

The Southeast Breeze

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

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send original, full resolution photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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April 20 hike Nickerson to the Bay in Brewster. The group included two visitors from Sweden. *Photo by Barbara Gaughan*

May 27 Open House showcases AMC-SEM activities

Are you a member of AMC's Southeastern Mass Chapter (SEM) but haven't tried any of our activities yet? Do you know someone who is not a member but may be wondering what AMC-SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? Join us for our Annual Open House Saturday, May 27th, from 10 AM to 2 PM at Borderland State Park in Easton. The event is free and everyone is welcome. (Parking is \$5 or free with a DCR pass.)

Volunteers will lead a variety of activities for participants at all levels. Others will share their knowledge and conduct demonstrations throughout the event.

Right: A group of enthusiastic participants took part in one of the hikes at Open House 2017.





View from the Chair: We're here for you wherever you are

May is here! The flowers are blooming and this morning a sparrow was chirping outside my bedroom window. All signs that winter has passed, and spring is here. With the changing of the seasons, I feel a sense of anticipation from those I talk to. Some are prepping their bikes or spring cleaning their house; some are already outdoors. So, what about you, are you ready for spring, where are you at?

I'm not sure how to get started?

That's OK, come to our [Open House](#) on May 27th. This fairground style event will have information tables where you can learn all about our chapter and the types of activities we put on. There will be demonstrations, a hike, and even a swap table with free items donated by members of SEM. You will find that we're an easy-going, friendly crowd and have activities for all levels.

I'm ready to be outdoors!

Great! Our fabulous leaders have activities waiting for you and we have so much to offer. Our bicycling has really taken off; we have beginner rides on paved bike paths, and longer rides that end at a microbrewery (the newly started "Biking & Brews" series); and of course we have lots and lots of walks, hikes, and trips to the mountains. Paddling is still waiting for the water to catch up with the land in warmth. Click [here](#) for all our activities.

I've been a regular participant.

Perhaps you have heard the story about *Stone Soup*. It starts with one person boiling a stone in a large pot and as others come along, each person adds an ingredient to make the soup taste just a bit better—a carrot, an onion, a chicken, some salt. In this analogy, our chapter is the large pot and, like making Stone Soup, our members each add something to make the chapter a bit better. Some serve on committees; some are activity leaders, and some are participants who go the extra mile to help. If you have been a regular participant but have not given back as much as you know you can, perhaps I can ask, would you do more?

I want to do more!

Email me at chair@amcsem.org. If you have an idea for something you want to do, let's chat about it. If you want to help, but not sure how, we can chat about that. We are always looking for vice chairs to support the committee chairs. For current openings click [here](#). However, if you're interested in becoming a vice chair for a committee that currently has a vice chair, that's OK as the expectation is that a vice chair becomes chair when the current chair steps down. This means we are always looking for the next person to take on the role. None of these roles are overwhelming and, although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position.

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

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



A rainbow celebrates the first Trail Trace of the spring, as hikers reach the top of Little Blue. *Photo by Joanne Newton*

Trail Trace the Blue Hills starts Season 18 with new trail map

By Bill Belben, Hiking Chair

The 18th season of Trail Tracing the Blue Hills kicked off on Thursday, April 20th. It was a beautiful spring evening with clear skies and temperature in the low 50s. It was a great start with 32 hikers coming out, including a number of new hikers. The hike was led by Bill Doherty and Joanne Newton.

From the end of our 2022 series to the start of this 2023 series, 15 hikers independently completed another round of Trail Tracing. Bill Cannon earned a Trail Trace the Blue Hills patch for finishing his Purple (6) map. Our tradition is that a person receiving a patch bring cookies or a treat to celebrate with the other hikers, Bill did not disappoint. He brought homemade granola bars that were delicious.

As the first hike was in the St. Moritz ponds area, Bill gave a short talk on the history of the St. Moritz Winter Carnival that was very popular in the 1930s.

We are starting a brand-new map this year and fully expect to complete it in two seasons. This year we have planned 22 Thursday evening hikes, including the picnic hike in July and the end of season get-together hike in September. We will also do the End-to-End and Fowl Meadow day hikes in the fall.



Bill Canon, left, receives his sixth TTBH patch from Bill Doherty. *Photo by Joanne Newton.*

Learn to protect yourself from ticks with these resources

By Robin McIntyre, Cape Hiking Vice Chair

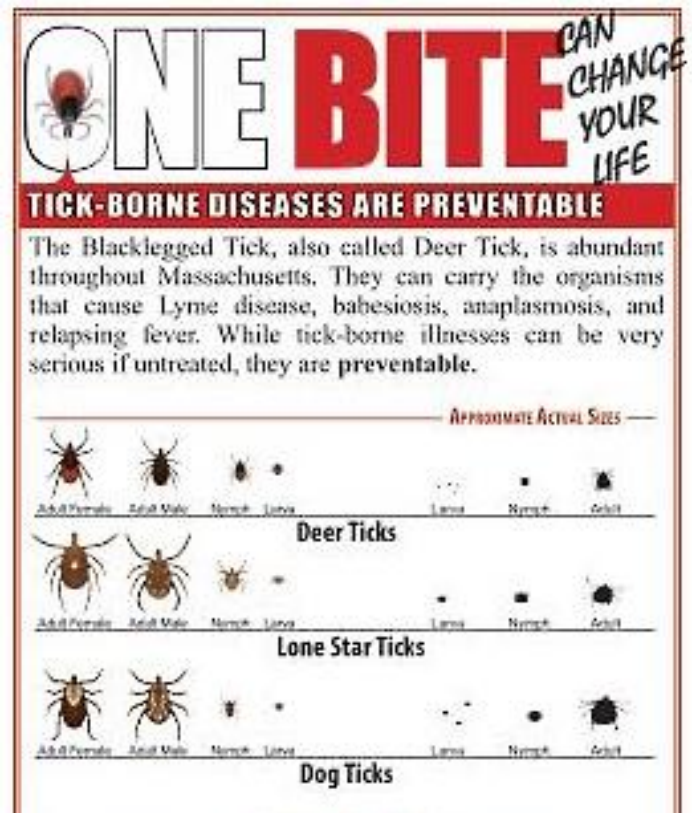
These two resources on ticks are really good. We AMC-SEM people are outside a lot and have fairly hefty exposure. The video makes you really think—we need to protect ourselves and act!

