

# The Southeast Breeze

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

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

Sign up for the AMC Activity Digest. Sign into your [Outdoors.org](https://www.beoutdoors.org) account, scroll to the bottom of the page, and click "View Trips" under Digest Emails to set preferences.

Or call 1-800-372-1758

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

Like us on [Facebook](https://www.facebook.com/beoutdoors).

Follow us on [Instagram](https://www.instagram.com/beoutdoors).

## 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)



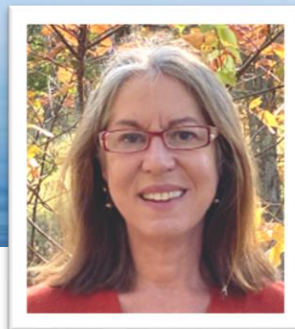
July 26, hanging out atop Mt. Jackson, with Mt. Washington in the distance behind us. The weather broke for a couple of days of lower temps and humidity, perfect summer hiking weather for our 6.5-mile Jackson-Webster loop. L to R: Jayne Olivere, Dexter Robinson, Whit Hanschka, Nancy Tutko, Peter Meggison, Stephen Buckman. *Photo by a Friendly Hiker*

## Registration still open for FallFest on Sept. 18th

Autumn kicks off with FallFest, from 9 am to 3:30 pm on Sunday, Sept. 18, at Wompatuck State Park in Hingham, MA. Are you a member of AMC-SEM but haven't tried any of our activities yet? Are you wondering what AMC-SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? Great, we have an event for you!

Explore the park on one of eight AMC-SEM hikes, including a 20's & 30's hike, Family Friendly hike, and Hike-Trail Work combo. Take a road tour by bicycle with AMC-SEM. Also check out mountain bike rides offered by the Southeastern Mass. chapter of the New England Mountain Bike Association. Listen to mid-day "Learn Stuff" talks about hiking, biking, navigating, and appreciating nature in the great outdoors.

Register for the individual activities through their listings on [Be Outdoors](https://www.beoutdoors.org). If there is room, leaders may accept people for their hikes, bike rides, and trail work that day, but to be sure you have a spot, please register for those in advance. No registration is needed for the mid-day "Learn Stuff" talks. Meet at the Visitor Center of the park at 204 Union St., Hingham, MA 02043. There is plenty of free parking and free snacks at check-in.



## View from the Chair: 2023 Executive Committee Slate

I am delighted to report that SEM has a full [2023 Executive Committee nomination slate](#). SEM members will vote on this slate at our November 5 Annual Meeting, the first in-person meeting since November 2019. [Register today!](#)

We have a very impressive group of people on the 2023 Executive Committee slate. Most of those that are highlighted in [blue](#) on the slate as “new to their positions” have been serving for months. All but one person on the slate has experience on their committees. The SEM ExCom has elected people in the past year to fill open positions, per the [SEM Bylaws](#). In the last meeting, there was a helpful suggestion that information be provided about those new on the slate in advance of the meeting.

I am very excited that Paul Brookes and Jeannine Audet have agreed to be on the slate for Chapter Chair and Chapter Vice Chair. In ExCom discussions and their actions, both Paul and Jeannine consider the overall impact to SEM, while also supporting their specific committees. Having the big view of SEM is very key for their future roles.

**Paul Brookes, Chapter Chair:** Paul was chosen as Hiking Vice Chair in May 2020 and elected as Hiking Chair in the following annual meeting. He has done an outstanding job as Chair of the Hiking Committee. He was one of the first active leaders after AMC reopened and helped to bring other leaders back. He implemented regular communication to hiking leaders, improved the [hiking section](#) of the website, encouraged participants to become new leaders—mentoring many himself—and supported SEM’s successful hiking series. Prior to being on ExCom, he was very active with SEM. Paul designed and conducted the SEM Map & Compass course, which sells out every time. He organized the annual Noble View weekend. He started the very popular Winter Trail Trace series. SEM will be in very good hands with Paul as future Chapter Chair.

**Jeannine Audet, Chapter Vice Chair:** Jeannine was the 2020 recipient of SEM’s Distinguished Service Award. A chapter member for more than 15 years, Jeannine has served as Skiing Chair since 2017. She is one of the few SEM multi-activity leaders: skiing, hiking, and biking. She helped the Biking Committee come out of COVID by mentoring two leaders and leading her own rides. She has also mentored hiking leaders-in-training. Jeannine is a Winter Workshop instructor. She is a regular contributor of articles and photos to the *Breeze*, including this month’s article on August Camp. She is part of the group who organized the Wompatuck Open House event, and she also volunteered for the new SEM Grant *ad hoc* committee. Paul will be fortunate to start his term with such a strong Chapter Vice Chair.

Continued on page 3

*Diane Simms, Chapter Chair*

### 2022 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary .....Lindsey Meyers Bertone  
 Treasurer .....Earl Deagle  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair .....William Trimble  
**Biking Vice Chair .....OPEN**  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
**Communications Vice Chair..... OPEN**  
 Conservation Chair .....Shana Brogan  
**Conservation Vice Chair .....OPEN**  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Doug Griffiths  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....Bill Belben  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Nancy Piedra

Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....Jenna Whitney  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20’s & 30’s Chair.....Shannon G.  
 20’s & 30’s Vice Chair.....Natalie Halloran

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



## 2023 Executive Committee Slate

Continued from page 2

**Lindsey Meyers Bertone, Secretary:** Lindsey was elected this month. She received a gift membership to AMC in 2020 and has been active in SEM hikes ever since. She helped teach the last Map & Compass course and has taken Wilderness First Aid. She works as a special education teacher. Lindsey has already signed up for the just posted [October 22 Leader Training](#).

**Earl Deagle, Treasurer:** Earl was elected in February 2022, and he completed training for the position in July. (The Treasurer requires training on software and AMC policies, as well as transition of signing authority.) Earl has a very strong finance and volunteer background, described in the [February Breeze](#). He is active on the ExCom, part of the group who organized the Wompatuck Open House event, and also on the new SEM Grant *ad hoc* committee.

**Bill Trimble, Biking Chair:** Bill was elected in May 2022. He has a strong biking and volunteer background, described in the [June Breeze](#). Bill has been active with his committee and will give two "Learn Stuff" talks at the Wompatuck [Open House](#). He has also helped organize the Wompatuck event and he is helping with the [SEM New England Mountain Bike Association](#) collaboration.

**Victoria Holland, Communications Chair:** Victoria was elected in February 2022. She has been very effectively managing the committee ever since, overseeing the monthly *Breeze* newsletters and monthly emails to members. She is an avid outdoors person with experience as a managing editor, as described in the [February Breeze](#).

**Anne Duggan, Education Chair:** Anne was elected shortly following the 2021 Annual Meeting. She is a longtime 4-season mountain hiking leader as well as a backpacking leader, as described in the [December Breeze](#). She is also a nurse and educator. She pulled together a strong committee to hold our first in-person leader training since COVID this past April, and will be managing the [October 22 Leader Training](#). Anne just finished her first-ever lead at August Camp.

**Bill Belben, Hiking Chair:** Bill was elected Hiking Vice Chair in April 2022 and is on the slate for Hiking Chair, the position held by Paul Brookes. Bill joined AMC in 2019 and quickly became a very active hike leader, as described in the [April Breeze](#). Even before becoming Hiking Vice Chair, Bill had started organizing two summer hiking series: SEM Loves Hiking and All About the Views. SEM had a big return to NH hiking, thanks to Bill.

**Barry Young, Paddling Chair:** Barry was elected in January 2022. Barry has been very active in many roles in our chapter (most notably as a past Chapter Chair), as described in the [January Breeze](#). In addition to his work to revitalize the Paddling committee, Barry provides valuable input during SEM ExCom discussions.

