

The Southeast Breeze

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

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March 18 hike at Ames Nowell State Park in Abington. A fun 3 1/2 mile walk along Cleveland Pond's shore. *Photo by Diane Simms*

SEM names first three projects for chapter funding

By Diane Simms, Development Committee

The SEM Executive Committee has money to spend! The ExCom carefully manages its budget, looking to keep our chapter vibrant and add value to our members and leaders. SEM receives a portion of member dues from AMC. Unspent funds go to an SEM reserve account. In recent years, that fund has grown. This is in large part due to fewer in-person events during COVID; cancellation of the in-person annual meeting for two years, the cost of which is subsidized by the chapter; and the work done under Cheryl Lathrop's tenure as Chapter Chair to convert the *Breeze* newsletter to an electronic format. The publishing and mailing of our newsletter used to be a significant expense.

Last year, ExCom created an SEM Development Committee to create a process to identify projects to fund. Members are Jeannine Audet, Earl Deagle, Barry Young, and me. We approved three projects in March: Four Ponds and Leary Property Repairs, AMC Regional WFA Training for Leaders, and AMC Bay Circuit Trail Bonney Hill Trail Project. Details on each project will be found throughout this issue of the *Breeze*.

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View from the Chair: Meet your new Executive Board members

Your SEM Executive Committee (the board) elected two ExCom members in our March meeting to fill positions that opened since members voted in the 2023 slate at our Annual meeting last November. This is in accordance with the [SEM Bylaws](#) (Article 4, section 2). Leah McFarland is our new Conservation Chair and Justin Anderson is our Communications Vice Chair. With these interim elections, I am delighted to report that SEM continues to have a full slate of officers and committee chairs.

It is with great pleasure that I introduce to you our newest Executive Committee members.

Leah McFarland, our Conservation Chair

Leah has a bachelor's degree in biology from Baylor University. She is an AmeriCorps alumna, having served one year with The Nature Conservancy in West Virginia restoring red spruce forest. Closer to home she served a year with Buzzards Bay Coalition creating 2.5 miles of new trails. Leah is currently the Land Steward at Dartmouth Natural Resource Trust (DNRT) where, since 2017, she manages nineteen reserves with over 40 miles of trails. Leah can often be found leading volunteer crews on trail work to remove invasive plants or leading environmental education walks for the public. Leah is a perfect fit as Conservation Chair, and we look forward to all she will bring to the role.

Justin Anderson, our Communications Vice Chair

Justin has a bachelor's degree in political sciences/economics and a master's degree in education policy. Justin was willing to help wherever he was needed and could be of service, he said. "AMC plays an important role in conservation, protection, and access. And I want to help." After reviewing his managerial and technical skills, it soon became clear that he was a good fit for Communications. During one of several interviews with Walt Granda (Nominating Chair) and me, Justin said, "I believe that outdoor recreation is vital to mental and physical well-being. We have an obligation to conserve and protect those spaces." In all our conversations, his views aligned well with the AMC mission which I believe is very important in a communications chair and vice chair.

Read more about our new Executive Board members on page 3.

Happy trails,



Paul Brookes, Chapter Chair

2023 Executive Board

Chapter ChairPaul Brookes
Vice ChairJeannine Audet
Secretary.....Lindsey Meyers Bertone
TreasurerEarl Deagle
Past Chapter ChairDiane Simms

2023 Standing Committees

20's & 30's Chair.....Natalie Halloran
20's & 30's Vice Chair.....Open
Biking ChairBill Trimble
Biking Vice ChairOpen

Cape Hiking Chair.....Jane Harding
Cape Hiking Vice ChairRobin McIntyre
Communications ChairVictoria Holland
Communications Vice Chair.....Justin Anderson
Conservation ChairLeah McFarland
Conservation Vice ChairOpen
Education ChairAnne Duggan
Education Vice ChairSrini Iyengar
Hiking ChairBill Belben
Hiking Vice Chair.....Open

Membership Chair.....Samantha Fisher
Membership Vice ChairNancy Piedra
Paddling ChairBarry Young
Paddling Vice Chair.....Joe Keogh
Skiing ChairDia Prantis
Skiing Vice ChairOpen
Trails ChairSteve Scala
Trails Vice ChairLarry Petrone

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

Please contact chair@amcsem.org or nominatingchair@amcsem.org if you are interested in any open position.



SEM Development Projects

Continued from page 1

ExCom wants to use our reserves to support our region, our members, our leaders, and AMC overall. The [SEM invested reserves funding process](#) was drafted, reviewed with AMC, and approved by the SEM Executive Committee. In order for a proposal to be considered, it must be consistent with AMC's overarching mission and vision and meet one or more of following criteria:

a) Consistent with and complements the AMC's strategic themes as outlined in AMC 150 (Active Conservation, Outdoor Journey, and Recreational Network);

b) Consistent with and complements the SEM's strategic priorities and initiatives adopted by the Executive Committee; or

c) Supports AMC or Chapter-specific goals for expanding educational programs, membership, or conservation programs.

Projects will be presented to the ExCom twice per year, March and September. [Proposals](#) can be submitted by Executive Committee members, leaders, other volunteers, and SEM members.

We are excited to fund these three projects to benefit our region, our leaders, and our members. Do you have an idea for a worthy project? Read through our [process](#) and our [proposal template](#) and then email me at pastchapterchair@amcsem.org. We look forward to hearing your ideas.

Remembering SEM's Jerry Yos, age 93



Jerry Yos, long-time hiker and hike leader for the Boston and SEM chapters of the AMC, died on March 23 at the age of 93. For many years Jerry was a regular participant at Trail Trace the Blue Hills and Thursday morning hikes, in later years often being our sweep. It would not be unusual for him to stop to admire the plants along the trails and share his knowledge with us. Hiking with us into his 80s, Jerry was an inspiration to all of us who love the outdoors. Jerry was a kind and generous man and when he led a hike, he would always bring a bar of Trader Joe's chocolate to share with his group. Jerry you will be missed. Jerry's obituary can be read [here](#).

New ExCom Board members

Continued from page 2

Leah McFarland, Conservation Chair

For hobbies, Leah enjoys playing with her two dogs, camping, hiking, biking, kayaking, wildlife tracking, birding, gardening—basically a renaissance woman of the outdoors. When indoors, she enjoys reading and knitting and is a collector of house plants. Want to congratulate Leah or interested in helping, email her at conservationchair@amcsem.org.



Justin Anderson, Communications Vice Chair

Justin is currently employed in the Office of the State Auditor as an Occupational School Financial Analyst. Prior to joining the OSA, he worked in public policy think tanks, academia, and children's mental health. He has devoted much of his spare time to public service and advocacy, including as a Big Brother, a municipal and county office holder, and coach/board member for a town soccer association. In addition to being out in nature, he enjoys reading, music, powerlifting, craft beer, and coffee. To congratulate Justin, email him at communicationsvicechair@amcsem.org





Benches in need of repair on the Four Ponds Property in Bourne. *Photos by Len Ulbricht*

Bourne Conservation Properties: Four Ponds and Leary repairs

By Diane Simms, Development Committee

This is one of the SEM Development Projects approved by the Executive Committee for funding by our chapter.

Cape Hiking Vice Chair Robin McIntyre and a past Chapter Chair, Len Ulbricht, identified a need at the Four Ponds Recreation Area and the Leary Property conservation areas managed by the Town of Bourne.

Both properties offer walking, hiking, and the opportunity to enjoy the outdoors. The properties are used not only by Cape Hikes of SEM, but also by school science groups, Scouts, the Upper Cape Naturalist Club, other walking/naturalist groups on the Upper Cape, and local community members.

The project is to replace deteriorated signs at the entrances of both areas and to replace seats on thirteen benches in Four Ponds. SEM will pay for supplies. ExCom approved funding of up to \$725.

Robin and Len worked with Stevie Fitch, the new Conservation Agent for Bourne. She contacted the Upper Cape Technical School (UCT) in Bourne. The students will create the signs out of a renewable material, using an accurate and efficient computer numerical control (CNC) machine and other tools. Ms. Fitch also committed to supplying the labor to disassemble the current sign and replace it with the new sign and to repair the benches.



Signs at the Leary and Four Ponds properties to be replaced with SEM funding. *Leary photo by Robin McIntyre. Four Ponds photo by Len Ulbricht*

18th season starts April 20th to Trail Trace the Blue Hills

By Joanne Newton

It's that time of year again: With the start of spring and longer daylight hours coming soon, we can start to think of our Thursday evening Trail Trace the Blue Hills series.

If you are new to the concept of "Trail Tracing", we hike every foot of every trail in the Blue Hills. It takes us 2 years to complete the entire Blue Hills map and we are starting a new map this year.

We hike every Thursday evening starting on April 20 through September 14. We ask everyone to arrive by 5:45 PM, ready to hike at 6 PM for about two hours or longer as we have more daylight. We average four to five miles per hike. An Information Sheet is sent out a few days prior to every hike, announcing the parking location and route for that Thursday. An "As Hiked Map" will be emailed afterwards so you can update your Blue Hills map.



This view from Hemenway Hill is just one of the discoveries waiting for hikers Trail Tracing the Blue Hills. *Photo by Diane Simms*

We have already listed the hikes for April and May. Click [here](#) for a list of the Trail Trace hikes. Registration will be "Contact Registrar," so you just need to register once for the series and then come as often as you can. We do ask that you try to attend at least once or twice per month as your schedule allows. Depending on the response, we may need to limit the number of hikers.

Many of us started hiking because of this series and have made wonderful friends and shared great times during these hikes. We want to continue this tradition and hope you will be a part of it this year so we can make new memories together.