bostonpicturegroup.com/tick-days

On this website you can view *Tick Days*, a film by Marnie Crawford Samuelson and Shane Hofeldt that features entomologist Larry Dapsis, “one part tick detective, one part tick evangelist.” The film has been screened at the Provincetown International Film Festival, the Woods Hole Film Festival, and a dozen libraries across the Cape and region.

capecod.gov/departments/cooperative-extension/programs/ticks-bugs

This website from Barnstable County includes a wealth of information on ticks and associated diseases, bite prevention, tick removal and treatment. The illustration here is taken from the site’s downloadable rack card. (Get a clearer copy from the website.)





Exploring Fall River Bioreserve's new 20-mile Loop Trail—Twice!

By Ben West

For months I have heard about the Southeastern Massachusetts Bioreserve's new 20-Mile Loop Trail, and the efforts to raise awareness of Fall River's thousands of acres of pristine forests and miles of trails. As it happens, I've been training for a three-day, 60-mile backpacking trip this spring, so I decided it was time to make a day of this "new" loop. *What a great decision!*

This "new" 20-mile loop trail is a lot more than just a long hike. Most of the loop was made by connecting select trails from an extensive, existing trail network, ranging from quiet pine needle-carpeted paths to winding, rocky trails, to old stone-wall-lined cart paths, and even a rare and beautiful cedar swamp. In 2022, City Forester Mike Labossiere and several volunteers from the AMC made many improvements to the route, including routine trail clearing and maintenance, the building of several new wooden bridges, and the addition of clear and consistent blue blazes marking the new trail. As more people discover this gem, more people will come to appreciate all that the quieter half of Fall River has to offer!

Initially I was going to do the 20-mile loop as a solo hike, but after chatting with Bill Belben, we decided to post it as an AMC hike. Mother Nature had other plans, though, passing a Nor'easter through New England the day before and forcing us to postpone the hike for a week.

I still had my mind set on doing the loop that day, so I did it solo once the rain ended by late morning. It turned out to be a beautiful, mostly sunny day with comfortable temperatures. I expected the trails to have significant ponding after the heavy rains, but I was pleasantly surprised at how much of the trail was *not* underwater.



March 15th: Wetter than it was supposed to be! Photo by Ben West

There were a dozen or so places with deep puddles, but they were generally easy to circumvent, with two exceptions. The first difficult area required me to bushwack through thorns for 20 feet (with care, and with apologies to "[Leave No Trace](#)"). The second area, about eight miles in, was so thoroughly inundated that my choices were to go back or go through. Ultimately, I removed my boots, socks, and gaiters, rolled up my pants, and moved through about 100 yards of water, in places knee-deep. It was not too difficult, although I pulled two thorns from my toe that night. (Lesson learned—always carry lightweight water shoes!) Seven hours and 20 minutes after starting, I was off to play in my weekly volleyball league. But enough about me...



Before: Feeling fresh and ready to go! From left: Ben West, Leslie Egan, Deborah Sepinwall, Bill Belben, Becky Forand, and Brian Gollub. Photo by Paul Audet

My second opportunity to hike the Loop came the following week when the postponed AMC hike was completed. We had six hikers and much drier conditions. For some, it was the longest hike they had taken, while others had done this type of mileage many times before. An hour or so before we finished, a refreshing rain started to fall. At the end, some of us were exhausted, while others seemed to be as energetic at the end as they were at the start—albeit a bit wetter. But none of that mattered. We all completed the hike at the same time, feeling great for being among the first to complete the new loop. This time, however, I was glad to go home and sleep!



Right: Heading out!
Photo by Becky Forand

Continued on page 5



Ben West checks out the Assonet Ledge. *Photo by Becky Forand*

Exploring the Loop Trail

Continued from page 4

Both the solo and group hikes were great days, with great trails. I am very glad I drove from Connecticut to spend the day on these winding trails, and I look forward to returning soon to explore more of the 50+ miles of trails the Bioreserve has to offer.

To see upcoming hikes within the Fall River Bioreserve, click [here](#). Check back periodically, as more are sure to come soon. Whether you are looking to complete the 20-mile loop in a day, a week, or a year, it is a hike well worth taking. And of course, there are countless other hiking options within the forest, ranging from under an hour to a full day or more.

One closing note: In November 2022, *The Herald News* wrote an article titled, "A new 20-mile trail aims to put Fall River's Bioreserve 'on the map' for hikers". *From what I experienced over the past two hikes, it's on the map!*



The Copicut Reservoir. *Photo by Becky Forand*



A brief break. *Photo by Becky Forand*



After the hike: We all made it! +/- 8 hours, a bit wet, but feeling good, and geared up with new patches presented to all by Bill Belben! *Photo by Ben West*



Upper Cape Technical School students are making new signs for Four Ponds and Leary property conservation areas with a grant approved by the SEM Executive Committee last month. *Photos by Robin McIntyre*



**Hike Leader
Dan Slavin
treasures
memories
and friends
from his
years with
AMC-SEM as
he prepares
to transfer
from New
England to
San Diego.**

*Photo by
Claire
MacDonald*

‘So Long and Happy Trails’

By Dan Slavin, Hike Leader

I have always felt comfortable in the woods.

