

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | January 2023

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

Please send original, full resolution 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 \$10/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).



AMC-SEM Cape Cod hiking group explores the Bourne Town Forest and Four Ponds Conservation Area, including local historical details. *Photo by Robin McIntyre*

## Hiking and history in Bourne Conservation Area

By Robin McIntyre, Cape Hiking Vice Chair

On Sunday, Dec. 18, twelve hikers enjoyed a two-plus-hour, 4.7-Hike and history mile hike in the Bourne Town Forest and Four Ponds Conservation Area, which is managed by the Town of Bourne. The afternoon was partially sunny, and the rolling mountain bike trails gave everyone a good workout.

In the Four Ponds area, hikers heard some history about the area—President Grover Cleveland fished here, and Gadabout Gaddis (host of *The Flying Fisherman* TV show) owned a fishing lodge which has since burned down. The ponds, manmade in the 1800s, served as a power source for the waterwheel of an iron foundry. A beautiful pair of swans graced one of the ponds. A lovely way to spend time together outdoors!

### [Register Now!](#)

AMC's 147th Annual Summit  
Saturday, February 4th, 2023  
Four Points by Sheraton, Norwood, MA



## View from the Chair: Forming Fitness Habits

HAPPY NEW YEAR! As we begin 2023, I want to wish you, your families, and your loved ones a healthy, rewarding, and meaningful year.

New Years is a time we make resolutions, many around getting fitter. Most gyms are full for a few weeks but then motivation dwindles, and folks stop going. Research shows [good habits](#) form when you commit to others, measure progress, do it with a group, and the activity is pleasurable.

So, SEM has good news for you! Our outdoor activities hit all these points, and our dedicated leaders have a full slate of activities to choose from. Sign up for a series and you've made a commitment to others. Measure progress by recording your [miles](#) and earn a patch. Do it with a group on any of our [activities](#). Keep it pleasurable by mixing it up; we have hikes including [on the Cape](#), snowshoes, cross country [skiing](#), trails work and more.

So, join us as we go to the White Mountains; Join us in the Blue Hills; Join us on night hikes. Afraid of the cold? We'll teach you how to layer. Afraid you've lost your fitness? We have activities for all levels. Nervous about trying something new? We watch out for one another and we're kind to each other. So please, ditch that expensive gym membership, get outdoors and "Join us!"

*Paul Brookes, Chapter Chair*

### 2023 Executive Board

Chapter Chair .....Paul Brookes  
Vice Chair .....Jeannine Audet  
Secretary.....Lyndsey Meyers Bertone  
Treasurer .....Earl Deagle  
Past Chapter Chair .....Diane Simms

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 .....Srini Iyengar  
Hiking Chair .....Bill Belben  
**Hiking Vice Chair.....OPEN**

Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair .....Barry Young  
Paddling Vice Chair .....Joe Keogh  
Skiing Chair .....Dia Prantis  
**Skiing Vice Chair .....OPEN**  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone

### 2023 Standing Committees

20's & 30's Chair.....Natalie Halloran  
**20's & 30's Vice Chair.....OPEN**  
Biking Chair .....Bill Trimble  
**Biking Vice Chair .....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
Webmistress.....Cheryl Lathrop  
Nominating Committee Chair.....Walt Granda  
Diversity, Equity, Inclusion.....Maureen Kelly

Volunteer Rela.....Katherine Brainard  
Regional Director.....Jenna Whitney  
The Breeze Editor.....Mo Walsh  
Blast Editor.....Marie Hopkins

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





New hiking leader John Nery has previously qualified and been active in AMC as a biking leader. *Photo by Sue Rollins*

## SEM welcomes AMC veteran and new hike leader, John Nery

**By Walt Granda, Nominating Committee Chair**

Congratulations to John Nery for completing his requirements to lead local hikes! John—a Rhode Island resident, a long-time biker, and an AMC member for approximately ten years—recently decided to expand his interests into hiking. After attending several hikes at the Fall River Bioreserve, John did his first co-lead with Diane Simms on November 20th.

Two weeks later, on December 1st, John completed his second co-lead at Weetamoo Woods, Tiverton RI. In preparation for the hike, John pre-hiked all the trails, checking for wet areas, downed trees, and parking lot conditions. John took full charge of the hike, including trip planning, screening, and group management. Everyone in the group had a great time and enjoyed exploring trails at Weetamoo Woods.

John's other activities include being a SEM biking leader, and membership in both the Bike Fall River committee and the Rhode Island Bicycle Coalition. He has also volunteered with the SEM trail crew working on the 20-mile Fall River Bioreserve loop, cleaning up the Fall River Quequechan River rail trail, and has been involved with the Weetamoo Woods trail cleanup. Thanks, John, for volunteering to lead SEM hiking and biking events.

## Small Steps To Conservation

### Go meatless one day a week

**By Ellen Thompson**

Let's hop on the Meatless Monday (or Tuesday or Wednesday) train. Plan at least one day a week of plant-based meals this winter. There are so many reasons to join this effort.

The health benefits of eating vegetables include adding important nutrients to your diet like potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C, plus a reduced risk for developing heart disease, obesity, and type 2 diabetes.

Not eating meat can also help reduce the environmental impact of feeding and housing poultry and other livestock.

Finally, cooking vegetarian meals can give you a reason to get creative! Head to your local market (the closer the veggies were grown, the better), then whip up a delicious vegetarian sheet pan dinner, Buddha bowl, Pad Tai, or taco for tonight's meal.

