

# The Southeast Breeze

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

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

To sign up for the AMC Activity Digest, go to the very bottom of [Outdoors.org](https://www.outdoors.org) & click **Login to My Outdoors**.

Choose **Go to Activities Database**.

Under **My Dashboard** on the left, click **Manage Digest Emails** and **Create new digest**.

Or call 1-800-372-1758 for help.

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

Like us on [Facebook](https://www.facebook.com/AMCSEM).  
Follow us on [Instagram](https://www.instagram.com/AMCSEM).

## Have a story for *The Southeast Breeze*?

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

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

## Shop the Breeze Market for equipment bargains!

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

Business ads start at just \$10/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).



One of three groups in the AMC-SEM Beginning Winter Hiking series poses at the Ski Patrol center at the summit of Gunstock Mountain in New Hampshire. Photo by Whit Hanschka

## Register now for the AMC Annual Summit Jan. 20

AMC's 148th Annual Summit will be held on Saturday, January 20, 2024, at the Four Points by Sheraton in Norwood, MA. This one-day event will include a full schedule of learning opportunities, a delicious lunch in the Four Points ballroom with a presentation of AMC awards, the Annual Business Meeting for AMC members, and a fun social hour.

This year's Annual Summit will focus on four learning tracks: Volunteer Leadership; Conservation and Research; Diversity, Equity, and Inclusion (DEI); and About AMC. Wilderness First aid and Mental Health First Aid are offered separately for an extra fee.

The Annual Summit is open to members of the public, AMC members, volunteers, and staff. Current AMC members in good standing can vote for the 2024 AMC Board of Directors slate. The election slate and voting information will be emailed to current AMC members. Members can vote electronically until midnight January 17, 2024. Members can vote in person on the morning of January 20 at the Annual Summit.

The Annual Business Meeting includes a Report from Board Chair Yvette Austin and AMC's Treasurer, Kathy Campbell. Click [here](#) for our 2024 Slate of Officers.

For complete information on the Annual Summit, the Registration form, and to request financial assistance, see the [here](#). Member registration is \$65; General Registration is \$75.



## View from the Chair: Volunteers make it all happen

Thanksgiving is a time for friends and family, and part of that tradition is to share what we're thankful for. As Chair of the SEM chapter of the AMC, I want to thank our SEM volunteers. Please do read our [Annual Report](#) to get a sense for all that has been happening. I am also thankful for our AMC members; you care about protecting the environment, and even if you are no longer active outdoors, your membership dues help.

The recent cold spell reminds me that winter is fast approaching and in SEM we love the winter; the air is crisp and there are no bugs. After the first major snowfall, no roots to trip on. When you summit a mountain, you have clear views without that summer haze. So, start signing up for [our winter trips](#). We currently have over 30 trips listed from hikes to skiing weekends, and more are being listed every day.

This is also the end of my first year as Chair of the SEM chapter, and I welcome your input. Feel free to reach out to me if you have any suggestions or observations, or to just introduce yourself.

I wish you a very happy holiday season, and I look forward to seeing you Outdoors!

Happy trails,

*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

### 2023 Standing Committees

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

Biking Vice Chair .....Open  
Cape Hiking Chair.....Robin McIntyre  
Cape Hiking Vice Chair .....Janis Delmonte  
Communications Chair .....Justin Anderson  
Communications Vice Chair.....OPEN  
Conservation Chair .....Zoe Rath  
Conservation Vice Chair .....Paul Williams  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar

Hiking Chair .....Bill Belben  
Hiking Vice Chair.....Open  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair .....OPEN  
Paddling Vice Chair .....OPEN  
Skiing Chair .....Dia Prantis  
Skiing Vice Chair .....Open  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Volunteer Relations...Katherine Brainard  
Regional Director.....Cindy Crosby  
Mo Walsh.....The Breeze Editor  
Blast Editor.....Marie Hopkins

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





Mental Health  
FIRST AID

## Scholarship for Mental Health First Aid Training.

AMC-SEM is offering a full scholarship to a one-day course in [Mental Health First Aid](#) (held on January 20). Normally, registration is \$70.

The course will teach you how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. While not specifically focused on a backcountry setting, this course will be led by an instructor with extensive experience as a volunteer trip leader for the AMC and covers health challenges we are increasingly seeing in backcountry spaces.

Learners receive their training through a 7.5-hour, instructor-led, in-person session spread over the day, in tandem with AMC Summit events. Participants will be able to participate in Summit events, including most of the Welcome and Business Meeting, the Lunch events, and the evening Social Hour. This training will replace all other Summit workshops.

To qualify for this scholarship, you must be a SEM member who is actively participating in our outdoor activities and agree to write an article for the February edition of the *Breeze*, where you share what you learned from the workshop with our SEM members.

If interested, please contact Paul Brookes and Jeannine Audet by emailing [chair@amcsem.org](mailto:chair@amcsem.org) and [vicechair@amcsem.org](mailto:vicechair@amcsem.org) before December 22<sup>nd</sup> with a brief explanation as to what you hope to get out of this training. If multiple applications are received, the Chair and Vice Chair will review the applications and select the application they deem most worthy.

## December 14 DEI Speaker: ‘Black Joy in the Outdoors’

What feelings does backpacking evoke for you? Have you heard about Ona Judge? How can you find joy along the Presidential Traverse? On Thursday, December 14<sup>th</sup> Outdoor enthusiast Chaya Harris shared Stories about Black Joy in the Outdoors and why it's important for all of us. This and all the talks in the DEI speaker series are available to watch at [Speaker Series Showcase](#).

Chaya Harris most recently served as the National Program Director at Outdoor Afro after serving as a volunteer Leader with the organization for five years. She has helped plan outstanding events and expand the network as a Regional Lead in the Northeast, climbed Mt. Kilimanjaro with other Leaders, and has had several women-led expeditions in the Northeast and Pacific Northwest.



In addition to her love for the outdoors, Ms. Harris is passionate about education. She worked as a teacher in Boston Public Schools for 10 years, where she planned experiences that fostered curiosity, centered on student empowerment, and connected families in meaningful ways with the overall community.

Later, she was an administrator, before bringing her skills and experience to outdoor education as the Director of Curriculum and Instruction at Thompson Island Outward Bound. In these roles, she learned more about the importance of agency as a way to dismantle barriers and increase access to equitable opportunities.

She enjoys almost any outdoor activity, is a certified kayak instructor, and looks forward to trying snowboarding this winter.

### DEI Outdoors

AMC's Board of Directors has engaged [DEI Outdoors](#) to assess AMC's DEI efforts, opportunities, and challenges. DEI Outdoors is a consulting firm that addresses equity and justice issues in the conservation, outdoor recreation, and natural resources industry—and its founder is an AMC member!

Rachel Hailey of DEI Outdoors recorded an introductory video to share with all of you: [Click here to watch it](#)



Photos by Tracy Hawes

## Much to applaud at AMC-SEM Annual Meeting and dinner

By Jeannine Audet, Chapter Vice Chair

On Saturday, November 4, AMC-SEM held the Chapter's Annual Meeting at the Bay Pointe Club in Buzzard's Bay. This year, more than 70 people were in attendance. The evening began with a social/happy hour, providing the opportunity for casual time for friends to catch up, and for new attendees to be welcomed, over drinks and delicious appetizers. During this time, a slide show scrolled through pictures of some of this past year's 366 SEM activities. Attendees also had the opportunity to review hard copies of the beautifully laid-out [Annual Report](#), which summarized the Chapter Committees' activities.

The evening's emcee, Paul Audet, called everyone to their seats for the start of the Annual Meeting. Chapter Chair Paul Brookes led the meeting, which included a review of the Annual Report; recognition of Executive Committee officers who have served and were stepping down from their positions; recognition of 10, 25, and 50-year AMC members; and recognition of leaders.



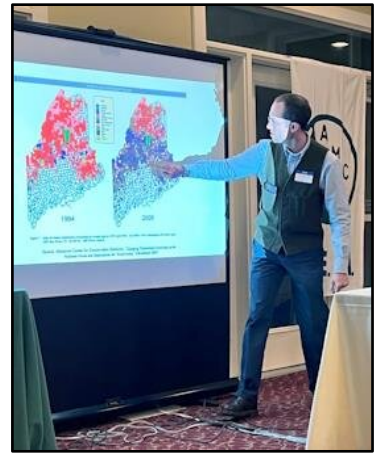
Annual Report presented by Diane Simms.

Earl Deagle, AMC-SEM, Treasurer, reviewed our 2023 income and expenses as well as the budget for the upcoming year, Walt Granda presented the proposed slate of officers, which was voted in by attendees.