I grew up in upstate New York, spending many of my summers hiking in the Adirondacks with my dad. Eight years ago, I joined the military, which has bounced me around the country and the globe. After three years in Japan, I moved back to New England at the beginning of the COVID-19 pandemic. During the pandemic, the fresh air of the outdoors became an escape. The ability to see others, outside while socially distanced, and hike was a lifesaver. During one of those hikes, I met Skip Maysles, Pete Tierney, and the Trails Crew. I became a Trail Tracer, I joined Bill Belben at Mountain Leadership School, and I became a Level 1 and then a Level 2 hike leader.

During the three years I have lived here, I have grown as a person and as a hiker. I've learned about [Leave No Trace](#), the local history, flora, fauna, and conservation. I've shared with other hikers my mistakes: about not bringing extra socks, packing way too much, and not always having a back-up liter of water. On one weekend in the Whites, I nearly had to cancel back-to-back day hikes I was leading because I had forgotten to pack boots. Raju Jaldy and Pepi Rodriguez saved the day by finding me a thru-hiker gear locker where I could borrow boots for the weekend. I have gotten absolutely covered in mud, become scraped and sore, all while building and maintaining trails. Most importantly, I've gotten to share this world with my beautiful

new bride, Neila. She would confirm that just thinking about my next hike is enough to get me through a frustrating day.

I've also come to realize the privilege I've had with being comfortable in the woods. Many people—those of color, women, and people of lower economic status—can see it as a danger or feel that the beauty and glorious freedom are beyond their reach. It requires a community that is as welcoming and open as AMC-SEM to truly allow everyone to experience the joy of hiking.

I am routinely reinvigorated by the community of AMC-SEM. This community of hikers young and old, of every color and gender, and from the full spectrum of wealth, treats new hikers like family. These hikers encourage you to achieve your goals. I saw that in every hiking series I have been a part of. Whether someone is working on their first (or 10th) Blue Hills map, training to peak bag in New Hampshire, or is just going on a walk after work on a Thursday night, this community embraces it. From the ladies who welcomed me in their Tuesday Morning Spring Conditioning series and to the Trail Tracers who asked how wedding planning was going, I've never felt more at home in a community of strangers.

In August, Neila and I will be relocating to San Diego, replacing the Adirondacks, Blue Hills, and White Mountains with Torrey Pines, Joshua Tree, and the PCT (Pacific Crest Trail). We're excited, nervous, and sadder than we will admit about leaving our friends and family. This letter is meant as a thank you to the hikers I've met in the last three years. This is to all the hikers who have welcomed me as part of this community, the hikers who have blindly trusted me with getting you to the summit and back, and the hike leaders who have let me join your hikes and series as a hiker or co-leader. Thank you all for teaching me, welcoming me, and letting me experience what I want everyone to be able to experience: calm, beauty, and comfort in nature.

Please continue to welcome new hikers like me with open arms. Don't judge the sneaker or denim hiker. Meet people where they are, hear their stories, and share your own experiences. We are so privileged to have these opportunities and these mountains in our backyard.

I still have a long list of New England hiking goals, many of which I hope to accomplish before the move this summer. I hope to finish my first Blue Hills map, become an ADK 46er (Adirondack 46), and thru-hike the TCT (Trans Catalina Trail) and NPT (Northville-Placid Trail). So, in closing, I'm not gone yet, and I very much hope to see you in the woods this spring and summer. Thank you again...and Happy Trails.



Thanks to Leaders and Graduates of AMC Basic Leadership Training

By Paul Brookes, Chapter Chair

I had the privilege of being one of the presenters at the recent Leadership Training weekend sponsored by our Education Committee. Our Basic Leadership Training was held on Saturday, April 22; this day provided the basic training necessary if someone wants to become an activity leader in AMC. So many of our fantastic leaders came together to provide this program!

- Anne Duggan, our Education Chair, talked about the AMC mission to promote the protection and enjoyment of the mountains, forests, waters, and trails of the Appalachian region.
- Maureen Kelly talked about some of the historical barriers to minority populations having access to the outdoors, and how we want to create an atmosphere where everyone feels comfortable, welcomed, and accepted, so we can enjoy the outdoors together.
- Jeannine and Paul Audet talked about different styles of leadership, and students discussed what factors might influence a leader to use one or another style.
- Robin McIntyre talked about trip planning and screening, and I got to talk about managing an event pre-trip, on-trip, and post-trip.
- Diane Hartley talked about risk management.
- Raju Jaldy, Paul Audet, and Doug Griffiths went over the principles of [Leave No Trace](#).
- Srinil yengar, our Education Vice Chair, organized the role play scenarios and overall training and was a facilitator.
- Doug Griffiths was site manager and provided refreshments and coffee.
- Anne Duggan was coordinator for the whole day.

It was not all presentations; the students did many directed role plays to experience different and sometimes difficult situations in a "safe" environment. Although there is some discomfort in putting yourself out there, everyone did great, plus there is no right or wrong in the exercises. I got to finish off the day with next steps to becoming a leader.

As I sat listening and watching the presentations and seeing the students give of themselves wholeheartedly in the role plays, it reminded me of how grateful I am to be a part of this terrific organization consisting of over 90,000 members, 16,000 volunteers, 450 full-time and seasonal staff, and 1,800 miles of trails.