For ideas, take a [look here](#) to find a great lineup of menu ideas for inspiration.



## SEM Memory:

### Geared up for skiing, 90s style

Enjoying a ski trip to Bretton Woods, NH, are SEM members posing in front of the Mount Washington Hotel. Is that Marie Johnson on the far left and Chuck Wright on the far right? Circa 1991?



Barbara Lighttizer, left, and John Schepis, right, celebrate their AMC hiking milestones with hiking leader Joanne Newton. *Photo by Karen Foley*

## 500-mile and 1,000-mile hiking achievements for two leaders

By Joanne Newton, Hiking Leader

Veteran hikers and SEM hiking leaders Barbara Lighttizer and John Schepis have each earned a patch marking an achievement in treks with AMC.

Barbara Lighttizer reached her 500-Mile AMC milestone on November 26, 2022, having just started recording her mileage on January 19 of this year! I asked her to tell us about how she came to love hiking.

"I can't really say where my love of hiking started. I have always enjoyed the outdoors, including hiking, biking, and skiing, and have been doing all of those since a young age," she said.

"Since joining the AMC over 30 years ago, I have been an active member and along the way have met many wonderful people who have become great friends. I have had the opportunity to hike most of the 4Ks and hike throughout the world, thanks to AMC and Adventure Travel.

"After retiring several years ago, I took the leadership training course in order to contribute back, originally leading up north before things came to a halt [due to COVID-19]," Barbara said. "More recently, I have been hiking and leading locally. Additionally, I serve on the Trails Committee in the Town of Walpole where I live. There are so many hiking opportunities right in our own backyards."

John Schepis completed his 1,000 Miles on AMC hikes on November 24, 2022. He started his quest for this milestone on May 6, 2021 and reached it just 18 months later! In addition to achieving this AMC goal, John has a personal goal of 1,000 miles each year, and he has been doing this for several years.

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! Quite the way to start tackling 4,000-footers! 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 backpacking trips in New Hampshire, as well.

John has hiked in many of the national parks, including the Grand Canyon, and has hiked a portion of the AT in Georgia. If you haven't seen John on the trails in the Blue Hills yet, chances are you will soon, as he hikes there very often.

John has been actively hiking with SEM for several years and volunteered to lead many of the Trail Trace the Blue Hills hikes on Thursday nights this past season. He became a hiking leader for both SEM and the Boston Local Walks & Hikes Committee this past summer.

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

Congratulations, Barbara and John, on reaching these milestones and for giving back to AMC!

Massachusetts has opened an Office of Outdoor Recreation, joining 17 other states across the country, to enhance outdoor recreational opportunities throughout the state and support the associated economic, environmental, and quality of life benefits they bring.

The new office is within the Executive Office of Energy and Environmental Affairs (EEA) and will work alongside state agencies, including the Department of Fish and Game, the Department of Conservation and Recreation, and the Massachusetts Office of Travel and Tourism. Get more details [here](#).





## Volunteer of the Month: Diane Simms

By Bill Belben, Hiking 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, it is with great pleasure that the Hiking Committee recognizes Diane Simms.

I am sure her name is familiar to everyone since Diane was the SEM Chapter Chair for the past two years.

Managing the day-to-day responsibilities of the Chapter Chair position is a large undertaking unto itself, so it would be understandable if Diane scaled back from leading hikes while she served in that position. But in 2022 that was certainly not the case. Diane was one of the most active leaders for our chapter, with more than 20 hike leads and co-leads.

Many of the hikes Diane leads are in the Bioreserve of Fall River. She takes Diversity, Equity, and Inclusion into consideration when setting up her hikes. Diane has built up a strong network within the local government and community social media sites to publicize her hikes to minority and underserved populations. In addition, she keeps detailed lists of past participants that she uses to alert them of upcoming hikes.

Diane has also proactively reached out to new leaders and aspiring new leaders-in-training to offer her assistance to them in planning and executing hikes. She has written letters of recommendation that allowed several leaders-in-training to become certified as new local hike leaders.

We are lucky and honored to have Diane as part of our chapter! Diane will receive a Volunteer of the Month Certificate and a \$50 gift card.

Thanks Diane!!



Photo by Richard Kaiser

## Braving the winter elements

By Richard Kaiser

Saturday, Dec. 10th, was a day of hiking in high winds, cold rain, in front of an angry ocean, yet these brave AMC hikers enjoyed every moment at Newcomb Hollow Beach in Wellfleet, MA. Coming off the cliffs onto the ocean beach is always amazing.





## SEM members explore New Zealand with AMC Adventure Travel

Article & Photos by Robin Melavalin

Have you ever heard the 1957 Mills Brothers song “Glow Worm” on YouTube? It’s a catchy tune! A few of us from SEM kayaked at night to visit glow worms in their caves in New Zealand. From November 30 to December 14, our AMC Adventure Travel group of 14 people went to the north and south islands, hiked the 33-mile Milford Track, saw kiwi birds, climbed up to view the hanging Rob Roy glacier, and visited a Māori area at dusk to see geysers. For information about future AMC Adventure Travel trips or to become an AT leader, visit the site [here](#).