Following the Annual Meeting, a delicious buffet dinner was enjoyed,

followed by dessert and coffee. Steve Tatko provided an update from AMC at-large, as well as an excellent, informative presentation about the AMC's Maine Woods Initiative in the 100 Mile Wilderness. He highlighted the conservation efforts ongoing in the 100,000 acres of AMC-owned land.

This year's Distinguished Service Award winner, Len Ulbricht, was recognized for his dedication of service to the AMC-SEM. (See page 5.)



Our passionate guest speaker, Steve Tatko.

A new tradition was born this year, with the introduction of a Chapter Chairs' Memento, a beautifully carved vase, donated by AMC-SEM member Kevin Mulligan. This vase was presented to Chapter Chair Paul Brookes by Vice Chair Jeannine Audet, and it will be passed on to each new AMC-SEM Chapter Chair as they start their two-year term.

The evening concluded with a raffle, with the lucky attendees in possession of one of the numbers called choosing from a variety of prizes, including an AMC sweatshirt, books, and gardening gear.

As you can see, this was an evening "chock full" of opportunities for socialization, learning, and, most of all, celebration of our chapter. We look forward to next year's meeting and encourage all to attend!



Left: Paul Brookes with the new beautifully carved SEM Vase donated by member Kevin Mulligan. Right: Registration volunteers Sam Fisher (left), Jane Harding, and Nancy Piedra.





Len Ulbricht with DSA certificate and engraved cup. *Photo by Tracy Hawes*

## Len Ulbricht receives AMC-SEM's 2023 Distinguished Service Award

*By Walt Granda, Nominating Committee Chair*

Congratulations to the 2023 Distinguished Service Award recipient, Len Ulbricht.

Len joined the AMC on February 19, 2008, and within a year after joining, he qualified as a trip leader. Len has led over 190 activities and has participated in hiking, biking, skiing, and snowshoeing trips as well as trail work. He has been a leader of both overnight hiking and skiing trips in the White Mountains and the Berkshires and has been a Co-Leader for AMC Adventure Travel, both in Ireland and the USA.

Len led the very popular spring Blue Hills conditioning hikes from 2014 to 2020. Len's many hikes in the White Mountains included a series of hikes in the Southern Presidential Range, summiting Mt. Webster, Mt. Jackson, Mt. Pierce, Mt. Eisenhower, and Mt. Washington.

Membership and Education Committees benefitted from Len's leadership as Chair of both these groups. As Membership Chair, he promoted and led introductory hikes

for new members and organized informational meetings about the AMC at various events. Len, as Education Chair, also arranged training sessions in Wilderness First Aid, Leadership, and Map & Compass use.

From 2018 through 2020, Len served as Vice Chair and then Chapter Chair of AMC-SEM. As Chapter Vice Chair, Len helped facilitate SEM's first-ever Chapter Retreat at Camp Burgess in East Sandwich, offering a variety of hiking, biking, and paddling events.

During his first year as Chapter Chair, participation in Leadership Training more than doubled while SEM offered 387 activities, an increase of nearly 11% over the previous year. He also supported one of the chapter's more recent objectives by increasing the number of local weekend hikes.

In 2020, Len also dealt with the impact of the COVID-19 pandemic, resulting in the cancellation of trainings, trips, and events. To lessen the effects of COVID-19 restrictions, he transitioned the chapter from in-person gatherings to video conferencing. This technology permitted SEM to allow members to participate in chapter trainings and meetings in a safe way.

Thank you, Len, for everything you do and have done. You have provided our members with great outdoor adventures.



Presentation of the SEM Vase to current and past Chapter Chairs. Left to right: Len Ulbricht, Dia Prantis (Ski Chair), Paul Brookes (Current Chair), Diane Simms, Jeannine Audet (Current Vice Chair), Barry Young, Maureen Kelly, and Dexter Robinson



## Try out winter hiking equipment with SEM's Gear Loan Program

by Diane Simms, Development Committee

It's tough. It can be risky to hike on packed snow and ice if you don't have the right equipment, but do you really want to shell out \$70 for spikes before you know if you'll like winter hiking? Even a flat nature trail can be slippery, and steeper trails can be treacherous. If you want to get out there, you'll want to wear good traction devices. And what's with the poles? Do you wonder why people use them? They help you keep your balance and take strain off the knees. They're particularly helpful in the winter as you navigate slippery areas. A good pair costs about \$100, so of course you'd like to try them before buying.

### SEM Gear Loan Program

SEM is here to help! The SEM Executive Committee approved the purchase of eight pairs of microspikes and eight pairs of trekking poles for loan to participants on SEM hikes. The Cape Hiking Committee has two sets, and the Hiking Committee has the other six sets. This is a pilot program. If we have a lot of demand, we will consider purchasing more gear.



Left: Traction devices can prevent slipping on snow and ice. *Creative Commons photo.* Right: SEM hikers use trekking poles for balance and relieve stress on knees on a snowy slope. *SEM archive photo by Cindy Grondin*

### How do you borrow gear?

Contact the hiking leader to request gear for a specific hike. The leader will contact the gear manager to see if equipment is available and arrange for pickup. At the trailhead, the leader will have you sign the [AMC Rental Agreement](#). (Note, there is no cost to borrow gear from SEM.) You'll both look over the equipment to check that it's in good order. The leader can answer your questions about how to use the gear. At the end of the hike, return the gear to the leader. You will both assure that the gear is still in good order. If the equipment is damaged, you will not be charged. We understand that stuff happens. We just want

to be sure the gear is in good shape before loaning to the next person.

### Conditions

The loaner gear is only available to participants in SEM-listed-hikes and is not to be borrowed for independent hikes. The gear must be returned at the end of the SEM hike. The intent is not to keep loaning gear to the same participant. We expect that after one or two uses of the loaner gear, participants will buy their own if at all possible.

### Enjoy winter hiking!

Hope to see you on the trails this winter!

## Affordable hiking equipment

by Diane Simms, Development Committee

Hiking in the three seasons requires sturdy walking shoes or good hiking boots, depending on the terrain; comfortable clothing; and a small pack to carry your food, water, and other supplies. Hiking in the winter is a whole different story. You need the right gear, clothing, and footwear to be safe and comfortable. That is true for local hiking and doubly so for mountain adventures. Are there affordable options?

If you stay at the [AMC Highland Center](#), you can borrow from their L.L. Bean Gear Room, which offers boots, backpacks, outerwear, snowshoes, and more for adults and children.

The SEM website has a section on [Winter Hiking Resources](#), including places to buy clothing and gear.

This [AMC blog](#) provides great ideas for affordable solutions.

Enjoy the outdoors!

Equipment for loan at the AMC Highland Center includes hiking boots in a range of sizes. *Photos by Paul Brookes*



Trekking poles, sleeping bags, and backpacks, plus other winter hiking gear are also available.





# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Photo by Diane Hartley

## Volunteer of the Month: Anne Duggan

By Bill Belben, Hiking Chair

*There was no Breeze last month because of the Annual Report, so we celebrate Anne in this issue.*

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. It is with great pleasure that the Hiking Committee recognizes Anne Duggan as November Volunteer of the Month.

Anne continues to be a very active member of our SEM Chapter. In addition to being our Chapter Chair for the Education Committee, Anne volunteers a lot of her time leading destination hikes and backpacking trips. Anne is also a regular attendee at a lot of other local hikes as well.

Anne continues to be extremely active in helping aspiring leaders obtain certifications for leading destination hikes and backpacking. This year, Anne conducted a backpack training session to help train SEM leaders who have been interested in getting backpack certified. This was the first backpack training session since before COVID-19. Following the training session, Anne helped Jeannine Audet become certified as a Class 1 Backpack leader and together they have led several backpacking trips this summer and fall. Anne continues to lead many hikes that have been co-leads or qualifying hikes for our Leaders-In-Training.

Anne has also been very helpful with other chapter events, including being a presenter at our Winter Hiking Workshop.

We are honored and lucky to have Anne as part of our chapter and thank her for all of her efforts. Anne will receive a Volunteer of the Month Certificate and a \$50 REI gift card. Thanks, Anne!

## Two-day Backpacking Course scheduled for May 21-22

By Anne Duggan, Education Chair

Exciting news! On May 21-22 SEM will be once again offering an Introduction to Backpacking course! This will give you all the information you will need to hit the trails for overnight fun and multi-day adventures.

