

The Southeast Breeze

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

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Have a story for *The Southeast Breeze*?

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.

Shop the Breeze Market for equipment bargains!

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

Business ads start at just \$10/month. Send inquiries to breeze.editor@amcsem.org.



A hardy group of hikers attending the Chapter Hut Weekend braved 45 mph winds and stronger gusts to reach the summit of Mount Cardigan. *Photo by Barry Young*

Revival of Chapter Hut Weekend Was a Success!

By Jeannine Audet, Chapter Vice Chair

After a four-year hiatus, largely related to COVID restrictions, the AMC-SEM chapter enjoyed a wonderful weekend from September 15-17 at the very hospitable AMC Cardigan Lodge in Alexandria, NH. All told, 34 outdoors aficionados participated in hikes, a bike ride, stargazing, yoga, and a Diversity, Equity, and Inclusion (DEI) discussion circle.

Social events included enjoying one another's company during happy hour with yummy appetizers provided by our lodge hosts Skye, Elizabeth, and Croo; roaring campfires complete with s'mores; and just hanging around the lodge, enjoying the comfy sitting areas and the porch.

The bunkrooms were spacious, the showers hot, and the hearty meals delicious. The Croo members were very attentive and informative, as expected. The Croo also accommodated all dietary needs. Although Hurricane Lee roared up the East Coast, the storm skirted away from the area of our event, leaving only slight drizzle although with significant breezes on Saturday.

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View from the Chair: Annual Meeting and Dinner

I'm excited for SEMs 48th [Annual Meeting](#), November 4th, at the Bay Pointe Club in Buzzard's Bay, and I hope to see you there. I encourage you to vote in support of the [nominees](#) for our Executive Committee. They are all dedicated, hardworking, talented individuals who volunteer their time and passion to help grow and improve the chapter.

I want to encourage you to come for the meeting and stay for the Dinner. It is always a scrumptious affair and is subsidized by SEM as a thank you for being part of the chapter. The evening includes a terrific speaker, a free raffle, the awarding of the SEM Distinguished Service Award, and a couple of other special treats as well. Why not send in your registration form on page 4 **now** and get the early bird discount? The cost is just \$30 per person before October 21 or \$40 at the door. You do not need to be a SEM member to join us at our Annual Dinner.

If you're new to Winter Hiking, make November 4th "SEM Day" by attending our Winter Hiking [Workshop](#) in the morning and our Annual Meeting and Dinner in the afternoon. We have intentionally located both events within a 20-minute drive of each other.

Fall & Winter

We've had a very active Spring and Summer with our leaders putting on 213 activities since April. Wow! Now we have an incredible line-up in the planning for Fall and Winter, including our always popular [Full Moon Hikes](#) and [Winter Hiking Series](#). Keep checking [our listings](#) as more and more activities are being posted daily.

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

Biking ChairBill Trimble
Biking Vice ChairOpen
Cape Hiking Chair.....Jane Harding
Cape Hiking Vice ChairRobin McIntyre

Communications ChairJustin Anderson
Communications Vice Chair.....Open
Conservation ChairZoe Rath
Conservation Vice ChairPaul Williams
Education ChairAnne Duggan
Education Vice ChairSrinu 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
20's & 30's Chair.....Open
20's & 30's Vice Chair.....Open

Ad Hoc Committee Chairs & Other Chapter Contacts

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



“Reunite with Old Friends and Make Some New Ones”

WE WELCOME ALL



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

48th Annual Meeting

Followed by the

2023 Annual Dinner

Saturday, November 4th at

[The Bay Pointe Club](#)

19 Bay Pointe Dr, Buzzards Bay, MA 02532

4:30 pm – Registration & Social Hour, free appetizers & cash bar

5:30 pm – Annual Meeting (no charge)

6:30 pm – Buffet Dinner & Guest Speaker, \$30 per person (\$40 after Oct 21)

Includes presentation of the Distinguished Service Award,
Raffles, and Other Awards

Special Guest speaker

Steve Tatko

Licensed Forester

VP of Conservation Research & Land Management

Guest speaker presentation abstract and registration form follow. Questions? Contact Paul Brookes at
chair@amcsem.org

2023 Annual Dinner

A Unique Conservation Model

Presentation by **Steve Tatko**

Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing.



In his talk Steve will be reflecting on how a unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. As national interests in increasing the pace of land conservation heighten, AMC's Maine Woods Initiative is helping to achieve regional 30x30 goals.

AMC Southeastern Massachusetts Chapter 2023 Annual Dinner Registration Form

\$30 per person, \$40 after October 21, 2023

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

Today's date: _____

Your Name: _____

Guest's name(s): _____

Your email address & cell number: _____

Check for vegetarian meal: You [☐] Guest [☐]

Check for vegan meal: You [☐] Guest [☐]

List any food allergies: _____

Total Price: \$ _____



Storing your ebike battery over winter or during long idle periods

By Bill Trimble, Biking Chair

As cycling season winds down for most people, here are some tips for storing your ebike battery for the winter. Ebikes are powered by a battery through an electronic controller to the motor. The battery of your ebike may be the most expensive part of the bike. Ebike batteries cost hundreds of dollars and may not even have replacements available. So it is good practice to care for your battery. Most ebike batteries are Li-Ion cells which have a few important considerations for storage.

Li-ion cells have very high energy density (Watts/lb) and need special care to be kept in good condition. A Li-ion battery can go into a runaway discharge condition generating intense heat and fumes if not properly looked after. Once in runaway condition, a Li-ion battery has everything it needs to continue burning. A special procedure must be followed to extinguish it that is usually only available to professional firefighters. The moral of this story is, if you have a lithium battery fire, call the fire department! Reasons for this runaway discharge can be physical damage to the battery, overcharging, undervoltage, or excess discharge current.

Overcurrent discharge—The bike controller usually prevents overcurrent discharge when operating, but a stored battery should be kept in a warm (not hot), dry place with the output terminals protected from short circuit by water or metal objects.

Undervoltage—The battery probably has a battery management circuit (BMS) that prevents undervoltage when in use (just like your cell phone, it shuts off when the voltage is too low). But what about in storage? Li-ion batteries have a self-discharge attribute where the battery voltage will slowly decay over time. So, a battery in storage will discharge all by itself with no connected load. This may lead to a runaway condition or may lead to battery cells that are so drained that they cannot be recharged.

To prevent this low voltage condition, it is a good idea to *charge your battery even when not riding the bike*. Set yourself a reminder to charge your ebike battery occasionally over the storage period. Every two months should be enough. Otherwise, you risk Li-ion battery self-discharge making your battery a very expensive paperweight by springtime. Leaving it hooked up to the charger is not recommended. (See overvoltage that follows)



For off-season storage, remove the ebike battery and store it in a warm, dry place and protect it from short circuit, excessive power loss, and impact damage. *Clipart photo*

Overvoltage—The battery management system (BMS) may also prevent overcurrent and overcharging while charging. Note that I said, *MAY* prevent. BMS quality varies in bikes as some BMS systems will monitor each cell (best), some monitor groups of cells (good), and some only monitor the battery condition overall (least protective). Since it is unknown what type of BMS you have, you should never leave a Li-ion battery attached to its charger. Charge it up fully and then disconnect the charger from the battery.

Physical damage—Keep your ebike battery where it is protected from damage by falling or being impacted and keep it away from flammable and even combustible materials. I keep mine in a metal ammo can on the concrete floor of the garage.

Finally, only recharge your ebike battery with the charger provided with the battery. Do not use a battery that was not designed for use with your bike. If a battery shows signs of physical damage (cuts, cracks, swelling, or burned areas) or will no longer be used, recycle the battery at an authorized battery recycling center.

View an ebike battery fire video [here](#).



An ebike battery fire gutted this apartment. *LA Times photo*



Chapter Hut Weekend Continued from page 1

Nine early arrivals on Friday were able to hike to Welton Falls via the Lower Manning Trail, three miles with 350 feet of elevation gain. The group enjoyed the beginnings of foliage change as well as a variety of mushrooms.

On Saturday, Paul Brookes led a bike ride to qualify him as a bike leader, mentored by Jeannine Audet. Our group of seven rode the Northern Rail Trail from Danbury southward, a round-trip of 17 miles. The trail consisted of finely ground gravel. We rode through woods and wetlands, which had a variety of vegetation, as well as a baby snapping turtle (see photo). There were few required road crossings, with little traffic. The group finished the day enjoying the ice cream and other wares at our starting point at the Danbury Country Store. As this is a 58-mile trail, there is certainly more to explore on future trips!