**LEFT:** Three SEM members in the “Kiwi Group” are Leslie Carson, far left in pink, Robin Melavalin, next to her in yellow, & Barry Young, back row in blue shirt & black cap. *Photo by Friendly Passerby*

**RIGHT:** Clouds open to reveal summits at McKinnon Pass in Fiordland.



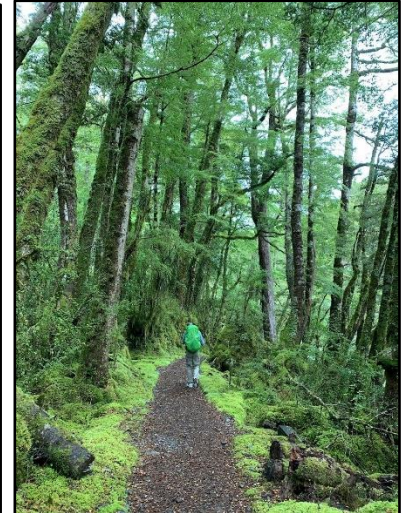
**LEFT:** Sheep along the trail to the pass.

**RIGHT:** The view from McKinnon Pass.

**BELOW LEFT:** Overlooking a valley cloud from McKinnon Pass.

**BELOW CENTER:** Milford Sound.

**BELOW RIGHT:** Lush forest along the Milford Track.





**2022 Trail Trace the Blue Hills Maps Completed**

Map Completed	2022 Date	Name	Map Completed	2022 Date	Name
#1 Red	January 14	Lars Qvicklund	#6 Purple	January 19	Joanne Newton
	March 9	Nick Georgantas		December 15	Bill Cannon
	August 16	Elisabeth Belben	#7 Pink	August 27	Joanne Newton
	October 19	Barbara Lightizer	#8 Bronze	April 29	Bill Belben
	November 27	Barney Morisette		June 15	Pete Tierney
#2 Blue	March 5	Patricia Everett		December 14	Joanne Newton
	November 29	Nick Geogantas	#9 Silver	January 26	Linda Douglas
#3 Green	September 7	John Schepis		August 3	Bill Belben
#4 Orange	December 14	John Schepis		September 21	Walt Granda
#5 Yellow	April 18	Ken Cohen	#10 Gold		
	November 22	Stephanie Cavallaro	#11 XI	August 27	Bob Vogel
	December 14	Karen Foley	#12 XII	November 23	Bill Doherty
				December 14	Bob Vogel

**December 2021 – March 2022 Winter Trail Trace the Blue Hills Maps Completed**

Map Completed	2022 Date	Name	Map Completed	2022 Date	Name
#1 White	January 25	Bill Belben	#2 White	March 19	Karen Foley
	March 5	John Schepis	#3 White	January 11	Pam Johnson
	March 6	Diane Simms		February 23	Joanne Newton
	March 8	Fran Price		March 16	Bill Doherty
	March 9	Nick Georgantas	#4 White	March 14	Pam Johnson
	March 10	Ann Hargleroad	#5 White	February 23	Bob Vogel
	March 16	Barbara Lightizer			
	March 19	Nate Parsons			

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**2022 First Time 100 Miles Patch  
(as of 12/21/22)**

