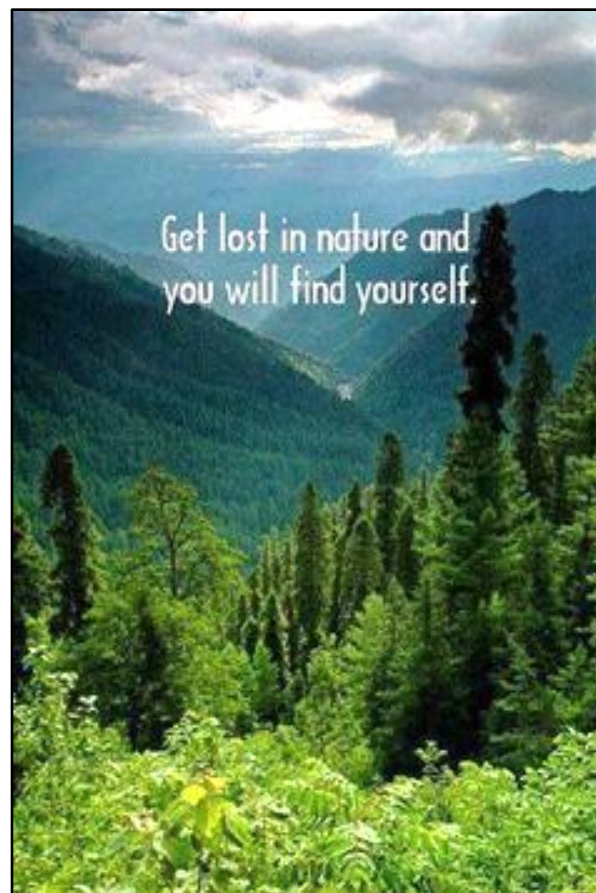
Activities

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

HIKING

Thur., Jun 2, Trail Trace the Blue Hills, Thursday Evenings, 6 PM-8 PM, Blue Hills Reservation. 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. B

Sat., Jun. 4. SEM Loves Hiking - Mt. Sandwich (3980'): SEM Intermediate/Advanced Summer Hike Series, Sandwich Range of the White Mountains. Mt. Sandwich (3980'): SEM Intermediate/Advanced Summer Series Day Hike in the Whites Saturday, June 4th 8:30- 3:00. Join us for a fun day of adventure in the Sandwich Range of the White Mountains as we hike Sandwich Mountain (3,980') via the Sandwich Mountain and Drake's Brook Trails. All qualified hikers are welcome to register for this 9-mile, 2700' elevation-gain hike. This is a vigorous trek, featuring spectacular views from Jennings Peak and Sandwich Dome. While there will be time for photo ops, water breaks, and summit treats; we aim to hike at a steady, moderate pace. Weather permitting, you will see why Sandwich Mountain is on NH's 52 With a View list. We expect high demand on some of our summer hikes, so you may be placed on the wait list. Registration is a three-step process: 1. You will complete the online registration form. 2. Expect a call from one of the leaders who will tell you more about the trip and answer any further questions you might have. 3. You will be confirmed as a participant. One week prior to the hike, you will receive an information sheet detailing directions to the trailhead and the hike's route with a map for you to print and bring along. Essential Gear: Two liters of water in a hydration flask or water bottles Lunch and snacks Extra layer of clothing: fleece or wool (no cotton), hat, gloves, and puffer jacket or vest Rain jacket and pants Headlamp with fresh batteries Insect repellent and bug net (optional) A pack to carry it all. This hike will follow the AMC COVID-19 guidelines in place at the time of the hike. L Diane Hartley (508-566-6517 5:00-8:00 pm, dihartley@comcast.net, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) CL Sujatha Srinivasan (ncsuja2021@gmail.com, Sujatha is a four-season hiker and AMC Level 2 hike leader in training)