Our course will start at 1 pm at the Wildlands Trust barn in Plymouth, MA, on May 21. We will spend the afternoon learning about what to expect while exploring the backcountry. Subjects will include clothing and footwear, backpacks, sleeping bags and pads, stoves, food, bear bags and canisters, water purification, tents, elimination, trip planning, and conditioning. At 5 pm we will leave the Wildlands facility and head to Myles Standish State Forest for an overnight.

At the overnight, we will have an opportunity to practice all you have learned: cook on camp stove, sleep in a tent, and in the morning load up packs and go for a hike.

You will not need to buy equipment for this experience. Bring what you have for a tent, sleeping bag, and backpack. If you do not have any of these things, we can arrange for you to borrow equipment for the night. After attending the course, you will have a better idea of what you need and where to purchase it. For more information contact Anne Duggan by emailing [educationchair@amcsem.org](mailto:educationchair@amcsem.org)



"You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know."

—*Mount Analogue* by René Daumal  
Submitted by Rich Carnes



Left: Pam Aberle. Right: Kathy O'Keefe. Photo by Michael O'Keefe

## New Trail Trace finishers offer tips for hiking beginners

By Kathy O'Keefe & Pam Aberle

It all began in March 2023 on the conditioning hikes at Blue Hills Reservation with Diane Simms. Several hikers kept talking about the Winter Trail Tracing they had completed just weeks earlier. Intrigued by the allure of more hiking, seeing more of the reservation, and—let's be honest—earning a patch, we began to ask questions and were quickly hooked! After several months of hiking, we accomplished our goal in November 2023, ahead of the holiday season, as we had planned. Both our husbands, Bruce Aberle and Michael O'Keefe, hiked the last four miles with us so they could cheer us on and document it. Trust us; if we were able to do this, so can you!

Tips from beginner trail tracers:

**Find the perfect partner.** We both found ourselves getting a bit obsessed with tracing and neither one of us thought the other was crazy. We motivated each other, shared a ton of laughs, and grew a really wonderful friendship. Plus, it is helpful to have another set of eyes looking for those trail markers!

**Tell everyone you're trail tracing.** We benefited from everyone else's knowledge and experience. Ken Cohen, Patty Everett, and Walt Granda shared maps, led us on a few of the more challenging hikes, and cheered us along our way. We're pretty sure we'd still be trying to finish the Quincy Quarries if it weren't for them!

**Use multiple maps.** While we found that online navigation tools were helpful, the best tool of all was the

old-fashioned printed map. By saving a PDF of the reservation map, we could enlarge the area and highlight our intended hike. We also put our phones on low battery mode and used both Maprika and AllTrails. We still missed a few turns but were able to self-correct without going too far out of our way!

**Get excited.** We truly enjoyed exploring new areas and learning our way around. The Blue Hills is so much more than the Great Blue Hill! The terrain is varied, the views are amazing, and there is so much to see! Plus, you'll earn a patch when you finish!

We hope you will challenge yourself and give trail tracing a try!

## Hiroko Hardebeck, experienced hiker, qualifies as SEM leader

By Bill Belben, Hiking Chair

On Tuesday, Oct 24, Hiroko Hardebeck led a large group of hikers on a fall hike of the Blue Hills, which were ablaze with red, orange, and yellow leaves. The perfect weather conditions were only outdone by the absolutely perfect job that Hiroko did in planning and leading her Level 1 qualifying hike. The group was very impressed with her efforts and showed their appreciation with a thumbs-up and a hearty round of applause at the hike's end.

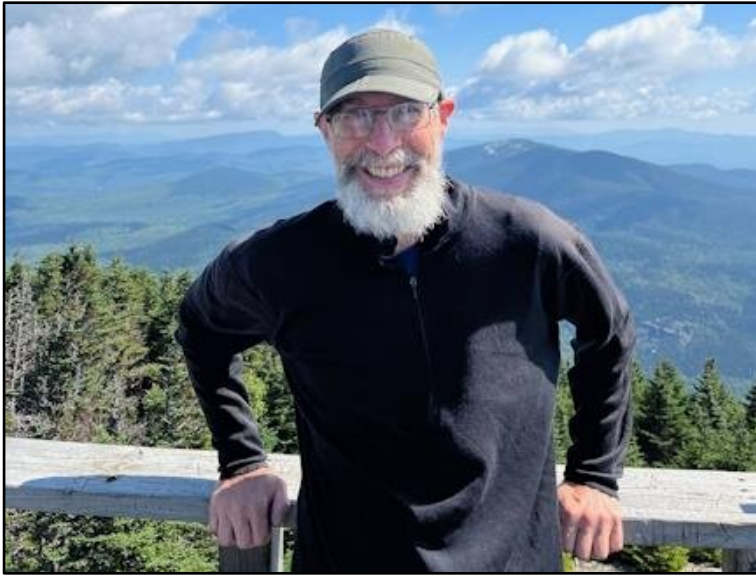
If Hiroko's name is unfamiliar to you, it may be because she is new to SEM. She is a seasoned local hike leader for the Boston Chapter. She has a lot of experience hiking locally and up in the mountains of New Hampshire and Maine. She is going to be a welcome addition to our growing number of new leaders, and I encourage you to look for, and join, one of her upcoming hikes.

Please welcome Hiroko to our SEM leadership team and congratulate her on her qualifying hike.



Bill Belben presents Hiroko with her new leader bag. Photo by Patty Everett





Tim Harvey on the fire tower on Speck Mountain. *Photos by Anne Duggan*

## New Level 2 Hike Leader Tim Harvey likes a challenge

By Anne Duggan, Hike Leader

Congratulations to Henry “Tim” Harvey, SEM’s newest Level 2 Hike Leader. With a wealth of experience hiking, backpacking, and rock climbing, Tim brings a new perspective to our hike offerings. He completed leadership training and co-led a trip to Mount Jefferson in 2022.

Never one to take the easy path, Tim chose to lead a backpack in western Maine through Mahoosuc Notch to Old Speck Mountain for his qualifying hike. On that August 6- 8 hike, Tim shared his expertise on the Mahoosuc Notch Trail, considered the most challenging mile of the Appalachian Trail.

Backpackers descend to the Speck Pond campsite after tackling the Mahoosuc Ravine.



Tim led a group of six over, under, and between rocks in the notch and to the incredible views on the top of Mahoosuc Mountain. After dropping down to the Speck Pond Campsite, the group spent a pleasant night before summiting Old Speck Mountain and returning to cars via the Speck Pond Trail. This strenuous and challenging route was completed seamlessly due to Tim’s quiet, confident leadership.

To further demonstrate his love of challenging hikes, Tim led a climb to New Hampshire’s King Ravine, one of the Terrifying 25, on October 14.



Left: Challenges on this one-mile section of the Appalachian Trail include jumbles of rocks to climb over, under, and between.

Below: One of the many scenic rewards for all the effort is Mossy Fall.







Approaching the Peters Hill summit.

## A Colorful Prelude to Winter at the Arnold Arboretum

*Article and photos by Ken Cohen, Hike Leader  
Co-Leader: Larry Petrone*

It happens every year—after a vigorous summer growing season, the trees at the Arnold Arboretum are preparing for a rejuvenating rest.

For many species photosynthesis stops; the oranges, reds, and yellows behind the green appear; and eventually the leaves shrivel and drop from their branches.

Life continues—in a veiled sort of way—with one last blast of a colorful—"wait 'til Spring!"

Mother Nature is immune to many of the troubles in the world. In fact, she is in the process of putting many of her tree and plant children to sleep for a while, right on schedule. Locally, few places are a better example of that transition than is the Arnold Arboretum, located at 125 Arborway, Jamaica Plain (Boston), MA.

This past October 26, 2023, during a warm autumn day, 15 of us reveled in the spectacle of this "tree museum" during a five-mile exploration. This was the SEM's "7th Annual Autumn Peak Hike!"

Amongst the home of a couple of red-tailed hawks, and one amazing life form after another, we put foot afield, with cameras in hand, in that sanctuary of the trees. The Arboretum is an "island-in-the-city" where many of us find solace and peace in nature's splendor.

The photos that follow are a few examples of the approaching dormancy of more than 15,000 specimens of

trees and other plants at the 170-acre park, which is owned and maintained by Harvard University. It was founded in 1872 and designed by the "father of American landscape architecture," Frederick Law Olmstead. I refer to it as the diamond in the Emerald Necklace.

Admission is always free-to-all. The often-breathtaking scenery changes every day!

You might like to join us in May, 2024, during the SEM "7th Annual Spring-Into-Spring Hike."