Madelyn Atwood

Annie Fortnam

Barbara Lightizer

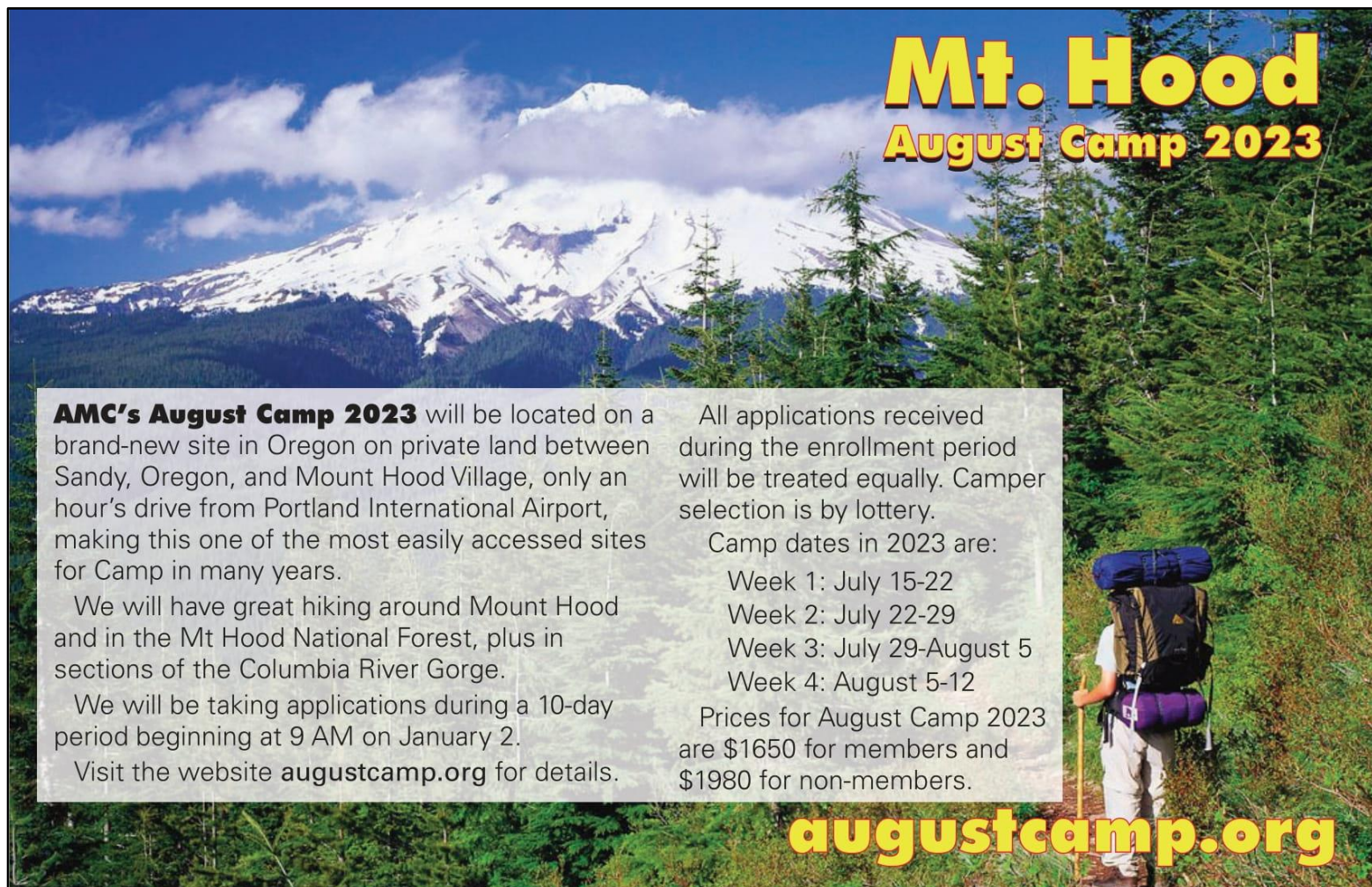
Lars Qvicklund

Susan Stoll

Gloria Urrejola



Record your hiking miles [here](#).



## Mt. Hood August Camp 2023

**AMC's August Camp 2023** will be located on a brand-new site in Oregon on private land between Sandy, Oregon, and Mount Hood Village, only an hour's drive from Portland International Airport, making this one of the most easily accessed sites for Camp in many years.

We will have great hiking around Mount Hood and in the Mt Hood National Forest, plus in sections of the Columbia River Gorge.

We will be taking applications during a 10-day period beginning at 9 AM on January 2.

Visit the website [augustcamp.org](http://augustcamp.org) for details.

All applications received during the enrollment period will be treated equally. Camper selection is by lottery.

Camp dates in 2023 are:

- Week 1: July 15-22
- Week 2: July 22-29
- Week 3: July 29-August 5
- Week 4: August 5-12

Prices for August Camp 2023 are \$1650 for members and \$1980 for non-members.

[augustcamp.org](http://augustcamp.org)





## Take a look at anniversaries from the official AMC Archives

By Becky Fullerton, AMC Archivist

### Greetings AMC colleagues,

Once again, we are at the end of another year in the long life of AMC. As is becoming the tradition, I have compiled several anniversaries of note for you to, well, take note of in 2023.

Perhaps you're involved directly in a program or project where you'll find linkages to the past useful or interesting. Maybe you are just hungry for dates and events that can connect you or others to our history and help tell the AMC story.



AMC's 'Snow-Shoe Section' had a busy schedule full of excursions in 1898. Here they stop to drink from Osceola Brook near Waterville, NH.

A few momentous milestones for the coming year include the centenary of several trails and shelters in the White Mountains, and some big anniversaries for the launch of the Maine Woods Initiative and of AMC's joining up with The Highlands Coalition.

There are many more below! If you'd like further information on any of these or know of any exceptional anniversaries I have left out, get in touch. Feel free to forward this to anyone who you think would find it useful.

### 1898: 125 Years Ago

- AMC is given about 200 acres of land in the towns of North Woodstock and Lincoln, NH, by Miss Sarah Bryant Fay, later dubbed the **Joseph Story Fay Reservation** in honor of her father. It was the largest and most valuable tract the club had received up to that point. AMC turned the land over to the State of New Hampshire in 1933. Today it is known as Fay State Forest.
- AMC holds its annual **August Camp** at Moultonborough Bay on Lake Winnepesaukee, NH, paving the way for a return trip in 1900 when we stayed on Three Mile Island and decided to establish a camp there.

### 1923: 100 Years Ago

- "**Zealand Ridge Trail**," is built from South Twin to Zeacliff, NH. This section of trail was later incorporated into the Twinway, linking Galehead and Zealand Falls Huts.
- **Gentian Pond Shelter**, **Full Goose Shelter** and **Speck Pond Shelter**, all in the Mahoosuc Range (straddling the NH/Maine border) are built.
- The first temporary camping shelter at **Eliza Brook** on the Kinsman Range, NH, is built.
- The **Carolina Mountain Club** is formed as an offshoot of a Southern Chapter of AMC started in 1920.

### 1948: 75 Years Ago

- The Brickett Place, an historic brick house in Stow, Maine, is operated by AMC as **Evans Notch Hut** starting in 1948. It was open during the summer under the care of two hut "croo" until 1957.



Evans Notch Hut

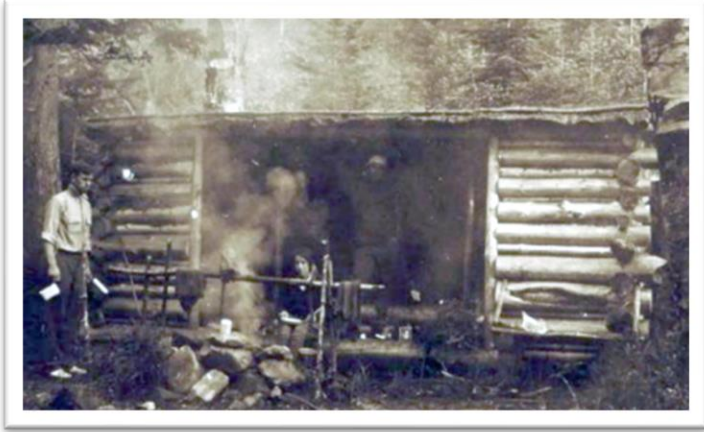
### 1973: 50 Years Ago

- AMC takes on the lease of the **Harvard Outing Club Cabin** in Pinkham Notch. New Jersey, Pennsylvania, and Connecticut.