**Dia Prantis, Skiing Chair:** Dia has been serving as Skiing Vice Chair since 2020 and is on the slate for Skiing Chair, the position held by Jeannine Audet. In addition to being a Skiing leader, Dia is also a Hiking leader, who first started co-leading in 2016. She has led or co-led 15 local hikes, New Hampshire hikes, and skiing/snowshoe trips.

**Steve Scala, Trails Chair:** Steve was elected Trails Vice Chair, effective November 2020, and is stepping up to Trails Chair. He has helped to lead trail projects in the Blue Hills. He volunteers with Borderland State Park and is an avid New Hampshire hiker. Steve will be leading a trail work activity at the Wompatuck Open House.

**Shannon G., 20's & 30's Vice Chair:** Shannon was elected 20's & 30's Vice Chair in January 2022. As described in the [January Breeze](#), her career has focused on building community programs and volunteer leadership for nonprofits in Massachusetts. Shannon has helped organize several 20's & 30's activities. She's co-leading the 20's & 30's hike at the Wompatuck event.

**Jane Harding, Cape Hiking Chair; Samantha Fisher, Membership Chair; and Shana Brogan, Conservation Chair:** These three leaders were elected at the 2021 Annual Meeting and are continuing in their roles. They have all done an excellent job with their committees, and I am glad they are continuing to serve.

I want to hear your input. I generally offer several local hikes a month. Join me or email me at [chair@amcsem.org](mailto:chair@amcsem.org)

### Leadership Training October 22nd

The Education Committee is pleased to announce Leadership Training will be offered on October 22 in Sandwich, MA. This single-day training will cover the skills you will need to lead activities for the SEM chapter.

If you want to know if this course is for you, speak to your favorite activity leader or contact Anne Duggan at [EducationChair@amcsem.org](mailto:EducationChair@amcsem.org).

Click [here](#) for details and registration

Leaders, please speak to your participants about this opportunity. All referrals are appreciated.



New Level 2 leader Ann Hargleroad reaches a new height.

*Photo by Tim Harvey*

## Ann Hargleroad soars with SEM

**By Bill Belben, Hiking Vice Chair**

On June 8-9, Ann Hargleroad led a group of eager hikers on a fun and challenging hike up to Mount Washington and Mount Monroe that included an overnight stay at the Lake of Clouds Hut (LOC). In doing so, she obtained her Level 2 Hike Leader Certification for SEM.

The trip was certainly memorable for its changeable weather conditions: starting off with light rain at the trailhead; limited visibility due to dense fog at the summit of Washington; a gorgeous sunset on top of Monroe; and finally, sleet, pouring rain, and 50-60 MPH gusting winds as we traversed the Southern Presidential Ridge towards Eisenhower the following morning.

Through it all, Ann led with confidence and made decisions that kept the group safe and happy, while experiencing what conditions can be like on an exposed ridge above tree line in the White Mountains.

Ann is no stranger to hiking as she comes to SEM from the Boston AMC chapter, where she has been a member for more than 20 years and is certified as a 4-Season hike leader and paddling leader. Ann loves winter hiking and has summited all 48 New Hampshire 4,000-footers (4Ks) during the winter season. She has also completed the 67 New England 4Ks and several of the 52-With-a-View (WAV) peaks.

In addition to hiking, Ann enjoys photography, biking, rock climbing, kayaking, and cross-country skiing, and she has done so in many other locations in the U.S. and abroad. While her partner, Tim, whom she met in a Wilderness First Aid Class, tries to keep up, I suspect he is quite often looking at Ann from behind. 😊

As much as Ann loves to be active, she is also very passionate about spending time with her daughter, Melissa, her grandson, Dakota, and her dog, Hannah. Please congratulate Ann and be sure to keep on the lookout for future hike postings from her, and you will be guaranteed a great experience.

## Oct. 1 deadline for Distinguished Service Award nominations

**By Leslie Carson, DSA Committee Coordinator**

Every year since 2001, the AMC Southeastern Mass. Chapter has presented one of its members with a Distinguished Service Award (DSA) to recognize his or her outstanding contributions to the chapter. While a committee of past award recipients selects the ultimate recipient, all chapter members are encouraged to make nominations. Click [here](#) to see a list of past recipients.

The DSA is awarded to someone who:

- Is a current AMC-SEM member and has belonged to the SEM chapter for at least five years (to be verified by AMC Membership)
- Has contributed to the SEM Chapter “above and beyond” the high level of volunteer service typically provided by our activity leaders and other members;
- Whose contributions can be at the Board level, committee level, across multiple committees, or in some other chapter-wide capacity;
- Is actively contributing to the chapter or has contributed significantly in the past;
- Has not previously received the chapter’s Distinguished Service Award.

If you know of someone who is eligible for this award, please complete a [DSA Nomination Form](#) and send it to the 2022 [DSA Committee Coordinator](#). If you prefer, just email the person’s name with a brief explanation of why you think he or she deserves to receive this prestigious annual award based on the above criteria.

**All nominations must be received by October 1, 2022.** The DSA will be presented at the Annual Meeting on Saturday, November 5, 2022. Thanks! Get outdoors and stay well!



Photo by Michael Chiara on Unsplash.

## DEI Insight:

### Nature's awe-inspiring impact on us

By Ashley Stehn, SEM DEI Committee Member

*This is a new column presented by your Diversity, Equity, and Inclusion (DEI) Committee. In this column we will briefly review an inspiring article which gives us insights into the great value of continuing efforts to welcome and include a more diverse population into the ACM-SEM community. It will appear monthly in The Southeast Breeze issues.*

This month we present a review of a July 7, 2022 *New York Times* article by Alisha Haridasani Gupta and Logan Lynette, "The Mental Health Benefits of an Inclusive Outdoor Escape: Amid pandemic stress and racial violence, many communities of color have turned to wilderness areas for healing."

According to a 2021 Outdoor Foundation report, "Over the last three years, the number of Hispanic and Black people participating in outdoor activities has increased." This is good news report Gupta and Lynette, since "people of color have not had equal access to some of the spaces that could provide mental health benefits...and were systematically excluded from outdoor recreational spaces."

What particularly struck me in this article was the mention of "awe." Awe is defined in this article as "the sensation of being confronted by something so vast that it forces us to reconsider our understanding of the world...and it is that sense of awe that [is] most strongly correlated with improved well-being."

I can definitely relate to this concept when I think back to my recent hike along Franconia Ridge and the continual

awe I felt as I gazed out at the breathtaking beauty of the Pemigewasset Wilderness. The sheer vastness brought me feelings of solitude and genuine reverence, and I felt very connected to the natural world.

As SEM leader Maureen Kelly aptly observed, "We can all attest to the peace and calmness being outdoors brings..." especially when we are able to feel safe and included in the outdoor environment.

At a time of so much upheaval in today's ever-changing world, taking the time to connect with nature can bring us all fulfillment, and as research shows, lower blood pressure and cortisol levels. We can be comforted by a sense of belonging when we feel connected to something bigger.

If we can each reach out to just one person and help them to be in touch with the natural world in some small or big way, we will all be the better for it. Click on [this link](#) to read the full article:

Also, check out the new PBS series "America Outdoors with Baratunde Thurston." [Episode 4](#), in particular, is filmed in Appalachia and includes segments about hiking the Appalachian Trail. Another episode focuses on the virtues of listening to the sounds of nature, as mentioned in the *New York Times* article. And thanks for reading!

We are interested in your feedback/suggestions on the content of these monthly articles in the Southeast Breeze. Please email comments to the SEM DEI committee members: Maureen Kelly, Ken Cohen, or Ashley Stehn at [dei@amcsem.org](mailto:dei@amcsem.org).