Ginkgo Tree Leaves



Red-tailed Hawk



European Terracing



Leaf Litter



Autumn Reflections



SEM Arboretum Walkers



Hikers on  
a Lofty  
Cityscape





**Claire's beautiful smile and spirit of adventure inspired all of her SEM friends to enjoy their explorations in the outdoors.**

**Photos by  
Craig  
MacDonald**

## In Memory of Claire MacDonald

**By Pam Johnson, Hiking Leader**

Claire MacDonald, a long-time SEM member and hike leader, died at home October 2, 2023, after a two-year battle with pancreatic cancer. To those who knew her, Claire was regarded as an avid hiker and adventurer, traveling all over the world with her husband, Craig. Claire lived a full and meaningful life, touching the lives of so many SEM Chapter members.

Claire graduated from Weymouth North High School in the Class of 1966, and from the University of Massachusetts, Boston, in 1970 with a degree in Psychology. She earned her Masters in Educational Psychology in 1975 from the University of Hawaii, where she also held graduate certificates in School and Vocational Rehabilitation Counseling.

Claire married Craig Dixon MacDonald, formerly of Pawtucket, Rhode Island, in 1974. They had two daughters, Taryn and Cailigh. After living in Hawaii for 28 years, Claire and Craig settled in Duxbury, MA, in 2000. They celebrated 49 years of marriage in July this year.

Claire dedicated her life to public service. She worked as a school counselor for physically and socially disadvantaged youth in Jefferson Elementary School in Waikiki and at READS Collaborative and Cardinal Cushing Centers in Massachusetts.

She was also a vocational rehabilitation adjustment counselor for the states of Hawaii and Massachusetts. She was brave and compassionate. Her caseload in

Hawaii included HIV patients at a time of turmoil and desperate understanding. In other cases, she prevented several suicides through direct intervention.

A hiker and mountain trekker, Claire climbed all 48 of New Hampshire's 4,000-foot peaks in her late 60s. She also scaled heights in Nepal's Himalayas and the Patagonian Andes of Argentina and Chile, Europe's Mont Blanc, and the Canadian Rockies.

Claire was a Level I SEM Hike Leader and a co-leader on the Winter Trail Tracing Series and the Spring Conditioning Series for a number of years. She and her husband, Craig, were mentors to many of us in the SEM Chapter and helped train new hike leaders.

Claire and Craig also participated in AMC August Camps and enjoyed meeting folks from all over and sharing great stories from the trails of New England. Claire loved hiking in all seasons and all kinds of weather. She never backed down from a challenge. Always cheerful with a good adventure story to share, Claire was lots of fun to have on those four-hour hikes in the winter!

Claire and Craig were often found on the trails, under the full moon at Borderland State Park or leading Winter Trail Trace the Blue Hills hikes. It was a joy to see Claire these last two years at occasional SEM events such as our Open House and end of season Winter Trail Trace party. Her stamina and uncomplaining spirit are an inspiration to us all. Claire, we will miss your stories and zest for life. We will remember you on the trails.



**Claire's adventures abroad included the Andes in Argentina.**

Claire's obituary is in the *Patriot Ledger*, [here](#). A memorial service was held on Monday, November 13th in Duxbury, attended by many of Claire's hiking buddies from SEM. Those who wish to remember Claire in a special way may make gifts in her memory to the Dana Farber Cancer Institute, Gifts for Spiritual Care, 450 Brookline Avenue, Boston, MA.

*(See photos page 14)*





Kate Sullivan celebrates reaching yet another summit. *Photo by Tracey Hawes*

## The SEM family grows with new Level 1 Leader Kate Sullivan

By Tracy Hawes, Hiking Destination Vice-Chair

On September 9, 2023, Kate Sullivan completed her qualifying hike for Level 1 Hike Leader Certification by leading a group of eleven hikers at Borderland State Park. According to Joanne Newton, who steadfastly mentored Kate, “She did an outstanding job with everything. Everyone had a great time. She communicated well with me and all the registrants; prepared the route; scheduled stops along the way; and checked in with the hikers to make sure they were okay, and the pace was good. We covered over seven miles on this hike.”

Kate is for sure a confident hiker and manager of groups. I have hiked not only several of the local Blue Hills hikes with Kate, but also higher peaks in the White Mountains in pursuit of my own goal of 48/4K's. She is easy-going, informed, and holds a balance of all the right ingredients for leadership. Kate joined me for one of the summer's sloppy, wet, and strenuous hikes up Galehead, South Twin, and North Twin with a zest and *joie de vivre* that makes hiking fun and safe in those conditions. I was grateful to have her on my Liberty and Moosilauke hikes as well. She's a natural.

When Kate isn't volunteering for AMC-SEM, she commutes to her job in Boston, and enjoys landscaping with the spirit of “Native Plantings.” Welcome to the Leadership track, Kate. I know you'll be leveling up before a blink of an eye.

Please congratulate Kate on her accomplishment and look for her upcoming local hiking trips!

## Autumn views on an ideal day on Martha's Vineyard ‘heights’

By Nancy Tutko, Cape Hiking Leader

Crisp, clear fall weather greeted us on Nov. 11 for a nine-mile hike of the moraines on Martha's Vineyard. These are ridges formed by rocks and sediment swept down and deposited as a mass by glaciers.

It was an early start for hikers Susan Cummings and Butch Ripley, who took the ferry from Woods Hole to Vineyard Haven, where we met up to carpool to the trailhead in Chilmark.

The hike topped two of the island's three highest “peaks”—Peaked Hill (311') and Radar Hill (302')—whose open hilltops provided expansive views over Vineyard Sound, the Elizabeth Islands, the Gay Head Lighthouse, and the Atlantic Ocean.

The route rambled through scenic woodlands, pastures, and wetlands, including seven permanently protected conservation properties and several public walking trail easements through private lands, with a beautiful mossy stretch along the meandering Tiasquam River.

It's always an adventure making the trek over to the Vineyard for a day hike, and this time the stellar weather and views were a happy bonus.



SEM hikers enjoy a beautiful day and uplifting views from Martha's Vineyard.

*Photo by Nancy Tutko*





**Conservation Corner**

## **Shop thrift stores for gifts that save money and the planet!**

**Paul Williams, Vice Chair Conservation Committee**

This holiday season consider one way to go green by shopping at thrift stores and online resale sites. Almost every “thrifter” has a story about an amazing find—including never-worn clothes or never-used items that were impulse purchases, unwanted gifts, overstock, etc.

By reselling or donating instead of dumping these articles, the original owners are benefiting the environment as well as thrift shoppers—and community charities that run many of these stores. Business Insider estimates that 85% of textiles are trashed, a garbage truckful of clothing burned or dumped in landfills every second.

Thrift store shopping may require more time and persistence, but that’s a small price to pay for a smaller price tag and a bigger contribution to the environment!

## **Cape Hiking Committee was part of Thoreau Readerthon**

**By Jane Harding, Cape Hiking Leader**

Barnstable Land Trust (BLT), in honor of its 40th anniversary, proudly presented the first-ever Thoreau’s Cape Cod Readathon, 10 am to 3 pm on October 7th and 8th. The Cape Hiking Committee was excited to partner with BLT for the event. This unique first-of-its-kind initiative celebrated Thoreau’s iconic work, *Cape Cod* describing the natural beauty of Cape Cod and inviting the public to contemplate how his depiction of the environment and Cape Cod life has changed over time. The event was held at the Michael R. Kramer post-and-beam barn, located on Barnstable Land Trust’s historic Fuller Farm in Marstons Mills, MA.

The Cape Hiking Committee set up a table outside the barn with information on the chapter and different hiking equipment that first-time hikers should consider using as they venture into the woods. We had SEM’s printed brochures and business cards to distribute to interested individuals. We were also prepared to explain our equipment. Jane Harding did one of the Thoreau readings.

The table was manned both days by Jane Harding, Cape Hiking Chair, and hikers Susan Jilson and Susan Harding. Other hikers joined them on Day 1, and Cape Hiking Vice Chair Robin McIntyre and Cape Hiking Leaders Trish Crocker and Margaret Christen on Day 2.



**Great Neck Audubon hiking group. Photo by Robin McIntyre**

## **Beautiful autumn day for Great Neck Audubon hike**

**By Robin McIntyre, Cape Hiking Leader**

On October 12, seven hikers enjoyed a four-mile hike in the Great Neck Audubon Sanctuary in Wareham. The property was expanded within the past few years to include the former Sacred Heart Retreat, and it has a history of farming with evidence of stone walls throughout the trails.

In addition to views of Widow’s Cove and Bass Cove on Onset Bay, the hikers also enjoyed large stands of old-growth white pines. Old quarrying of granite was noted. During a silent Muir portion of the hike, we heard several birds also enjoying a beautiful fall day in the woods.