Continued on page 10



## AMC Archives Continued from page 9



Gentian Pond Shelter, built in 1927.



The Brickett Place in Evans Notch, NH, was once operated as an AMC Hut (1948-1955).



Little Lyford Ponds Camps as they looked in the 1930s.

## 1998: 25 Years Ago

- AMC joins **The Highlands Coalition**, an advocacy group focused on land protection in the Highlands region of New York, New Jersey, Pennsylvania, and Connecticut.

## 2003: 20 Years Ago

- AMC opens the **Highland Center** at Crawford Notch.
- AMC launches the **Maine Woods Initiative** with a purchase of 37,000 acres in 100-Mile Wilderness region from International Paper and the purchase of Little Lyford Pond Camps.

## **AMC's 147th Annual Summit** **Saturday, February 4th, 2023** **Four Points by Sheraton, Norwood, MA**

This year's Annual Summit will focus on volunteers in committee, facilitator, and leadership roles by providing discussion sessions, interpersonal-skills training, and opportunities for collaboration. This 1-day event will include a full schedule of learning opportunities, a catered lunch in the Four Points ball room, the presentation of club-wide awards, and an organizational update by AMC's new CEO Nicole Zussman. [Register Now!](#)

### **Hybrid Wilderness First Aid offered at Summit:**

Attendees of this course will do so in lieu of attending Summit workshops. Under the hybrid Wilderness First Aid model, you will be required to view roughly 12 hours of the content virtually at your own pace, followed by a single day practicum hosted in person, led by one of AMC's professional staff. Participants who successfully demonstrate skills taught during the virtual and practicum components of the course will be issued a SOLO Wilderness First Aid certification. This course may also be used to recertify a current SOLO WFR in the event of expiration. An optional CPR certification will be offered on the practical day. Registration for this WFA is separate from Annual Summit registration, if you are interested in taking this course, you **MUST** sign up in advance. Registration for the WFA course is coming soon.

**SOLD OUT**





## 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, go to the bottom of [Outdoors.org](#) & click **Login**. Go to the bottom of the page & click **My Outdoors**. On **Welcome to your AMC dashboard**, scroll down to **Digest Emails** on the right, click **View Trips**. Under **My Dashboard** on the next page, click **Manage Digest Emails & Create new digest**.

### COVID 19 INFORMATION

COVID-19 Information: **Updated November 2022**. AMC requires volunteers be vaccinated or receive a negative result of a COVID-19 antigen test taken within 24 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 result of a COVID-19 antigen test taken within 24 hours of the start of an event. Photo documentation may be required 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

**Sat., Jan. 14. Hike Pamet Hill, Truro, MA.** We will be meeting at 9:45 AM on Saturday, January 14, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. This 2.5-hour hike covers 4.5 miles of steep hills, forests, and amazing ocean views 150 feet above the beach. If icy conditions, you will need crampons or spikes on your boots and poles. Unfortunately, last minute unexpected events, most often weather, sometimes force 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. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Jan. 15. Scusset Beach State Reservation Afternoon Hike.** Join us for an easy 5-mile hike with one hill and some beach walking. We'll hike Sagamore Hill for views of Cape Cod Bay, walk through the woods, along the beach to the jetty, and back along the Cape Cod Canal. There is a creek crossing over a plank. This is a figure eight loop, with the opportunity to leave after the first half. L Marcella Rippel ([marcellarippel@gmail.com](mailto:marcellarippel@gmail.com))



**Thu., Jan. 19. Hike Scenic Falmouth, MA.** Enjoy some of Falmouth's finest! Scenic beach, marsh, bogs and farms. Complete with a mini waterfall when the tide is just right. Approximately 4.5-5 miles. Terrain is mostly flat with roots and rocks. Some minor hills. Elevation gain is approximately 213 feet. Parcels are connected by paved paths and roadside berms. Be prepared for winter hiking by layering clothing, hand warmers, easy to eat high energy snacks. Ice may be present in the woods. Bring traction devices such as microspikes and hiking poles. Arrive early and gear up by 9:45. Hike begins at 10 AM promptly. You must register for this hike. Location and directions will be sent to registered hikers only. L Catherine Giordano (508-243-3884 before 9 pm, [cmgiordan@msn.com](mailto:cmgiordan@msn.com))



### Activities

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

#### CAPE HIKES

**Sun., Jan. 22. 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 or if the parking lot is not accessible. If we have snow, a portion of the hike could be done on snowshoes. 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.)