All our graduating students will be better participants for having attended our leadership training. Having said that, I am incredibly thankful that nine of our students want to become AMC-SEM leaders this year and want to get set up with co-leads. We have folks who want to become Cape Hike leaders, off-Cape Hike leaders, and some who want to become Bike leaders first and then Paddle, Skiing, and Trail leaders after that. Thank you to all the students who chose to give back by becoming leaders with SEM.

Congratulations to the Graduates of AMC-SEM's Basic Leadership Training

Katherine Reaves	Abi Natarajan
Maria Grotz	Bayard Klimasmith
Landis Hershey	Deborah Sepinwall
Jeff Caplin	Kate Sullivan
Sandra Alisch	Carla Fogaren
Annemarie McKee	Benjamin Rechel
Jane McLaughlin	Leah McFarland
Laureljane Truesdell	Maureen Thomas

© Leave No Trace: www.LNT.org



Photo by Robin McIntyre

Water birds abound on Bourne hike

By Robin McIntyre, Cape Hiking Vice Chair

Six hikers enjoyed a blue sky, 70-degree day for a 4.7-mile hike in Cataumet. After the wooded pathways in the Bourne Conservation Trust Greenways area, we walked to Lawrence Island on Squeteague Harbor, another Bourne Conservation Trust property. We saw white egrets, osprey, mallards, buffleheads, and mergansers on the water and around the Island, which is a wildlife sanctuary. With Cleveland Ledge Lighthouse in the distance, we enjoyed the breezes, shells that were washed in, and vistas on the waterfront.



Raju Jaldu completes Level 3 to become a leader for all seasons

By Bill Belben, Hiking Chair

On April 8th, Raju Jaldu led a group of eleven eager hikers on a hike of Mt. Moosilauke to earn his Level 3 (all-season) hiking certification. While astrologically spring, the trail still had several feet of snow, and strong winds brought wind chills down into the single digits, making this a winter condition hike.

Raju managed every aspect of the hike, including the need to re-schedule from the week prior due to bad weather. His pre-hike Circle Up talk included all the necessary information so that participants were prepared and knew what to expect.

During the hike, Raju demonstrated strong leadership skills in his decision to change from a loop hike to an out-and-back due to the strong winds above tree line. That meant forgoing the opportunity to summit the South Peak, but despite the change in plan, the participants all had a great time.

Raju continues to be one of the most active hike leaders for AMC-SEM, and if you haven't had an opportunity to be on one of his hikes yet, you should definitely sign up!



Expanded Leadership Training takes class beyond the basics

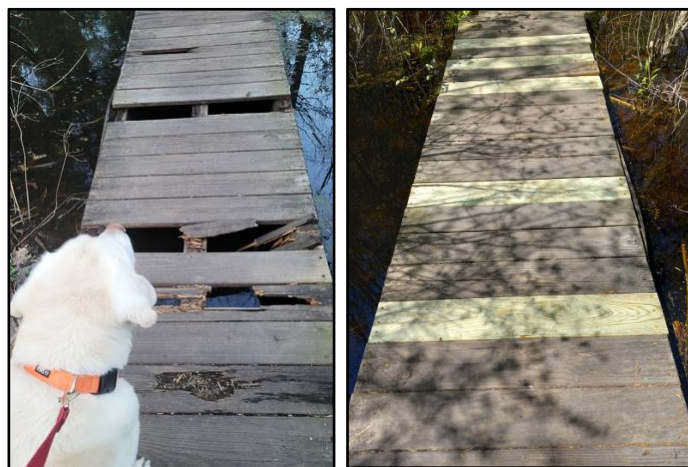
By Paul Brookes, Chapter Chair

On Sunday, April 23, the Education Committee offered an Expanded Leadership Training for current leaders and any graduates of Saturday's Basic Leadership Training who wanted to attend. This day consisted of some more in-depth training around group dynamics, self-awareness, decision making, and risk management, and included additional role plays.

In addition, some of our most experienced leaders shared personal examples of trips they led when the trip had to be aborted or modified due to weather or accident. They described how they responded to the situation and explained their thinking as to the decision they made.

Congratulations to the Graduates of AMC's Expanded Leadership Training:

Diane Simms.....	AMC-SEM hike leader
Tracy Hawes.....	AMC-SEM hike leader
Kate Sullivan.....	Basic Leadership graduate
Julie Manley.....	AMC-SEM hike leader
Katherine Reaves.....	Basic Leadership graduate
Patti Everett.....	AMC-SEM hike leader
Ben West.....	Narragansett chapter leader
	AMC-SEM leader-In-training



A Bridge Too Far-Gone

Skip Maysles and Pete Tierney repaired this bridge in the St. Moritz ponds area of the Great Blue Hills. It's safe once more for two- and four-footed hikers.

Photos by Skip Maysles



Podcasts focus on many aspects of outdoors activities & interests

By Justin Anderson, Communications Vice Chair

Podcasts have become nearly ubiquitous over the last decade. What began in the early 2000s as a way for bloggers to push audio through an RSS feed has become one of the most popular forms of media. Fueled by technology that makes it possible for anyone with an idea and a smartphone to create and distribute their own pod, just about every interest, hobby, and issue has at least ten podcasts devoted to it. The outdoors and all the activities that we do there are well represented.

I LOVE podcasts and am usually subscribed to at least two dozen at any given time. I listen to them in the car, at home, at the gym, and sometimes at work. I don't listen on-trail, as it makes being in the moment much more difficult.

Below are some outdoors-focused podcasts that I enjoy listening to, along with a bit of information about each.

[The Wild with Chris Morgan](#) In each episode, Morgan takes listeners into the field, from close to his home in the Pacific Northwest to places around the world, to learn about flora, fauna, and ecosystems. The show is meant for a general audience and Morgan is a gifted storyteller. A personal favorite is the Secret Lives of Trees.