**Great Neck Audubon hikers hit the beach. Photo by Kathy O’Keefe**



## Volunteer of the Month: Larry Petrone

By Steve Scala, Trails Committee 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 Trails Committee recognizes Larry Petrone.

Larry does it all on the Trails Committee. He scouts new trails for potential work, works with various constituencies to allow our access, recruits new members, shows up ready to work on workdays, thinks of innovative ways to remedy trail-related challenges, and is a pleasure to have along the way.

He has developed the innovative idea of combining regular hikes with light trail work in an effort to encourage new members to join us. Larry also played an important role in improving trails at the Bioreserve, an effort which spanned many months. Given his commitment to trails, it is fitting that Larry be recognized as Volunteer of the Month.

Larry will receive a Volunteer of the Month certificate and a \$50 gift card. Thanks, Larry!



## Cape Hikers explore nature & history at three sites in Bourne

By Robyn McIntyre, Cape Hiking Leader

On October 22, thirteen hikers enjoyed a cool but sunny day in Bourne on two Bourne Conservation Trust properties, Bourne Sisters Woodland and Perry Woods, and the Town of Bourne Leary Property. The two-hour, 3.9-mile hike was led by Robin McIntyre with Leader in Training Sandra Alisch assisting.

We shared some history about the area, including the contributions of the Bourne Sisters to the town; one local house being part of the Underground Railroad; and information about the cranberry industry related to a bog. We viewed some changing foliage; mallards on the wet, picked cranberry bog; and had no waterfowl, but beautiful views on the Back River Marsh.

Hikers also saw the new sign on the Leary Property which AMC-SEM funded last spring.

One pair of hiking poles from the new, pilot Equipment Loan Program were used by one of the hikers. This hike has multiple rolling hills and gave participants a good autumn work-out.

## Claire MacDonald *(Continued from page 11)*



Photos by Craig MacDonald

Claire loved the outdoors in all weather—hiking, snowshoeing, or on skis. She enjoyed the Chapter Hut Weekend each year as a leader or participant. And with the right clothing and equipment, she defied the coldest environments. Happy Trails, Claire!





**Zoe Rath brings experience and passion for the outdoors to her new role as a SEM Level 1 Hike Leader.**

## **‘New’ SEM Level 1 leader is an AMC Adventure Travel veteran**

**By Paul Brookes, Chapter Chair & Level 3 Hike Leader**

Zoe Rath joined AMC in 2012 and became a leader for the Boston chapter in 2013. She was very active there, leading over 50 hikes, assisting with their series and training programs, and being a board member on the Young Adults Committee from 2015-2018. When she moved to Brockton, she quickly became involved with the SEM chapter. She became our Conservation Chair this July, and now I am pleased to announce that she becomes our latest SEM local hike leader.

Zoe is full of energy and passion. She was recently an Associate Leader on an AMC Adventure Travel trip to Liechtenstein and will be an Associate Leader on an

Adventure Travel trip to Utah National Parks in 2024. With all this experience under her belt, Zoe is certainly qualified to be a local hike leader for SEM.

Our leadership guidelines allow the Hiking Chair to take into account a person's prior experience and waive some of the usual steps to becoming a SEM leader if the candidate completes a qualifying hike with a mentor at the candidate's leader level.

As you might expect, our Hiking Chair, Bill Belben, exercised his discretion and waived all requirements other than Zoe doing a qualifying hike. That being said, Zoe chose to attend our April leadership training anyway, so she could build relationships with other SEM leaders and leaders in training.

Zoe completed her qualifying hike to become a local Hike Leader on October 3, 2023, and I was honored that she asked me to be her observer. The hike was a conservation walk in the Cuffee Conservation Area, which is part of a unique, sensitive ecosystem which includes a rare quaking bog, known as Black Pond Bog. This 83-acre preserve is owned by The Nature Conservancy (TNC).

Zoe arranged for Will Saunders, the Conservation Agent for the Town of Norwell, to lead the hike. Will pointed out fauna, flora, geology, and history of the area as we went.

I appreciate Zoe putting in the extra effort to create this unique experience for us. She is terrific as our Conservation Chair, and I am thrilled that Zoe Rath joins us as our latest SEM local hike leader. I predict she will lead many hikes each year.

## **Hikers survive haunted Halloween in the woods**

**By Bill Belben, Hiking Chair**

*Photo by Bill Belben*

On Halloween, 23 brave souls dared to enter the Blue Hills for a hike. Greeted by “Knuckles,” who was on unauthorized furlough from MCI-Walpole, the group ventured into the woods under dark and stormy skies. (It was actually beautiful, but that doesn't fit the theme of the story). Despite being chased by ghosts and goblins throughout the hike, and being forced to eat missing body part gummies, the



group managed to come out of the woods (minus one hiker) unscathed and was rewarded by some delicious Halloween cupcakes made by the lovely feline Jenn Wong. You never really know what is going to happen on a SEM Blue Hills hike.



## Conservation Bingo

### Challenge: Earn the patch, and the chance of prizes

By Zoe Rath, Conservation Chair

AMC-SEM's new Conservation Bingo card is a new way to earn your Conservation Patch by changing some of your own practices and promoting conservation efforts in your community.

### How to qualify for an AMC-SEM Conservation patch?

Just complete the actions in **two** horizontal rows, **two** vertical rows or the two diagonal rows and email a PDF or JPG file showing your filled-out Bingo squares to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org).

Patches will be mailed out to qualifiers starting in January

### How to qualify for the Earth Day gift card drawing?

Complete **three** horizontal, vertical or diagonal rows by Earth Day, April 22, 2024. Email your PDF or JPG file, and your name will be entered for one chance in two prize drawings, first for a \$50 AMC gift card and then for a \$50 REI gift card (one of each card will be awarded to each of the two winners).

### How can you earn an extra chance in the drawing?

Complete at least **four** rows by April 22, 2024. Email your PDF or JPG, and your name will be entered twice in the drawing.

Get more information and download your Bingo sheet [here](#). You can add details to your email on the actions you completed where needed, but for many just check the squares or the list on the website.

### How does everybody win?

Every habit changed, every action taken, creates a more sustainable environment and health benefits for us all and our families.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### SEM AMC CHAPTER

## EARTH DAY CONSERVATION

### BINGO CHALLENGE 2024



**How to Qualify for a AMC-SEM Conservationist Patch?** Fill **2 bingo rows** (vertically or horizontally) by **April 22, 2024**. Email pdf or JPG of the completed bingo card to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org)

#### Conservation Bingo Earth Day Drawing?

Fill out at least **3 rows** to qualify for a drawing of 1-2 gift cards a \$50 AMC gift card or \$50 REI card. Include detail on some of these but many a simple check mark is fine. \*Each person can enter the drawing twice by filling out at least 4 rows of bingo by April 22nd. <https://bit.ly/SEM-Bingo-24> to see the full Conservation Bingo Challenge 2024 and info sheet.

Write an elected official about a conservation-related topic:	Collect rainwater to use for watering the lawn and garden.	Carpool to an AMC event. Ask the trip leader for help organizing this.	Start or continue using a compost pile.	Swap out your single-use items at home and repurpose 3 glass or plastic containers.
Attend an AMC conservation event or some other environmental awareness event:	Watch a movie/documentary about conservation issue:	Read a book about a conservation topic:	Attend a trail clean-up event:	Plant native plants in your garden
Shop at thrift stores.	Bring a reusable mug many coffee cups cannot be recycled and end up in a landfill.	Pick up trash when you see it on the ground even if it isn't yours.	Practice Leave No Trace on a trip/hike.	Bring bag to collect trash and you tp on a hike.
Commit to stop using Roundup and other chemical weed killers.	Drink tap water/avoid using single-use bottles.	Choose non-toxic chemicals in the home and office.	Ride a bicycle instead of driving	Read about how to eat a more sustainable diet.
Use pet-safe snow melt.	Store reusable silverware and cloth napkins in your car or bag (ready for to-go food).	Walk to nearby store instead of driving.	Join AMC's Conservation Action Network.	Eat low on the food chain for week+. A vegetarian or vegan diet is a low-carbon diet.



[Images by gohsantosa2 on freepik](#)





## Southeastern MA Adult Walking Club

Department of Conservation and Recreation

### Winter 2023-2024 HIKES

The DCR Southeastern Massachusetts Adult Walking Club meets most weekends for social recreational walks. Meeting times vary. Please see descriptions. This club is open to people of 16 years of age and older and there is no fee to join. Walks average 2-miles to 5-miles and terrain is varied. New walkers are always welcome. Come for one or come for all! Bring drinking water, a snack, and dress for the weather. Some DCR sites charge a parking fee which is noted in the hike description. Inclement weather will cancel. For more information and to confirm, please call the phone number listed with the specific hike below.