If this sounds interesting to you, and we hope that it does, please register now.

Hope you can join us for Trail Tracing the Blue Hills!



Hikers on Tracy’s Qualifying Hike were Kathy O’Keefe, left, Kate O’Connor, Kyle Harrow, Tracy Hawes, Ken Cohen, and Martha Pirone.

Tracy Hawes Takes the Lead as She Becomes a Level 1 Hike Leader

By Ken Cohen, Hike Leader & Mentor

Register now and mark your calendar—there’s still time! AMC-SEM’s Leadership Training Program begins its classroom sessions the weekend of April 22-23. It’s free to join for all AMC members. Even if you don’t have immediate plans to become a hike leader, the knowledge and experiences gained during the course will be valuable resources for all of your future hiking adventures.

That’s how Tracy Hawes began her ascension to Level One Hike Leader, in a similar series of classroom and on-line training sessions, almost one year ago.

I had the pleasure of mentoring Tracy while she led the way, planning and completing her “qualifying hike” this past March 9th. Tracy successfully designed the hike route (Ponkapoag Pond region in the Blue Hills Reservation—six miles); qualified all individuals who attended the hike; conducted the circle-up; led the hike; added points of



Paul Brookes presents Tracy with her AMC Volunteer badge, her leader’s First Aid Kit, and a traditional bag of goodies. *Photo by Ben West*

interest details along the way; organized separation and snack breaks; and conducted the circle-up at the end of the hike. For much of this process, it appeared that she had been organizing and leading AMC-SEM hikes for years!

Perhaps one of the reasons for her Qualifying Hike success was the amount of work she put into prior hikes as a “Leader-In-Training.” Last November Tracy co-led a hike with Hike Leader Nancy Piedra in the Blue Hills Reservation. This past February she co-led, with Diane Simms as leader, the Fall River Bioreserve. And just this past Valentine’s Day, she successfully co-led a large group as part of SEM’s Winter Trail-Tracing program in the Blue Hills. Her enthusiasm and leadership abilities were clearly evident during this very complex route. In fact, she received a large round of applause at the end-of-hike circle-up!

I strongly believe that Tracy will make an excellent trip leader whose knowledge and hiking expertise will benefit and inspire many participants and future hike leaders for years to come.

It wouldn’t surprise me to see her move towards a Level Two Leader Certification in the not-too-distant future. Congratulations, Tracy!

April 2023 Leadership Training

By Anne Duggan, Education Chair

The Education Committee announces a Leadership Training Weekend April 22 and April 23 in Rochester, MA.

On April 22 the **Basic Leadership** training course will be offered. 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.

The Basic Leadership course is required for prospective SEM trip leaders but is also appropriate for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. For Basic Leadership training, [register here](#).

Expanded Leadership will be offered on April 23. It will emphasize skills needed for leading Level 2 hikes and backcountry activities. The course is open to:

1. All attendees of the Basic Leadership course;
2. Current leaders who want to advance to a higher leadership level; or
3. Leaders wishing to enhance their leadership skills.

To attend Expanded Leadership training, [register here](#).



WFA training in October 2021. *Photos by Sue Svelnis*

Wilderness First Aid Project: Local training for AMC leaders

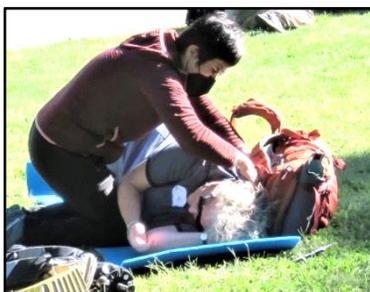
By Diane Simms, Development Committee

This is one of the SEM Development Projects approved by the Executive Committee for funding by our chapter.

Last year, AMC piloted a program to offer Wilderness First Aid training at a subsidized rate for chapter leaders. WFA is required for these types of SEM leaders: mountain hiking, trails, and skiing.

Any active SEM leader can request reimbursement for the cost of the course up to the amount that it costs SEM to run the course. The leader-subsidized rate was less than the cost SEM incurred when managing the [SOLO](#) course, but few of the courses were offered locally.

This year, AMC has committed to offering two courses in the SEM region. This is a huge benefit for the chapter. Note, these courses are open to everyone, not just leaders. ExCom approved \$1,000 to AMC in appreciation and to support this initiative.



Wilderness First Aid training includes both classroom learning and practice scenarios.

Photos from October 2021 by Sue Svelnis

SEM Paddling welcomes two new leaders as the season launches

By Barry Young, Paddling Chair

Late last fall two AMC paddlers completed their requirements to become paddle leaders for the SEM Chapter. Now that the weather and water temperatures are warming up, look for the paddle trips and clinics these new leaders will be offering.

Robin Melavalin, from East Falmouth, is a very experienced and accomplished paddler. She leads international paddle trips (and hiking trips) for AMC Adventure Travel, and just recently returned from leading a paddle trip in Baja kayaking with whales. Robin is also very safety conscious and was the lead instructor for a paddle safety clinic held by the SEM Chapter last fall.



Left: New Paddle Leader Robin Melavalin receives her leader badge and new leader paddling gift of a lightweight dry bag from Paddling Chair Barry Young.

Right: New SEM paddle leader John Littlefield displays his leader badge and new leader gift. John lives on the Taunton River

John Littlefield, from Berkley, has been paddling for more than 10 years and lives right on the Taunton River. He loves paddle camping: for his “COVID project,” he was doing the 740-mile Northern Forest Canoe Trail which goes from upstate New York to Maine. John loves paddling and looks forward to sharing his knowledge as a Paddle Leader.

If you are interested in becoming a SEM Paddle Leader, please contact Barry Young, Paddling Chair, at paddlingchair@amcsem.org. Also, if you are a paddler and already a leader for another SEM activity like hiking, biking, etc., it’s a very simple process to become a Paddle Leader—just a couple of co-leads and then you will be covered by AMC insurance when you kayak with your AMC friends.



Map and Compass workshop scheduled for June 24 & 25

By Paul Brookes, Chapter Chair

SEM's Annual weekend Map and Compass workshop returns for the sixth year. This two-day weekend workshop teaches you Map & Compass skills. No prior experience is required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. See registrar's email link [here](#).

All activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. Class size is capped, and students assign themselves to groups of five to seven. This promotes small group learning.

On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails.

On Sunday, every group will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a U.S. geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination, as well as compass bearings. Each group will have an instructor to help facilitate the learning.

Preference for this workshop is being given to SEM leaders and SEM Leaders-In-Training who took a recent Leadership Training class, such as the one being held on [April 22](#). Active leaders and Leaders-In-Training who have completed at least one co-lead can apply for a scholarship for the full cost of the workshop fee by completing the [scholarship application](#).

For a complete list of topics covered, click [here](#).

For more information on SEM's Education Programs, check out our [Education Page](#).



AMC Bay Circuit Trail—Bonney Hill Trail development project

By Diane Simms, Development Committee

This is one of the SEM Development Projects approved by the Executive Committee for funding by our chapter.

The [Bay Circuit Trail](#) is a 230-mile multi-use trail. This greenway is located close to 4 million people in Eastern Massachusetts, starting at the mouth of the Merrimack River and ending in Kingston Bay. A good portion runs through the SEM region. The AMC has led Bay Circuit Trail partners since 2012 in the completion and enhancement of the trail and the long-term protection of this greenway. The club works to fulfill the vision of the Bay Circuit by closing final gaps of the trail. AMC is working to document varied uses on the trail, improve the recreational experience, secure permanent protection for the trail corridor, and encourage the public to explore the trail's 230 miles.

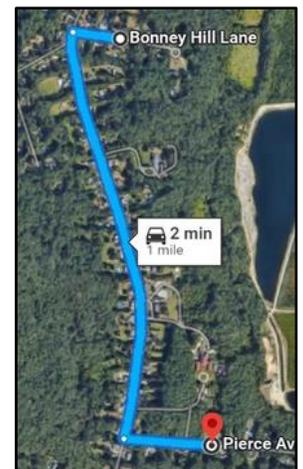


Present course of the Bay Circuit Trail from East Bridgewater to Plymouth, crossing busy traffic areas.

This project will create a new recreational foot trail on town-owned land, previously the site of Plymouth County Hospital. It will enable the relocation of nearly a mile of the Bay Circuit Trail off busy roadways (High Street in Hanson, MA) and into 50 acres of forest and meadow. The trail will improve public access and enjoyment of this scenic open space and will be compatible with passive recreation that is envisioned for other parts of the property in the future. ExCom approved \$1,000 to AMC to help fund this initiative.

Planned relocation of a section of the trail to bypass busy roads.

Map & graphic provided by Kristen Sykes





New bridge segments built by AMC trail crew volunteers.
Photo by Jeannine Audet

New and veteran hikers enjoy Southeastern Mass. Bioreserve

By Paul Audet, Hike Leader

As the weather gets warmer and spring approaches, people will be heading outdoors to enjoy their favorite activities. If you're a hiker, whether very experienced or just starting out, and you're looking for a new area to explore, visit the Southeastern Massachusetts Bioreserve in Fall River, MA. The Bioreserve encompasses over 16,000 acres and nearly 50 miles of trails, from easy walking old cart trails to more challenging narrow, rocky trails.

If you're not a climber, this is for you, with the highest elevation, Copicut Hill, peaking at just 358 ft. Trails pass through swamps, by many vernal pools, over several streams crossed with old granite bridges, and alongside miles of old stone walls. A visit to Copicut Woods takes you past the site of the nearly 200-year-old Isaac Miller homestead with the remains of several buildings and many of the original walls still standing.