[Trail Weight](#) Host Andrew Stevens decides to hike the John Muir Trail to improve his health. Season 1 documents his preparation and the ensuing hike, which he completed. Season 2 focuses on Mineral King Valley and Walt Disney's ill-fated attempt to create a ski resort there.

[Out There](#) Host Willow Belden and her guests use the outdoors to explore some of life's larger questions. High on Failure, which tells the story of one trail runner and her experience at Vermont's Infinitus, a 550-mile race, is a favorite of mine.

[Outside Voices](#) Hosts Sarah Shimazaki, Aly Ferguson, and Neecole Bostick are expanding the definition of what it means to be outdoorsy, taking an inclusive approach to outdoor activities and the folks engaged in them. The episode on the Refuge Outdoor Festival, which brings together Black, Indigenous, and People of Color (BIPOC) and allies to create community, includes a conversation with folks who had never camped before, is a standout.

[The Trail Ahead](#) Hosts Faith Briggs and Addie Thompson and their guests explore issues at the intersection of the environment, race, and justice. In addition to podcasting, Briggs is a documentary filmmaker and runner, while Thompson is a mountain guide. In an

episode with runner Kamilah Journet, the discussion turned to the need for joy and play in our lives, a reminder of why many of us go outside.

[The Hiker Podcast](#) Host Andy Neal interviews others in the hiking community. What makes this podcast stand out is the emphasis placed on why we hike and what impact it has had on our lives off-trail. Andy is a plus-sized hiker and his guests include a wide range of folks, each with a unique perspective.

[Backpacking Light](#) Its website is more than 20 years old, making it one of the original gathering spaces for gram counters who may even alter gear or remove parts of it. The podcast is a bit younger, dating back to 2018. Unlike the others on this list, Backpacking Light is often a very technical podcast where the host(s) discusses a single topic, like a recent episode on stove system performance. It's not all technical, as other episodes are conversations with folks in the backpacking community.

These are just some of the interesting, entertaining, and informative podcasts in the outdoor genre. There are so many others, covering the range of activities that comprise outdoor recreation. If you have any favorites, especially in activities outside of hiking and backpacking, please send them, along with a brief description, to [me](#) for inclusion in a future issue.



Wild Encounter! A black racer snake, taken April 13th near the intersection of Slide Notch Trail with Red Dot in the Blue Hills. Photo by Tom Graefe



Hikers take a break from summiting four of the twelve peaks in New Hampshire's Belnap Range. *Photo by Hiker*

Hikers bag four of twelve peaks

By Diane Simms, Past Chapter President

On May 6, participants in the first of three planned hikes in the Belnap Range reached the summits of four peaks: Straightback Mountain, East and West Quarry Mountains, and Mount Major.

Just two hours from Boston, in the lakes region, the Belnaps offer beautiful views of Lake Winnepesaukee below and the White Mountains beyond. Complete all twelve peaks over these three hikes and you can earn a Belnap Range Hiker Patch!

See the June 3 and 17 hikes in the Activities section for details on the next two hikes in the Belnap series.



On top of Mount Major with a fabulous view of the lake below and the mountains in the distance. *Photo by Diane Simms*



Hike leaders at the trail crossing: Peggy Qvicklund, left, Jeannine Audet, and Level 2 leader-in-training Diane Simms. *Photo by Susan Stoll*

SEM Memory: Lunch Break!



Circa 1992 in Fayette, Maine: four hikers identified as "Clare C., D. Blais, B. Hughes, and R. Ottey" take a lunch break on a handy pile of logs. *Photo by Chuck Wright*

If you can identify these hikers or provide more information on this "SEM Memory," send your recollections to breeze.editor@amcsem.org. Or send in your own photos of AMC-SEM past members and activities!

Southeastern Massachusetts Chapter

BE OUTDOORS

OPEN HOUSE

SOUTHEASTERN
MASSACHUSETTS
CHAPTER

SATURDAY MAY 27

10 AM – 2 PM

Borderland State Park
Visitors Center

The Southeastern Mass Chapter of the AMC offers something for everyone from urban walks to all-day mountain hikes, from paddles, bike rides and winter skiing to conservation talks and outdoors skills training.

This fairground style event will have information tables where you can learn all about our chapter and the types of activities we put on. There will be demonstrations, a hike, and even a swap table with free items donated by members of SEM.

All activities are free, parking \$5
Address: 259 Massapoag Ave, Easton Center, MA



**BE
OUTDOORS**
APPALACHIAN MTN CLUB





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

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., Jun. 4. Sunset and Moonrise Bike Ride, MA. This easy ride along the Cape Cod Canal starts in Sandwich, heads west to Mashnee Island for sunset viewing over Buzzards Bay, and returns east during dusk for rise of the strawberry moon over Cape Cod Bay. About 21 miles of mostly flat (250 feet total ascent) and paved surface with some lightly traveled residential roads for the Mashnee Island segment. June's full moon is commonly known as the strawberry moon, a name that comes from the Algonquin Native American tribe in the northeastern U.S. and eastern Canada and refers to the region's strawberry harvesting season. Riders must bring water, a spare tube, and have a red taillight on their bike. (New Massachusetts law requires taillights.) Helmets are required. Headlight highly recommended. Steady rain cancels this event. L Leonard Ulbricht (lenu44@gmail.com)

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)



Activities

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

Sat., Jul. 15. Biking & Brews: Buzzard Bay Brewing, 98 Horseneck Rd., Westport, MA 02790. Join us for a great ride through Westport & Dartmouth. We will start & end at Buzzard Bay Brewing. The ride will be 25-30 miles, at a 12-mph average pace, with some hills. We will pass farms, stone walls, waterways & conservation lands. Upon our return to the brewery, riders can enjoy their beer or wine, food from the food truck(s) & live music. A helmet & red taillight are required to ride. Please bring a spare tube, water, sunscreen & a snack. Steady rain will result in cancellation/ rescheduling. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirdbdp@aol.com, Jeannine enjoys road & trail cycling in southeast MA & sharing the beauty of the area with others.) L Jodi Jensen (jodiajensen@gmail.com, Jodi enjoys leading local bike rides.) L John Nery (John is a League Certified Instructor and is dedicated to safe riding.)