The biking group followed the Northern Rail Trail through woods and wetlands for 17 miles. *Photo by Jeannine Audet*

Maureen Kelly led another group of nine on the moderate-level hike of 4.2 miles with 770 feet of elevation gain, with the assistance of Paul Audet. They followed the Wildland, Clark, Vistar, and Holt Trails to traverse a loop. Some of the group determined that this satisfied their hiking for the day and returned to enjoy the offerings of the lodge.

Maureen guided hikers who wanted further exploration along the newly completed one-mile All Persons Trail, which includes a storyboard description. This trail enables those who use strollers, walkers, and wheelchairs to enjoy a lovely and informative hike.



One Saturday group hiked a 4.2 mile loop, ascending 770 feet. *Photo by Barry Young*

Finally, Saturday also saw Barry Young, with the assistance of Zoe Rath, lead a hardy group of 14 up to the Mt. Cardigan summit (3137'), following a loop of 5.8 miles in length, with 2050 feet of elevation gain. It was a very blustery day, due to the storm, with sustained 45 mph winds, and higher gusts, requiring the participants to keep their center of gravity low to stay grounded. This hike also revealed a fire tower—not accessible, due to restoration work in progress, but probably not the best day to go up anyway!—and a stop by the AMC High Cabin. Despite the weather, there were some views, and it was quite an adventure.

Continued on page 7



Above left: Bikers encountered a baby snapping turtle on the Rail Trail. *Photo by Jeannine Audet.*
Above right & Left: Hikers spotted hobbleshub and enjoyed a view of the Fowler River. *Photos by Maureen Kelly*



Rest stop on a rustic ridge on the trail to Mount Cardigan.

*Photo by
Jeannine Audet*

Chapter Hut Weekend Continued from Page 5

The day concluded with yoga, prior to dinner, guided by Jeannine, then stargazing near the campsite area, and an amazing campfire, tended by Marcella Rippel, Paul Brookes, and Paul Audet.

Sunday greeted us with bright, clear sunny skies. Unfortunately, some participants had to depart early. For the rest, Maureen led a DEI discussion circle, which was well-received. Topics included use of preferred pronouns, ways to share in our humanity and to share respect for those who may come from a different culture or who speak a different language. Some participants shared personal anecdotes about their experiences.

Finally, a group of five led by Dia Prantis and Jeannine hiked the Mt. Cardigan loop and enjoyed beautiful views and little wind!

We are so appreciative of the AMC Cardigan Lodge Croo for their hospitality, and of the trip leaders for their volunteering, which made this weekend a great experience. For many of this year's participants, this was their first experience staying at an AMC facility. Their feedback about the accommodations and the weekend overall was very positive. There were also participants new to AMC or to SEM activities. There was great enthusiasm among all for future trips to Cardigan Lodge or other AMC weekends. Stay tuned!



A blazing Saturday night campfire was one of the highlights of the 2023 SEM Chapter Hut Weekend.

Photo by Jeannine Audet

Welcome Paul Williams, our new AMC-SEM Conservation Vice Chair

By Zoe Rath, Conservation Chair

I'm pleased to announce that Paul Williams has been voted in as our new **Conservation Vice Chair**. Paul has a deep passion for conservation and stewardship. He comes to us with a wealth of knowledge gained from his background in public health, policy, and legislative advocacy. He is happy to share his many skills with our committee.

Paul will be working closely with me to build a strong conservation team for SEM. We share a goal of creating an active committee that will post a range of conservation events: virtual, in-person, conservation learning, exploring, and volunteer events.



How did Paul first get involved?

Paul emailed his interest in volunteering after reading about the open position on our website. Like our other ExComm members, he's an AMC member who believes in its mission. He loves the outdoors and wants to dedicate his time and energy to further enrich our Chapter.

Does that describe you, too? Consider joining our Conservation Committee! Contact me by emailing conservationchair@amcsem.org or check out our other chapter [openings](#).

Volunteers
CONNECT US ALL



SEM EXECUTIVE COMMITTEE 2024 NOMINATION SLATE



Chapter Chair	Paul Brookes
Chapter Vice-Chair	Jeannine Audet
Secretary	Lindsey Meyers Bertone
Treasurer	Earl Deagle
Biking Chair	Bill Trimble
Cape Hiking Chair	Robin McIntyre
Communications Chair	Justin Anderson
Conservation Chair	Zoe Rath
Education Chair	Anne Duggan
Hiking Chair	Bill Belben
Membership Chair	Samantha Fisher
Paddling Chair	Open
Past Chapter Chair	Diane Simms
Skiing Chair	Dia Prantis
Trails Chair	Steve Scala
20's & 30's Chair	Open

Names in **black** are continuing in their current post; Names in [blue](#) started in their position within the past year; Names in [purple](#) are new to the position (but not new to the Executive Committee).

The Nominating Committee

Walt Granda

nominatingchair@amcsem.org

Ken Cohen, Susan Rollins, Kathy O'Keefe, Pam Aberle

nominating@amcsem.org



Conservation Corner:

AMC's three-pronged approach to Conservation, and you

By Paul Williams, Conservation Vice Chair

The AMC utilizes a three-pronged approach to its environmental protection work: Scientific Research, Advocacy, and Protection. All three are intertwined while being individually critical. Each person in their own way can use this approach to further the work of conservation.

One of the ways you can get involved in research is through community science. On your hikes, you can learn, observe, and monitor environmental projects that are critical to the AMC. To learn more about the AMC's community science projects go [here](#).

Advocacy is another critical way you can get involved and make a difference. Whether it's writing to your local legislator in support of an environmental issue or educating others about clean-up days, advocacy takes on many looks but is a great way to use your passion for the outdoors for good. A great first step is to join the AMC's Conservation Action Network [here](#).

Lastly, but just as important is the protection of the environment around us. We have a responsibility to ensure that future generations will be able to enjoy and benefit from our natural environment. This means protecting what we already have and lessening our impact moving forward. [Here are 10 tips to getting you started on a more sustainable lifestyle.](#)

The conservation committee would love you to join us as we move forward in our environmental protection work. If you would like more information or would like to be involved please reach out to Zoe or Paul at conservationchair@amcsem.org or

conservationvicechair@amcsem.org

Go Green: 10 Tips for a More Sustainable Lifestyle (July 6, 2020, by AMC Staff)

- » Avoid Single-Use Plastics
- » Recycle
- » Reduce Food Waste
- » Pay Attention to What You Eat
- » Conserve Energy in Your Home
- » Conserve Water
- » Offset Your Carbon Emissions
- » Invest in Sustainable Cleaning and Beauty Products
- » Practice Sustainability Outdoors
- » Support Environmental Causes and Sustainable Businesses, and Vote

Kristin Parnell: A new Level 2 Hike Leader for AMC-SEM

By Bill Belben, Hiking Chair

On September 25th, Kristin Parnell completed her qualifying hike of Mount Tecumseh in the Waterville Valley area of the White Mountains. It was a perfect fall day and Kristin led a small group to the summit and back in just under four hours. I don't want to say we hiked fast, but with our pace, we did qualify for next year's Boston Marathon!



From choosing the route, screening candidates, and leading the entire hike, Kristin managed everything like a seasoned leader. Prior to the qualifying hike, Kristin was a very active participant in our White Mountain hikes and has had the opportunity to learn from many of our experienced destination hike leaders.

In her professional life, Kristin is the Associate Director of Athletics for Thayer Academy, middle school girls' soccer coach, and a mother of three children: Alyssa, Dylan, and Jessica. She is a passionate runner and enjoys downhill skiing as well.

SEM Memory: 'Happy Trails' don't just happen



Circa Spring 1984: AMC-SEM trails crew volunteers make use of a natural tabletop to plan work on the Bournedale Trail in Bournedale, MA. Photo by John Smart



The All Persons Trail is enlivened by storyboards of a tall tale about giant stonecutting sisters and the tiny baby one of them carves from granite. *All photos by Maureen Kelly*

All Persons Trail is an accessible option near Mount Cardigan

By Maureen Kelly, Hike Leader

SEM enjoyed a Chapter Hut Weekend at Cardigan Lodge in New Hampshire on September 15, 16 and 17. We hiked summit trails, loop trails, and trails to Welton Falls. One group did a bike ride on the Northern Rail Trail about 30 minutes from Cardigan. We also had the opportunity to hike one brand new trail, the All Persons Trail, which is an accessible trail built by the AMC Professional Trail Crew.