This past year AMC volunteers, under the guidance of Mike Labossiere, Forester/ Project Manager for the city of Fall River, created a new challenge for ambitious hikers. Using mostly existing trails, and creating new ones where needed, a 20-mile Bioreserve Loop Trail has been marked. This trail passes through swamps, over old farm roads, along the Copicut Reservoir, and through some beautiful woodlands. If you are an AMC member and complete the

20-mile hike, you can earn a patch. Hikes of the Loop Trail are under way; you can register for one of them [here](#).

Those who have walked various stretches of the loop note that it may be rare to run across other hikers or hear engines to disturb the quiet. However, be aware that much of the Bioreserve is open to hunting in the Fall, so orange vests are required at these times. During no-hunting season, you may also hear gunfire from local, private sportsman's clubs nearby.

Hikers in the Bioreserve are advised to consult with directions listed on the AMC-SEM [Fall River Hikes](#) web page, as your GPS may take you up rough unpaved roads.

Make plans now to explore the Bioreserve or sign up for monthly hikes offered by AMC-SEM, since Spring will see the vernal pools, swamps, and streams come alive with peepers, frogs, salamanders, and other wildlife.



Left: Edmond House Trail, with Loop Trail blue blaze visible.

Below Left: Old granite bridge over swamp area on Town Line Trail.

Below Right: Bog bridges SEM trails crew built on part of the Loop Trail.

Photos by Paul Audet





Hiking Milestones

Hikers earn patches for their first quarter achievements

Congratulations to those hikers who completed a [Winter Trail Trace the Blue Hills](#) series in Q1 of this year:

First Time

3/1/23 Judith Watson
3/7/23 Deborah Sepinwall
3/7/23 Larry Petrone
3/8/23 Leslie Egan
3/11/23 Irene Scharf
3/16/23 Madelyn Atwood
3/17/23 Maria Sestina
3/18/23 Susan Stoll

Fourth Time

2/4/23 Joanne Newton

Fifth Time

3/13/23 Joanne Newton

Sixth Time

2/1/23 Bob Vogel

Seventh Time

3/13/23 Bob Vogel



Second Time

2/18/23 Nick Georgantas
3/5/23 John Schepis
3/7/23 Barbara Lightizer
3/12/23 Diane Simms
3/13/23 Stephanie Cavallaro

Congratulations to those hikers who completed a regular Trail Trace the Blue Hills series in Q1 of this year:

Blue Map (2nd)

3/21/23 Diane Simms

Gold Map (10th)

2/21/23 Bill Belben



Congratulations to the following hikers who have earned a 100-mile patch in Q1 of this year, as well as to our 500-mile and 1000-mile Q1 achievers.

Q1 2023 FINISHERS LIST

1000-Mile Finishers

11-16-2019 Bob Vogel
02-09-2020 Diane Hartley
03-01-2020 Ken Cohen
10-14-2021 Karen Foley
11-24-2022 John Schepis
10-12-2022 Walt Granda



500-Mile Finishers

11-04-2017 David Selfe
12-31-2018 Karen Foley
12-31-2018 Diane Hartley
01-29-2019 Bob Vogel
03-16-2022 John Schepis
03-26-2019 Ken Cohen
04-19-2019 Joanne Newton
08-06-2019 Walt Granda
01-18-2022 Paul Brookes
06-01-2022 Bill Belben
07-09-2022 Sujatha Srinivasan
01-12-2023 Larry Petrone



2023 100-Mile Finishers

02-04-2023 Barbara Lightizer
02-08-2023 Madelyn Atwood
02-13-2023 John Schepis
02-18-2023 Susan Stoll
02-28-2023 Irene Scharf
03-01-2023 Stephanie Calallaro
03-02-2023 Ben West
03-25-2023 Tracy Hawes
03-25-2023 Deborah Sepinwall



Congratulations to those hikers who earned our new Loop Trail patch in Q1 of this year:

Bioreserve Loop Trail Finishers

3/14/2023 Walt Granda
3/23/2023 Bill Belben
3/23/2023 Becky Forand
3/23/2023 Brian Gollub
3/23/2023 Leslie Egan
3/23/2023 Deborah Sepinwall
3/23/2023 Ben West





Biking Committee hits the road with full schedule of rides

By Bill Trimble, Biking Committee Chair

Now that spring is here, things are picking up with biking activities. We are hoping to have a road ride on every second weekend of the month from May through September. The first ride will be the Mother's Day Muffin Ride in Wrentham, followed by rides in Mashpee, Hull, Lakeville and Tiverton.

We are also having a monthly Biking and Brews series. Each ride begins and ends at a local microbrewer. Planned rides are from Cisco Brewing in New Bedford, Berkley Beer in Taunton, Buzzards Bay Brewery in Westport, Shovel Town Brewers in Easton, and Mayflower Brewing in Plymouth. More brewers may be added depending on interest in these rides. Come for the ride and stay for a brew and/or lunch. These rides will be 15-25 miles.

A Bikepath Ride series is planned for those riders uncomfortable with riding on roadways or unsure of their biking abilities. The first Bikepath Ride will be on the 10-Mile River Greenway in Rumford, RI. This ride is six miles long, flat, and all on dedicated bike path. Any type of bike and nearly any ability rider should be able to do this one. Families with children are welcome, as well as anyone looking to try out their cycling legs, but not ready to try one of our longer rides.

Bike Path Series rides will increase in distance throughout the summer. After Rumford, we will ride the Cape Cod canal, then the Blue Lane path around Clarks Point in New Bedford. Other rides may be the Fairhaven/Mattapoisett path, the Shining Sea path (Falmouth), one of the Myles Standish State Forest paths (Plymouth), the East Bay path (Bristol, RI), and perhaps others. The Bike Path rides are scheduled for Thursdays throughout the summer. Smile more, come ride a bike with us. Helmets are required on our rides.

Your Southeastern Mass chapter membership includes a free subscription to the *RidewithGPS* route planner. This

webpage and accompanying phone app allow you to track your rides, plan routes on a map, and get turn-by-turn prompts while riding our club routes. Sign up on the AMC-SEM website by going to the [Biking page](#) and then selecting *RidewithGPS* from the menu on the right side of the page. You can also join AMC-SEM club challenges where your distance or riding time is compiled to reach monthly goals and to see how you stack up with others in the challenge.

As always, we are looking for biking leaders. If you are interested in becoming a biking leader, contact Biking Chair Bill Trimble at bikingchair@amcsem.org. If you have already taken leadership training, your path may be as simple as riding with us on one ride, planning a ride on your own, then riding that ride with a qualified leader. See you Outside!

Map & Compass scholarship offer for Leaders, Leaders-In-Training

By Paul Brookes, Chapter Chair

Active leaders and Leaders-In-Training who have completed at least one co-lead can apply for a scholarship for the full cost of the June 24-25 Map & Compass workshop by completing the following [scholarship application](#).

If you are a regular participant in our outdoor activities, please consider becoming a leader. Our next [Leadership Training](#) is Saturday, April 22nd, and includes an optional additional day on Sunday, April 23rd. As an added incentive, active leaders and SEM Leaders-In-Training will get priority registration for our Map & Compass workshop.

SEM Memory: Ocean challenge



These paddlers tackled an ocean kayak trip along the coast of Maine circa Summer 1991. Photo by Chuck Wright

Save the Date for AMC-SEM Open House

The AMC-SEM Annual Open House is scheduled for Saturday, May 27, from 10 AM to 2 PM at Borderland State Park in Easton. We are looking for volunteers to share their knowledge and conduct possible demonstrations throughout the event. Please contact Samantha Fisher at membershipchair@amcsem.org or Nancy Piedra at membershipvicechair@amcsem.org. Or sign up by clicking on the link [here](#). We look forward to seeing you there!



The Common Room of Cardigan Lodge provides a cozy gathering place after a day's activities.

SEM Chapter Hut Weekend (CHW) returns in September 2023!

By Jeannine Audet, Chapter Vice Chair

After a hiatus, Chapter Hut Weekend (CHW) will return for SEM this year! Prior to COVID, CHW was a highly anticipated annual September tradition, held at various locations in New Hampshire. CHW has provided a wonderful opportunity for SEM members to enjoy the outdoors, participate in a variety of activities, reconnect with old friends, and make new friends.

This year, CHW will be held at the beautiful Cardigan Lodge in Alexandria, NH, from Friday, September 15 to Sunday, September 17. The SEM Chapter has reserved the entire lodge for our group for the weekend. Cardigan Lodge is only a two-hour drive from Boston yet affords a variety of activities on site and nearby. Leaders are



Above: The welcoming exterior of Cardigan Lodge. Right: The Lodge glows under a full moon. Photo by Ellen Thompson

preparing to offer an array of activity choices, including hikes of different lengths and levels of challenge, sessions on self-care and yoga, as well as bike rides and possible paddles.

Meals will be prepared for the group by the Lodge chef, from dinner on arrival on Friday through lunch on Sunday. We will also be treated to appetizers on Saturday for a Happy Hour event. Participants may BYOB. The lodge provides bunkroom accommodations with shared bathrooms on each floor. Towels & linens are provided. The cost is \$224.16 per person for the weekend.

Participants may also wish to bring games and musical instruments for additional fun.

CHW is "live" on the SEM ActDB, and registration is open [here](#). This event is expected to fill quickly, so reserve your spot now!

If you are interested in helping to lead activities for CHW, please contact me at vicechair@amcsem.org. Hope to see you there!