**Sat., Jan. 28. Hike Bearberry Hill, Truro, MA.** We will be meeting at 9:45 AM on Saturday, January 28, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. This 2.5-hour hike covers 4.2 miles of hills, forests, amazing ocean views, and a short beach walk. If icy conditions, you will need crampons or spikes on your boots and poles. Unfortunately, last minute unexpected events, most often weather, sometimes force 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. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Jan. 29. Hike John's Pond Mashpee, MA.** We will do a 4 mile hike on wooded trails with lots of hazards and some elevation climbs. Sturdy footwear and warm clothing are required. Hiking poles, snow spikes for your footwear if snow or ice is on the ground and fluid for hydration are strongly recommended. 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. From Falmouth RT 151 West, Turn North (L) on Currier Rd, then Right on Ashumet Rd. In short distance, Ashumet bears off to right, continue straight on Hooppole Rd. (No road sign). Go 1.5 miles and turn Right on Back Road. Go 0.6 mile to large beach parking lot. From Mashpee Rotary take Rte. 151 to Falmouth and proceed to Barnstable Fairgrounds and turn R onto Ashumet Rd., at stop sign turn R to continue on Hooppole continue 1.5 miles to R on Back Rd., go 0.6 miles to parking lot at John's Pond. Meet at 12:45 PM for 1 PM start. L Jane Harding (203-500-3155 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Sat., Feb. 11. Hike Long Nook, Truro, MA.** 2 hour hike. Visit AF Base and Jenny Lind Tower. Excellent high cliff ocean views. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force 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. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Feb. 25. Hike Head of the Meadow, Truro, MA.** 2.5 hour hike. Visit Head of the Meadow and Coast Guard Beaches and hike in the rolling hills of pine forests. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am - 12:30 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force 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. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Feb. 26. Hike-Great Neck Wareham (NOT Audubon), Wareham, MA.** This Show and Go hike is 4+ miles, 2 hours in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent. Note we are NOT meeting at the Great Neck trailhead on the map. Since this is a Show and Go hike, if it is cancelled due to inclement weather, it will be on the website. Please check the website on the day of the activity for updated status. Directions: over Bourne Bridge on Rte 25 for 6.7 miles to Exit 3/old Exit 2 (Rte 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3-way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. 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.)





## Activities

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

### CAPE HIKES

**Thu., Mar. 2. Hike - Nickerson State Park, Brewster, MA.** Hike winding trails over hills and shoreline of Big & Little Cliff ponds. I recommend poles due to many roots. Directions: Rt 6, Exit 89, turn left on 6A towards Brewster and enter Nickerson State Park at main entrance on left. Pass gatehouse, go straight and take first left on Flax Pond Road. Continue to parking lot at the end of the road near boat ramp. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check this hiking post on the day of the hike to insure it is still happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Mar. 5. Hiking Johns Pond Park Conservation Area, Mashpee, MA.** 4-mile hike in a 227-acre conservation property that has abandoned cranberry bogs that have become shallow freshwater marshes, a freshwater kettle pond, woodlands, Quashnet River headwaters and a town beach. Terrain is a combination of woodland trails, soft sand, loose gravel, dirt roads. Mostly flat. Gentle hills. A few downed trees to step over, around or thru. Hunting is allowed in all Mashpee conservation areas though hunting is prohibited on Sunday by MA state law. From time-to-time unplanned events, usually weather, force us to cancel a hike at the last minute. Please check postings on the day of the hike to be sure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 leader.)

**Thu., Mar. 9. Hike - Griffin Island, Wellfleet, MA.** Varied terrain, from marshside to wooded trails over hills, spectacular cliff trail with view of bay. Meet 9:45 AM. From Rte 6, Wellfleet, turn left at lights toward Wellfleet Center, left on E. Commercial St. toward harbor. From harbor, turn right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. 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. L Janet Kaiser (774-534-2281 eve before 8 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net))

**Thu., Mar. 23. Hike - Punkhorns, Brewster MA.** We will be taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Left @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left Unfortunately, last minute unexpected events often weather forces us to cancel @ the last minute. Please check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Mar. 26. 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

### EXECUTIVE COMMITTEE:

#### Volunteer Opportunities

**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.) - Social media updates (Facebook and Instagram) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vibrant 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 Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Skiing Vice Chair - Southeastern Mass. Chapter, MA.** Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross-country skiers and snowshoers. More details about Skiing responsibilities here: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis ([xcskicheir@amcsem.org](mailto:xcskicheir@amcsem.org)) Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org)); Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).



## Activities

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

### EXECUTIVE COMMITTEE

**Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Biking Vice Chair - Southeastern Mass Chapter.** Support the biking chair. For information on the chairs roles and responsibilities read [this document](#). If interested, please contact the biking chair and/or chapter chair and the nominating committee (see contacts). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL walt granda ([nominatingchair@amcsem.org](mailto:nominatingchair@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., Jan. 15. Hiking Fall River Bioreserve, Indian Town Road, Fall River, MA.** Enjoy a 4-5 mile hike at Copicut Woods in the Fall River Bioreserve. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. Dress for the weather. Depending on ground conditions, traction devices may be required. Leader will notify registered participants several days before the hike. No pets. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L John Nery