Sat., Jun. 4. SEM's "It's All About the Views" - Hike Buck Hill, Blue Hills Reservation, Blue Hills Reservation, Hillside St. Milton Ma. SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views". Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the wait list to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. Join us to hike Buck Hill, the second highest hill at the Blue Hills Reservation. See 360-degree views of Boston, the Harbor Islands, and Mt. Monadnock on a clear day! This loop hike will be 5 miles with 500' of elevation over some hilly terrain. There is one steep, but short climb to Buck Hill. We'll hike at a moderate pace of 1.5-2.0 mph, making the trip 2.5-3 hours. To be able to do this hike, you should have hiked 4 miles recently and have climbed some hills. Contact the leader if you are not sure this hike is appropriate for you. Register and come with us! L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com) L Eva Das (borsody@gmail.com) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Kathleen Nash



Activities

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

HIKING

Sat., Jun. 4-5. MAP AND COMPASS - TWO-DAY WEEKEND WORKSHOP, Blue Hills. 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. Saturday 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 Sunday 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. The registrar is on holiday for two weeks in April and will respond to registration requests submitted during this time when he gets back. L Paul Brookes (603-799-4399 After 8 AM and before 7 PM, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes 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 Varma Saripalli (varma@saripalli.com) L Stephen Conlin (stephen.conlin@gmail.com) CL Lindsey Meyers Bertone (lmeyersbertone@gmail.com) CL Pete Tierney (pxtierney@gmail.com), R Pete Tierney (pxtierney@gmail.com)

Mon., Jun. 6-8. Hike Six 4000 Footers in 3 Days with a 2-Night Stay at Galehead Hut, Twin Mountain, NH. Join us for an ambitious, early June hike, summiting six 4,000 footers (Garfield, Galehead, South Twin, West Bond, Bond, and Bondcliff) with the comfort of a two-night stay at Galehead Hut. Weather permitting, we will witness some of the most spectacular panoramic views in the Whites. Participants must be in good physical condition, capable of hiking 12 miles with 3,000 ft. elevation gain. We have reserved eight bunks at the hut which are being held for us until May 5th. Once you register for the hike and speak with one of the leaders, you will be provided our group reservation number so you can book and pay for your hut stay directly through AMC. A detailed information sheet will be sent one week prior to the hike. Cars will be parked at two spots on Gale River Loop Road, allowing us to hike down a different trail on Wednesday than we hike up on Monday. We will hike up Garfield Trail, along the ridge to Galehead hut, where we will drop some of our things. Weather permitting, we will then summit Galehead and return to the hut in time for dinner. After an early breakfast, we'll begin a strenuous day. Beginning on Garfield Ridge, we'll head for the summit of South Twin, then travel along Twinway Trail to Bondcliff Trail, hitting the summits of West Bond, Bond and Bondcliff before returning to the hut in time for dinner. On our third day, we will hike out after a leisurely breakfast. Gear List: Sturdy hiking boots, backpack and water bottles or hydration reservoir with at least 2-liter capacity Hiking poles Sleeping bag, puffer jacket, hat & gloves Bug dope & net Rain gear - jacket and pants & pack cover Headlamp with extra batteries Personal first aid kit and medications. L Diane Hartley (508-655-6517 5:00-8:00 pm, dihartley@comcast.net, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of local conservation reserves and the wonders of our national parks and forests, as well as summer backpacking in New England; yet her ultimate passion is peak bagging. Diane completed AMC's Mountain Leadership Training in 2021.) L Anne B Duggan (508-789-5538, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

Tue., Jun. 7. Blue Hills Spring Conditioning Series: FINAL Hike 12, Blue Hills Reservation. See May 31 listing for series details.