One of the spectacular views near Cardigan Lodge.

Fall River Hikes has a webpage

If you live in the Fall River area or wish to explore this area some more, Fall River Hikes now has its own SEM webpage. Go to our [Hiking page](#) and then, from the side bar on the right, under "Choose a hike," select [Fall River Hikes](#). From here you can learn about the Fall River area, download leader recommended hikes, get tips for the best places to park if you are hiking sections of the Bioreserve Loop Trail, and view all of our Fall River Bioreserve hikes.





Hikers scale the scary Pig Rock. *Photo by Patty Everett*

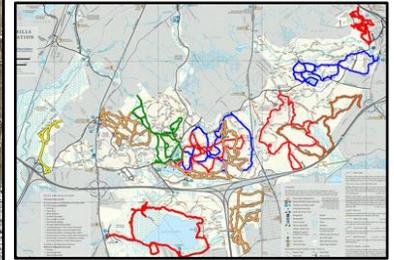
Trail Tracers rack up the miles during milder winter season

By Paul Brookes, Hike Leader & Chapter Chair

Winter Trail Trace the Blue Hills (formerly White Lining) is a favorite hiking series completing its eighth year. The challenge is to hike all the trails in the Blue Hills between the Winter Solstice and the Spring Equinox. Those who complete the challenge get a terrific patch, designed by Pam Johnson back in 2018. Those in the know will notice the patch includes Pam's favorite color, purple.

Seven of the eleven weeks, the weather was mild, and on those weeks we had between 23 and 28 participants on our hikes. During bad weather, we generally had a half dozen fewer. This remains a popular series. Because the weather was generally mild, we were able to put on the miles. We hiked more than 76 miles during eleven Tuesday morning hikes and one Saturday morning hike.

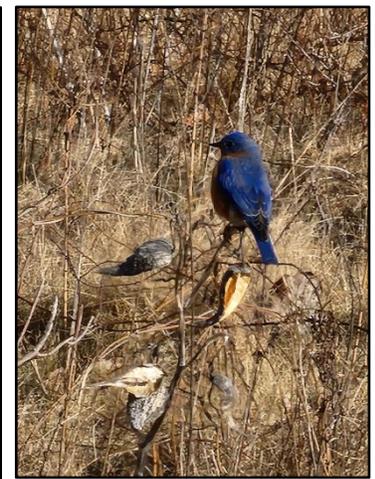
This winter our prior Trail Trace leaders, Pam Johnson and Claire and Craig MacDonald, could not lead the series.



Above: Map of the segments covered by the Winter Trail Tracers. Left: Julie gives the group a pep talk before we scale Pig Rock. *Photo by Patty Everett*

I jumped in with other leaders—Julie Manley, Walt Granda, Ann Hargleroad, and Bill Doher—to fill the gap. Pam's creativity and Claire's and Craig's enthusiasm and good humor were missed. Pam and her recently retired husband, Steve, have been enjoying travel in their new Air Stream, visiting their children and seeing more of America. It was a true treat at our end of year celebration to have Clair and Craig join us at Trillium's brewery.

Tracy Hawes is our most recent new leader, and I was thrilled to be able to present her with her new leader's gift bag during our end-of-season celebration at Trillium's. On a personal note, I took to leading less from the front and mingled more. I made some new friends and generally got to know people better. It was a really enjoyable season with a great group of people.



Left: Occasional glimpses of winter on the trail. *Photo by Patty Everett* Right: A mostly mild winter Trail Trace the Blue Hills as evidenced by this Bluebird on Carberry Path. *Photo by Ben West*



Safety & Rescue participants receive last minute instructions from leader Robin Melavalin. *Photo by Barry Young*

Paddlers hold Safety & Rescue event with practice scenarios

By Barry Young, Paddling Chair

At the end of the paddling season last year, SEM Paddling conducted a safety and rescue clinic on Greenwood Lake in Mansfield, MA. After an easy one-hour flat water warm-up paddle, leader Robin Melavalin conducted a two-hour safety and rescue clinic, assisted by Paddling Chair Barry Young.

The twelve participants brought their own kayaks and personal flotation devices (PFDs). There was a good variety of kayak styles from pungos to sea kayaks, and a range of abilities from non-swimmers to 20-year-old experienced kayakers. The first part of the clinic consisted of a review of safety equipment: PFDs, whistle, paddle leash, paddle float, and bilge pump.

Then it was onto the water for actual demonstrations and practice. The first demo was a “wet exit,” which is how to properly get yourself out of an upside-down kayak without panicking. Next “assisted rescue” techniques were demonstrated, which is a team approach to assisting a person in the



Barry Young presents Robin Melavalin with her new Paddle Leader kit.

water to safely get back into their kayak. And the final demo was a “self-rescue” technique for when you are in the water and no one else is around to help you, allowing you to get back into your kayak by yourself.

At the beginning of all the demos and practice sessions, all participants were told they did not have to participate if they did not feel comfortable. Despite some initial hesitancy, all participants took the plunge to be rescued, including two participants who don’t know how to swim.

At the end of this safety clinic, all participants were wet and all were more confident in their skills. Many thanks to Robin Melavalin for leading the clinic and contributing to some of the wording in this article.

We are planning more free safety clinics this year, and if you are a paddler reading this article and would be interested in participating in a safety clinic, please send your name and contact info to Barry Young at paddlingchair@amcsem.org.



Safety and rescue participants practice an assisted rescue helping a kayaker regain entry into the kayak. *Photo by Barry Young*



Assisted rescue removing water from the red kayak before the kayaker attempts reentry. *Photo by Barry Young*



Volunteer of the Month: Paul Brookes

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 Paul Brookes.

In November, Paul Brookes assumed the role as the Chapter Chair for our SEM Chapter but that hasn't stopped him from being a very active hike leader. Paul was a major participant in the planning and execution of the in-person and online Winter Hiking Workshops and as a leader in most of the associated winter hiking series. In addition, Paul took full ownership for the planning and coordination of the Winter Trail Trace the Blue Hills series. During that series, he led eleven of the twelve weekly hikes. The hikes were wildly popular, and participation was often in the 20+ range.

As if leading hikes wasn't worthy enough of the VOM, Paul has also done substantial work on creating and updating links on the Hiking Webpage, including links to provide detailed information on the Fall River Bioreserve and the new Bioreserve Loop. He also created recognition lists for participants who earn hiking mileage patches.

Paul has also volunteered his time to be part of the team who will put on the upcoming Leadership Training Course in April, and he will teach his two-day Map & Compass Class in June.

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

Thanks Paul!!!

Laminate your hiking patches

By Lars Qvicklund, Hike Leader

Have you earned a lot of patches but don't want to stitch them or glue them onto your backpack? They can be laminated and hung from your backpack. If you have multiple packs, just move them from one to another.

Make two copies of the patch, cut them out and glue them together. The patch will be visible no matter how it swings around.

Laminate the patch. There are several options available such as using a service like Staples or buying an inexpensive laminator.



Cut out the laminated patch leaving good margins all around and an extra larger tip at the top.

Punch a hole in the tip so it can be attached to the backpack using a small carabiner hook.

I borrowed this idea from a New Hampshire hiker I met on the trail.



Members looking to sell, trade, or free-cycle their used equipment can post for free. Send listings to breeze.editor@amcsem.org.

FREE: I have a brand new 24-piece camping kitchen set for someone. It's free for whoever wants it.

Contact [Paul Brookes](#).





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 very bottom of [Outdoors.org](#) & click **Login**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

BICYCLING

Sat., Apr. 15. Get riding with a short scenic Dartmouth spin, Dartmouth, MA. Get the bike out of winter storage and join us for a nice short scenic ride through Dartmouth. The ride will be 15 miles at a 10-12 MPH pace. Mostly flat with a couple of short hills, all on road riding. Steady rain will cancel this event. Come by Sunrise Bakery for malassadas (Portuguese donuts) and coffee after the ride. Starts and ends at the Southworth Library parking lot. The lot is behind the library. Turn left on Sol e Mar just before the library and then first right into parking lot. Helmets and bike taillights are required for the ride. Bring water and a spare tube along as well. GPS track of the route and Google map of the start location are in related links below. L William Trimble (774-301-1209 8AM to 8PM EST, wmjt0824@gmail.com), Bill is an avid cyclist and the AMC SE Mass biking chair

Sat., Apr. 29. Spring Daffodil Bike Ride, Parson's Reserve, MA. Join us for a Spring ride through lovely areas of Westport & Dartmouth, MA. We will ride 20-25 miles, at a 10-12 mph pace. There will be modest hills. Our ride will take us past conservation areas, waterways, & stone walls. Partway through, we will stop to walk the 1/4 mile trail up to view & walk amongst the beautiful fields of daffodils in full bloom. A helmet is required to ride. Your bike should be in good working order. Bring a lunch, snacks, water & a spare tube. Clothing layers & rain gear will be important for this time of year. Steady rain will cancel. The DNRT, who manages the property, suggests a \$5 donation per visitor, to support care of the daffodil fields. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirddb@aol.com). Jeannine enjoys leading hikes, bike rides & xc ski trips throughout New England, throughout the year, sharing the outdoors with others.) L Jodi Jensen (jodijensen@gmail.com, Jodi enjoys leading bike rides throughout the SE Mass. region. She also enjoys exploring new areas & rail trails throughout the northeast.) L Leonard Ulbricht (Lenu44@gmail.com), Len is a biking leader in warm weather conditions and leads hikes when the weather turns cooler. He enjoys biking Cape Cod shorelines and rural south shore routes. He hikes locally and off Cape, and further afield in the Berkshires, New Hampshire and the Catskills.)