# upcoming hikes

- Saturday, December 2** **Nickerson State Park, 9:00 am—11:00 am**  
Moderate 3.5 miles, walk around Cliff Pond with incredible vistas. Meet at the end of Flax Pond Road. From the park entrance at 3488 Main St. in Brewster, go up the road, take your first left on Flax Pond Rd, and follow to the end. 508-896-3491
- Saturday, December 9** **Blue Hills Reservation, 1:00 pm—3:00 pm**  
Moderate 4 mile hike up to Buck Hill summit. Minimal inclines to the scenic view at the top. Meet at Houghton's Pond Visitor Center, 840 Hillside Street, Milton. 617-698-1802
- Saturday, December 16** **Borderland State Park, 1:00 pm—3:30 pm**  
Moderate 4 mile loop along the old carriage roads around Upper and Lower Leach Ponds. Meet at the visitor center located at 259 Massapoag Avenue, North Easton. Parking fee applies. 508-238-6566

### First Day Hikes: ring in the New Year with an outdoor adventure

- Monday, January 1** **Waquoit Bay, 10:00 am—12:00 pm**  
A guided walk along a salt marsh, beach, and upland trail and back to Visitors Center. Views of Martha's Vineyard and Washburn Island. Hot chocolate at the end. Meet at WBNERR Visitor Center 131 Waquoit Highway, East Falmouth. 508-457-0495
- Blue Hills Reservation, 11:00 am—3:00 pm**  
Start the year off right with a hike in the Blue Hills! Join us at 11:00 am for snacks, hot chocolate, live animal program, and merry warming fire. Two guided and one self-guided hike will begin at 12:00 PM. Meet at the Houghton's Pond main Parking lot at 840 Hillside Street, Milton. 617-698-1802
- Saturday, January 6** **Nickerson State Park, 9:00 am—10:30 am**  
Moderate, 1.5 mile walk around Little Cliff Pond, with vistas of winter landscape. Meet at the end of Flax Pond Road. From the park entrance at 3488 Main St. in Brewster, go up the road, take your first left on Flax Pond Rd, and follow to the end. 508-896-3491
- Saturday, January 13** **South Cape Beach, 11:00 am—1:00 pm**  
**NOTE: No bathroom facilities on-site; plan accordingly**  
Moderate, 2.2 mile walk on Dead Neck Trail, exploring beach barrier dunes. Snowy owls have been seen here in the winter. Meet at Mashpee Town Beach parking lot; Beach Access Rd, Mashpee. 508-457-0495
- Saturday, January 20** **Blue Hills Reservation, 1:00 pm—3:00 pm**  
Moderate, 2.7 miles on the Wolcott Green Dot trail. Rolling terrain through the western valleys of the Blue Hills. Meets at the North Lot kiosk at 1880 Canton Ave, Milton (just north of the Trailside Museum). 617-698-1802
- Sunday, January 28** **Blue Hills Reservation, 1:00 pm—3:00 pm**  
Moderate, 3 mile walk with some hills. We'll take Bugbee Path to Headquarters Path and return on Tucker Hill Path. Meet at the Houghton's Pond main Parking lot at 840 Hillside Street, Milton. 617-698-1802
- Saturday, February 3** **Nickerson State Park, 9:00 am—10:30 am**  
Moderate, 1.5 mile walk around Flax Pond, with incredible vistas of winter landscape. Meet at the Flax Pond Public Swimming Area. From the Park entrance at 3488 Main St. in Brewster, go up the road, take your first major left on Flax Pond Rd, and just after the Picnic Area on the Right will be the parking lot. 508-896-3491
- Sunday, February 11** **Freetown-Fall River State Forest, 10:00 am—1:00 pm**  
Moderate, 4 mile walk to Copicot fire tower. You are invited to ascend the tower to take in one of the most incredible views in Southeastern MA. Meet at Southern MA Bioserve Loop Trail Parking Area (approx. address: 2400 Blossom Rd, Westport, MA 02790, Westport). 857-276-5365
- Saturday, February 17** **Blue Hills Reservation, 1:00 pm—3:00 pm**  
Moderate, 3 mile hike up Burnt Hill and beyond. Meet at Houghton's Pond Visitor Center, 840 Hillside Street, Milton. 617-698-1802
- Sunday, February 25** **Blue Hills Reservation, 1:00 pm—3:00 pm**  
**NOTE: No bathroom facilities on-site; plan accordingly**  
Moderate, 3.5 mile walk on Meadow Rd to Madden Rd and return on Acton Path. Meet at the Donovan School at 123 Reed Street in Randolph. 617-698-1802





## 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](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))

## CAPE HIKES

**Thu., Dec. 14. Hike--Lyman Reserve to Red Brook Network Trails, Buzzards Bay, MA.** This Show and Go 3.5-mile hike starts in wooded trails at Lyman Reserve in Buzzard Bay, a Trustees of the Reservation property. We will then explore the new Red Brook Network Trails which is a Wareham Trust Property in cooperation with the Onset Water District. Currently 2 trails are open with 1 trail to be forged and open in the spring. This is mostly flat wide trails with a few long hills. Expect to have exposed roots which are now covered by leaves and pine needles. We will walk along the Red Brook which is a sea brook trout river and pass through an Atlantic Pine Barren Preserve. The final 3/4 mile will be out to the water for views of Buttermilk Bay. Ticks are still plentiful in this area. Hunting is allowed--suggest blaze orange. A good tread sneaker or hiker is suggested. Hiking poles if you prefer. No restroom or water available. Cape Hikes has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed. Contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. In support of our conservation mission, please carpool when possible. Directions: From the Buzzards Bay (OFF CAPE) rotary at the base of the Bourne Bridge, take the first right onto Head of the Bay Road after the CVS/gas station. Look for the green Lyman Reserve Trust sign 2.6 miles on the right, pull into the lot. Since this is a show and go hike, please check the website the day of the event for a weather cancellation. L Robin McIntyre (150-878-9825 x2, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is an 8th year Level 1 hike leader with previous WFA training.) CL Sandra Alisch ([sgna@comcast.net](mailto:sgna@comcast.net), Sandra is working on her qualifying hike for Level 1.)

**Sun., Dec. 17. Hike Shawme Crowell State Park Sandwich, MA.** Two-hour, 4 mile hike on wooded trails through the scenic campground, some hills. Expect to encounter lots of roots and rocks along the trail, we will need to step over or under some blowdowns, lots of leaves and pine needles on trails. Hiking poles strongly recommended. Bring fluid for hydration. Ticks are still active. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell on L, drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell on right and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))





## Activities

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

### CAPE HIKES

**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](mailto:robinmcintyre@comcast.net), Robin is an 8th year Level 1 SEM/Cape Hike Leader with previous WFA training.)

**Sat., Dec. 23. Hike/History Walk--First Encounter Beach, Eastham, MA.** This 2--3-mile adventure is more of a history walk than a hike. We'll meet at the parking lot for First Encounter Beach in Eastham, and do a loop walk, partly on the beach and partly on the road. I'll stop several times along the way to read from Mourt's Relation about this day 403 years ago in 1620. This week is the anniversary ("New Style") of the Pilgrims' early morning "First Encounter" with the "Indians". They had seen a few Native Americans at a distance in their prior month on the Outer Cape, but until this morning none close up. Dress for weather on the water--warm layers, sturdy walking footwear, poles if wanted for soft sand. Dogs are welcome with permission of the leader the day before the walk. Afterwards we may go for lunch at a nearby fish market that has great sandwiches. It'll be a bit cool to eat outside at their picnic tables, but we'll be bundled up and warmed up from walking. From Route 6, Orleans Rotary, continue on Route 6, go left at the traffic light/Town Hall/Police Station onto Samoset Road (if you get to the National Seashore, you missed the turn). Go 1.8 miles on Samoset to First Encounter Beach, Eastham. Meet in the parking lot. L Jay Vivian ([jvivian0@comcast.net](mailto:jvivian0@comcast.net)), R Jay Vivian ([jvivian0@comcast.net](mailto:jvivian0@comcast.net))

**Thu., Dec. 28. Hiking Johns Pond Park Conservation Area, Mashpee, MA.** 4-mile hike in a 227-acre conservation property that has abandoned cranberry bogs that have become shallow freshwater marshes, a freshwater kettle pond, woodlands, Quashnet River headwaters and a town beach. Terrain is a combination of woodland trails, soft sand, loose gravel, dirt roads, mud puddles. Mostly flat. Gentle hills. A few downed trees to step over, around or thru. Hunting is allowed in all Mashpee conservation areas. Cape Hikes has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed. If you would like to borrow either, contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. In support of our conservation mission, please carpool when possible. From time-to-time unplanned events, usually weather, force us to cancel a hike at the last minute. Please check postings on the day of the hike to be sure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 leader.)