JOIN US FOR THE SOUTHEASTERN  
MASSACHUSETTS CHAPTER OF THE  
APPALACHIAN MOUNTAIN CLUB

## FALLFEST OPEN HOUSE

WITH FRIENDS OF WOMPATUCK AND SE MASS NEMBA

**Sunday, September 18, 2022  
9 AM to 4 PM**

Wompatuck State Park Visitor Center  
204 Union St., Hingham, MA

---

AMC-SEM Hiking, Biking, and Trail Work  
9:00-11:30 AM and 1-3:30 PM

**FREE &  
EVERYONE IS  
WELCOME!**

SE Mass NEMBA Bike Rides  
1:30-3:30 PM

AMC-SEM Learn Stuff Talks

<u>Session 1 - 12-12:30 PM</u> <ul style="list-style-type: none"><li>Learn to Change a Tire</li><li>Beginner Hiker Tips</li><li>Navigation: Staying Found</li><li>Leave No Trace</li></ul>	<u>Session 2 - 12:30-1 PM</u> <ul style="list-style-type: none"><li>How to Clean Your Bike</li><li>What to Bring on a Bike Ride</li><li>Invasive Plants: How to Know When You Have a Close Encounter with an Alien</li></ul>
--	--

Register NOW  
for hikes, bike  
rides, activity  
and nature  
talks—and FUN  
at FallFest  
Open House  
on Sunday,  
September 18.



## Here's the scoop on new Level 1 Hike Leader Sujatha Srinivasan

By Paul Brookes, Hiking Chair

Sujatha Srinivasan joined AMC in Jan 2020. After lots of hiking with SEM and Boston Chapter leaders, with their guidance and encouragement, she took the leadership training program to become a Level 1 leader with both SEM and the Boston Local Walks and Hikes group.

On her qualifying hike, which was in F. Gilbert Hills, she took us to her favorite spot for stretching and afterwards invited the group to a local ice cream parlor. As you can tell, Sujatha is friendly and welcoming as well as being on top of everything.

Thank you, Diane Hartley, Bill Belben, Paul Brookes, and others who helped her become a hike leader with the SEM chapter. Sujatha is now on her way to become a Level 2 three-season Mountain Hike Leader and is taking Wilderness First Aid on September 17.

Sujatha is also a full-time IT software architect. She and her husband, Srimi, live in North Attleboro with their three kids and new golden puppy, Eiger. Sujatha hopes to bring Eiger on hikes soon once he's trained.

Her passion is to travel and see the world through hiking; she enjoys cooking different vegetarian cuisine from around the world.

Sujatha, welcome to the SEM chapter, and I look forward to going on more hikes with you.



Top Left: Sujatha on her qualifying hike in F. Gilbert Hills reservation. Left: Paul Brookes presents Sujatha with her new leader's gift bag. Above: Stretching out those hiking muscles. Photo collage by Paul Brookes



Active volunteer Ellen Thompson is a "frequent flyer" on the trails. Photo by Bill Cannon

## Please welcome our new Level 1 Hike Leader Ellen Thompson

By Bill Cannon, Hike Leader

I have been hiking with Ellen Thompson since I started hiking with the Trail Tracers many years ago. I have been to many events, including the annual Noble View weekend, where I would run into Ellen on her cross-country skis. Ellen has also been to August Camp, and she hikes in New Hampshire with her husband.

As a very involved volunteer, Ellen served on the Membership Committee, organizing new leader hikes throughout southeastern Massachusetts. She now serves on the Conservation Committee and has introduced the Conservation Corner to the Breeze.

Ellen's qualifying hike was a Full Moon hike at Borderland State Park on Thursday, November 18, 2021. She registered each participating hiker, sent out the Poop Sheet, and led a very large group around the ponds in the dark.

Please congratulate Ellen when you see her on the trail!





## Volunteer of the Month:

### Joe Keogh

By Barry Young, Paddling Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best. This month, the Paddling Committee recognizes Joe Keogh.

Joe has been an active kayaker since 2015 when he bought his first kayak, a Wilderness Systems Aspire 105, primarily for its large cockpit, which makes it easy to get in and out without having to be, as Joe says, a contortionist! In 2019 Joe became the Vice Chair of Paddling for SEM with the intent of primarily leading flat-water and small-stream paddles above the Cape Cod Canal.

While COVID-19 pretty much ended group paddling for a time, Joe has done a great job getting our SEM paddling program back up and running. This past year he has been mentoring two paddlers who should become Paddle Leaders for our chapter in the next month.

Joe also is our chapter representative on the AMC Inter-chapter Paddling Committee (IPC) and has a perfect attendance record for the past couple of years. The IPC meets about every two months via Zoom and is working on developing safety standards for all types of paddlers.

Congratulations, Joe, and thank you from all of us who paddle with SEM. Joe will receive a Volunteer of the Month Certificate and a \$50 gift card.

## CONSERVATION CORNER

### Save \$\$ Going Green: Let's look at the Inflation Reduction Act

By Ellen Thompson, Conservation Committee

"The Inflation Reduction Act" was signed into law August 16, 2022. This includes numerous investments in climate protection, including tax credits and rebates for homeowners who make their homes more energy efficient.

**Energy Efficient Home Improvement Credit.** As of January 1, 2023, the tax incentive to install new energy efficient windows, doors, water heaters, furnaces, air conditioners, etc., rises to 30% of cost for eligible home improvements. Homeowners can now take a maximum \$1,200 credit every year, which replaces a lifetime limit of \$500. In addition to the tax savings, homeowners will save on yearly electricity costs.

**Need a new car?** Existing tax credits of \$7,500 for "clean vehicles" are extended to 2032. Be careful checking details on income limits, vehicle price limits, and vehicle qualifications. A tax credit of \$4,000 is available on used vehicles. Also available, a tax break of up to \$1,000 for installing Electric Vehicle recharging equipment in your home.

**Residential Clean Energy Credit.** The credit is increased to 30% in 2023 for the cost to install renewable energy equipment: solar, wind, geothermal, fuel cell power to produce heat, cooling, hot water. This credit is also extended to battery storage technology to store residential energy. In addition to the financial benefits, renewable energy reduces dependence on the oil and gas markets.

**High Efficiency Electric Home Rebates:** Upfront rebates for heat pump stoves, clothes dryers, water heaters, heating and cooling are available for middle and lower-income Americans.

Stay tuned. More information will be published as the IRS issues regulations and clarifications.

Sources and more information are available [here](#) and [here](#).





Passionate hiker and backpacker becomes an SEM leader.  
*Photo by Joanne Newton*

## John Schepis makes it official as a new AMC-SEM Hiking Leader

By Joanne Newton, Hike Leader

On June 30, John Schepis was officially welcomed as an SEM Hike Leader and was presented with his leader's gift bag, which Paul Brookes brought to the hike that started at Fisherman's Beach. In addition to becoming an SEM Hike Leader, John has also completed the requirements for him to be a Hike Leader for the Boston chapter's Local Walks & Hikes Committee.

He attended Leadership Training and completed his qualifying hikes for both chapters!

John has been hiking for about seven years and has quickly learned that this is one of his passions. His first major hike in the White Mountains was Mt. Washington! Since then, he has climbed Washington two more times and has also summited many other peaks in the Whites. John also loves backpacking and has joined many of us on overnight packing trips in New Hampshire as well.

John has also hiked in many of the national parks, including the Grand Canyon, and has hiked a portion of the Appalachian Trail in Georgia. If you haven't seen John on the trails in the Blue Hills yet, chances are you will see him there soon, as he hikes three times per week.

John has been actively hiking with SEM for several years and has volunteered to lead the Trail Trace the Blue Hills hikes this season on numerous evenings. Bill Doherty and I very much appreciated his help as we organized this popular series this year.

John has many other interests as well, including kayaking, doing trail work, gardening, cooking, and being with family.

Congratulations, John, on this major achievement and for giving back so much to AMC. You are an inspiration to others and have helped so many people learn to appreciate hiking as you do! We all look forward to hiking with you in the future.