**Tue., Jan. 17, 24, 31; Feb. 7, 14, 21, 28; Mar. 7, 14. - Winter Trail Trace the Blue Hills - A Tuesday morning hiking / snowshoeing series, Blue Hills, MA.** You may have heard of "Trail Trace the Blue Hills," an honor system quest to hike all the mapped trails in the Blue Hills Reservation. "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. There will be ups and downs and we will endeavor to maintain a steady but moderate pace, especially if it's cold. We will stop to enjoy lunch on the trail. On the few coldest days of winter, we may snack as we walk to keep warm. We are a cohesive group that hike together, wait at intersections, and watch out for one another. People new to winter hiking are welcome and encouraged to register. If you did not attend the Winter Hiking Workshop, you will be asked to attend any winter hiking workshop with any AMC chapter or watch our winter hiking workshop video. Start "Winter Trail Tracing"! It's easy to join, register once, then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. The series has 12 hikes through March 14, 2023. The last hike will be shorter followed by a celebratory luncheon at a local restaurant. Winter hiking clothes, insulated hiking boots, hiking poles and traction equipment such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers should bring a backpack with sufficient water, lunch, extra layers, and a first aid kit. A recommended clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be cancelled during active snowstorms; other than that, the hike goes on. If it's raining, we put on a shell. Icy conditions, on go our traction devices. Super cold, we layer up. You choose when conditions are no longer fun for you. Join us when you can and want. Why hike in the winter? It's pleasant hiking without bugs, an effective way to keep fit during the long cold dark days of winter, and you experience gorgeous winter landscapes! It's fun and a great introduction to winter hiking. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny on some hikes. No other pets allowed. L/R 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.) in the Blue Hills with my dog Sunny.)





## Activities

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

### HIKING

**Thu., Jan. 19. Blue Hills Lowland Hike/Snowshoe - Thursday Morning, Blue Hills Reservation.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike or snowshoe around Ponkapoag Pond. Bring waterproof hiking shoes or boots, snack/lunch, and water. MICROspikes and/or snowshoes may be necessary depending on trail conditions. We'll take a break at the AMC Camp down at the pond, weather permitting. Steady rain or snow will cancel. Well behaved dogs on leash are O.K. The group size will be limited to 14 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend. Details and directions to the meet-up location will be sent 24-48 hours prior to the hike to those who register. 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 I Hike Leader for the past six 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 and photo-journalism photographer) ([patriciae568@gmail.com](mailto:patriciae568@gmail.com))

**Sat., Jan. 21. SEM Snowshoe Series #2 The Nancy Pond Trail to the Nancy Cascades and Nancy and Norcross Ponds, Harts Location, NH.** This moderate (8.6 mile/ 2200 foot elevation gain) snowshoe along the Nancy Pond Trail is packed with the tranquil beauty of the White Mountains National Forest. It climbs gently at first through woodlands, then steeper beside three breathe taking cascades. After reaching a plateau the trail becomes more level and traverses the lengths of two remote and beautiful ponds. While walking beside the ponds we will be treated to view of the surrounding mountains. At the end of the Norcross Pond we will gaze down into the Pemigawasset Wilderness. 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.) 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 NH48 and completed AMC's Wilderness Leadership Training.) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) CL Sujatha Srinivasan ([ncsuja2021@gmail.com](mailto:ncsuja2021@gmail.com))

**Tue., Jan.24. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Thu., Jan. 26. Thursday Morning Hike: Whitney and Thayer Woods, Cohasset, Hingham, MA.** Winter walk in Whitney & Thayer Woods, along the lovely forest trails of this Trustees of Reservations property. We will start (and end) along the wide flat rail trail, climb a couple of hundred feet on a somewhat rocky path up to the Turkey Hill viewpoint. From there we will head towards the rhododendron grove, cross Brass Kettle Brook, past Ode's den and Rooster Rock, mostly on wide paths with rolling hills, but expect sections of narrow uneven trails with roots, rocks and short steep sections as well. Plan to be out for 3-4 hours, 4-6 miles, depending on weather and trail conditions. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Wear boots (and gaiters) suitable for possibly muddy/icy trail conditions (bring traction devices if there has been recent snow or freezing temperatures), clothing suitable for the weather (windbreaker, rain gear, layers, hats, gloves); bring water/snacks/lunch. Persistent rain or snow that morning will cancel. Contact leader by email if weather is questionable. Please carpool if possible. L Eva Borsody das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Tue., Jan.31. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Thu., Feb. 2. Thursday Morning Hike at Gilbert Hills, Foxboro, MA.** Explore some of the smaller trails in Foxboro (Gilbert Hills) State Forest on this winter morning hike. We will cover approximately 5-6 miles, with small ups and downs. Plan on having traction for your boots and perhaps snowshoes. Wear winter boots, bring water, snacks and/or lunch, and an insulated pad to sit on for your comfort! We will meet at 9:45, and plan on approximately 3-4 hours, depending on conditions. L Peggy Quicklund (774-893-3011 please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), I enjoy sharing the outdoors with likeminded folks, especially in the winter!)

**Sat., Feb. 4. SEM Beginner Winter Hiking Series #4- Mount Pierce, Crawford Notch, NH.** If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them. L william belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))



### Activities

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

#### HIKING

**Tue., Feb. 7. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Thu., Feb. 9. Thursday Morning Hike - Eastover Reservation Hales Brook, 285 County Road, Marion, MA.** Hike 4 to 5 miles on flat wooded and open bog trails in the expanded Eastover Reservation/Hales Brook Trust. Meet at 9:45 AM at the trail head parking. Use 285 County Road for GPS (Nearest house) ready to hike. Lunch on the trail with view of the Sippican River. Heavy rain cancels. No Pets. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Tue., Feb. 14. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Thu., Feb. 16. Thursday Morning Hike - Let's Explore Ames Nowell State Park, Abington, MA.** Ames Nowell is an approximately 700-acre state park in Abington. There is a large pond, boardwalks, an old burial marker and many trails to explore. We will plan about a 7 miles route which should take us about 4 hours, depending on our hiking pace. So, come join us as we explore along our hike. L John Schepis (508-431-0842, [jas1218@comcast.net](mailto:jas1218@comcast.net), John is a Hiking Leader for the Southeaster MA Chapter of AMC as well as a Leader for the Boston Local Walks & Hikes Committee.) L Joanne Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net), Joanne is a Level 2 Leader for SEM and a Boston Local Walks & Hikes Leader.)