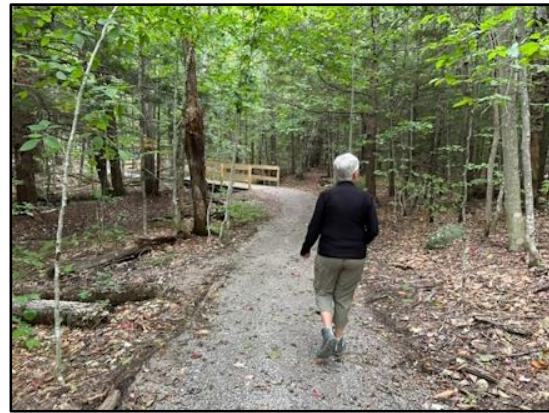
The AMC Professional Trail crew repurposed the Upper Nature Trail that was a loop off the Holt Trail, one of the main trails to the mountain. The trail is accessible for wheelchair users, hikers with walkers, and hikers with strollers. An accessible parking lot was installed just for users of the trail. The trail was built using U.S. Forest Service Accessibility Guidelines for grade, width, and surfacing. Staff used 264 tons of surfacing material and 168 tons of crushed stone. Three new 25-foot wooden bridges replaced the original ones.

A fun feature of this trail is that it has a story board. Pages of the book *Granite Baby* by Lynne Bertrand and illustrated by Kevin Hawkes are posted along the trail for you to stop and read. If you get tired, there are three pull-outs with picnic tables to sit and rest.

This trail may be small compared to others you can hike at Cardigan, but it's important. Consider how you would feel

if you didn't have the ability to hike anymore. How good would it feel to use a wheelchair or walker in the woods of New Hampshire, watching the brook flowing under the bridge, and breathing the cool fall air? I think this small trail will bring a lot of joy to people who have had to stop hiking or have limited options. A similar All Persons Trail is being planned for the AMC Noble View Outdoor Center in Russell, MA.

For more information, check out [this link](#) and visit the trail yourself:



The All Persons Trail's width, grade, and surface provide access for all hikers, including small children and those with different modes of mobility.



Accessible picnic areas include room for wheelchairs at the end of tables and space to turn around.



Trail signs give directions to reserved accessible parking.



Mount Hood with summer snowpacks. All photos by Jeannine Audet

August Camp out West: Another add-on to your bucket list!

By Dia Prantis, SEM Level 2 Hike Leader

If you've been to August Camp, you know that it is a great outdoor experience, and if you haven't given it a try yet and you love hiking, this should be added to your bucket list! August Camp has a long history and has been around since 1887. It's amazing to think of so many campers from the start to present day enjoying a simple lifestyle and being awed by Nature. Recently, August Camp has been primarily held in different locations in the Northwest. This past year it was held in Oregon in the Mt. Hood and Columbia Gorge area. Every aspect of the camp week is well organized, from airport pickup to daily hikes to ordering our trail lunches. Organization makes us feel good, but what is the real reason to go to August Camp? Well, here are three reasons: the trails, the camaraderie, and the food!

Reason #1: The Trails! For all who have hiked in the White Mountains where roots, loose rock, and scrambles are the norm, the trails in the West are a nice change of

pace. Yes, you still need to watch your footing, but paths are often wider with more switchbacks, so you can take in the views above and around you without stopping. Douglas Firs, Western Hemlocks, and Red Cedars drop needles and bark that also leave a cushioned forest floor to walk on before reaching the alpine areas. Old growth forests and trees larger than those in the East are simply stunning to walk under.

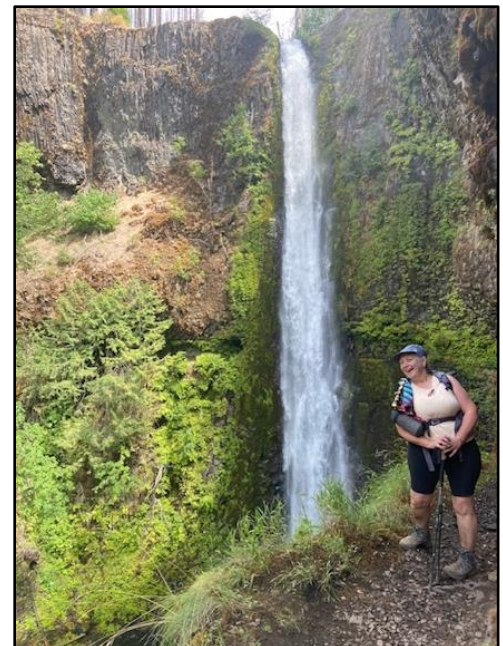
There were many favorite hikes among attendees during the week; I'll feature two: Tunnel Falls and McNeil Point. Every day, participants have a choice of A, B, or C hikes. An A hike is 8 miles or longer or has higher elevation, B is 6-8 miles and moderate elevation, and a C hike might be 5 miles with lower elevation. These were A hikes.

Tunnel Falls was memorable not only because of the Eagle Creek view and bridge crossings, but because after moderate elevation gain and 6+ miles in, you come to a 170-foot waterfall that you walk behind via a man-made tunnel blasted into volcanic basalt. At various sections of the trail there is a cable wire, just to give a bit of reassurance against the steep vertical walls that are along the sometimes-narrow path.

Just beyond the waterfall, we all had lunch at Crisscross Falls and got to put our feet in the cool glacier water. Another aspect to the hike was the evidence of a fire which came through the area in 2017. Charred conifers were dead but were still standing; while the fire killed the branches and needles, it often did not consume the massive trunks. Restoration was happening with many ferns and saplings filling in these areas.

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AMC-SEM hike leader Tracy Hawes at the 170-foot Tunnel Falls with a walk-through tunnel blasted into the rock behind it.





Ramona Falls is described as a “jewel” drawing visitors to the Mount Hood Wilderness.

August Camp

Continued from page 9

The other hike that had high accolades was McNeil Point. This was a 10-mile hike with greater elevation, but once at the point, you felt up-close to Mt. Hood. This trail checked all the boxes—wildflower meadows, views of Mt. Hood, running water, forest and alpine scenery, and cool breezes coming off the snow-patched mountain. The only downside to August Camp is that in six days, you can’t get to all of the hikes!

Reason #2: Camaraderie! It is such a positive atmosphere to be among others who like to spend their free time outdoors. Out of about 60 participants, you get to know each other through the hikes, carpooling, and mealtime. Everyone has a tent mate, and each day your hiking group changes so you get to know one another gradually throughout the week.

Dinner is another opportunity to sit next to someone you don’t know and learn where they spent their day and consider what other hike to put on your weekly list! While hiking is the focus, there are elective trips like white-water rafting, biking, and fishing, where again you get to meet others you might not have otherwise. This is the one week when you’ll spend more time conversing with others than you will on your device!

Reason #3: The Food!

There is a kitchen staff of about seven, and they prepare everything from scratch in a field kitchen. The staff was able to utilize Community Supported Agriculture (CSA), and every dinner was 5 Star! In one sitting we might have a Caesar salad, bean soup, broccoli, steelhead trout with a citrus glaze, and then apricot and blueberry cobbler for dessert. Every dinner featured the creative ideas of the staff. One of my favorite snacks was rosemary shortbread for our trail lunch. Vegan and gluten-free options were also available every meal. The bean burger was the best I’ve ever had!



The view of Eagle Creek from above—way above.



Staff member Doug Morgan serves one of the 5 Star dinner selections at August Camp.

August Camp is a restorative and inspirational week that has you looking forward to the following year. It’s already less than 300 days until the start of August Camp 2024! Next year, it will be at the Three Sisters, a part of the Cascade Range. Attendance is by lottery and the sign-up window is short, so put it on your radar for early January!



society volunteerism nonprofit vibrant love youth group change skills
volunteers

Photo by
Bill Trimble



Volunteer of the Month: Susan Rollins

By Bill Trimble, Biking 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 Biking Committee recognizes Susan Rollins

We appreciate all our volunteer bike leaders and are enjoying a good year of biking around Southeastern Mass. We are fortunate to have an active and growing number of bike leaders. It is with great pleasure that the Biking Committee recognizes Susan Rollins as our Volunteer of the Month.

Susan has been super supportive of our rides, always ready to co-lead a ride when she is able. Susan is very active in other areas of the AMCSEM and leads and co-leads many hikes in the Fall River Bio Reserve as well.

We are lucky to have Susan as part of our chapter Biking Committee crew, and we thank her for all of her efforts and support to our other bike leaders. Susan will receive a Volunteer of the Month Certificate and a \$50 gift card.



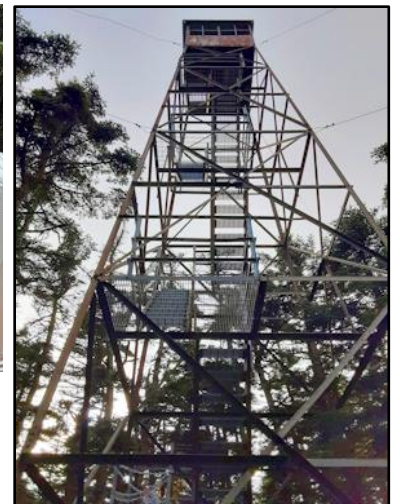
Backpacking group tackles first weekend hike of the Long Trail

Over the October 1-3 weekend, a group of AMC-SEM backpackers completed the first weekend hikes on sections of the 273-mile Long Trail, to be continued in 2024. Led by Jeannine Audet, Anne Duggan, and Tracy Hawes, the group hiked 22.3 miles from Stratton to Woodford to Grout Pond, VT, spending two nights at backcountry shelters.