**Sun., Jan. 7. Hike Coonamessett River Greenway, East Falmouth, MA.** An easy hike along a small stream, beginning at the site of an old farm, and continuing along a section of river which was recently restored from cranberry bogs. The hike will cover about 4 miles in two hours. Wear appropriate outerwear and footwear for the temperature and weather, and if conditions are icy, poles and boots with spikes are recommended. To learn if the hike is cancelled due to inclement weather, go online in the morning to see if the hike is still listed - if the listing is gone the hike is cancelled. If in doubt, or for any questions, contact the leader. To support its conservation efforts, the AMC urges attendees to carpool when possible. Cape Hikes has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed for this hike. Contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. One pair is Medium (men's shoes 8-11, women's 9-12) and one pair is large (men's 11-14, women's 12+). L John Gould (508-540-5779, [jhould@comcast.net](mailto:jhgould@comcast.net), Has been a Level I Cape Hike leader for 20 years.)

### 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](mailto:nominatingchair@amcsem.org). L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Walt Granda



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**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](mailto:deichair@amcsem.org) or Rachel Brown-Eisenstadt by emailing [deivicechair@amcsem.org](mailto: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](mailto:nominatingchair@amcsem.org) or our chapter chair Paul Brookes by emailing [chair@amcsem.org](mailto: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](mailto:membershipchair@amcsem.org) or contacting Nancy Piedra by emailing [membershipvicechair@amcsem.org](mailto:membershipvicechair@amcsem.org). L Paul Brookes ([chair@amcsem.org](mailto: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](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto: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](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) for more information. L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)), R Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

**Ongoing. Hiking Vice Chair of Local Walks and Hikes.** 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](mailto:HikingChair@amcsem.org) or Tracy Hawes our Hiking Vice Chair at [HikingVicechair@amcsem.org](mailto:HikingVicechair@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](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto: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](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).





### Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**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](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**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](mailto:paddlingchair@amcsem.org). You can also contact Walt Granda at [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes at [chair@amcsem.org](mailto:chair@amcsem.org) to discuss any of the open positions. L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))

### HIKING

**Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).**

**Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)**

**Tue., Dec. 12. Late Fall Trail Trace hike of the Quincy Quarries, Blue Hills Reservation, MA.** Please join me on a late fall trail trace hike of the Quincy Quarries. This hike will just under 5 miles and we will be hiking on both sides of Riccudi Drive. This hike will involve several sections of rock scrambles and uneven terrain. Participants should be in good physical shape and have a recent hike history of similar length. The meeting time is 9:45am for circle up with a firm start time of 10AM. More details of meeting the meeting location and trail route will be provided to those who register and are confirmed for the hike. Participants should wear appropriate clothing layers for a late fall hike. Required gear includes sturdy footwear, rain gear, 2 liters of water, snacks/light lunch and a backpack to carry everything. This hike is open to all who qualify, and you don't have to be a member of AMC to participate. Registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))

**Thu., Dec. 14. Hike Destruction Brook, Dartmouth, MA.** Hike a moderate 5+/- mile hike while exploring some of the more interesting features of this Dartmouth Natural Resources Trust property, showcasing brooks, a vernal pool, ledges, wildflowers in the spring, and an historic farmstead foundation and cemetery. You must have recently walked a comparable distance. Trails are mostly flat with some moderate inclines. Be prepared to step over tree roots and some rocks. Hiking shoes are recommended and possibly micro-spikes depending on the weather. Orange is optional. Bring at least 1 liter of water and snacks. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location and directions will be emailed closer to the date. Please contact leader with any questions. Contact information is listed below. This hike is limited to 12 participants. Heavy rain/snow cancels. L Susan Rollins ([rollins\\_s@outlook.com](mailto:rollins_s@outlook.com)), I am a lover of the outdoors and welcome the opportunities to share the beauty with others, whether it is through hiking interesting areas or bicycling.)





## Activities

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

### HIKING

**Sat., Dec. 16. SEM Beginner Winter Hiking Series, Wachusett Mountain, MA.** If you're new to winter hiking, join us for this winter Wachusett hike. Hoping for conditions that will allow us to practice using traction devices. Wachusett is great for conditioning for the bigger mountains in the SEM Winter Series because the ascents/descents are longer than those of the Blue Hills. The planned route will be around 6 miles and 1,500' elevation gain. You need recent hiking experience of this length/elevation. This hike is open to all that qualify and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEMs) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. A full winter gear list will be sent out to confirmed participants, but you can expect to need microspikes for traction devices on this hike. If you'd like to borrow microspikes or poles, please email the leader [DianeMSimms@comcast.net](mailto:DianeMSimms@comcast.net) after you register. The chapter has a limited amount of gear to loan. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Benjamin West (860-382-8931 between 9:00AM and 7:00PM, [bwestct@gmail.com](mailto:bwestct@gmail.com), I am a four-season hiker and three season backpacker who enjoys everything from slower paced 3 mile trails to faster paced, longer, and more strenuous 4000 footers. Wilderness First Aid & CPR certified.) L Raju Jaldy CL Nancy Piedra (Nancy is a Level 1 hike leader. Is only listed as a LIT because of the system limitation. We have a lot of leaders on this hike :-))

**Sat., Dec. 16. Saturday Morning Trail Trace Hike in the Southern Blue Hills, Randolph, MA.** Please join us for a moderate paced, six-mile hike having a modest 400-foot elevation gain in a somewhat remote section of the Blue Hills Reservation, Randolph, MA. The trails are mostly flat with a few rolling hills along the way. Be prepared to step over tree roots and rocks. Sturdy walking or hiking shoes are required. Be sure to dress accordingly for the weather in non-cotton clothing. Steady rain or snow will cancel the outing. Bring plenty of water, a snack or lunch for a few short breaks along the route. As with all AMC hikes, we will start as a group and end as a group; nobody is left behind. No pets please. Registration is required for this trip; however, you do not need to be an AMC member to register, but you do need to set up a free AMC account if you don't already have one. More details and directions to the trailhead will be emailed to all registered participants 24-48 hours prior to the hike. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), AMC Member since 2006. Hike leader for both the Southeastern Massachusetts and Boston Chapters since 2017. Has mentored seven current hike leaders. Four-season hiker. Avid nature and photo-journalism photographer.) L Patricia Everett (508-562-2152 before 7pm, [patriciae568@gmail.com](mailto:patriciae568@gmail.com), Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)

**Tue., Dec. 19. Late Fall Tuesday Morning Buck Hill via Skyline from Trailside Museum, Blue Hills, MA.** Join us for the last of our 2023 Fall Series hike into the Blue Hills. We will plan to start at the Trailside Museum Parking lot and traverse along connecting trails to North Skyline over to Buck Hill. Return routes will meander to the South Skyline, returning to our starting point. This is approximately 6.5 - 7 miles with an elevation gain of roughly 1500'. The pace could be 1 - 1.5 MPH, depending on conditions and elevation points. We will stop for lunch mid-way. Registration is required and will be confirmed via email or phone call. Similar recent hiking conditions, distance, and elevation are needed. Winter conditions require appropriate gear (microspikes, warmer layers, etc.) Depending on the trails, we reserve the right to use alternate plans concerning safety. L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto: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 susan cummings ([szqb65@gmail.com](mailto:szqb65@gmail.com), Susan is an enthusiastic level-one hike leader for the SEM chapter.) CL Anne McKee (508-596-1987 (best time to call: Before 8 PM), [mckee822@gmail.com](mailto:mckee822@gmail.com), Ann is currently working on her Level I hike leader qualification. She enjoys hiking, biking, skiing, and sharing the outdoors with others.)