## SEM Memories: 'Yes, it should float, but why?'



**DATELINE:** May 18, 1985—Lois Fournier prepares to launch the newspaper canoe she made at Camp Farley in Mashpee, MA. As SEM Memory serves, the canoe--and Lois--stayed afloat.



Paul and Jeannine Audet were among five SEM leaders to attend various AMC August camp sessions. *Photo provided by Jeannine Audet*

## SEM leaders explore the Great Northwest during August Camp

By Jeannine Audet, Hike Leader

AMC August Camp 2022 was held in the beautiful and rugged North Cascades National Park in Washington. My husband, Paul, and I attended Week #4, August 6-13. It was our second time attending August Camp, and my first time as an August Camp leader. The weather was quite warm, but otherwise clear, affording beautiful views on the hikes and great swimming weather. For readers who have not had the opportunity to attend or lead at August Camp, it is an awesome experience. Read on and please consider!

Transportation via the fleet of vans to and from the SeaTac Airport and camp was well-organized by our transportation coordinator, Virginia Campbell. Our volunteer drivers got everyone to our destinations each day safely. Campers set up "home" for the week in the provided sturdy canvas tents with cots. We received a tour of the campgrounds by our Camp Director, Gina Cormody. We noted the location to refill water, the bear boxes, portapotties and the stalls to have our sun



**Base Camp.**  
*Photo provided by Jeannine Audet*

showers, as well as the gathering locations for meals and campfires. A bonus this year was the stream behind camp, a tributary of the Skagit River, which afforded a chilly rinse for brave campers.

Each evening, campers gathered around a roaring campfire to learn about and sign up for the activities offered the next day, hear reports from the completed activities of the day, recognize campers for kind and helpful acts (for which they were given a number of "cookie points"), and sing along to Gina's guitar.

Each day began with the bugle call, followed by a hearty breakfast. The ever-attentive and enthusiastic Croo, led by Nick D'Amore, also packed our made-to-order sandwiches for the activities each day. Five or six activities at a variety of levels of challenge/ adventure were offered at camp each day by the team of volunteer leaders.



Éva Borsody Das & friend at Thunder Knob & Thunder Pass.

*Photo provided by Éva Borsody Das*

The activities included:

- » A short, relatively flat hikes to a pond or river (Baker Lake, Goat Lake, Sourdough Creek);
- » a kayaking trip from Anacortes;
- » hikes with 2000+ feet of elevation gain, rewarded with too many wildflowers to name;
- » wildlife (ground squirrels, mountain goats, marmots);
- » snowfields and breathtaking views (e.g. Cascade Pass, Maple Pass, Cutthroat Pass);
- » an overnight camping trip near Mt. Baker;
- » a tour of a sculpture garden;
- » and providing community service at a greenhouse, potting ferns.

Participation in a variety of activities such as swimming at the camp, gathering for meals, and singing at the campfire afforded campers the opportunity to get to know one another and form some new friendships.

Continued on page 10



Hike to Thunder Knob and Thunder Pass. *Photo provided by Éva Borsody Das*

## August Camp

Continued from page 9

During week #4, there were several leaders from SEM Chapter, but many participants from the New York and Delaware Chapters, so there were many new faces. There was also a mama black bear and her cub, who made a brief appearance in camp!

The week concluded with "August Camp Follies," when participants showcased their talents in areas such as singing, playing instruments, reading (in some cases original) poetry, standup comedy, and performing skits. Our "goodbyes" at the end of the week were bittersweet. However, many of us shared photos, promised to stay connected via email, and are looking forward to August Camp 2023!

*Thank you, thank you, thank you* to the August Camp coordinators, leaders, and especially the Croo, who think of everything and help all to feel welcome and cared for, which makes August Camp such an awesome experience.



Snowfields at Cutthroat Pass *Photos provided by Jeannine Audet & Diane Hartley*



Left: Sauk River. Right: Éva Borsody Das leads a hike to Baker Lake. *Photos provided by Éva Borsody Das.*



Left: Crossing a rustic forest bridge. Right: Visit to a Sculpture Garden. *Photos provided by Diane Hartley*



Top: Maple Pass. Bottom: Amazing tree of the Northwest! *Photos provided by Jeannine Audet & Diane Hartley*

August Camp is the longest-running tradition in Appalachian Mountain Club's history, dating all the way back to 1887. The location of camp changes every year, ranging from Maine to Washington and many points in between.

This volunteer-run summer program offers four one-week sessions of group hiking and outdoor activities for adults in or near National Parks, Forests, and Wilderness areas, chiefly in the Western US.

Each summer August Camp sets up a tent community for about 60 people in the chosen area, which serves as a base camp. Most activities are within an hour's drive.

August Camp 2023 will take place July 15 through August 12 in the region near Mount Hood in Oregon. Visit [August Camp](#) for details.

Continued on page 11



## August Camp Continued from page 10



Jeannine Audet at Cut-Throat Pass. *Photos provided by Jeannine Audet*



Hike to Monte Cristo, a silver-mining center turned ghost town. *Photos provided by Jeannine Audet*



Still limber after passing the timber line. *Photo provided by Diane Hartley*

## 50-mile challenge & free 'Ride With GPS' for biking members

By Bill Trimble, Biking Chair

Did you know your AMC-SEM membership also includes a free subscription to Ride with GPS?

Ride with GPS is a Route Planner and Navigation app that lets you pre-plan rides, get turn by turn instructions, track your ride on GPS, and document time, distance, and elevation travelled.

AMC-SEM members can sign up for free Ride With GPS membership by going to the [AMC-SEM website](#). Select *Biking* from the menu at the left labelled Committees, then select *RidewithGPS* from Related Links on the right side of the page.

Once your membership is active, you can download and use the Ride with GPS routes in our club list. Or just record your own rides on the app using your cellphone or GPS enabled bike computer.

We have been working on a 50-mile challenge in September for members to document 50 miles of riding, and plan to do the same in October. Join up and start logging your distance now. Your commutes, errands, bike path rides, or beach cruises can all count toward the goal. Look for more challenges in the future as well.



Left: Sculpture Park visit. Right: Kayaking off Anacortes. *Photos provided by Éva Borsody Das & Jeannine Auddet*



Left: August Camp community service. Right: Picnic at the Blake River. *Photos provided by Éva Borsody Das*

The  
Southeastern Massachusetts Chapter  
of the  
Appalachian Mountain Club  
invites members, friends and families to our

**47th Annual Meeting**  
Saturday, November 5, 2022,  
at

**The Bay Point Club**  
**Buzzards Bay, MA**

<https://baypointclub.com/>

No charge if you just join us for the social hour and business meeting!

**4:30 pm - Doors Open, Registration & Cocktail Hour - free**  
appetizers and cash bar

**5:30 pm Annual Meeting** (no charge)

**6:30 pm Buffet Dinner & Guest Speaker - \$25 per person**  
(\$35 after October 28)

Guest speaker presentation abstract and registration form follow.

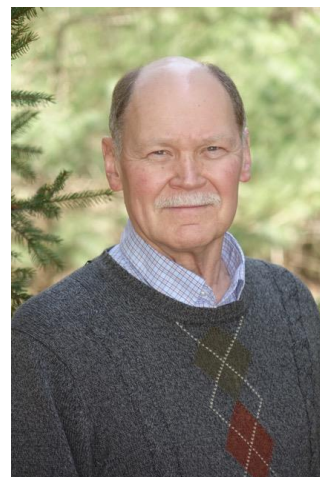
Questions? Contact Len Ulbricht at [pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org)

# THE CHANGING CAPE COD SHORELINE

## Presentation By Gil Newton

The shoreline of Cape Cod is rich in the diversity of marine plants and animals. Many of these species have washed up on the numerous sandy beaches, but several live embedded in the hostile intertidal zone, or attached to the many rocks and jetties in front of the beaches. This fascinating world of marine life can be seen by exploring the various marine habitats including the salt marshes, the mud flats, and the sand dunes. How are these organisms adapting to climate change? What species are being most affected by increasing water temperature and ocean acidification? And what can we expect as sea levels rise and coastal erosion increases? We will examine these topics and other related issues in this presentation and consider the implications of climate change in the coastal zone.