Top: Backpack group.
Photo by Jeannine Audet

Above: Tent camp.
Photo by Tracey Hawes



Above right: Fire tower on Mt. Glastonbury. Photo by Melissa Barber
Right: Foliage underfoot. Photo by Tracey Hawes





Activities

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

Create your personal Activities Digest

AMC has an email notification system for 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 to My Outdoors**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

BICYCLING

Ongoing. Biking Vice Chair. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org. L William Trimble (774-301-1209 5-9 PM, bikingchair@amcsem.org)

Fri., Oct. 27-29. Berkshires Hiking & Bicycling Weekend, Wainwright Inn, MA. Join us for a friendly, fun, Fall (note the alliteration!) weekend of hiking & bicycling. The beautiful & historic Wainwright Inn will serve as our home base. Located in the heart of Great Barrington, the Wainwright has lovely rooms with private bathrooms, & the innkeepers Chris & Barb serve a full breakfast each morning. <https://wainwrightinn.com>. Several hikes of different lengths & degree of challenge will be offered nearby; options may include Mt. Everett, Mt. Alander, or Bear Mtn. The highest waterfall in MA, Bash Bish Falls, is also nearby. A bicycling tour of the Berkshire area via the scenic 26-mile Harlem Valley Rail Trail will also be offered, including a lunch stop & other stops at points of interest. <https://www.hvrt.org>. Participants may opt for hiking or cycling. Participants, once registered for the trip, will need to contact the inn to reserve their room. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirddbp@aol.com. Jeannine enjoys leading hikes, backpacks, bicycling and cross-country skiing throughout New England. The Berkshires is a favorite location.) L Susan Rollins (774-264-9430, rollins_s@outlook.com Susan is a Level 1 Hiking Leader and a Bicycling Leader.)

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. The cost of the buffet dinner and speaker is \$30. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. 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 William Trimble (bikingchair@amcsem.org)



Activities

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

CAPE HIKES

Sun., Oct. 15. 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., Oct. 19. Ryder Beach and National Seashore Conservation Lands, Ryder Beach, Truro, MA. Hike 4.5 +miles on beach and woodland trails with views of the Hatch, Biddle and Atwood Properties. Wear sturdy footwear, preferably hiking boots, bring water and snacks. Hiking poles are helpful. Be prepared do encounter poison ivy and ticks and also be prepared for inclement weather. Unfortunately, unexpected events most often weather forces us to cancel a hike at the last minute. Please check hike postings on the day of the hike to make sure it is still happening. Thank you. L Trish Crocker (508-345-6260 Before 9.00PM, pmcrocker@yahoo.com)

Sat., Oct. 21. Hike: Cape Cod National Seashore, Eastham, MA. Hike in Cape Cod National Seashore with a variety of views and terrain. Travel along a salt pond, thru woodlands, tall marsh grass and an ocean view at Coast Guard beach. We will visit historical sites as we hike the 4.5 miles. Hike is rated easy. Heavy rain will cancel. Hikers should wear appropriate footwear as there are many roots on trails. Water, insect repellent, Sunscreen and rain gear are recommended. Hikes can be cancelled for various circumstances, please check web site on day of hike. Directions: Rt 6 east to Orleans Rotary, travel towards Eastham. Take right turn at Nauset Rd to Cape Cod National Seashore Salt Pond Visitors Center, park in main lot. No parking pass is required. L Robert Akie (617-513-2207 Before 9:00 PM, rakie8888@hotmail.com, Cape Cod Hike Leader)

Sun., Oct. 22. Hike Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA. This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net. Robin is a 8th year Level 1 SEM/Cape Hike leader with previous WFA training) CL Sandra Alisch (This is my first co-lead for my Level 1 certification.)

Thu., Oct. 26. Hike - Punkhorns, Brewster, MA. We will be taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + oak forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Left @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot which will be on your left Recommendations: Bring water & snacks Layered clothing & sturdy footwear Bug spray & hiking poles if desired Unfortunately, last minute unexpected events, often weather, forces us to cancel @ the last minute. Please check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy (774-534-2238, Henny1960wood@gmail.com)

Sat., Oct. 28. Hike Marconi Station, Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, October 28, at the Marconi Station Site parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Station Site and park on the left side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 6.1 miles. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Nov. 2. Bell's Neck, Harwich, MA. Hike 4.5 miles through mostly woodland trails and cranberry bogs at Bell's Neck Conservation Lands, Harwich. Views of the West and East Reservoirs. Be prepared to encounter tree roots, poison ivy and ticks. Hiking poles are helpful. Wear sturdy shoes, ideally hiking boots and bring water for hydration. Be prepared for inclement weather. Unfortunately, unexpected events most often weather forces 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 Trish Crocker (508-345-6260 Best before 9.00PM, pmcrocker@yahoo.com)



Activities

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CAPE HIKES

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Sun., Nov. 5. Hike 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) at: <http://www.amcsem.org/assets/chapter/snel.signup.procedures.participants.pdf>. L John Gould (508-540-5779, jhgould@comcast.net, Has been leading hikes for Cape Hiking for 19 years.)

Sun., Nov. 12. Hike Eagle Pond, Cotuit, MA. Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Hike is 4.2 miles. Sturdy footwear required ideally hiking boots, fluid for hydration and snack if desired. Hiking poles are useful. Driving Directions: Take Rte. 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte. 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte. 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Parking is limited so carpooling will be helpful. Meet at 9:45 AM 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 Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Nov. 9. Hiking--Nickerson State Park, Brewster, MA. Hike is 4 miles around Big Cliff Pond & Little Cliff Pond. There are many water views. The challenge of this hike is many roots along the way. Wear sturdy footwear, clothing layers, rain gears if needed. Bring water, hiking poles if desired & bug spray. Unfortunately, last minute unexpected events, most often weather, forces us to cancel an event at the last minute. Please check hiking posting on the day of hike to ensure it is still happening. Thank you. Directions: Route 6 take Exit 89 towards Brewster, Take left into Nickerson State Park. Follow up to Rt onto Flax Pond. Parking is at the end of the road by the boat ramp. L Anne Hennessy (774-534-2238 Before 9 pm, Henny1960wood@gmail.com)

Sat., Nov. 11. Hike Cahoon Hollow/White Crest Beach, Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, November 11, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 4.6 miles of forests, soft beach hills, and 1 mile of beach walking. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net. L Janet Kaiser (774-534-2281 Before 9 PM, jtkaiser@comcast.net)



Activities

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

CAPE HIKES

Sun., Nov. 12. Hike Eagle Pond, Cotuit, MA. Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Hike is 4.2 miles. Sturdy footwear required ideally hiking boots, fluid for hydration and snack if desired. Hiking poles are useful. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Parking is limited so carpooling will be helpful. Meet at 9:45 AM. 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 Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Nov. 16. Hike Mashpee River Woodlands, Mashpee, MA. Approximately 4-mile hike through woodland and along the Mashpee River with some marsh views. Generally easy terrain but with many exposed roots and numerous short but steep inclines. Hikers should have sturdy footwear, water, and poles if desired. 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. Head to the Mashpee rotary, which is at one intersection of Rte 28, Rte 151, and is next to the Mashpee Commons shopping area. From Mashpee rotary take Rte 28 S towards Hyannis. In less than 1/2 mile take first right towards Cotuit. In 1/2 mile (passing Woodlands North lot) turn right onto Mashpee Neck Road. Parking is 1.2 miles on right. L Janis Delmonte (214-284-8918 Before 9pm, delmontej@gmail.com)

Sun., Nov. 19. 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 on the day of the hike for any weather cancellation. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is an 8th year Level 1 SEM/Cape Hike leader with previous WFA training.)