Sun., May 7. Biking and Brews Series, Cisco Brewers, New Bedford, MA. Join us for the first in a series of rides beginning and ending at local microbreweries. This ride will start and end at Cisco Brewers in New Bedford. Riders are encouraged to stay and have a brew (and lunch if you like) at Cisco following the ride. This ride is very scenic and will travel along the top of the hurricane barriers, (Harbor Walk and Cove Walk), on bike paths around Clark's Point, and on bike lanes along the streets of the harbor up to the State pier. Total distance about 15 miles. Riders must bring water, a spare inner tube, and a red taillight on their bike. (New Massachusetts law requires taillights on bikes) Should be suitable for riders who are leery of on-road riding, Mostly off road, a bit of travel on bike lanes in lightly traveled areas, no hills. Plans are to have other Biking and Brews rides throughout the summer. Breweries will include Buzzards Bay Brewery in Westport, Bristol Beer in Taunton, Mayflower Brewery in Plymouth and Shovelton Brewers in Easton. If you would like to have a ride from a local microbrewer in your town, contact the ride leader, Bill Trimble, with your idea and we will see if it can be arranged. Hoping to have these rides at least monthly. Parking will be in the auxiliary lot for Cisco, just before passing through the hurricane barrier on the right if traveling south on East Rodney French Blvd. Please do not park at the lot next to the brewery. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, wmjt0824@gmail.com), Bill is an avid cyclist and the biking chair for the SE Mass Chapter of the AMC.)



Activities

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

BICYCLING

Thu., Jun. 1. Beginner/family bike ride, short, flat, and on a bike path., Ten Mile River Greenway (Rumford to Pawtucket, RI out and back), MA. Haven't ridden your bike in a while? Don't have a fancy bike? Not a "serious cyclist"? Don't have "cycling" clothes? Don't like riding on the road? Looking to get outdoors with the family? If you answered yes to one or more of the questions above this ride is for you. This ride is short (6 miles), flat, (along the Ten Mile River Greenway), and on a paved bike path. It is the first of a series of rides planned for this summer geared to shorter, flatter, and leisurely rides on bike paths around the area. The pace for this ride will be set by the slowest rider, no one will be left behind. Most people could walk the route in 2 hours, so the time allotted will allow for stops to rest muscles unaccustomed to peddling or to handle equipment issues if needed. The ride leader is a bike mechanic and should be able to handle most bike related issues. Bike Path series rides are being planned throughout the summer and will be shorter, flatter and slower than some of our other rides. The ride distance will increase progressively as the time goes on. The hope is to provide cycling opportunities suitable for everyone on any type of bike. Families are welcomed. Please consult the ride leader about children younger than 5 years of age. Smile more, ride a bike! Registrations and waivers are required for each participant regardless of age (parents or guardians may register minors) Helmets are required for the ride. Bring along water and a spare inner tube that fits your tires. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, wmjt0824@gmail.com, Bill is an avid proponent of human powered transportation for enjoyment and health. He is a bike mechanic and has his own mobile bike repair business)

Sat., Jun. 3. Berkley Beer Biking and Brews Ride 6/3, Taunton, MA. This is the second of our Biking and Brews ride series, starting and ending at Berkley Beer brewhouse in Taunton on Ingell Street. The ride is about 24 miles on mostly rural roads and will visit Profile Rock and Dighton Rock along the way. The route is lumpy but there are no big hills. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections. A RidewithGPS subscription is free with your AMC-SEM membership. Join us after the ride for a brew and/or lunch at Berkley Beer. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, wmjt0824@gmail.com, Bill is an avid cyclist and the Biking Chair of the Southern Mass Chapter)

Sun., Jul. 9, 9 AM. Ride the Lakes of Lakeville, MA. Take a ride along the lakes of Lakeville! This 23 mile ride is mostly rolling and along lightly traveled roads, Pace will be 10 to 12 MPH. Beginning at Tamarack Park Conservation area, the ride will pass Assawampsett Pond, Long Pond, Great Quittacas Pond, and Snipituit Pond before returning to Tamarack. The land is rolling with short ups and downs along the way. No elevation change tops 100 feet. Not flat particularly, but no imposing climbs. See the links for a GPS track of the ride and a Google map of the start location Riders must bring water, a spare tube, and have a red taillight on their bike. (New Massachusetts law requires taillights). Helmets are required. L William Trimble (774-301-1209 8AM to 8PM EST, wmjt0824@gmail.com, Bill is an avid cyclist and the AMC SE Mass chapter biking chair)

Sun., Aug. 6. Shovel Town Brewery, Biking and Brews Ride 8/6, North Easton, MA. This is another of our Biking and Brews ride series, starting and ending at Shovel Town Brewery, 50 Oliver Street rear, in North Easton, MA. The ride is about 25 miles on mostly rural roads and include a short (1.8 mi.) unpaved section of packed crushed stone path across Borderland State Park from Bay Road to Massapoag Ave. Most bikes can navigate the path but if you have a narrow tire road bike, this ride might not be for you. The route is basically flat. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections on the club page. A RidewithGPS subscription is free with your AMC SEM membership. Join us after the ride for a brew and/or lunch at Shovel Town Brewery Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, wmjt0824@gmail.com, Bill is an avid cyclist, owns his own mobile bike repair business, and is the Biking Chair for AMC Southeastern Mass chapter.)

CAPE HIKING

Thu., Apr. 13. Hike - Cataumet Greenways and Lawrence Island, Bourne, MA. This Show and Go hike is 4 miles, 2 hours on sandy/rocky beach and on wooded paths with modest hills. There is a short stretch of road walking. Bring water. Sturdy hiking shoes recommended, poles if desired. We will be along some open ocean so dress for wind/cold in layers. Must have hiked a similar distance recently and be able to maintain a moderate pace. Carpooling will be helpful for somewhat limited parking. Please check the website for last minute cancellations, most often due to weather. From Cape side, Bourne Bridge, take Rte 28S for 4.0 miles. Take 1st exit off rotary for Cataumet. Quick left at blinker on 28A, go .8 miles. Right on Scraggy Neck Rd Ext by Somerset Ice Cream for .2 mile. Left then quick right to continue on Scraggy Neck Road, under railroad bridge for .6 miles total. Right onto Red Brook Harbor Rd for .4 mile to parking on left at Dimick Waterfront Scenic Vista. From Route 151 and 28A, go 1 mile and fork left onto County Rd at flashing light. Go .2 mile and go left at Scraggy Neck Road. Go .6 miles, passing under railroad bridge. Right onto Red Brook Harbor Rd for .4 mile to parking on left at Dimick Waterfront Scenic Vista. L Robin McIntyre (robinmcintyre@comcast.net, Robin is a 7th year Level 1 Cape Hikes/SEM leader with prior WFA training)



Activities

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

CAPE HIKES

Sun., Apr. 16. Hike Maple Swamp, Sandwich, MA. This hike is a show and go, please contact leader with questions. This is a very hilly hike over uneven glacial terrain. Sturdy footwear preferably hiking boots and fluid for hydration required, hiking poles strongly recommended. Be prepared for ticks and poison ivy. From Sagamore Bridge take Rte 6 E and exit 61 Quaker Meetinghouse and turn R off of ramp and then immediate L onto Service Rd., just beyond Mill Rd, look for entrance to Maple Swamp. From outer Cape take Rte 6 W to exit 63 Chase Rd, turn L off ramp, go over highway and turn R on Service Rd., just beyond Noel Henry Rd is entrance to Maple Swamp. Arrive at 12:45 PM please. Unfortunately, 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. L Jane Harding (203-500-3155 Before 8 PM, janeharding@comcast.net, Cape Hike Chair with many years of hiking experience.)

Thu., Apr. 20. Hiking Nickerson to the Bay on Cape Cod, Nickerson State Park, Brewster, MA. 5 mi hike from Nickerson State Park, Brewster thru Spruce Hill Cons Area to Linnell Landing and Crosby Landing Beaches. POIs include a historic cemetery, bay beaches, creek, salt marsh, and the first house on Cape Cod with gas light & indoor plumbing. Directions: Rt 6 to Exit 89 > LEFT on 6A x 1.5 mi > LEFT into Nickerson > immediate RIGHT into parking. No parking fee this time of year. Rain cancels. Please check website morning of hike to insure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, Level 1 hike leader. Love sharing fun facts about the points of interest on my hikes.)