.....



AMC Southeastern Massachusetts Chapter 2022 Annual Meeting Registration Form

\$25 per person; \$35 after October 23

Please print and complete this form. Mail with your check (payable to AMCSEM) to:  
Earl Deagle, 6 Surf Avenue, Wareham, MA 02571.

AMC SEM 2022 Annual Meeting Registration Form
Todays Date
Your Name
Guest's name
Your email address and cell number
Check for Vegetarian/Vegan meal: You [ ] Guest [ ]
List food allergies
Total Price



## **SEM Executive Committee 2023 Nomination Slate**

Chair	Paul Brookes
Vice-Chair	Jeannine Audet
Secretary	Lindsey Meyers Bertone
Treasurer	Earl Deagle
Biking Chair	Bill Trimble
Cape Hiking Chair	Jane Harding
Communications Chair	Victoria Holland
Conservation Chair	Shana Brogan
Education Chair	Anne Duggan
Hiking Chair	Bill Belben
Membership Chair	Samantha Fisher
Paddling Chair	Barry Young
Past Chapter Chair	Diane Simms
Skiing Chair	Dia Prantis
Trails Chair	Steve Scala
20's & 30's Chair	Shannon G

Names in **black** are continuing in their current post; names in **blue** are new to the position.

### **The Nominating Committee**

Walt Granda

[nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)

Pete Tierney

Susan Rollins

[nominating1.com@amcsem.org](mailto:nominating1.com@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 may be required to wear masks 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.

### BICYCLING

**Sun., Sep. 18. SEM FallFest Open House road bike ride, Wompatuck State Park, 204 Union St., Hingham, MA 02043.** Join AMC SEM's FallFest Open House for about a 20 mile Bike Ride. This bike ride is open to members and non members. Meet at Visitor Center, (water filling station, free snacks, and rest facilities available). Free parking. No one will be dropped on our rides. Please contact Bill Trimble if you have questions On this ride, we will ride 20-25 miles at a 10 to 12 mph pace starting from the Visitor Center. The terrain is mostly flat with some gentle hills. A bicycle in good working order, a bicycle helmet, appropriate clothing, a spare tube for your tires, and a water bottle are required. Head and tail lights, and a rear view mirror are recommended. Bring water and a snack. Free snacks available when you check in. There's a water bottle filler in the Visitor Center. A steady rain will cancel this event. (Drizzle will not cancel). L Jeannine Audet (774-301-1209, [jeannineaudet@icloud.com](mailto:jeannineaudet@icloud.com)) CL William Trimble (774-301-1209 8AM-8PM, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is AMC SEM Biking Chair, an avid cyclist, and a certified bicycle mechanic.)

### CAPE HIKES

**Sat., Sep. 17. Hike Doane Rock Eastham, Eastham, MA.** We will be meeting at 9:45 AM at the Doane Rock Picnic Area. To find this area, turn from Route 6 in Eastham at the Cape Cod National Seashore Salt Pond Visitors Center and continue with no turns for 1.4 miles turning right into the Doane Rock Picnic Area and park in the first available spot. The hike will start at Doane Rock and proceed to the Three Sisters Light Houses over dirt roads and woods trails. Next, we will visit the Nauset Lighthouse and walk along the ocean to Coast Guard Beach and then return to Doane Rock. The total distance is 4.6 miles in about 2.5 hours. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Sep. 18. SEM FallFest Open House Intermediate Hike to Prospect Hill at Wompatuck State Park, 204 Union St., Hingham, MA 02043** Meet at Visitor Center Free parking. Join AMC SEM's FallFest Open House for a hike inside the park. We will carpool to hike start. On this hike we will explore about 5.3 miles of trails starting from the Visitor Center. We will hike on peaceful wooded trails, paved roadways and will climb to an elevation of 215 ft, the highest point in Wompatuck. We do pass through one section that requires stepping through small boulders. On our way back to the transfer station we will pass some of Wompatuck's campsites. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. No pets. Sturdy shoes are required, dress for the weather. Bring water bottle and a snack. After the hike you can stay and attend "Learn Stuff" talks which start at noon. Learn how to clean your bike and change a flat, beginner hiker tips, navigation - staying found, and invasive plants - how to know when you have a close encounter with an alien. Feel free to bring your own lunch. SEM is not planning a Rain Date. Event will be cancelled if severe weather. (Drizzle will not cancel.) Decision will be made by Thursday, September 15. L Trish Crocker ([pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com)) CL Bill Crocker ([billcrocker@yahoo.com](mailto:billcrocker@yahoo.com))



## Activities

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

### CAPE HIKES

**Sun., Sep. 18. SEM Fallfest Open House Hike, Woodpecker Pond, Wompatuck State Park, 204 Union St., Hingham, MA.** Meet at visitor's center. Join AMC SEM's FallFest Open House for a 4.5 mile hike. This hike is open to members and non members. On this hike we will explore about 4.5 miles of trails starting from the Visitor Center. We'll have a nice view of Woodpecker Pond and a WWII bunker. The terrain is flat. Sturdy shoes are required, dress for the weather. Bring water and a snack. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. No pets. Stay after the hike to attend "Learn Stuff" talks which start at noon. Learn how to clean your bike and change a flat, beginner hiker tips, navigation - staying found, and invasive plants - how to know when you have a close encounter with an alien. Feel free to bring your own lunch. SEM is not planning a Rain Date. Event will be cancelled if severe weather. (Drizzle will not cancel.) Decision will be made by Thursday, September 15. AMC Trip Policy. L Jane Harding (203-500-3155). Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net) CL Keith Magyar ([kjm1020@comcast.net](mailto:kjm1020@comcast.net))

**Thu., Sep. 29. Hike--Great Neck Audubon Sanctuary, Wareham, MA.** This 4 mile, 2 hour Show and Go hike is suitable for novice hikers. The wooded trails are relatively flat with uneven ground and roots through tall pines and historic lands. No dogs are allowed on this Audubon property. Hikers should have sturdy footwear, water, and poles if desired. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. Directions from the Cape: Over Bourne Bridge, Route 25 for 6.7 miles. Off at new Exit 3/old Exit 2, Onset/Wareham/Glen Charlie Rd. Bear right on ramp and go thru 2 traffic lights. As you cross Rte 28/6/Cranberry Hwy, name changes to Depot St. As you cross Onset Ave/Minot Ave, name changes to Great Neck Rd. Stay straight on Great Neck for 3.2 miles. Pavement turns to gravel, turn left into Great Neck Audubon. Park in lot near white house. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.) L Denise Fronius