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., May 18. Hike--Four Ponds in Nickerson State Park, MA. Hike in Nickerson State Park, passing 4 ponds in approximately 4.75 miles with about 300' total elevation. Hikers should wear appropriate footwear as there are many exposed roots. Poles optional, bring water. To minimize exposure to poison ivy and ticks, we will stay on the main trails. Duration 2-2.5 hours. Please check the website on the day of the hike for cancellation due to poor weather or other unforeseen circumstances. If the hike is no longer listed, it is cancelled. Directions: NOTE THAT NICKERSON HAS AN \$8 PARKING FEE AFTER MAY 14 UNLESS YOU HAVE A DCR PASS. FOR A FREE LIFETIME SENIOR DCR PASS, go to <https://www.mass.gov/locations/nickerson-state-park> and scroll down to the parking section. From Route 6A, Brewster, enter main entrance to Nickerson State Park, continue straight past the gate house, and take first left onto Flax Pond Road. Go to the end of the road and park in the lot near the boat ramp. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 7th year Level 1 hike leader with previous WFA training. Feel free to contact with any questions.) CL Rob Akie (rakie8888@hotmail.com, Rob has planned this hike as his qualifying activity for Level 1 hiking certification.)

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, robinmcintyre@comcast.net, Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.)

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.



Activities

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

CAPE HIKES

Sat., May 27---SEM Annual Open House---Borderland State Park Visitors Center, 259 Massapoag Ave, Easton Center, MA. Are you an Appalachian Mountain Club member but haven't tried any of our activities? Perhaps you are new to the area and wonder what the Southeastern Massachusetts chapter of the AMC is all about? We have an event for you! We would like to invite you to join us at our Annual Open House, being held at Borderland State Park on Sunday May 27th from 10am-2pm. No registration is required, just turn up and enjoy. We will be setup outdoors next to the Visitors Center. This fairground style event will have information tables where you can learn all about our chapter and the types of activities we put on. There will be demonstrations, a hike, and even a swap table with free items donated by members of SEM. SEM offers something for everyone from urban walks to all-day mountain hikes, from paddles, bike rides and winter skiing to conservation talks and outdoors skills training, we know, once you get involved in one of our activities, you will be hooked. All are welcome. Even if you already participate in our outdoor activities, we hope you will join us for this fun day. If you would like to find out more about our chapter ahead of our Open House, check out the brochure in the 'Related Link(s)' below and if you have any questions, please feel free to email Sam Fisher at membershipchair@amcsem.org or Nancy Piedra at membershipvicechair@amcsem.org. All activities are free. Parking is \$5. Hope to see you there. L Jane Harding (janeharding@comcast.net, Sam Fisher membership chair | Nancy Piedra membership vice chair | and all your SEM leaders)

EDUCATION

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)

Sat., Sep. 23. SOLO Hybrid Wilderness First Aid Course, SEM, 80 South Street Foxborough, MA.. 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.



Activities

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

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).



HIKING

Sun., May 14. Hiking Fall River Bioreserve, Wilson, Bell Rock, and Blossom Road intersection, MA. Enjoy a 4-mile hike in the Fall River Bioreserve. We will be hiking to Doctor Durfee's Mill Pond. Beautiful water view! We are meeting at the intersection of Wilson, Bell Rock, and Blossom Roads which entails a short drive on a VERY rough unpaved road with deep potholes. Participant could walk a mile in to meet the group if they don't want to drive that stretch. (Give yourself 30 minutes for that. Leader can drop person back at end of hike.) Trails are mostly flat, narrow, and windy. Depending on recent weather, could be wet or muddy. Sturdy shoes required. Bring a liter of water and snacks. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed to those with confirmed registrations. No pets. L Diane Simms (dianemsimms@comcast.net) L Susan Rollins

Tue., May 16. Spring Intermediate Level Conditioning Hike #9, 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)



Activities

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

HIKING

Tue., May 16. Startup Spring Conditioning Hiking Series #6, Blue Hills, MA. This is Hike #6 of 6!!! Those who complete the full series will be given registration priority for a planned May 23 Wachusett hike. 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. The hike 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 (dianemsimms@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.) L Lawrence Petrone

Thu., May 18. 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, wdoeherty1@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)

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 May 18.



Activities

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

HIKING

Sat., May 20. TRAILSFEEST: Hiking and Preserving the Blue Hills, Houghton's Pond - Blue Hills Reservation, MA. Here's an opportunity to enjoy hiking a beautiful section of the Blue Hills Reservation, while helping keep the property in great shape. The plan is to hike and clean up the Skyline and adjacent trails near Tucker and Breeze Hills. Trails work includes cleaning trails of debris and branches, cutting briar and intrusive brush on trails, and in some cases widening trails. We plan to hike approximately 4-5 miles in total. The SEM Trails Committee (Steve Scala and Larry Petrone) will provide tools and work gloves to volunteers. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is a four-season hiker and Nordic ski enthusiast. He is a Level I hiker leader for the Southeastern Massachusetts and Boston chapters, and a Trails Vice Chair for Southeastern Massachusetts.)