Sat., Apr. 22. Hike Race Point Lighthouse Provincetown, Provincetown, MA. 2 hour hike. Visit Race Point Lighthouse over woods trails, dike over marsh trail, sand dunes, and soft sand beaches. Directions: From Route 6 in Provincetown take Right at first traffic light after entering Provincetown onto Race Point Road. Travel 1.5 miles and turn left onto Province Lands Road. Travel 0.8 miles to a small, dirt parking lot on the right. Most cars will park on the right-side shoulder of Province Lands Road before lot entrance. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Sun., Apr. 23. Hike East Falmouth Shallow Pond, East Falmouth, MA. This hike is on a 70-acre conservation area in East Falmouth called Shallow Pond Woodlands as well as an adjacent 68 acres, Breivogel Ponds. The distance will be about 4 miles and the hike will take about 2 1/4 hours. The hike is fairly easy encountering a few hills, both wide and narrow trails, a white cedar swamp, and a sandy open area. For questions, please contact the Leader. We look forward to having you join us on this hike. Unfortunately, last minute unexpected events, usually weather, forces an event to be cancelled. Please check this hike listing on the morning of the hike to ensure it is still occurring. If the listing has disappeared, the hike is cancelled. You can also find instructions to sign up for any last-minute notifications from SNEL (Short Notice Email List) [here](#). L John Gould (508-540-5779, jhgould@comcast.net, Has been leading hikes for Cape Hiking for 19 years.) L Catherine Giordano (cmgiordan@msn.com)

Thu., Apr. 27. Hike - Nickerson State Park, Nickerson State Park, MA. Hike winding trails over hills and shoreline of Big & Little Cliff ponds in Nickerson State Park. I recommend poles due to many roots in addition to sturdy hiking footwear and water. 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)

Sat., Apr. 29. Hike Santuit Pond Preserve, Santuit Pond Preserve, RT 130 Mashpee, MA. Hike trails around Santuit Pond and cranberry bogs. Views of Herring ladder and Santuit River. Some hills and narrow paths fire roads RT 6 Exit 59 to RT 130 turn right (south) drive 8.5 miles. Parking after Shell station on left. From RT 28 turn right on RT 130 go .6 tenths of a mile to parking on right. If needed park on side of road off pavement. Unfortunately, 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 David Selfe (508-776-4260 After 6pm before 8pm, kdsselfe@comcast.net)

Thu., May 4. Hike Island Pond Cemetery and Harwich Conservation Land, Harwich Town Hall, Old Colony Rd, Harwich MA 02645. This 4.5-mile hike begins on the bike path to Island Pond Cemetery and the James Marceline Arboretum. From there, we hike through Harwich Conservation Lands on mostly woodland trails. Points of interest include views of Katie's Pond, a working cranberry bog, and a lavender farm. L Trish Crocker (508-345-6260 Before 9.00pm, pmcrocker@yahoo.com)



Activities

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

CAPE HIKES

Sat., May 6. Hike Falmouth Moraine Trail in Reverse, Falmouth, MA. This is a 9+ mile, 5-hour or so, moderately difficult, one-way hike along the moraine left by the glacier that created Cape Cod. Hills of varying heights will be encountered along the entire route. This is not for beginners, and hikers should be experienced with longer hikes, and in good health. Bring any necessary medications such as an epipen, inhalers, or sugar if a diabetic prone to hypoglycemia. Hiking boots and poles are strongly recommended. For 20 years this hike has been done by travelling from north to south. This is the first time we will do it in reverse. There will be a lunch stop so bring food, and plenty of water especially if the weather is warm. Ticks, poison ivy, and possibly mosquitoes will be encountered. Please phone or email the leader for any questions, or if you are unsure if this hike is for you. We meet at 0845, circle up at 0900, and at 0915 will carpool to Goodwill Park in Falmouth to the hike's start about 0930. For safety, please bring a mask to wear while in the carpooling vehicle. Unfortunately, last minute unexpected events, usually weather, forces an event to be cancelled. Please check this hike listing on the morning of the hike to ensure it is still occurring. If the listing has disappeared, the hike is cancelled. You can also find instructions to sign up for any last-minute notifications from SNEL (Short Notice Email List) [here](#). L John Gould (508-540-5779, jhgould@comcast.net, Has been leading hikes for Cape Hiking for 19 years.)

Sun., May 7. Hike Three Ponds in West Yarmouth, starting at Sandy Pond Recreation area on Buck Island Road, West Yarmouth, MA. Hike some old fire roads that have narrowed to wonderful paths. See views of 3 ponds and some interesting plant life. Sun Dew is sometimes on the edge of Horse Pond. An almost flat hike on pine needle paths. Take exit 72 on the Mid Cape Highway (rt6) turn left. At the light turn left onto Higgins Crowell. The next set of lights will be Buck Island Road, Turn right. The Recreation Area is on your right in about 1/2 mile. Park in Dog Park area. From rt28 take Higgins Crowell Road. At the first lights take a left on Buck Island Road. The recreation area is 1/2 mile on your right. Park in Dog Park area. Unfortunately, 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 David Selfe (508-776-4260 Between 8am and 10am, kdsselfe@comcast.net)

Thu., May 11. Hike Bell's Neck, Sand Pond Beach Parking Lot, Harwich, MA. Hike 4.5 miles on mostly woodland trails around the the West Reservoir. Points of interest include cranberry bogs, a Herring Run, views of the East Reservoir and Herring River. Be prepared to encounter tree roots, poison ivy and ticks. Bring water for hydration. Unfortunately, last minute unexpected events, most often weather, 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 taking place. L Trish Crocker (508-345-6260 Before 9.00PM, pmcrocker@yahoo.com)

Sat., May 13. Hike Long Point, Provincetown, MA. 4 hour hike. Visit Herring Cove Beach, Wood End Lighthouse, and Long Point Lighthouse. Mostly soft sand beach walking. Bring a lunch. Directions: Drive to the end of Route 6 in Provincetown and turn right onto Province Lands Road. Go 0.1 mile and turn left into the Herring Cove Beach Entrance. Turn left after ticket booths and follow to large parking lot. Park at far end of lot near rest rooms. Meet at 9:45 and hike 10 am - 2:00 pm. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Sat., May 20. Hike Clapps Pond, Provincetown, MA. 5.8-mile ,3 hour hike. Hike woods, soft sand dunes, and around ponds. Lady Slippers might be in bloom. Directions: From Route 6 in Provincetown take Right on Race Point Road (first traffic light on Route 6 in Provincetown) and go 0.5 miles turning left into Beach Forest Parking Lot. Park at far end. Meet at 9:45 and hike 10 am - 1:00 pm. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Sun., May 21. Hike--Bourne Town Forest/Four Ponds, Bourne, MA. This Show and Go 4+ mile, 2-hour hike is in the Bourne Town Forest and Four Ponds Conservation area. This hike is not suitable for novice hikers. The terrain is over wooded mountain bike trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, and tick repellent. May have poison ivy exposure. Hiking poles if preferred. Directions: NOTE: NOT meeting at Four Ponds trailhead and GPS will not work. From Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Go right onto Clay Pond Road--green state sign says Monument Beach--before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and park on the left side of the road. Since this is a Show and Go hike, check the website just prior to the hike for any weather cancellation. L Robin McIntyre (508-789-8252, robinm McIntyre@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., May 25. Hike Ryder Lowell Holl, Sandwich, MA. Celebrate the end of the Cape hiking season with this Hike, 4 miles along wooded trails with some elevation, lots of roots. We will hike between 2 conservation areas Ryder and Lowell Holly and will have views of the Wakeby Pond and Mashpee Pond. At the end of the hike, we will picnic at Wakeby Pond bring your own sandwich or salad, beverage and if you want a side to share. Bring your own chair to sit on. Take exit 61 off midcape Rte 6 and turn south, (R from bridge, L from upper Cape). Stay on Quaker Meetinghouse Rd to traffic light and turn L, stay on Cotuit Rd., to small rotary and take first exit. Go short distance to entrance to Ryder on R. Drive past upper lot and guard shack and go to dirt lot at end of road on Right. THIS IS A NEW START LOCATION. L Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net) L Keith Magyar.

EDUCATION

Sat., Apr. 22. SEM Basic Leadership Training, Rochester, MA. Basic Leadership Training: 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. [Register here.](#) L Anne Duggan (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.)

Sun., Apr. 23. SEM Expanded Leadership Training, Rochester, MA. Expanded Leadership Training (Optional) This 2nd full day course will follow the Basic Leadership course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in Level 2 and back-country trips. It will expand on topics presented in the Basic Leadership course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. Participants should be ready for a full day of indoor and outdoor activities. The course is open to: 1. All attendees of the Basic Leadership course; 2. Current leaders who want to advance to a higher leadership level; or 3. Any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. [Register here.](#) L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

Sat.-Sun., Jun. 24-25. Map And Compass - Two-Day Weekend Workshop, Blue Hills, MA. This two-day weekend workshop teaches you Map & Compass skills. No prior experience required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. Activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails. On Sunday every group will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a US geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination as well as compass bearings. Each group will have an instructor to help facilitate the learning. ? Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. If the class is overbooked, preference will be given to SEM leaders and Leaders-In-Training who took the SEM April leadership class however the class is open to anyone interested in improving their Map & Compass skills. MATERIALS COVERED? * Different types of maps and why hikers prefer a topographical map. * How to read a topographic map: scale, distance, colors, and more. * Understanding contour lines and how to interpret the different shapes and swirls. * The parts of a compass, how it works, and how to hold it. * How to measure a bearing from a map and plot a bearing onto a map * Declination and how to account for it and then forget it. * How to use a compass to follow a bearing in the field or take a bearing on an object. * How to orient a map to the real world and use it at intersections to find the correct trail. * How to plan a route and the use of offsets when bushwhacking between points. * Point, line, and area awareness. * Techniques to locate yourself on a map by taking a bearing on a known distant object (including triangulation) * Navigation using handrails to hike off trail. * Route planning and safety. L Paul Brookes (PaulBrookes1966@outlook.com, Assistant Teachers: Doug Griffiths, Lindsey Meyers Bertone, Varma Saripalli, Julie Manley)(Assistant Teacher)(Assistant Teacher), R Pete Tierney (pxtierney@gmail.com)



Activities

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

EDUCATION

Sat., Sep. 23. SOLO Hybrid Wilderness First Aid Course, SEM, 80 South Street Foxborough, MA. Hybrid WFA at Wompatuck State Park in the Southeaster Mass (SEM) area. The ability to apply basic backcountry first aid is vital for any outdoor enthusiast, whether it's for yourself or others. Moving beyond urban first aid, this course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. 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 led by one of AMC's professional staff members. Participants who successfully demonstrate the skills taught during the virtual and practical components of the course will be issued a SOLO Wilderness First Aid certification. This course may be used to recertify a current SOLO Wilderness First Responder (WFR) certification. A CPR certification will be offered in the evening of the practical day, this is optional. Program Highlights: -Focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies -Coverage of topics blends virtual and classroom instructional sessions with hands-on practice in the outdoors -Nationally recognized certification for 2 years Sample Practicum Day Itinerary: 9am Classroom & Practical Session 12pm Lunch from home 1pm Classroom & Practical Session 4:20pm Class end first day 4:30 pm Optional CPR training This is a promotion for WFA training local to the Southeastern Mass area. To register click on 'Register Now'. You will be taken to a new listing. Click 'Register Now' from that new listing. L Anne Duggan (abduggan12@gmail.com)

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. 20's & 30's Vice Chair - Southeastern Mass Chapter, MA. Support the 20's & 30's Chair. For more information on the chairs roles and responsibilities check out <http://amcsem.org/assets/pdf/20s30s.pdf>. L Natalie Halloran (20s30schair@amcsem.org) L Paul Brookes (chair@amcsem.org) CL Walt Granda (nominatingchair@amcsem.org)

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) or Paul Brookes (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) and the Nominating Committee: Walt Granda (nominatingchair@amcsem.org) or Paul Brookes (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) L Paul Brookes (chair@amcsem.org) CL walt grand (nominatingchair@amcsem.org).