Wed., Jun. 8-9. Lakes of the Clouds Hut Hike, Lakes of the Clouds Hut. Enjoy expansive views on the shoulder of Mt Washington staying at the Lakes of the Clouds Hut. We will hike up the Ammonoosuc Ravine Trail passing waterfalls fueled by the spring melt along the way. Weather permitting, we hope to summit Mt Washington and then perhaps after dinner, Mt Monroe. The next day we hike to Mt Eisenhower's summit and then make our way out via the Edmands Path where we have cars spotted at the trailhead. Ours will be an above tree line experience and hopefully we'll witness an unforgettable sunset from Lakes of the Clouds. Approximate Total mileage 13 miles. Cost: See rate below - includes one night hut stay, dinner, and breakfast. L Ann Hargleroad (617-935-9301, ahargleroad@gmail.com, Love Hiking, Backpacking, Biking, and Kayaking.) L William Belben (781-801-6135, william.belben@yahoo.com) CL Maureen Kelly CL Henry (Tim) Harvey

Thu., Jun. 9. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation. See June 2 listing for series details.



Activities

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

HIKING

Sat., Jun. 11. SEM Loves Hiking - Summer Hiking Series Mt. Moriah, Mount Moriah. "SEM Loves Hiking" Summer Hiking Series Participation is open to all qualified hikers. We expect there could be high demand for this hike. You may be placed on the wait list to give other hikers a chance if you have already participated in the series. We want to have as many hikers join us as possible. Join us for a hike to Mount Moriah (4,049'). The mountain is part of the Carter-Moriah Range and is one of the 48- 4,000 footers. We will be hiking via the Stony Brook Trail. This is a challenging hike of approximately 10 miles with elevation gain of 2,600'. We will be hiking at a moderate pace, and we should complete the trip in around 6-7 hours. The summit is above tree line and is quite exposed, offering panoramic, 360-degree views of the Presidential Range and the Carter-Moriah Range on a clear day. Participants should be in good physical condition and have recent hiking experience of similar mileage and elevation. Registration is required to go on this hike. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Trip will be weather dependent, determined 1-2 days before the hike. Participants should have sturdy footwear suitable for a hike on wet and rocky terrain, rain gear, warm insulating layers, 2 liters of water and lunch/snacks. Appropriate hiking clothes and a small backpack are also required. Weather can change, so please check before coming to the hike. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. Participants will receive additional detailed information (including meeting location and time) via email approximately 1 week before the hike date. L William Belben (william.belben@yahoo.com) CL Dia Prantis

Sun., Jun. 12. SEM Chapter 20s/30s Welcome Hike, Lind Farm Conservation Area, Norfolk. Come join us for our first 20s & 30s hike of the spring. We will be hiking the Lind Farm Conservation area in Norfolk. This will be about 4 miles with minimal elevation gain. L Natalie Halloran (617-543-8560, natalie.halloran@yahoo.com)

Wed., Jun. 15. SEM'S "IT'S ALL ABOUT THE VIEWS" - HIKE World's End, Hingham, MA, World's End, Hingham, MA. SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views". Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the wait list to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. 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. Moderately paced, 4-5 miles on hilly carriage ways and rocky paths. Total elevation about 400'. Bring water, snacks/lunch. Heavy or steady rain cancels. Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees of Reservation 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. L Eva Das (borsody@gmail.com) L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com) CL Keith Magyar

Thu., Jun. 16. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation. See June 2 listing for series details.

Sat., Jun. 18. SEM Loves Hiking - Mt. Garfield (4501 ft): SEM Chapter's Summer Series Day Hike in the Whites. SEM Loves Hiking - Mt. Garfield (4501 ft): SEM Chapter's Intermediate/Advanced Summer Series Day Hike in the Whites Saturday, June 18th 8:30 - 3:00 Join us for a fun day of hiking in the Whites as we summit Mt. Garfield, weather permitting. Participation is open to all qualified hikers. This is a vigorous, 10-mile, 3100' elevation gain out-and-back trek on rocky terrain, featuring spectacular views from Mt. Garfield's peaked ledges above the Pemigewasset Wilderness. Registration is a three-step process: 1. You will complete the online registration form. 2. Expect a call from one of the leaders who will tell you more about the trip and answer any further questions you might have. 3. You will be confirmed as a participant. One week prior to the hike, you will receive an information sheet detailing directions to the trailhead and the hike's route with a map for you to print and bring along. Essential Gear: Two liters of water in a hydration flask or water bottles Lunch and snacks Extra layer of clothing: fleece or wool (no cotton). Hat, gloves, and puffer jacket or vest Rain jacket and pants Headlamp with fresh batteries Insect repellent and bug net (optional) This hike will follow the AMC COVID-19 guidelines in place at the time of the hike. L Diane Hartley (508-566-6517 5:00-8:00 pm, dihartley@comcast.net, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Mountain Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) CL Pepi Rodriguez (Pepi is an avid four-season hiker who enjoys being outdoors and sharing her passion with other people. She has been hiking for over the past 20 years, mostly in her homeland of Spain. In New England, she has hiked mostly in the White Mountains, where she discovered the pleasures of backpacking. Pepi enjoys visiting the US National Parks, and on her bucket list is a rim to rim in Grand Canyon.)