Sat., May 20-21. 2023 SEM Introduction to Backpacking Course, Plymouth, MA. Join us for an interactive, hands-on backpacking workshop. Learn and practice the skills you need to safely enjoy remote overnight camping experiences. We'll present an afternoon workshop with the basics and an overnight camp out to practice the skills covered in the workshop. Workshop topics will include essential gear, footwear, shelters (tents, tarps, and hammocks), sleeping bags and pads, stoves and cooking utensils, water purification, food, biological needs, fitness requirements, hike planning and how to pack for a fun and safe trip. Tenting overnight will provide the opportunity to practice techniques/skill learned in the workshop. Participants should dress in weather appropriate hiking gear and bring what you have or can borrow for a backpack, tent, and sleeping bag. *** Some gear is available to borrow by prearrangement. ***. Registration is required. L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

Sun., May 21. Easy Hiking, Ames Nowell State Park, Linwood Street, Abington, MA. Enjoy an easy 3 1/2-mile hike at Ames Nowell State Park with gorgeous views of Cleveland Pond. Beginner hikers and families are welcome! We start as a group and end as a group. We'll walk at an easy pace with breaks. All participants must have recently walked a comparable distance. Trails are mostly flat but there are a few spots where we clamber up/down boulders and slopes. Be prepared to step over tree roots and some rocks. Depending on recent weather, there may be wet areas. If you have questions about the trail, email the leader to discuss. Sturdy shoes required. No open-toed shoes. Dress for the weather. Will cancel if bad weather. No pets. Email leader to register: dianemsimms@comcast.net. Children under 18 need to be accompanied throughout the hike by an adult parent/guardian who will also sign the waiver on behalf of the child. L Diane Simms (dianemsimms@comcast.net, I have been an SEM hike leader since 2019. I enjoy introducing people to the outdoors.) L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net), R Diane Simms (dianemsimms@comcast.net)

Tue., May 23. Spring Intermediate Level Conditioning Hike Series #10, Blue Hills Reservation, MA. See listing for May 16.

Tue., May 23. Wachusett Hike, Mt. Wachusett, MA. Enjoy a day trip hiking Mount Wachusett. We will hike up and down and up and down for 6-7 miles and ~1,800 feet of elevation gain along varied terrain. If the weather cooperates, we can expect scenic views from the summit. Preference in registration will be given to those participating in the Startup Spring Conditioning series. We start as a group, hike as a group, and end as a group. Slowest hiker sets the pace. 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 required gear, meeting location and time) via email approximately 2-3 days before the hike date. Learn more about hiking with SEM! Click on the "AMC SEM Hiking" in the Related Links section below. L Diane Simms (dianemsimms@comcast.net, Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) 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.) L Patricia Everett (508-562-2152 before 7pm, patriciae568@gmail.com, 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.)

Thu., May 25. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA. See listing for May 18.



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.)

Sat., May 27---SEM Annual Open House---Borderland State Park Visitors Center, 259 Massapoag Ave, Easton Center, MA. See listing under Biking.

Tue., May 30. Spring Intermediate Level Conditioning Hike Series #11, Blue Hills Reservation, MA. See listing for May 16.

Tue., May. 30. Blue Hills Skyline End-to-End Hike, MA. Join us for this moderately paced 8-mile end to end hike that follows the Skyline Trail from Canton to Quincy crossing numerous hills including Great Blue Hill. This is a strenuous hike not for beginners due to its length and cumulative vertical ascent of about 1800 feet with some scrambling. There are numerous scenic viewing points along the trail. The pace of this hike will be moderate. We will start and finish as a group. Participants should be in good physical condition and have recent hiking experience of similar mileage and elevation. Registered participants will receive additional detailed information (including meeting location, time to meet, and what to bring) via email approximately 1 week before the hike date. Participant size is limited to 8. Priority will be given to those who have not done this end-to-end hike before. Participants will be asked to assist with carpooling before or after the hike. Steady rain cancels. Rain date is May 31 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. Do you know? AMC SEM Chapter conducts a number of hiking series throughout the year. If you would like to know more, click "AMC SEM Hiking" in the Related links section below. L Dexter Robinson (dexpcdoc@gmail.com, Dexter is an avid 4-season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four-thousand-foot mountains multiple times including winter. He also enjoys trail work and running.) L Diane Simms

Sat., Jun. 3. North and Middle Tripyramids, White Mountains, NH. Please join me on a spring hike of the Middle (4,140') and North Tripyramids 4,180'). The planned hike route will be approximately 11.3 miles and just under 2,800' elevation gain. The hike would be rated as strenuous due to the mileage, steepness, rock scrambles and wet trail conditions. The pace will average around 1- 1 ½ MPH and the hike could take up to 8 hours to complete. Participants should be in good physical condition and have completed a hike of similar difficulty within the past 6 months. Hikers must have appropriate hiking boots, clothing and gear, trail food/lunch, and a minimum of 2 liters of water. Hiking poles are recommended. A full gear list will be provided after registration. The hike is open to all who qualify. You do not need to be a member of AMC to join. Participants will be screened to determine if they have recent hiking experience and proper gear to attend the hike. To address unforeseen challenges such as adverse weather or unacceptable trail conditions, the planned route may be modified by the leaders either before or during the hike. L William Belben (william.belben@yahoo.com) CL Kristin Parnell