**Sat., Oct. 1. Hike Eastham Quarry, Eastham, MA.** We will be meeting at 9:45 AM on Saturday, October 1, at a bike trail parking lot in Eastham. To find this parking lot travel north on Route 6 in Eastham passing the National Seashore Salt Pond Visitors Center. Continue 2.2 miles north of the visitor's center and turn right at a traffic light onto Nauset Road, cross the bike trail, and park in a lot on right after the bike trail. This is a 2 hour and 45 minute hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.6 miles. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Oct. 8. Bourne Farm Hike and Family Pumpkin Day, Bourne Farm, West Falmouth, MA.** Bourne Farm, a lovely old homestead, has a fund-raising "Pumpkin Day" every October when kids can pick their own pumpkins. There are usually other family activities including hayrides, animals, paddleboat rides, and vendors. Families, including children five and older, are welcome on this 2-hour hike which will cross the farm and bike path and enter some woodlands with a few hills. We encounter two tidal streams and walk along a cranberry bog. We can adjust the pace and route of the hike so that everyone will enjoy it. Ticks and poison ivy might be encountered. Rain cancels the hike but not Pumpkin Day. To tell if the hike is cancelled, on the morning of the hike go to [amcsem.org](http://amcsem.org) and find the Cape Hike Schedule. If this hike's listing is gone, the hike is cancelled. If unsure about a cancellation, contact the leader. The farm activities begin at 9:00 and our hiking group will meet by the barn at 9:15 to hike from 9:30 to 11:30. On our return there might be opportunities to buy food, or you could bring a picnic lunch. The parking area will be expanded from the main lot to an adjacent field and should accommodate all. <https://saltpondsanctuaries.org/pumpkin-day/>. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), For 18 years has been a Level 1 SEM/Cape Hikes leader.) L Cindy Tobey

**Thu., Oct. 13. Ryder Beach and National Seashore Trails, Truro, MA.** Hike 4.6 miles beginning at Ryder Beach, then continuing on woodland trails of the National Seashore. Take Rte 6 to the Orleans Rotary. Then travel 15 miles to Prince Valley Rd in Truro. Take a left on Prince Valley Rd. At the end, take a right on Old County Rd and then an immediate left on Ryder Beach Rd. Go to the end and park. We will begin our hike at Ryder Beach and go inland by the Hatch, Biddle and Atwood properties on the National Seashore Trails. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check the postings on the day of the hike to ensure that it is still happening. Thank you. L Trish Crocker ([pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com))

**Sat., Oct. 15. Hike Marconi Beach, Wellfleet, MA.** We will be meeting at 9:45 AM at the Marconi Beach parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Beach and park at the far end on the right side of the lot. This is a 3 hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.2 miles. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))



## Activities

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

**Sun., Oct. 23. Hike Shawme Crowell State Park Sandwich, MA.** Two-hour, 4-mile hike on wooded trails through the scenic campground, some hills. Expect to encounter lots of roots and rocks along the trail, we will need to step over or under some blowdowns, lots of leaves and pine needles on trails. Hiking poles strongly recommended. Bring fluid for hydration. Ticks are still active. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell on L, drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell on right and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Thu., Oct. 27. Hike--Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA.** This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius

**Sat., Oct. 29. Hike Marconi Station Wellfleet, MA.** We will be meeting at 9:45 AM at the Marconi Station Site parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Station Site and park on the left side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 6.1 miles. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Nov. 3. Hike South Truro to Poors Hill, Truro, MA.** Woodland trails, hills, and pavement and beach walking. Scenic bay views, houses and places of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Turn right on County Road, then take next left on Ryder Beach Road. Park at the end in marked spaces, near beach entrance. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (774-534- x2281 Before 9 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net), AMC life member, Cape hikes leader many years.)

**Thu., Nov. 10. Hike Mashpee River Woodlands, West Side, Mashpee River Woodlands North Lot, Quinnaquisset Ave. Mashpee, MA.** Approx. 4 mile hike through woodland trails and dirt road along the Mashpee River with some marsh views. Generally easy terrain but with exposed roots and there are several short but steep inclines. Start/finish has a steep incline with a dozen or more eroding stairs. Hikers should have sturdy footwear, water, and poles if desired. If icy conditions, bring Yak Trax or similar boot spikes. Parking lot is very small so car pool if possible. Car poolers can meet and park at Mashpee commons. Directions: Mashpee River Woodlands NORTH LOT Head to Mashpee rotary intersection of Rte 28/Rte 151 next to Mashpee Commons. At the rotary take the exit for Rte 28 S towards Hyannis. In less than 1/2 mile take the first right at the sign for Cotuit. Woodlands North Parking lot is 1/10th mile on your right. L Janis Delmonte ([delmontej@gmail.com](mailto:delmontej@gmail.com))

## EDUCATION

**Sat., Oct. 22. Basic Activity Leadership Training, Sandwich, MA.** This full day course prepares participants to begin leading SEM activities. 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. Proof of Covid 19 vaccine or negative PCR result is required to take the course. Be advised that AMC requires volunteer leaders be vaccinated or receive a negative PCR test within 72 hours of the start of an event. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto: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.)



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Vice Chair Conservation..** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities [here](#). For more information, contact Chapter Chair Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA.** The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to Chapter Chair Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Bicycling Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair 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](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Education Vice Chair, MA.** 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 Chapter Chair Diane Simms for more information. ([chair@amcsem.org](mailto:chair@amcsem.org))

**Sat., Nov. 5. SEM's 47th Annual Meeting, Wareham, MA.** The 47th SEM annual meeting will be held on Saturday, November 5, 2022. It will commence at 4:30 pm with a social hour, followed by the business meeting, and a buffet dinner. The post dinner guest speaker, local naturalist Gil Newton, will address the changing Cape Cod shoreline and impact of climate change. Click "REGISTER NOW" button to access registration form appended to the annual meeting flyer. L Leonard Ulbricht ([pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org))

### 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)**

**Sun., Sep. 18. SEM FallFest Open House - Heron Pond Hike at Wompatuck StatePark, at 204 Union Street, Hingham, MA.** Join us on a morning hike from the Wompatuck's Visitor's Center to Heron Pond during SEM's Open House FallFest event. We plan to hike at a moderate pace for 2.5 hours and about 5 miles. On our hike, we'll pass a few decommissioned military bunkers from the Hingham Naval Ammunition Depot Annex. This hike is open to AMC members and non-members. L Lawrence Petrone (508-215-7736, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced year-round hiker, and an avid Nordic skier and snow shoe enthusiast) L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four thousand foot mountains multiple times including winter. He also enjoys trail work and running.)

**Sun., Sep. 18. SEM FallFest Open House, Aaron River Reservoir, Wompatuck State Park, Hingham, MA.** Learn some the stories behind the acres of land that is Wompatuck State Park, as we wander trails along the Reservoir. We will view the large body of water from many angles along our route. This hike will be 5 miles, along wooded trails with roots and rocks to watch out for. Short sections are on pavement. Plan to wear sturdy shoes, and bring water and a snack. Sign in at the Visitor Center, then we will drive a short distance to the start of our hike. This hike is open to members and non members alike. There is a water bottle filler in the Visitor Center. Free snacks available when you check in. Sorry, no pets. After the hike you will be able to take advantage of the "Learn Stuff" offerings at the Visitor Center, from 12-1pm. So pack a lunch and stick around! L Peggy Qvicklund ([qvickan@comcast.net](mailto:qvickan@comcast.net))



### Activities

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

#### HIKING

**Sun., Sep. 18. SEM FallFest Open House, Wompatuck State Park, 204 Union St., Hingham, MA 02043.** Meet at Visitor Center. Free parking, MA. Are you a member of AMC SEM but haven't tried any of our activities yet? Are you wondering what AMC-SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? We have an event for you! See individual activity listings to register for hikes in the morning and afternoon. Registration is required for hiking, biking, and trail work activities. If there is room, leaders may accept people for their hikes, bike rides, and trail work the day of, but to be sure you have a spot, please register for those in advance. This listing is for mid-day for "learn stuff" talks. Registration is not required for the mid-day talks. Just show up and enjoy. From noon - 12:30, the talks are how to change a flat, beginner hiker tips, navigation - staying found, and leave no trace. From 12:30 - 1:00, the talks are how to clean your bike, what to bring on a bike ride, and invasive plants - how to know when you have a close encounter with an alien. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. Questions? Email Chapter Chair L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) L Samantha Fisher L Robert Branczewski CL Earl Deagle