Sat., Nov. 25. Hike Great Pond Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, November 25th, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 5.2 miles of forests, soft beach hills, and a beach overview. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Nov. 30. Hike - Griffin Island, Wellfleet, MA. Varied terrain, from marshside to wooded trails over hills, spectacular cliff trail with view of bay. Meet 9:45 AM. From Rte 6, Wellfleet, turn left at lights toward Wellfleet Center, left on E. Commercial St. toward harbor. From harbor, turn right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. Bring water, wear sturdy hiking footwear, layer for weather, poles if desired. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. L Janet Kaiser (774-534-2281 eve before 8 p.m., jtkaiser@comcast.net. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Dec. 3. Hike Quashnet River - Falmouth / Mashpee, MA. This is a 4.2-mile hike at a moderate pace along the Quashnet River and through adjacent woods. About 1/2 of the hike will be on rolling terrain. Bring water, sturdy hiking footwear, poles if desired, tick repellent. Because this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. L Deborah Hayden (shaferhayden@gmail.com)

Thu., Dec. 7. Hike Long Pond - Falmouth, MA. This is a 4.5-mile 2+ hour hike in the Falmouth Town Forest with scenic views of Long Pond and Angel Mirror Pond. The hike includes some hilly sections with uneven footing. Bring water, wear sturdy hiking footwear, poles if desired, tick repellent. Because this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. L Deborah Hayden (shaferhayden@gmail.com)



Activities

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

CAPE HIKES

Sat., Dec. 9. Hike Newcomb Hollow Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, December 9, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5-mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Dec. 21. Hike-Great Neck Wareham (NOT Audubon), Wareham, MA. This Show and Go hike is 4+ miles, 2 hours in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. Note we are NOT meeting at the Great Neck trailhead on the map. Since this is a Show and Go hike, if it is cancelled due to inclement weather, it will be on the website. Please check the website on the day of the activity for updated status. Directions: over Bourne Bridge on Rte. 25 for 6.7 miles to Exit 3/old Exit 2 (Rte. 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3-way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is an 8th year Level 1 SEM/Cape Hike Leader with previous WFA training.)

CONSERVATION

Thu., Oct. 19. Day Hiking New England, with author Jeff Romano: Zoom Event. Join author Jeff Romano for a slideshow presentation over Zoom, highlighting hiking opportunities throughout New England. The program will cover destinations in all six states with a focus on itineraries featured in his latest guidebook, an updated edition to 100 Classic Hikes New England (June 2023). Jeff will share advice, provide insights, and answer questions on how and where to plan your next hiking adventure. The presentation will also include information on New England wildflowers, birds, wildlife, history, and conservation success stories. L Zoe Rath (617-308-9489 before 10:30pm, conservationchair@amcsem.org, Zoe is the new chair of Conservation for SEM. She has a passion for conservation, excited to plan and share ideas at the coming SEM monthly conservation discussion! She wants to make a difference and hopes you will join this group effort - by joining this and future SEM Conservation events!)

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Activities

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EDUCATION

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EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Nominations Committee Member. Do you regularly attend activities and are comfortable talking to people about open positions. If so, please consider the nominations committee. We are looking for people from all over our region, but especially someone from the Cape. For more information contact Walt Granda by emailing nominatingchair@amcsem.org. L Paul Brookes (chair@amcsem.org) CL Walt Granda

Ongoing. Diversity Equity & Inclusion Committee. Our DEI committee works to welcome everyone to our activities, especially previously underrepresented groups. All you need for this committee is openness, interest, and enthusiasm. Our next task is to create the content for our DEI webpage. For more information, please contact Maureen Kelly by emailing deichair@amcsem.org or Rachel Brown-Eisenstadt by emailing devicechair@amcsem.org. You can also discuss this position or any other volunteer opportunities by contacting our Nominating Committee chair Walt Granda by emailing nominatingchair@amcsem.org or our chapter chair Paul Brookes by emailing chair@amcsem.org.

Ongoing. Membership Committee. If you're a fan of SEM and regularly promote SEM to those you meet, this committee could be for you. In addition to supporting our Open House and other outreach events, you would help our new members fully engage with the chapter by organizing new member activities and social events. For more information contact Samantha Fisher by emailing membershipchair@amcsem.org or contacting Nancy Piedra by emailing membershipvicechair@amcsem.org. L Paul Brookes (chair@amcsem.org, SEM Chapter Chair)

Ongoing. 20's & 30's Chair. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. As we all know, our younger members are the future of our chapter, and we are looking for someone to jumpstart & form our 20's & 30's committee which is currently without a chair or vice chair. Do you have an outgoing personality? Do you like organizing events especially social ones? Perhaps this could be a role you would consider. For more information on the responsibilities of the 20's & 30's chair click on 'Roles & Responsibilities' under Related Link(s) however although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org.

Ongoing. Hiking Vice Chair of Local Walks and Hikes, MA. We are looking for a SEM hike leader interested in working with Bill Belben and Tracy Hawes as an additional Hiking Vice Chair with a focus on Local Hikes and Walks (as opposed to Destination hikes). For more information, please contact Bill Belben our Hiking Chair at HikingChair@amcsem.org or Tracy Hawes our Hiking Vice Chair at HikingVicechair@amcsem.org



Activities

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EDUCATION

Ongoing. Biking Vice Chair. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org. L William Trimble (774-301-1209 5-9 PM, bikingchair@amcsem.org)

Ongoing. Communications Vice Chair. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our communications committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. We are particularly looking for someone with good organizational skills, who is tech savvy and detail oriented who would support the activities of the Communications Chair. You do not need to be active outdoors to do well in this role. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org.

Ongoing. Skiing Vice Chair. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our skiing committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org. L Dia Prantis (xcskchair@amcsem.org)

Ongoing. Nominations Committee Member. Do you regularly attend activities and are comfortable talking to people about open positions. If so, please consider the nominations committee. We are looking for people from all over our region, but especially someone from the Cape. For more information contact Walt Granda by emailing nominatingchair@amcsem.org. or Paul Brookes (chair@amcsem.org)

Ongoing. 20's & 30's Committee. As we all know, our younger members are the future of our chapter. We are looking for someone to jumpstart & form our 20's & 30's committee which is currently without a chair or vice chair. Do you have an outgoing personality? Do you like organizing events especially social ones? If you do, send an email to Walt Granda (nominatingchair@amcsem.org) or Paul Brookes (chair@amcsem.org) for more information

Ongoing. Diversity Equity & Inclusion Committee member. Our DEI committee works to welcome everyone to our activities, especially previously underrepresented groups. All you need for this committee is openness, interest, and enthusiasm. Our next task is to create the content for our DEI webpage. For more information, please contact Maureen Kelly by emailing deichair@amcsem.org or Rachel Brown-Eisenstadt by emailing deivicechair@amcsem.org. You can also discuss this position or any other volunteer opportunities by contacting our Nominating Committee chair Walt Granda by emailing nominatingchair@amcsem.org or our chapter chair Paul Brookes by emailing chair@amcsem.org. L Paul Brookes (chair@amcsem.org)

Ongoing. Communications Committee member. We are looking for people to train under our current Communications Committee volunteer staff as backup and support for the following roles. Social Media Administration: Will work with Lisa Robitaille our Social Media Administrator Web development and maintenance. Will work with Cheryl Lathrop our Web Mistress who maintains our SEM Website Editing and typesetting: Will work with Mo Walsh who produces our monthly Breeze magazine. We are also looking for someone with Video editing skills to help generate video content for our website. For more information contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org.



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

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 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. The cost of the buffet dinner and speaker is \$35. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. 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)

HIKING

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

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

Sat., Oct. 14. Fall Hike to Mt. Passaconaway, Sandwich Range, NH. Are you looking for a moderately challenging hike? Then this is a perfect hike for those of you who are looking to build up your hiking experience in the White Mountains. Mount Passaconaway is a 4000-footer (4043'), so it is challenging, but not too challenging. We will hike approximately 9 miles and gain approximately 2900 feet of elevation. We will start and finish together, so plan on this being a full day of hiking! This is an challenging "out and back" hike on the Dacey Mill Trail. Recent hiking experience of similar distance and elevation gain is required. Once registered, you will be contacted by a hike leader to review your recent experience before being confirmed for the hike. L Dia Prantis (617-504-8797, dprantis@yahoo.com, Dia is a level 3 hike leader who enjoys being in the Whites and encouraging others to get on the trail too!) L Raju Jaldu (508-446-4220, raju.jaldu@gmail.com, SEM chapter All Season Back Country Hiking Leader. Enjoys being outdoors hiking. Recently completed NH 48 4000 footers.) CL Kate Sullivan (617-460-5843, kbsullivan2014@gmail.com, Kate is a 4 season hiker who is working on her level 2 qualifications so she can lead others on adventures into the Whites and beyond!)

Sat., Oct. 14. Fall River Bioreserve 20 Mile Loop Trail Hike, 2929 Blossom Road, Fall River, MA. Join us for a hike along the historic 20-mile Fall River Bioreserve Loop Trail. The trail is mostly flat but features varied terrain. Hikers who complete the loop will earn a limited-edition patch! L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirddbp@aol.com, Jeannine enjoys leading hikes of varied level of challenge throughout New England. The Fall River Bioreserve is in her "backyard".) L Paul Audet (508-287-3122 Anytime, milmod@aol.com, Paul enjoys local hikes, & has a great fund of knowledge about local history.) L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun". She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L William Belben (william.belben@yahoo.com, Bill is the AMC SEM Hiking Chair. He leads hikes locally & in NH year-round.)