**Tue., Feb. 21. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Sun., Feb. 26-27. Lonesome Lake Hut Snow Shelter Building, Franconia, NH.** Come on this winter adventure to learn how to build a variety of snow shelters while staying at AMC's Lonesome Lake Hut in the White Mountains of New Hampshire. We will hike in approximately 1.6 miles to Lonesome Lake with an elevation gain of 950 feet. We plan to hike at a moderate pace. Traction devices such as micro spikes or hill sounds will be required as well as snowshoes. At this time of winter, we expect to be able to walk across the frozen Lonesome Lake and weather permitting see some awesome views of Franconia Ridge. Full winter gear will be required for this trip. (See equipment list.) We will be staying at rustic Lonesome Lake Hut, elevation 2740' in the heart of Franconia Notch. The hut is open in winter as a Self-Service Hut. As such we will share in packing in and preparing food for our group meals: Happy Hour, Dinner, and Breakfast. The hut common area is heated by a wood burning stove managed by the caretaker. The bunk rooms are in separate buildings which are not heated and will require an appropriately rated sleeping bag. After settling in, we will go out on the lake or surrounding woods and work on building snow shelters: Quinzhees, snow trenches with tarp, and tunnel shelters. The sunsets at 5:31 pm at this time of year. After dinner we may go out on the lake to view stars and the waxing crescent moon if they are out.

Required Equipment List: Winter Hiking Boots Non cotton Hiking socks - 3 Pairs Gaiters Snowshoes Microspikes or Hillsounds Hiking Poles Headlamp Rain Gear tops and bottoms or water resistant snow pants Backpack - large enough to hold everything plus room for a portion of group food/gear Gloves for hiking and one warmer pair; one pair of warm mittens. water resistant gloves preferred. Consider extra gloves as may be wet after shelter building Warm hat that covers ears Face mask or Balaclava Ski Goggles (needed if windy on Lake) Clothing (non cotton) appropriate for weather-use layers to adjust for cold. One dry layer for after exertions ie. synthetic wicking layer close to skin, fleece, insulated layer: puffy, layer to block wind/water. Down Parka Personal first aid (moleskin, hand/feet warmers) Water with insulated container (can use sock) Sleeping bag preferably rated zero or lower Snacks and Lunch Recommended: Snow shovel for digging shelters, tarp for trench shelter or if you plan to sleep in your shelter. Two closed cell foam pads or similar if you plan to sleep in your shelter. L Ann Hargleroad (617-935-9301, [ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), I love hiking, biking, kayaking, and photography. I have enjoyed hiking the New England 67 and the NH winter 48 but mainly just love being outdoors. I am wilderness SOLO first aid certified.) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Tim Harvey (978-349-8812, [henry\\_harvey@comcast.net](mailto:henry_harvey@comcast.net), I like outdoor activities including hiking, climbing, and back country skiing. I am working on becoming a Southeast Chapter leader.)

**Tue., Feb. 28. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,







### Activities

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

#### HIKING

**Fri., Mar. 3-5. SEM Beginner Winter Hiking Series #5- Carter Notch Hut Overnight, Bean's Purchase, NH.** If you're new to winter hiking, join us for this fifth Southeastern Mass. Chapter Winter Series Hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #5, we are planning to hike into Carter Notch Hut, at elevation 3,288 feet, which will be our home base for the weekend. We will hike in the group's food for the weekend, which the group members will prepare in the hut's kitchen. Leaders will guide group members in hikes nearby to the hut. We will stay in the bunkhouses overnight. Full winter gear and clothing will be required, including Microspikes (or equivalent traction), snowshoes, crampons & winter boots. A sleeping bag rated to 0 degrees is also required. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine enjoys leading hiking year-round. The annual winter hut hike is one of her favorites.) L Bill Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com), Bill enjoys leading hikes year-round. He is the SEM Hiking Chair.) L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), 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 Ann Hargleroad ([ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), Ann had led trips in the White Mountains year-round.)

**Tue., Mar. 7. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Tue., Mar. 14. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Thu., May 18. Thursday Morning Hike along the Lower Neponset River, Dorchester, MA. WHEELCHAIR ACCESSIBLE.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com/> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I may have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. 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.)

#### SKIING

**Fri., Feb. 3-5. X/C Skiing at Grafton Ski and Outdoor Center, Grafton, VT.** Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will stay at the Grafton Inn and have complimentary access to the Grafton Outdoor and Ski Center. Weekend will start on Friday evening and check-in is any time after 3. Inn includes a full breakfast and from there we can use the Outdoor center for x/c skiing, snowshoeing, and tubing. A range of levels is welcome. Passes and rentals are included with our stay. L Jeannine Audet (508-493-8221), Jeannine is the SEM chapter ski chair and has been leading x/c ski weekends for the last 10 years. She is also a year-round avid hiker and leader., L/R Dia Prantis (617-504-8797) Anytime and I'll return your call. (Text is often better.), [dprantis@yahoo.com](mailto:dprantis@yahoo.com)). Dia is skiing vice-chair and hike leader for SEM chapter.



The End