**Sun., Sep. 18. SEM FallFest Open House - Burbank Boulder Loop Hike, MA.** Join us for a moderately paced 5 mile hike through the woods to the biggest glacial erratic in the park, cleverly balanced on 3 points! We will stop for photos at this iconic landmark. Expect to be out for about 2.5 hours (1:15pm-3:45pm). We will be following mostly level paths, some wide, some narrow, with lots of roots and some rocks, so please wear sturdy shoes with good tread. Some of our trails are along old railroad beds with wooden ties still in evidence, from the days when the park was a military depot. We will also pass old bunker type structures, some with colorful graffiti. Snacks will be available at registration. There is a water bottle filling station at the Visitor Center where the hike begins. Everyone is welcome to come at noon (no need for advance registration) for a variety of info sessions. L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net))

**Sun., Sep. 18. SEM FallFest Open House - 20's & 30's - Woodpecker Pond Loop, Wompatuck State Park 204 Union St., Hingham, MA 02043** Meet at Visitor Center Free parking, MA. Join AMC SEM's FallFest Open House for a hike with 20's & 30's. This hike is open to members and non members. On this hike we will explore about 4 miles of trails starting from the Visitor Center. We'll have a nice view of Woodpecker Pond and a WWII bunker. The terrain is flat. Sturdy shoes are required, dress for the weather. Bring water and a snack. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. No pets. Come early to attend "Learn Stuff" talks which start at noon. Learn how to clean your bike and change a flat, beginner hiker tips, navigation - staying found, and invasive plants - how to know when you have a close encounter with an alien. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) CL 20's & 30's Chair ([20s30schair@amcsem.org](mailto:20s30schair@amcsem.org)) CL Kathleen Nash

**Sun., Sep. 18. SEM FallFest Open House - Family & Pet Friendly Hike To The Reservoir, Wompatuck State Park, MA.** Join AMC SEM's FallFest Open House for a 5-mile Pet Friendly hike. This is a family hike and pets are welcome. Children over the age of 7 are welcome, anyone under 18 will need a guardian to accompany them on the hike. This hike is open to members and non-members. We'll start at the Visitor Center and hike to the Aaron reservoir and back. There are no short-cuts to the reservoir so if you want to bring your pooch, please ensure they can hike that distance. In this park, most people have their dogs off-leash so our dogs should not mind being-around other excited dogs. Dogs should also be able to behave appropriately around kids. We'll keep our dogs on leash while at the visitor center. The terrain will be hilly in places, to keep us off the bike paths as much as possible, so sturdy shoes are required but no other specific hiking gear is needed. Dress for the weather. Bring water and a snack. There's a water bottle fill station in the Visitor Center. Free snacks are available when you check in. We'll stop at the reservoir so our dogs can cool off by the water. We'll walk at a moderate pace that is comfortable for walking and talking at the same time; so, expect to be on the trails close to 3 hours and bring sunscreen and hat if it's sunny. The hike will start at 1:30 PM but you may want to come early and attend free "Learn Stuff" talks which start at noon. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto: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 Marcella Rippel

JOIN US FOR THE SOUTHEASTERN  
MASSACHUSETTS CHAPTER OF THE  
APPALACHIAN MOUNTAIN CLUB

## FALLFEST OPEN HOUSE

WITH FRIENDS OF WOMPATUCK AND SE MASS NEMBA

**Sunday, September 18, 2022**  
**9 AM to 4 PM**

Wompatuck State Park Visitor Center  
204 Union St., Hingham, MA

---

AMC-SEM Hiking, Biking, and Trail Work  
9:00-11:30 AM and 1-3:30 PM

FREE & EVERYONE IS WELCOME!

SE Mass NEMBA Bike Rides  
1:30-3:30 PM

AMC-SEM Learn Stuff Talks

<b>Session 1 - 12-12:30 PM</b>	<b>Session 2 - 12:30-1 PM</b>
<ul style="list-style-type: none"><li>• Learn to Change a Tire</li><li>• Beginner Hiker Tips</li><li>• Navigation: Staying Found</li><li>• Leave No Trace</li></ul>	<ul style="list-style-type: none"><li>• How to Clean Your Bike</li><li>• What to Bring on a Bike Ride</li><li>• Invasive Plants: How to Know When You Have a Close Encounter with an Alien</li></ul>

BE OUTDOORS APPALACHIAN MTN CLUB

35th ANNIVERSARY NEMBA

THINKING OF WOMPATUCK?



## Activities

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

### HIKING

**Tue., Sep. 20. Hiking in the Blue Hills, Blue Hills Reservation, MA.** Please join me for a hike 6-7-mile hike on various trails in the Blue Hills. The pace will be moderate (1 ½ - 2 MPH) and include about 1,200' elevation gain. The hike should be about 4 hrs. in duration. Some of the trails will include small hills, rocks and tree roots. Participants should be in good physical shape and have a recent hike history of similar length. The meeting time is 9:45am for circle up with a firm start time of 10AM. More details of meeting the meeting location and trail route will be provided to those who register and are confirmed for the hike. Participants should bring sturdy footwear, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))

**Thu., Sep. 22. Thursday Morning Blue Hills Hike - Ponkapoag Pond Loop - Canton, MA.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike around the Pond. Bring hiking shoes or boots (preferably waterproof), snack/lunch, and water. Sunscreen and insect repellent are recommended. 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. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level One Hike Leader for the past seven+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Former At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Nature - photo-journalism photographer) ([patriciae568@gmail.com](mailto:patriciae568@gmail.com))

**Fri., Sep. 23. Hiking around Highland center in Sept, White Mountains, NH.** Come join me for one day, two days or three days, and up to two nights Sept 23-25, 2022 hiking in the white mountains on trails close to the Highland Center. On Friday we will have a short hike to Arethusa fall to stretch our legs, ~ 2hours and 4 miles in the afternoon. Saturday we will complete the loop of Mt Tom, Mt Field and Avalon, for a total of 7 miles and 4/5 hours and if the group spirit is still high we can go to Mt Willey and bag another 4000'. Avalon has the best view but the downhill is pretty taxing on the legs, due to uneven terrain and steep downhill. On Sunday, for those of us who need more, we can climb Mt Pierce with an early start around 6:30 am with the sunrise, to be back in our cars by 2 pm. I reserved a camp site for the period at the Twin Mountains campground that can accommodate 4 adults. Let me know if you are interested and I will give you details on accommodations. I will be leaving from Wellfleet after lunch on Thursday and I have room for three additional people in my car plus gears. I will pick you up if you are not too much out of the way. I plan to have breakfast at the Highland center (\$15 for AMC members) From 7- 8am on Friday and Saturday and from 6 to 6:30am on Sunday and we can have breakfast together. L Gilles Pipernos (860-986-4852, [blueskyat2018@gmail.com](mailto:blueskyat2018@gmail.com), CT and SME AMC leader. Wilderness EMT. Kayak guide. Walked AT, Long trail, Alpes etc.. Love fall winter hikes.) L William belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Diane Hartley (508-566-6517 5:00-8:00 pm, 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.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto: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.)

**Sat., Sep. 24. Trail Trace The Blue Hills Hike, End To End, , Blue Hills Reservation, MA.** Join us for a Saturday End to End hike of the Skyline trail from Fowl Meadow to Shea Rink. This route is approximately 8.5 miles with over 2,000' of elevation gain. This is a difficult and strenuous hike - not for beginners. Participants should be in great shape and have been hiking regularly this season and be able to manage steep inclines, scramble over rock ledges and be prepared to keep up a good pace. Duration of the hike is expected to be 7 plus hours. We will need to spot cars at each end of the hike and carpool at the beginning and end to get everyone back to their cars. Extra time will be needed for this. Start time and trail head location will be sent out with the Information sheet a few days before the hike. We will limit this hike to 12 and hikers will be screened before they are approved to join. This is a hike of the Trail Trace Blue Hills series so Trail Tracers who have participated in the series will be given priority. Thunderstorms or severe weather will cancel this hike as conditions could be unsafe from heavy rain. This hike is for COVID vaccinated hikers or those who have a negative PCR test 72 hours prior to the event. I will ask you to share your documentation with me prior to the hike. L William Doherty (781-660-5534 5-8pm, [wdoherthy1@verizon.net](mailto:wdoherthy1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Occasional White Mountain hiker. Trail maintenance volunteer.) L Joanne Newton L Sujatha Srinivasan.