Activities

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

HIKING

Sun., Oct. 15. Fall Hike of the Best New England Scrambles Part 2: King Ravine & Mt. Madison, Madison Hut, MA. Starting from the Appalachia parking lot, we will hike up Short Line to King Ravine trail in the northern Presidentials to Madison hut. We can summit Madison from there and will descend by the Airline trail back to Appalachia. King Ravine is rugged and grandiose and has a section called the Subway which involves scrambling over, under, and around a jumble of huge talus blocks, going through the "Ice Caves," and then climbing up a headwall. Mt Madison at 5,367 ft of elevation is the fifth highest of the New Hampshire 4k peaks and has great views. The first mile of the Airline trail is an exposed ridge with more views. This is a strenuous hike with a total distance of 9 miles and 4100 feet of elevation gain, though this can be moderated somewhat as participants will have the option of not summiting Madison which will make the elevation gain 3,500'. This hike is on the "Terrifying 25" list. L Henry Harvey (978-349-8812, henry_harvey@comcast.net, Henry aka Tim is a new Southeast Chapter leader but has been enjoying hiking, backpacking, rock climbing, and back country skiing for many years. He has hiked the New England 67 and winter 48 4,000 footers.) L Diane Hartley (508-566-6517, dihartley@comcast.net, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.), R Henry Harvey (978-349-8812, henry_harvey@comcast.net)

Mon., Oct. 16. Bioreserve 2nd Leg Hike / 20 Mile Loop Completion, Wattupa Reservation Headquarters Exact location TBA later, MA. Join us, Monday, October 16th, as we complete the 2nd half of the 20-mile loop in the Bioreserve. We will hike approximately 11 miles of the Blue Blaze Bioreserve Loop Trail. Please note that this will start where the Spring Bioreserve hike ended. Priority will be given to past participants of the June 2023 10-mile first leg in the first 48 hours. After that, it opens to all. You don't have to have hiked the first section to be considered for this hike, although if you did you will qualify for the Bioreserve Loop Patch. These trails are mostly flat and somewhat diverse with slight elevation. Be prepared to step over tree roots and some rocks. There are some spots that may have water on the trail that can be navigated easily around should we have any rain. We will take breaks for food, water, and bio as needed. Our pace will be approx. 2 - 2.5 mph however, it will be set by the group. The hike is listed as moderate due to the distance. It would help if you have done a similar distance recently. Registration is required. You will be contacted by one of the leaders for your registration to be fully accepted. Confirmed participants will receive detailed information 3 to 4 days before the hike. To address unforeseen challenges such as adverse weather, unacceptable trail conditions, or excessive crowding, the planned trip destination activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. If you are interested in learning more about hiking and other outdoor activities offered by the Southeastern Massachusetts chapter, you can click the "AMC SEM Hiking" link in the Related Links section. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com. Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun". She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L Walt Granda (wlganda@aol.com, Walt is a long-time multi-season hiker. He leads hikes throughout Southern Massachusetts and the Blue Hills area.) L Diane Simms (dianesimms@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!)

Tue., Oct. 17. Fall Hike Series: Stair Climbing the Blue Hills, Blue Hills Reservation, MA. This hike in the Blue Hills will be focused on stair work--sections of the Skyline trail that offer rock steps which we will be walking up and down multiple times, for cardio benefits, and to become more proficient with stairs/lunge stepping. You can take the stairs as quickly or as slowly as you like as we will be doing stair drills and everyone can go at their own pace. But you must have some comfort negotiating the uneven and boulder rocks that make up large sections of the Skyline trail. We will intersperse the stair drills with hiking to different locations that provide staircase opportunities! L Deborah Sepinwall (401-595-7575, deborahsepinwall@gmail.com, Deborah is a local walks and hikes leader with the Boston chapter and a Level 1 leader with SEM. She has hiked and backpacked with her husband Vincent extensively in the White Mountains as well as in other parts of the U.S., Europe, and Canada.) L Diane Simms (dianesimms@comcast.net, SEM hike leader since 2019. Let's enjoy the outdoors together!)



Activities

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

HIKING

Wed., Oct. 18. Not quite End to End Skyline Loop Advanced Hike, Blue Hills Reservation, MA. This hike takes the classic Skyline End to End hike up a notch by making it longer and with more elevation gain. We will hike almost 13 miles and ascend 2700 feet of elevation. About half of the hike will be on the Skyline trail and the other will be on trails that parallel it returning to where we started. You must be comfortable with hiking a full day and negotiating lots of ups and downs on uneven terrain. Participants should have experience with similar distances and terrain and will be screened and confirmed on registration. We will be traveling at approximately 2.5 miles per hour. There will be no car spot required as we will end where we start. In case of inclement weather, the itinerary will be revised as needed. Be prepared for a long and challenging day in the Blue Hills! L Tom Graefe (tmgraefe@comcast.net. I'm an ADK46er, NH48er, nearly NE 111er, and lately have been exploring US Southwest, and other regions with notable geological or indigenous features.) L Deborah Sepinwall (401-595-7575, deborahsepinwall@gmail.com. Deborah is a local walks and hikes leader with the Boston chapter and a Level 1 leader with SEM. She has hiked and backpacked with her husband Vincent extensively in the White Mountains as well as in other parts of the U.S., Europe, and Canada.)

Thu., Oct. 19. Thursday Morning Hike - World's End, Hingham, MA. Autumn walk at World's End in Hingham. 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. Moderate 4-5 miles on hilly carriage ways and scenic rocky paths. Explore this unique peninsula in Boston Harbor with stunning views, Wear layers, wind protection, good shoes suitable for weather and conditions. There could be muddy sections. Bring water, snacks/lunch. Heavy or steady rain cancels. Directions and reservation information can be found at this website: <https://thetrustees.org/place/worlds-end-hingham/>. L Eva Das (borsody@gmail.com)

Sat., Oct. 21-22. Overnight Backpack to Owls Head Speckled with Color, Lincoln Woods Trailhead Parking Area, NH. Join us for a mid-October overnight backpack to Owls Head Mountain (4025' NH 4K). Owls Head Mountain is located deep in the Pemigewasset Wilderness. While it's not a difficult peak to climb in terms of elevation gain, it's a 17.5-mile out-and-back day hike with some stream crossings following the trail system from the Lincoln Woods Trailhead. Let's turn it into a casual backpacking trip for a chance to sleep outside at least one more time before the onset of snow. You will need to have hiked a similar distance and or multiple days in recent hikes. Registration is required however, not complete until leadership has contacted you. In the event of heavy rains, we will have an alternate backpack trip offered. You can choose to opt-out at that time. Participants will be required to have all essential gear, non-cotton hiking clothing, and rain gear. Additionally, sleep systems, bear canisters (or bags), and tents are required. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com. Tracy has loved hiking since her teens. She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com. Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) CL Maureen Thomas (Maureen lives on the Cape, but her heart is in the mountains. She looks forward to getting out there with you!)

Mon., Oct. 23. Late Fall Moat Mountain Traverse, North Conway, NH. We will enjoy the last of the fall foliage in the White Mountains, as well as views of Mt Washington, Mt Chocorua, and the Green Hills on the other side of the Saco River Valley. This 9.7 mile south to north trek will take us along the exposed ridge from Albany to North Conway's Diana's Bath. With an elevation gain of 3,250 feet this moderate hike will be paced at 1.5 to 2 miles per hour. Prior hiking experience is required, as is warm, layered clothing. 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 hikes all year long, as well as winter snowshoe hikes and backpacking trips. Anne has hiked the 48 NH 4K mountains, is a graduate of AMC's Mountain Leadership School, and is an Associate AMC Adventure Travel Leader.) L Diane Hartley (508-566-6517 5:00-8:00 pm, dihartley@comcast.net. Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.)