Activities

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

HIKING

Sat., Apr. 8. Hike to Mount Moosilauke, NH. Join us for a hike to Mount Moosilauke (4,802'), one of the 48-4,000 footers. The mountain in Benton is easily accessible and views from the summit are considered by many to be the best in New Hampshire. This is a challenging hike of approximately 9 miles and elevation gain of 2,500 feet in winter conditions. We will be hiking as a group at a moderate pace, taking around 6-7 hours to complete. The summit is above tree line and is quite exposed, offering panoramic, 360-degree views of the Kinsmans (North), Franconia Ridge (Northeast) and Green Mountains and Adirondacks (West) on a clear day. Participants should be in good physical condition and have recent hiking and winter experience of similar mileage and elevation. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants should have full winter clothing and equipment along with all hiking essentials. Please review the Related links section for details. Participants will receive additional detailed information (including meeting location and time) via email approximately 2-3 days before the hike date. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. L William Belben (william.belben@yahoo.com) L Raju Jaldy (508-446-4220, raju.jaldy@gmail.com) CL Kristen Parnell

Tue., Apr. 11. Spring Intermediate Level Conditioning Hike Series #4, Blue Hills Reservation, MA. Please join us for a spring intermediate level conditioning hike series in the Blue Hills. The series will run weekly on Tuesday mornings from March 21st through May 30th and is designed to get you in shape for more strenuous summer activities. This series will be designed for intermediate and advanced hikers. The series is a progressive series in that each week we will add some mileage and/or elevation gain. Participants should be in reasonably good shape with recent hiking experience. You can expect the hike to be about 4 hours, approximately 7-8 miles on average and at a pace of 2-2/12 mph. The routes will include uneven terrain, rock scrambles and ledges in the Blue Hills. Confirmed participants will receive a more detailed hike description a few days before the hike date. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am and end time is around 2PM. Registration is required for each weekly hike but you are not required to attend each session. 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) L Lawrence Petrone 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 Ben West

Tue., Apr. 11. Startup Spring Conditioning Hiking Series #1, Blue Hills, MA. Start Up Spring Conditioning is a series of 6 conditioning hikes based in the Blue Hills that is designed to get you ready for a Wachusett or Skyline End-to-End hike. If you are ready to condition for more strenuous NH mountain hikes, you may want to review the Intermediate Level Conditioning series. This is Hike #1 of 6. It is limited to 12 participants, in addition to leaders and leaders-in-training. Please plan to attend most of the hikes as this is a building series. Hikers who have participated in the prior hikes get priority for the next hike in the progression. Participants will need to register for each hike when it is posted. If there are open spots 5 days prior to the hike, the leader will contact waitlisted participants. Participants should be in reasonably good shape with recent hiking experience. We will start with the Skyline Loop which is about 3 miles and 1,000 feet elevation. Each week we will add distance and elevation to that loop and slowly increase pace. The expectation is that by the end of the series, we will be hiking at a moderate pace of about 2 mph, 6 to 7 miles, and elevation gain up to 1,700 feet. The routes will include uneven terrain, rock scrambles and ledges. As the weeks progress, we will end later in the day and by the end of the series will be hiking for almost four hours. Participants should wear sturdy footwear, a backpack, clothing suitable for hiking, rain gear, 2 liters of water, lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Hikes may be cancelled in the event of heavy rain. L Diane Simms (dianesimms@comcast.net) L Patricia Everett (Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)



Activities

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

HIKING

Thu., Apr. 13. Thursday Morning Hike - Noon Hill Conservation Properties, Medfield, MA. Hike forest trails through mostly pine and beech groves over Trustees and town conservation land. The route includes a segment of the BCT plus pauses at the Charles River, Holt Pond and Noon Hill lookout with views of Great Blue Hill, Moose Hill and Gillette Stadium. Footing is primarily pine needles and leaves. Expect a 5-to-6-mile 4 hour hike with 700 feet total ascent. Snow or ice on trail may shorten hike and necessitate microspikes or snowshoes. Wear non-cotton layered clothing suitable to weather conditions. Bring at least one liter of water and trail snacks or lunch. Meeting directions will be sent to registrants. Email leader if questions arise. L Len Ulbricht (lenu44@gmail.com)

Tue., Apr. 18. Spring Intermediate Level Conditioning Hike Series #5, Blue Hills Reservation, MA. See listing for April 11.

Tue., Apr. 18. Startup Spring Conditioning Hiking Series #2, Blue Hills, MA. See listing for April 11.

Thu., Apr. 20. Thursday Morning Hike at Myles Standish State Forest, Plymouth/Carver, MA. Join us for a 9 am start to this beautiful hike at Myles Standish State Forest in Plymouth/Carver. We will combine the flat, East Head Loop that circles the reservoir and the hilly, wooded Bentley Loop to give us a 7 mile, 357 feet of elevation hike. We'll plan on a moderate pace to complete the hike in 3-3.5 hours. Meet at 8:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. Registration is not required, but email the leader with questions or concerns. Heavy rain will cancel. If the weather is questionable, check this listing or contact the leader. This hike runs two days before Earth Day, so I will have trash bags for picking up trash around the trails. Let me know if you have other thoughts of what we could do on this hike for Earth Day. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com)

Thu., Apr. 20. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA. Join us for the 18th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is a Level 2 AMC Southeastern MA Leader and a Leader for Boston Local Walks & Hikes Committee.) L William Doherty (781-857-4148, wdoherly1@verizon.net, Level 1 AMC Hike Leader. Four Season Blue Hills hiker. Occasional White Mountain hiker. Trail maintenance volunteer.), R Joanne Newton (508-215-9470, newt665@comcast.net)

Tue., Apr. 25. Spring Intermediate Level Conditioning Hike Series #6, Blue Hills Reservation, MA. See listing for April 11.

Tue., Apr. 25. Startup Spring Conditioning Hiking Series #3, Blue Hills, MA. See listing for April 11.

Thu., Apr. 27. Thursday Morning Spring Bloom Bioreserve Loop Hike, Bioreserve Fall River / Westport, MA. Moderate paced 3 1/2-4 hour, approximately 7.5 - 8-mile hike. During this hike we will follow some of the 20-mile loop trail out to the Copicut Reservoir where we will break for lunch/snacks. Looping around to hike over Copicut Hill (the highest point in the reserve). This is a mostly wooded and flat hike with minimal elevation gain (109 m). Wear sturdy hiking boots or shoes, bring sunscreen, bug and tick repellent, water, snacks and rain jacket (just in case). Heavy rains/thunderstorms/snow (it's New England) will cancel. Group size is limited. Trail head location and poop sheet with suggested items to bring will be emailed to confirmed registrants a few days before the hike. As this is late April, dress for changing temperatures. Layering is always suggested. As is, water resistant hiking boots, gaiters, non-cotton hiking clothing. Hiking poles are at your option however strongly encouraged. L Tracy Hawes (508-642-7124 up to 8:00 PM, Trachaw@mac.com, A long time hiker from NH to the Northwest and Alaska. Most recently AMC-SEM Level 1 leader. I am in pursuit of my NH 48. Wilderness First Aid Certified.) L Walt Granda (508-971-6444 before 9:00 PM, wgranda27@gmail.com)

Thu., Apr. 27. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA. See listing for April 20.



Activities

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

HIKING

Sat., Apr. 29. Blue Hills Skyline End to End - Saturday Hike, Blue Hills Reservation, MA. We will hike the entire Blue Hills Skyline from One End to the Other. This route is approximately 8.5 miles with over 2,000' of elevation gain. This will be a strenuous hike so all participants must be able to manage steep inclines and descents, scramble over rock ledges, and be prepared to keep up a good pace. This hike usually takes about 6 hours so we will determine the exact start time as we get closer to this date. I will send out an Information Sheet with the details several days before the hike. 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 to allow for this. We will limit this hike to 10 and hikers will be screened before you can be approved to join. Thunderstorms or severe weather will cancel this hike as conditions could be unsafe during heavy rain. If all this sounds like fun, please contact me to find out more. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is a Level 2 leader for the Southeastern MA Chapter and a Leader for the Boston Local Walks & Hikes Committee.) L John Schepis (John is a Level 1 Leader for SEM and a Leader for Boston Local Walks & Hikes Committee.) CL Deborah Sepinwall (401-595-7575 Prefer email unless you have a question on the day of the hike., deborahsepinwall@gmail.com, Deborah is a Leader-In-Training for SEM.)