Activities

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

HIKING

Sat., Jun. 18. SEM loves Hiking - North and South Hancock Mtns.. North and South Hancock Mtns SEM's Moderate/Advanced Summer Hiking Series. Participation is open to all qualified hikers. We expect high demand on some of the hikes so you may be placed on a wait list to give others a chance if you have already participated. We want to have as many hikers join us as possible. North and South Hancock Mtns ~9 miles, 2,500+ft elevation gain. This is not a beginner hike! Meeting location, packing list, et al. will be sent via email to all registered hikers one week before the hike! L Daniel Slavin (D.Slavs@gmail.com, Dan is an AMC SEM Level 2 Hike Leader. Dan boxes, bikes, runs, and does trail work. He likes day-hiking all over New England and New York and is getting back in to backpacking.) CL Raju Jaldou

Sun., Jun. 19. SEM Loves Hiking - Summer Series Mount Osceola and East Osceola. Mount Osceola and East Osceola SEM's Moderate/Advanced Summer Hiking Series Participation is open to all qualified hikers. We expect high demand on some of the hikes so you may be placed on a wait list to give others a chance if you have already participated. We want to have as many hikers join us as possible. Mount Osceola and East Osceola ~8 miles, 2,800+ft elevation gain. This is not a beginner hike! Meeting location, packing list, et al. will be sent via email to all registered hikers one week before the hike! L Daniel Slavin (D.Slavs@gmail.com, Dan is an AMC SEM Level 2 Hike Leader. Dan boxes, bikes, runs, and does trail work. He likes day-hiking all over New England and New York and is getting back in to backpacking.) CL Raju Jaldou

Thu., Jun. 23. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation. See June 2 listing for series details.

Sun., Jun. 26. New Member Hiking Series - Borderland (start change to 9 am), Easton MA. 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. L Samantha Fisher (508-243-7594 before 9:00pm, sahavah@yahoo.com, Level 1 hike leader) L Robert Branczewski (508-577-9253 before 9:00pm, lv2cook@hotmail.com, Level 1 hike leader) L Diane Simms (chair@amcsem.org)

Wed., Jun. 29-29. SEM'S "IT'S ALL ABOUT THE VIEWS" - HIKE Welch-Dickey Loop, Thornton, NH, Welch-Dickey Loop Hike, Thornton, NH. SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views". Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the wait list to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. The Welch-Dickey loop trail is an intermediate hike that affords excellent views with nearly 2 miles of open ledge walking. On the south ledges of Welch Mountain, the trail runs through one of the few stands of jack pine (*Pinus banksiana*) that occur in NH. Some of the ledges provide mildly challenging rock scrambles. Hike length is 4.4 miles but with 1800' of elevation, it is a steep hike that we will take slowly. The terrain is wooded trails, granite slabs and a few rock scrambles. If the weather is wet, the hike is dangerous, and we will substitute a different hike in the same area. Register and join us! L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com) L Paul Miller (paulallenmiller@verizon.net) CL Jan Su

Thu., Jun. 30. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation. See June 2 listing for series details.



The End