Tue., Oct. 24. Fall Tuesday Morning Blue Hills Hike, Blue Hills Reservation, MA. Please join me for a fall hike in the Blue Hills. The hike will be approximately 5-7 miles and include up to 1,000' of elevation gain. We will average a pace 1 1/2-2 mph with short breaks when needed. The route will include uneven terrain and rock scrambles. Appropriate hiking clothes for fall weather conditions, sturdy footwear, lunch/snacks, 2 liters of water and a small backpack are required. Weather can change dramatically around this time of year, so please check before coming to the hike. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. Registration is required for this hike. I look forward to seeing you there! L William Belben (william.belben@yahoo.com)



Activities

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

HIKING

Thu., Oct. 26. Thursday Morning Hike - Arnold Arboretum, Jamaica Plain (Boston), MA. Please join us for the "7th Annual Autumn Peak Hike at The Arnold Arboretum"! We will summit the arboretum's two tallest hills, visit the spectacular bonsai exhibit, and wander thru "Explorer's Garden". Our group will meander thru this "Tree Museum" during a 4.5 - 5.5-mile hike at a moderate pace. There will be a number of stops and photo-ops along the way. Bring water, sturdy footwear, snack, or lunch. We will meet in Jamaica Plain (Boston) at 9:45 for a prompt 10:00 am start. The exact meeting point will be sent to those who are registered; 24-48 hours prior to the day of the hike. There's plenty of free on-street parking along both sides of the nearby Arborway; or you can walk to the entrance from the Forest Hills Orange-Line MBTA Station. The group will be limited to 14 participants plus the two leaders. Steady rain will cancel the trip. Well behaved dogs on leash will be permitted. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern Massachusetts and Boston Chapters Hike Leader and Leader-In-Training Mentor. Avid 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., Oct. 26. Fall Series - Breakneck Ledge Yellow Triangle Loop and Forest Path White Triangle Loop, Blue Hills Reservation, MA. This brisk paced hike (2.5 mph) will cover 10 miles and while there is not a significant amount of elevation change (approx. 800 feet), we will be moving at a vigorous pace. Please consider this hike if you are comfortable with minimal breaks and a fast pace. Eligible participants will be confirmed following registration and information regarding meeting location will be emailed. Sturdy hiking boots or similar required. This hike is limited to 8 participants. Heavy rains/thunderstorms will cancel. L Deborah Sepinwall (401-595-7575, deborahsepinwall@hotmail.com. Deborah is a Level 1 leader with Boston and SEM. She has hiked and backpacked extensively with her husband Vincent in North America and Europe. She has completed all of the trails in the Blue Hills and all of the 48 4000 footers multiple times!)

Thu., Oct. 26. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under the Full Moon. This hike will be under the Hunter Moon. Also known as the falling leaves moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. This is our First hike of the season. Sturdy, waterproof and insulated hiking shoes are a must for the wet Fall conditions on the sometimes wet and slippery trails. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, bcannon56@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcallyma@comcast.net)

Fri., Oct. 27-29. Berkshires Hiking & Bicycling Weekend, Wainwright Inn, MA. Join us for a friendly, fun, Fall (note the alliteration!) weekend of hiking & bicycling. The beautiful & historic Wainwright Inn will serve as our home base. Located in the heart of Great Barrington, the Wainwright has lovely rooms with private bathrooms, & the innkeepers Chris & Barb serve a full breakfast each morning. <https://wainwrightinn.com>. Several hikes of different lengths & degree of challenge will be offered nearby; options may include Mt. Everett, Mt. Alander, or Bear Mtn. The highest waterfall in MA, Bash Bish Falls, is also nearby. A bicycling tour of the Berkshire area via the scenic 26-mile Harlem Valley Rail Trail will also be offered, including a lunch stop & other stops at points of interest. <https://www.hvrt.org>. Participants may opt for hiking or cycling. Participants, once registered for the trip, will need to contact the inn to reserve their room. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirddbp@aol.com, Jeannine enjoys leading hikes, backpacks, bicycling and cross-country skiing throughout New England. The Berkshires is a favorite location.) L Susan Rollins (774-264-9430, rollins_s@outlook.com, Susan is a Level 1 Hiking Leader and a Bicycling Leader.) L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com, Maureen leads hikes year round locally & in the mountains.)

Sat., Oct. 28. Hiking and Fall Cleanup of F. Gilbert Hills, Foxboro, MA. This is a rescheduling of our cleanup of F. Gilbert Hills that was originally scheduled in September. We plan to clean up the southeast portion of F. Gilbert Hills, including part of the red and green trails. Trails work includes cutting briar and intrusive brush on trails, and in some cases widening trails. We plan to hike approximately 4.5 miles in total. Steve Scala and Larry Petrone of the Southeastern Massachusetts Trails Committee will provide tools and work gloves to volunteers and lead the work. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com. Larry is an experienced four-season hiker and Nordic skier, and Level I hike leader for AMC's Boston and Southeastern Massachusetts (SEM) chapters. He is also a Co-Chair of SEM's Trails Committee.)



Activities

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

HIKING

Sun., Oct. 29. Trail Trace the Blue Hills - The Quarries, Quincy, MA. Hike the Quincy Quarries... We will "Trail Trace" (hike every inch of every trail) in the quarries area. Some of these trails are a bit difficult to find... so if you are trying to Trail Trace the Blue Hills, here's your opportunity to complete the quarries portion. Hike will probably run 3.5 to 4 hours (depending of course on group speed) and will be 5 miles with about 600' of elevation. Note that some of this is over granite blocks with 'interesting' footing, it will be slippery if wet. There is also one steep boulder climb that we will do. This hike will be limited to 12 participants plus leaders. This is a hike of the Trail Trace the Blue Hills series so Trail Tracers who have participated in the series will be given priority. Thunderstorms or severe weather will cancel. L William Doherty (781-857-4148 5-8pm, wdoherly1@verizon.net, Level 1 AMC leader, Four season Blue Hills Hiker, Trail maintenance volunteer.) L Joanne Newton (Joanne is a Level 2 leader for the Southeastern MA Chapter and a Leader for the Boston Local Walks & Hikes Committee.)

Tue., Oct. 31. Fall Tuesday Morning Blue Hills Hike, Blue Hills Reservation, MA. Please join me for a fall hike in the Blue Hills. The hike will be approximately 5-7 miles and include up to 1,000' of elevation gain. We will average a pace 1 1/2-2 mph with short breaks when needed. The route will include uneven terrain and rock scrambles. Appropriate hiking clothes for fall weather conditions, sturdy footwear, lunch/snacks, 2 liters of water and a small backpack are required. Weather can change dramatically around this time of year, so please check before coming to the hike. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. Registration is required for this hike. I look forward to seeing you there! L William Belben (william.belben@yahoo.com)

Thu., Nov. 2. Thursday morning hike, Noanet Woodlands, MA. Join us for a lovely walk through Noanet Woodlands, a Trustees of Reservations property. There are so many trails, our route will be a little different than last year. Of course, we will stop at the remnants of the iron mill from 1815 and also be treated to a view of Boston from Noanet peak. We will cover approx. 5-6 miles on mostly level terrain, plus the short walk up to the peak at 387 feet. Plan on carrying water, snacks/lunch and a pad to sit on. Please wear sturdy boots and appropriate layers for the weather. Hazardous driving conditions will cancel. This Trustees property does have a ticket kiosk, \$6 fee for non-members (credit card), free for members, using your Trustees member number. L Peggy Qvicklund (774-893-3011 please call before 9 pm, qvickan@comcast.net, Hike leader since 2014. I really enjoy sharing the outdoors with likeminded folks.)

Thu., Nov. 2. Climbing the Chickatawbut Area Hills Hike, Blue Hills Reservation, MA. Our hike starts at the Chickatawbut Overlook, continues along the northern edge of the Kichamakin Hill, proceeds to the Hawk Hill Summit, and then to Buck Hill with an elevation of 626 feet. Given the 360 views of the Boston Skyline, we will have lunch there. On the hike back, we stay mostly on the Skyline Trail, which includes a climb up Chickatawbut Hill. Overall, we will be hiking 7-8 miles with a total elevation of approximately 1,150 feet. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com. Larry is a Level I hike leader for the Boston and Southeastern Massachusetts Chapters and Co-chair of the SEM Trails Committee. He is an experienced 4-season hiker and Nordic skier.) CL Madelyn Atwood (MadelynAtwood@gmail.com, Madelyn is an experienced 4-season hiker and summer kayaker. She is currently working on her Level I hiking leader qualification. She likes a challenge, nature, and AMC hikes.)