Tue., May 2. Spring Intermediate Level Conditioning Hike Series #7, Blue Hills Reservation, MA. See listing for April 11.

Tue., May 2. Startup Spring Conditioning Hiking Series #3, Blue Hills, MA. See listing for April 11.

Thu., May 4. Thursday Morning Hike - World's End, Hingham. MA. World's End. Moderate 4-5 miles on scenic hilly carriage ways and rocky paths. Explore unique peninsula in Boston Harbor with stunning views., There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Heavy or steady rain cancels. World's End. Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Directions, property map and reservation information can be found at this website: <https://thetrustees.org/place/worlds-end-hingham/>. L Eva Das (borsody@gmail.com)

Thu., May-4. Thursday Morning - Great River Preserve & Taunton River WMA, Bridgewater, MA. Meet at The Great River Preserve small dirt parking area past 884 Auburn St, Bridgewater, MA 02324, MA. Thursday Morning 10 AM / 2-3 hour/ flat 5-mile Hike- Wildlands Trust Great River Preserve and Taunton River Wildlife Management Area on Auburn Street in Bridgewater. Travel through pine and holly forest onto open meadow trails paralleling the Taunton River. Do not approach from Auburn Street in Middleboro as the bridge has been removed. Heavy rain/snow or icy conditions will cancel. L Richard Carnes (508-947-3204 Before 8 PM, rcarnes2@aol.com)

Thu., May 4. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA. See listing for April 20.

Sat., May 6. Belknap Peaks Hike 1: Mt Major, Quarry Mountains, and Straightback Mountain, from Mt. Major Parking Lot, Alton, NH. Join us on the 1st of 3 planned hikes to all 12 of the Belknap peaks. Just 2 hours from Boston, in the lakes region, the Belknaps offer beautiful views of Lake Winnepesaukee below and the White Mountains beyond. Complete all 12 peaks over these 3 hikes and you can earn a Belknap Range Hiker Patch! Map and hiker patch info: <http://belknapangetrails.org> This hike is 7 miles with 2,000 feet of elevation gain, much of that in the first 2 miles with continued ups and downs throughout the hike. The hike is expected to take about 4 hours. We plan to summit Straightback Mountain, East and West Quarry Mountains, and Mt. Major. Expect some steep and rough segments with boulders, ledges, and loose gravel. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants will receive additional detailed information (including meeting location and time) via email approximately 2-3 days before the hike date. L Diane Simms (dianemsimms@comcast.net) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Jeannine Audet

Tue., May 9. Spring Intermediate Level Conditioning Hike #8, Blue Hills Reservation, MA. See listing for April 11.

Tue., May 9. Startup Spring Conditioning Hiking Series #5, Blue Hills, MA. See listing for April 11.



Activities

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

HIKING

Thu., May 11. Spring-Into-Spring Hike at the Arnold Arboretum! Jamaica Plain, Boston, MA. Attention nature enthusiasts, mark your calendars for the 6th Annual Spring-Into-Spring Hike at the Arnold Arboretum in Jamaica Plain (greater Boston)! Join us as we explore a number of the less-traveled trails where we will discover some of the hidden gems from the Far East and Europe. This will be a five-mile hike at a moderate pace with many interpretive stops along the route. Highlights will include two hilltop vistas, an amazing bonsai exhibit (with specimens dating back to the 1700's!) and the "Explorer's Garden". During this time of year many "crab apples", "azaleas", "red-buds" and "lilacs" are often in full bloom in this "tree museum". If we're lucky the very rare "Dove Tree" (pictured) will also be flowering. The trek is limited to 12 participants plus the leaders. Bring water, lunch or snack, sturdy footwear, sunscreen, and insect repellent. A steady rain will cancel the event. Well behaved dogs on leash are O.K. Group size is limited, and activities are often wait-listed, so please cancel your registration if you can no longer attend or are not feeling well. Online registration is required. AMC membership is not required, but you will need to set up a free AMC online account if you do not already have one. Click "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. Each person must register individually; you cannot register for a friend or household member. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern and Boston, Massachusetts Chapters Hike Leader and Hike Leader Mentor. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, lpetrone57@gmail.com, Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018 and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

Thu., May 11. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA. See listing for April 20.

Tue., May 16. Spring Intermediate Level Conditioning Hike #9, Blue Hills Reservation, MA. See listing for April 11.

Tue., May 16. Startup Spring Conditioning Hiking Series #6, Blue Hills, MA. See listing for April 11.

Thu., May 18. Thursday Morning Hike along the Lower Neponset River, WHEELCHAIR ACCESSIBLE, Lower Neponset River, MA. 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, 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 Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com)

Thu., May 18. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA. See listing for April 20.

Tue., May 23. Spring Intermediate Level Conditioning Hike Series #10, Blue Hills Reservation, MA. See listing for April 11.

Thu., May 25. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA. See listing for April 20.



Activities

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

HIKING

Thu., May 25. Thursday Morning Hike - Annual-Perennials at Wilson Mountain & Whitcomb Woods! Wilson Mountain and Whitcomb Woods Reservations, MA. Attention Nature enthusiasts! Please join us for the 6th Annual-Perennials Hike at the Wilson Mountain Reservation. Lady's Slippers galore! In a good year there are numerous specimens to be found along many of the trails in these hills located on the Dedham/Needham line. The Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large, tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, and a snack/lunch break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 3.5 - 6.5 miles depending on your participation in one or both sections of the treks at a moderate pace. Bring plenty of water, snacks/lunch, sturdy footwear, bug spray, and sunscreen. A steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoeing enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Hike Leader and Hike Leader Mentor for AMC's Southeastern and Boston, Massachusetts Chapters. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, lpetrone57@aol.com, Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018, and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

Tue., May 30. Spring Intermediate Level Conditioning Hike Series #11, Blue Hills Reservation, MA. See listing for April 11.

Sat., Jun. 24-25. Map and Compass - Two-Day Weekend Workshop, Blue Hills, MA. See listing under Education.

Fri., Sep. 15-17. SEM Chapter Hut Weekend at Cardigan Lodge, 774 Shem Valley Road, Alexandria, NH. Join us for the return of SEM's Annual Chapter Hut Weekend at the beautiful AMC Cardigan Lodge! Located 2 hours north of Boston in Alexandria, NH, the lodge is situated in a 1,200 acre reservation and offers many nearby activities, including nature trail walks, hikes to waterfalls, swimming in the on-site pond & hiking up Mt. Cardigan. Leaders will plan a variety of activities. Participants will stay in shared bunkrooms with shared bathrooms on each floor. Three meals each day are prepared for the group by the Lodge innkeeper & chef, & appetizers are provided on Saturday. Participants may BYOB. The weekend will be chock-full of good times, good food, great company and lots of outside activities. In past years the Chapter Hut Weekend has filled up quickly so if you would enjoy relaxing in a stunning environment, why not register today? We look forward to seeing you there. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirdbp@aol.com, Jeannine enjoys exploring & sharing experiences in the outdoors, leading a variety of activities (hiking, biking & xc skiing) year-round, throughout New England,.) L Paul Brookes (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 Dia Prantis (dprantis@yahoo.com, Dia is the SEM XC Skiing Chair. She is an all-season hike leader who likes to encourage others to step onto the trail. Being involved with AMC is a way to balance our inside lives with being outside and closer to nature!) L Paul Miller (paulallenmiller@verizon.net, Paul is an experienced four-season hike leader who likes to hike at a moderate pace.)

SKIING

Volunteer Opportunities

Ongoing. Skiing Vice Chair - Southeastern Mass Chapter, Blue Hills, MA. Support the Skiing Chair. For more information on the Skiing Chairs responsibilities read the roles and responsibilities document <http://amcsem.org/assets/pdf/ski.pdf> Applicant should be a strong skier and snowshoer. L Dia Prantis (xcskchair@amcsem.org) CL Walt Granda (nominatingchair@amcsem.org)

SOCIALS

Mon., Apr. 24. SEM Diversity, Equity, and Inclusion (DEI) Meeting via Zoom, Online. The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com, Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen (k-cohen@comcast.net)



Activities

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

SOCIALS

Sat., May 27, 10 am-2 pm, AMC-SEM Open House, Borderland State Park, 259 Massapoag Ave. North Easton, MA. We are looking for volunteers to help out with our exhibits and activities. For activities, we are looking for volunteers to lead hiking or biking events. For exhibits, we are looking for volunteers to host exhibits for any of the following areas or a any other topic not listed here: Hiking, Backpacking / Camping, Biking, Paddling, Conservation / Trail Maintenance, Orienteering, Skiing, Education, Family / 20s & 30s, Your Choice. For the exhibits, please sign up below for either a morning or afternoon shift or both if you can volunteer for the entire day. The morning shift will include setup and the afternoon shift will include cleanup. For activities, please sign up for either Leader or co-Leader and you plan your activity within the 10am - 2pm timeframe. We will match leaders-in-training with leaders. Email us Nancy Piedra membershipvicechair@amcsem.org or Samantha Fisher membershipchair@amcsem.org.

Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA. The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023 at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. There will be a fee is for those who wish to stay for the buffet dinner and speaker. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Paul Brookes (chair@amcsem.org), I am the Chapter Chair for the Southeastern Massachusetts Chapter of the AMC)



Photo by F. Muhammad from Pixabay

The End