## Activities

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

### HIKING

**Sat., Sep. 24. Hills and Lakes of the Breakheart Reservation, Breakheart Reservation, MA.** We will hike at a moderate pace for about 4-5 miles (with a couple options to extend or shorten the route if the group will desire) and enjoy hills and lakes of Breakheart reservation. We will start at Helmock Road Entrance (there is plenty of parking available on weekends at Northeast Metro Tech Highschool Parking Lot). Ridge Trail will take us through a series of hills (the tallest one is about 300 feet) with beautiful open views of the Boston skyline and the reservation. It is a moderately difficult trail that follows ridgeline's ups and downs and includes some scrambling. A good physical exercise paid off generously with gorgeous views. For those familiar with Blue Hills skyline trail, that might feel a bit similar, but just a little bit less elevation. We will make short stops at viewpoints to rest and take pictures. On the way back we will follow a few different trails around Silver and Pierce Lakes. These trails will be mostly leveled forest trails with a few views over the lakes where we will stop and rest briefly. Heavy rain or thunder will cancel. Sturdy closed-toe shoes with good traction are required, hiking shoes/boots are ideal. Depending on weather sun protection, extra layers of clothing and rain gear might be needed. Make sure to bring enough water and consider packing a snack or a lunch. One of the leaders may have his well-behaved dog, Sunny, with him if the temperature is not too hot. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto: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.) CL Anastasiya Dumma (I am training to be a hike leader for the Southeastern Massachusetts chapter of the AMC. This will be my qualifying hike).

**Thu., Oct. 6. Thursday Morning Hike - Buck Hill, Blue Hills Reservation, MA.** Moderate paced 2 1/2 -3 1/2 hour hike ascending Buck Hill twice and exiting via the White Triangle trail. This is a mostly wooded hike but with elevation gain. Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks and rain jacket (just in case). Heavy rains/thunderstorms will cancel. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed registrants. L William Doherty (-- x, [wdoherty1@verizon.net](mailto:wdoherty1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker, occasional White Mountain hiker, and Trail maintenance volunteer.)

**Thu., Oct. 6. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike the first Full Moon Hike of the season. This hike will be under a Full Hunter's Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. You must be able to endure a 5 mile hike in sometimes adverse weather conditions. A few days before the hike I will email all registrants with regards to additional equipment. A detailed information sheet will be sent to all who register with the meeting location. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com), Been an AMC member for 11 years) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Sat., Oct. 22. Basic Activity Leadership Training, Sandwich, MA.** This full day course prepares participants to begin leading SEM activities. 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. Proof of Covid 19 vaccine or negative PCR result is required to take the course. Be advised that AMC requires volunteer leaders be vaccinated or receive a negative PCR test within 72 hours of the start of an event. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto: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.)

**Fri., Oct. 28-30. Fall Hiking B & B Weekend in the Berkshires, The Wainwright Inn, Great Barrington, MA.** Join us for a hiking weekend in the beautiful Berkshires! We will call the Wainwright Inn in Great Barrington our home base. The Wainwright is very cozy, with a delicious breakfast included. There are many wonderful hikes of varying degrees of challenge nearby, such as Alander Mountain, Monument Mountain, Mount Everett, & Bear Mountain. We will pack lunches for the trail & eat dinner @ local restaurants. Happy Hour will take place on Saturday after hiking. L Jeannine Audet (508-493-8221 Weeknights after 6:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine loves to hike & camp in the Berkshires & enjoys sharing these experiences with others.) L Len Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))



## Activities

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

### HIKING

**Sat., Nov. 5. SEM's 47th Annual Meeting, MA.** The 47th SEM annual meeting will be held on Saturday, November 5, 2022. It will commence at 4:30 pm with a social hour, followed by the business meeting, and a buffet dinner. The post dinner guest speaker, local naturalist Gil Newton, will address the changing Cape Cod shoreline and impact of climate change. Click "REGISTER NOW" button to access registration form appended to the annual meeting flyer. L Len Ulbricht ([lenu4@gmail.com](mailto:lenu4@gmail.com))

### PADDLING

**Tue., Sep. 20. Kayak Paddle and Safety Clinic, Mansfield, MA.** Join us for an easy 1 hour flat water paddle on Greenwood Lake in Mansfield, MA, followed by a 1.5 hour safety clinic conducted by an AMC Adventure Travel Kayak Leader. During the kayak safety clinic, a "wet exit," "assisted rescue," and "self rescue" will be demonstrated. Participants can watch the techniques and if desired, will have the opportunity to practice the rescues in a safe and controlled environment. After the safety clinic we will enjoy lunch overlooking the lake and observe all that nature has to offer. Bring your kayak, paddle, PFD, a dry change of clothes, and your lunch. Restrooms, changing areas, grill and picnic table provided by the leader. Inclement weather postpones till the following Tuesday 9/20. Complete details will be sent to all registered participants. This free kayak safety clinic will be limited to 10 participants, so sign up soon! L Barry Young (508-386-6041 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net)) CL Robin Melavalin

**Sat., Oct. 1. Paddle Taunton and Three Mile River, Berkley, MA.** The Three Mile River branches off the Taunton River in Dighton, MA and provides a quiet, easy paddle for the sojourner. This small tree lined river flows under several picturesque bridges and ends at a waterfall/dam. Enjoy the fragrance of wild Concord grapes growing riverside as you keep an eye out for the abundant Great Blue Heron and Osprey and the occasional Bald Eagle. We will put in at Berkley Bridge Heritage Park in Berkley, MA at 10 AM. 5.5 mile round trip paddle with opportunity to explore several smaller waterways off the Taunton River. Bring your kayak, PFD, paddle, water and energy snacks. Register with registrar and complete details will be forwarded to all registered participants. Rain/inclement weather date will be October 15th. L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net)) CL John Littlefield (508-740-0561, [Jlittlefield1@gmail.com](mailto:Jlittlefield1@gmail.com)), R John Littlefield ([Jlittlefield1@gmail.com](mailto:Jlittlefield1@gmail.com))

### TRAILS

**Sat., Sep. 18. SEM FallFest Open House - Trail Work, Wompatuck State Park 204 Union St., Hingham, MA 02043.** Meet at Visitor Center Free parking, Join AMC-SEM's FallFest Open House for a hike and trail work. This hike is open to members and non members. We welcome children accompanied by parent / guardian. (Please include the child's name on the electronic waiver.) No strollers please. All participants must be able to walk at least 3 miles. If you have them, bring small clippers or loppers and gardening gloves. No saws. No heavy lifting. On this activity, we'll hike up to 3 miles, doing work as we go. The terrain is flat. Sturdy shoes are required, dress for the weather. Bring water and a snack. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. No pets. Stay after this hike to attend "Learn Stuff" talks which start at noon. Learn how to clean your bike and change a flat, beginner hiker tips, navigation - staying found, and invasive plants - how to know when you have a close encounter with an alien. L Stephen Scala ([trailsvicchair@amcsem.org](mailto:trailsvicchair@amcsem.org))

**Sat., Oct. 22, Trail Maintenance in the Blue Hills, Milton, MA.** Skyline Trail, from Hillside Street eastward to Route 28 Where to meet: Directions will be, MA. Join us as we clean the Skyline Trail 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! L Stephen Scala (774-254-5167 Text or email is best., [smsca59@gmail.com](mailto:smsca59@gmail.com))



**The End**