Sat., Nov. 4. SEM Winter Hiking Workshop, Pocasset Village Community Building, MA. 2023-24 Winter Hiking Series. If you love hiking but have never experienced it in the winter, come join the Southeast Mass (SEM) Chapter for our free annual Winter Hiking Workshop. At the workshop, you will learn everything you need to know from our knowledgeable and experienced winter hike leaders. Whether you are brand new to hiking or just want to brush up on the latest info, this is a great opportunity to learn about equipment, clothing, nutrition and conditioning that will help prepare you for a safe and enjoyable winter hiking experience. This workshop is a prelude to the SEM Winter Hiking Series. In combination, the workshop and instructional series are designed to introduce three-season hikers to the joys of winter hiking/snowshoeing and provide a solid foundation of knowledge. We will start out with one or more local hikes then proceed to progressively more challenging winter hikes in MA and NH. The series will culminate with the opportunity to participate in an overnight trip to an AMC hut in the White Mountains. Participation in an AMC Winter Hiking Workshop (or prior winter hiking experience) will be a prerequisite for participation in the SEM Winter Hiking Series. The workshop will be held on Saturday 11/4 from 11:00-2:30PM at the: Pocasset Community Center 314 Barlows Landing Rd Pocasset, MA 02559 Registration is required for this event. If you have any questions about the event, please feel free to contact the event coordinator at william.belben@yahoo.com. L William Belben (william.belben@yahoo.com)



Activities

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

HIKING

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 begin at 4:30 pm with a social hour; the chapters' Annual Meeting will be called to order at 5:30 pm. All SEM members and friends are welcome at the Annual Meeting as well as anyone interested in becoming a member. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for the Social Hour or the Annual Meeting. The cost of the dinner and speaker is \$30. This year our speaker will be Steve Tatko, the AMC's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. He will reflect on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. 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 William belben (hikingchair@amcsem.org)

Thu., Nov. 9. Thursday Morning Hike - Pratt Farm, 110 East Main Street (GPS) on Rte 105 in Middleboro, MA. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at the Pratt Farm Trail head parking area at 110 East Main Street on Rte 105 in Middleboro. Meet before 10:00AM ready to hike. Hike is approximately 4-5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy rain or thunder will cancel. L Richard Carnes (508-947-3204 before 9 PM, rcarnes2@aol.com)

Thu., Nov. 16. Thursday Morning Hike In Blue Hills - White Triangles Trail, Blue Hills Reservation, MA. Moderately paced 3-3 1/2-hour hike traversing the entire White Triangle Trail in the Houghton's Pond section of the reservation. Hike is approximately 6 miles in length and 600 feet of elevation gain and mostly woodland. Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks, and rain jacket (just in case). Heavy rains/thunderstorms will cancel. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed hikers. L William Doherty (781-857-4148 5-8pm, wdoherly1@verizon.net, Level 1 AMC Hike leader. Four season Blue Hill hiker. Trail maintenance volunteer.)

Sat., Nov. 18. Hike Brockton Conservation Trails, 125 Pearl Street, (Hancock Elementary School), Brockton, MA. Enjoy an easy 2-mile hike at the beautiful woodland trails and boardwalks at Brockton Audubon Preserve. The hike will be 1-2 hours. Beginner hikers and children are welcome! (Parent/guardian must accompany their child.) Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy walking shoes required. Dress for the weather. Heavy rain or thunderstorms will cancel. Bring water and a snack. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets please. Registration is optional, however if you register by clicking the 'Register Now' button, I will send you an email closer to the hike with a weather update and also send one or two pictures after. You do not need to be an AMC member to register but you do need to set up a free AMC account. Note, if you don't register, check the listing the evening before the hike to confirm it's still on if there is rain forecast. L Diane Simms (dianesimms@comcast.net, Diane has been an AMC-SEM hike leader since 2019. She enjoys introducing people to local trails.)

Sat., Nov. 18. SEM Winter Hiking Series #1- Blue Hills Reservation, MA. If you're new to winter hiking or just want to brush up on the latest gear, join us for hike #1 in our SEM Winter Hiking Series. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. The day will kick-off with a winter gear "show and tell" in the open pavilion in the Houghton Pond Parking Lot from 9:00am to 10:00am. Many of SEMs most experienced winter hike leaders will be there to show off their winter gear and answer any questions you may have. At 10:00 we will circle up for a refreshing hike of about 4 miles on various trails in the areas around Hillside St. There may not be winter conditions on this hike but bring all of your winter gear along with a large backpack to carry it so you can get used to packing for winter and what it will feel like to carry it. This hike is open to all who qualify. In order to participate in the winter hiking series, you will need to have attended a winter hiking workshop or have prior winter hiking experience. You do not need to be a member of AMC, but registration is required. L William belben (william.belben@yahoo.com)



Activities

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HIKING

Tue., Nov. 21. Fall Hikes Series: Houghton's Pond Skyline Loop on Repeat, Blue Hills Reservation, MA. A moderate paced 3–4-hour loop hike from Houghton's Pond to the State Police barracks and back again. Yes--we will retrace our steps and return the way we came--to double the fun! This 6-mile hike includes many ups and down on steep rock. Please be comfortable ascending and descending uneven boulder-y rocks--we will be keeping a brisk but safe pace to maximize heart rate and calorie burn! Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks, and rain jacket (just in case). Heavy rains/thunderstorms will cancel. Group size is limited to 10 hikers plus the two leaders. Trail head and other logistical information will be emailed to confirmed registrants. L Deborah Sepinwall (401-595-7575, deborahsepinwall@gmail.com, Deborah is a leader in training with the Boston chapter and a Level 1 leader with SEM. She has hiked and backpacked with her husband Vincent extensively in the White Mountains as well as in other parts of the U.S., Europe, and Canada.) L Diane Simms (dianesimms@comcast.net, SEM hike leader since 2019. Let's enjoy the outdoors together!)

Sat., Nov. 25. Easy Hike at Borderland State Park, 259 Massapoag Ave., N. Easton, MA. Enjoy an easy 4-mile hike at the beautiful woodland trails at Borderland State Park. The hike will be about 2.5-3 hours. Beginner hikers and children are welcome! (Parent/guardian must accompany their child.) Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy walking shoes required. Dress for the weather. Heavy rain or thunderstorms will cancel. Bring water and a snack. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets. Everyone is welcome on this trip who can do the hike. You do not need to be an AMC member. You will sign a liability waiver at the trailhead. Note, check the listing the evening before the hike to confirm it's still on if there is rain forecast. If you have any questions, email the leader. \$6 parking fee per car, bathrooms in the Visitor's Center. See you there! L Nancy Piedra (nancy_piedra@yahoo.com)

Thu., Nov. 30. Thursday Morning Hike - F. Gilbert Hills, Foxboro, MA. Our roughly 7-mile hike at F. Gilbert State Forest will include the hills in the eastern portion of the property, the Acorn Trail, the several unmarked trails around the Acorn trail. We will pass High Rock, and a number of standing and alignment stones in the area. We will be hiking a moderate pace. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is an experienced four-season Level I hike leader for the Boston and Southeastern Massachusetts (SEM) chapters. He is also Co-chair of the SEM Trails Committee.) L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern Massachusetts and Boston Chapters Hike Leader and Leader-In-Training Mentor. Avid nature photographer.)

Thu., Dec. 7- Thursday Morning Hike - Great River Preserve & Taunton River WMA, Bridgewater, MA. Meet at The Great River Preserve small dirt parking area past 963 Auburn St. Thursday Morning 10 AM / 2-3 hour/ flat 4 to 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)

PADDLING

Ongoing. Paddling Chair & Vice Chair - Southeastern Mass Chapter. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. We are looking for a paddling chair who will start their term after our current chair completes his term on November 4. We are also looking for a paddling vice chair. SEM organized paddles were low in numbers this year with rainy weather and high winds forcing the cancellation of many organized paddles. In 2024 the main role for our Paddling Chair and Vice Chair will be to lead paddles, encourage our paddle leaders to lead more SEM paddles, and train/mentor new paddle leaders. You do not need to be a long-time member to volunteer for one of these roles, just paddling experience, interest, and enthusiasm. If you are not yet a SEM paddle leader, we will first train you as a paddle leader. To discuss this position please contact Barry Young, our current Paddling Chair, by emailing paddlingchair@amcsem.org. You can also contact Walt Granda at nominatingchair@amcsem.org or Paul Brookes at chair@amcsem.org to discuss any of the open positions. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net)



Activities

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SKIING

Ongoing. Skiing Vice Chair. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our skiing committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org. L Dia Prantis (xcskicheir@amcsem.org)

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Fri., Jan. 12-15. ML King Weekend at Waterville Valley, Mountain Fare Inn, Campton, NH. Enjoy a 3-night weekend at the charming Mountain Fare Inn. The location offers easy access to the Waterville ski area for cross-country trails as well as downhill for those interested. There'll also be the option for winter hiking. We have full use of the inn's kitchen, game room, and sauna. Join us for an enjoyable weekend! L Dia Prantis (617-504-8797, dprantis@yahoo.com, Dia is the ski-chair for SEM and loves to get outdoors in the winter and share the fun with others!) L Jeannine Audet (508-493-8221, jhummingbirdbp@aol.com, Jeannine is a very active level 4 hike leader and ski leader for SEM.), R Dia Prantis (617-504-8797, dprantis@yahoo.com)



Activities

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SOCIALS

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TRAILS

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The End