Activities

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

HIKING

Sat., Jun. 3. Belknap Peaks Hike 2: West Quarry Mountain, Mts. Rand, Klem, Mack, and Anna; Alton, NH. Join us on the 2nd of 3 planned hikes to all 12 of the Belknap peaks. Complete all 12 peaks over these 3 hikes and you can earn a Belknap Range Hiker Patch! Map and hiker patch info: <http://belknapprangetrails.org>. This hike is 8 miles with just over 2,000 feet of elevation gain. The hike is expected to take about 6 hours. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. We'll gain elevation by hiking up some very gentle and long switchbacks along the side of East Quarry Mountain then to Mt. Rand. The next section of trail on the Klem-Mack Loop between those peaks has some open areas with views. From there, we took the ledges route on our way to Mt. Rand, head on Klem-Mack Loop between those peaks, then Mt. Anna. We'll return to West Quarry Mountain, which gives us one last rocky ascent before downhill back to the parking lot. 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 required gear, meeting location and time) via email approximately 2-3 days before the hike date. Learn more about hiking with SEM! Click on the "AMC SEM Hiking" in the Related links section below. L Diane Simms (dianemsimms@comcast.net, Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Raju Jaldou

Sat., Jun. 17. Belknap Peaks Hike 3: Mts. Gunstock, Rowe, Belknap, Piper, and Whiteface; Gilford, NH. Join us on the 3rd of 3 planned hikes to all 12 of the Belknap peaks. The Belknaps offer terrific hiking in the lakes region, just 2 hours from Boston. Great mountain and lake views. If we're lucky, we'll spot Mt. Washington from the fire tower! Complete all 12 peaks over these 3 hikes and you can earn a Belknap Range Hiker Patch! Map and hiker patch info: <http://belknapprangetrails.org>. At 11 miles with 3,000 feet of elevation gain, this is the hardest of the 3 hikes. The hike is expected to take at least 8 hours. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. We will spot cars on Carriage Road and begin our hike on the Mt Rowe Tr. from Belknap Mountain Rd. We'll hike to Rowe, Gunstock, Belknap, and Piper. Time permitting, we'll head to our final summit of the day: Whiteface Mountain. This out-and-back portion of the hike is 2.5 miles with 800 feet of elevation gain, with rock slab sections. Input from group with final leader discretion on hiking to Whiteface Mountain. 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 required gear, meeting location and time) via email approximately 2-3 days before the hike date. Learn more about hiking with SEM! Click on the "AMC SEM Hiking" in the Related links section below. L Diane Simms (dianemsimms@comcast.net, Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Jeannine Audet

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

Wed., Jun. 28. Mt. Willard Hike, AMC Highland Center, NH. Stretch your legs with a moderately paced 3 mile out-and-back hike to Mt. Willard. At just under 1,000 feet of elevation, this 52 WAV has a small waterfall cascade on the way and then terrific views of Crawford Notch and the surrounding ranges. This hike is being offered to those driving up for the following day's June 29 Mt. Pierce hike, but anyone is welcome to register. L Diane Simms (dianemsimms@comcast.net, Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) 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.)



Activities

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HIKING

Thu., Jun. 29. Mt. Pierce Hike, AMC Highland Center, NH. Start your summer with a moderately paced hike to Mt. Pierce, one of the NH 4,000 footers. We will take occasional breaks as we hike the Crawford Path (the oldest continuously maintained hiking path in the US) to the summit of Mt. Pierce with a stop at the AMC Mizpah Hut along the way. Weather permitting, we'll enjoy awesome views of Mt. Eisenhower, Mt. Monroe, and Mt. Washington at the summit. Hike is approximately 6 miles with approx. 2,400 feet of elevation gain. Participants will be screened to determine if they have recent hiking experience and proper gear to attend the hike. 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. Participants will receive additional detailed information via email approximately 2-3 days before the hike date. If you're driving up the day before, consider registering for the June 28 Mt. Willard afternoon hike.. L Diane Simms (dianemsimms@comcast.net, Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) 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.)

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., jhummingbirdbdp@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.)

PADDLING

Wed., May 17. Paddling Glen Charlie Pond, 2 Blissfull Lane, Wareham MA. The Agawam River and Glen Charlie Pond have some of the cleanest water around and you'll see wildlife galore. This is a fairly easy paddle with the exception of a couple portages. One of them has a steep incline and there's also a steep incline at the launch site. We will paddle around and go through the channel to Ortolani Reservoir where we'll have lunch on the island. Be prepared to limbo under any fallen trees in this channel. Neoprene boots and pants are advised since the water is still cold. A life vest must be worn. Please bring a change of clothes in a dry bag. L Joseph Keogh (508-542-0665, Jpkeo24@gmail.com) CL Monica Bentley (508-331-2404 Before 8:30 PM, monicabentley@comcast.net, Monica Bentley has been organizing and leading river paddles throughout southeastern MA for over 20 years. She plans to offer a variety of trips from beginner to challenging so there's something for everyone. She prefers fresh water which will add some diversity to the current offerings. She is chair of the River Access Committee for the Taunton River Stewardship Council and active in adding more public launch sites throughout the watershed.) R Monica Bentley (508-331-2404 Before 8:30 PM, MonicaBentley@comcast.net)

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 (xcskicheir@amcsem.org) CL Walt Granda (nominatingchair@amcsem.org)



Activities

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

SOCIALS

Tue., May 23. SEM Diversity, Equity and Inclusion (DEI) Meeting via Zoom, online, MA. 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 (kcohen@comcast.net)

Sat., May 27, 10 am-2 pm, AMC-SEM Open House, Borderland State Park, 259 Massapoag Ave. North Easton, MA. See listing under Biking.

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)

TRAILS

Sat., May 20. TRAILSFEEST: Hiking and Preserving the Blue Hills, Houghton's Pond - Blue Hills Reservation, MA. See listing under Hiking.



*Happy
Trails!*

Cherry Blossoms,
Impressionistic
Photo by Ken Cohen

THE END