## Activities

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

### HIKING

**Thu., Dec. 21. Thursday Morning First Day Of Winter Hike - Blue Hills Without The Hills!, Blue Hills Reservation, MA.** Moderate pace, with occasional stops. An approximate 5-mile hike, MicroSpike, or snowshoe around Ponkapoag Pond. Who knows these days?! I enjoy the hills in the Blue Hills as much as anyone but truly enjoy the ability to experience the nature as well along this well-traveled route (hikers, bikers, runners, horses too!). Bottom line - most every level of hiker is welcomed - beginner to expert as long as you can walk/hike five miles. Bring waterproof hiking shoes or boots, snack/lunch, and plenty of water. MicroSpikes and/or snowshoes may be necessary depending on trail conditions. We'll take a break at the AMC Camp, down at the pond, weather permitting. Steady rain or snow will cancel. Well behaved dogs on leash are welcomed. The group size will be limited to 15 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend or are not feeling well.. Details and directions to the meet-up location will be sent 24-48 hours prior to the hike to those who register. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC SEM and Boston Chapters Hike Leader since 2016 having organized many trips in The Hills and other local hiking destinations. Mentored 7 hike leaders to date Former At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Nature and photo-journalism photographer)CL Patricia Everett ([patriciae568@gmail.com](mailto:patriciae568@gmail.com))

**Tue., Dec. 26. Tuesday Winter Trail Trace the Blue Hills Hike #1, Blue Hills Reservation, MA.** Are you looking for a fun winter hike? Come join us for our Winter Trail Trace the Blue Hills Hike. This hike is part of a weekly series that will hike various trails throughout the Blue Hills Reservation. You can expect the hikes each week to be about 5-7 miles in length and have elevation gains ranging up to 1,200' each week. We can't guarantee winter conditions, but we will be prepared with micro-spikes and possibly snow shoes if needed. What makes this hike slightly different than a traditional hike is that our goal is to ultimately hike every trail in the entire Blue Hills Reservation. We won't complete this during the 13 weeks that the winter series runs, but participants can expect to get a large portion done and be well on their way to earning a much-coveted Winter TTBH Patch! This hike is open to all that qualify. You do not need to be a member of AMC to participate. Registration is required to attend each hike, but you are not required to attend every hike in the series. If you haven't hiked with us before, you will be asked a few screening questions to make sure the hike is suited for you. Appropriate hiking clothes for winter hiking, sturdy footwear, 2 liters of water, snacks/light lunch and a backpack are required. Weather can change quickly so be sure to check the weather before the hike so you are prepared for the conditions. L william belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!) L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto: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.)

**Wed., Dec. 27. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike the last Full Moon Hike of this year. This hike will be under a Full Cold Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. Micro spikes or even snow shoes may be required at this time of year. 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](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Thu., Dec. 28. Thursday Morning Hike at Halfway Pond Conservation Area, Plymouth, MA.** Join me for a 9 am hike at Halfway Pond Conservation Area in Plymouth. We will combine dirt road walking around the ponds with hilly trails in between the ponds for 5.5 miles and 450' elevation of beautiful trails. Features along the trails include wetlands, kettle holes, beech forest and an area of cathedral pines. There will be both wide paths and narrow trails along the way. Halfway Pond is the headwater for the Agawam River and has been eagle nesting territory in the past. Meeting location will be the Long Pond boat ramp in Plymouth off Clark Rd., off Exit 7 on Rt. 3. The latitude and longitude values listed below will bring you to the boat ramp. We'll meet at 8:45 for a 9:00 am start and plan on a moderate pace to complete the hike in approximately 3 hours. Registration not required but feel free to contact leader with questions. There are no bathroom facilities at the parking lot. Microspikes may be helpful if there is ice on the trails. Check this listing if bad weather is predicted. Steady rain will cancel. Everyone who is able to do this hike is welcome. You do not have to be a member of AMC. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a 4 season hike leader for SEM and enjoys welcoming new hikers to AMC SEM.)



## Activities

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

### HIKING

**Thu., Dec. 28. SEM Beginner Winter Hiking Series - Wachusett #2, Wachusett, MA.** If you're new to winter hiking, join us for this winter Wachusett hike. Hoping for conditions that will allow us to practice using traction devices. Wachusett is great for conditioning for the bigger mountains in the SEM Winter Series because the ascents/descents are longer than those of the Blue Hills. The planned route will be around 6 miles and 1,500' elevation gain. You need recent hiking experience of this length/elevation. This hike is open to all that qualify and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEMs) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. A full winter gear list will be sent out to confirmed participants, but you can expect to need microspikes for traction devices on this hike. If you'd like to borrow microspikes or poles, please email the leader [DianeMSimms@comcast.net](mailto:DianeMSimms@comcast.net) after you register. The chapter has a limited amount of gear to loan. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!) L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four-thousand-foot mountains multiple times including winter. He also enjoys trail work and running.) L Lawrence Petrone L Raju Jaldy CL Tim Harvey (Tim is a Level 2 hike leader. Is only listed as a LIT because of the system limitation. We have a lot of leaders on this hike :-)) CL Peggy Qvicklund (Peggy is a Level 2 hike leader. Is only listed as a LIT because of the system limitation. We have a lot of leaders on this hike :-))

**Tue., Jan. 2. Tuesday Winter Trail Trace the Blue Hills Hike #2, Blue Hills Reservation, MA.** See listing at Tues., Dec. 26.

**Thu., Jan. 4. Thurs. Morn. Hike Horseneck/Westport Beach, Westport, MA.** Meet at 9:45 AM Horseneck Beach main parking lot (5 John Reed Road, Westport, MA). This first section is a moderate 4.5-5-mile hike from the parking lot to the Westport River. After returning to the parking lot, we will take a short drive to Gooseberry Island. The second hike on Gooseberry is approx. 2 miles and is optional. Winter is a great time to explore the beach and check out the winter shore birds. The beach in the winter could be chilly and windy so dress appropriately. Bring snacks/lunch sturdy footwear, water, and rain jacket. Rainy conditions may cancel the hike. L Walt Granda (508-971-6444 before 9 pm, [wgranda27@gmail.com](mailto:wgranda27@gmail.com))

**Sat., Jan. 6. SEM Beginner Winter Hiking Series #3 - Mt. Greylock, MA.** If you're new to winter hiking, join us for the 3rd of our Beginner Winter Hikes as we climb to the summit of Mt. Greylock in northwestern Mass. Mt. Greylock, the state's tallest peak at 3,491' above sea level, is located within Mt. Greylock State Reservation on the border of Vermont and New York (about a 3-hour drive on the Mass Pike from Boston). This is a rigorous hike and a continuous climb from the trailhead to the summit. The hike is approximately 6.5 miles with 2,200 feet of elevation gain. Expect to be on the trails for about six hours. Lodging is available at a discounted rate in nearby Williamstown for Friday and/or Saturday, depending on your travel preferences, with an optional additional hike on Sunday morning. This hiking series is a progressive series and each month we will select a hike that is more challenging in terms of increased mileage, elevation gain or both. As a participant in the series, you will have an opportunity to develop and fine-tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEM's) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. A full winter gear list will be sent out to confirmed participants, but you can expect to need Kahtoola Microspikes or Hillsound traction devices on this hike. L Nancy Tutko (508-693-8085, [ntutko@yahoo.com](mailto:ntutko@yahoo.com), Nancy is an AMC SEM level 2 hike leader with WFR certification. A year-round hiker based on Martha's Vineyard, she enjoys rambling the island's 220 miles of public walking trails and exploring mountain terrain elsewhere. She is training to lead winter hikes.) L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com), Bill is an avid year-round hiker, level 3 hike leader for SEM, and graduate of AMC's Mountain Leadership School. He has summited New Hampshire's 48 4,000-footers and is the AMC Southeastern Mass hiking chair.) L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto: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 Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) CL Abi Natarajan





## Activities

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

### HIKING

**Tue., Jan. 9. Tuesday Winter Trail Trace the Blue Hills Hike #3, Blue Hills Reservation, MA.** See listing at Thurs. Dec. 26. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Len Ulbricht ([lwu9944@verizon.net](mailto:lwu9944@verizon.net)) L Deborah Sepinwall

**Thu., Jan. 11. Thursday Morning Hike - Blue Hills, CCC Camp And Domes, Blue Hills Reservation, MA.** Overview Blue Hills - CCC Camp and the Domes 9:45am-2:00pm Moderate to fast pace, with occasional stops. An approximately 7 mile, 4 hour hike with minimal elevation. This is a mostly wooded hike but some trails may be wet or icy. Some trails are 'in + outs' for those doing 'trail tracing'. Bring waterproof hiking shoes or boots, appropriate layering for the weather, snack/lunch, and water. Traction devices such as micro spikes or snowshoes may be required depending on snow conditions. Please bring them to the trailhead. Steady rain or heavy snow will cancel. No dogs allowed - except pre-approved service dogs. Group size is limited to 10 hikers plus the leader. Trail head location will be emailed to confirmed registrants. L William Doherty (781-660-5534 x 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Trail maintenance volunteer.)

**Thu., Jan. 25. Thursday Morning Hike: Whitney and Thayer Woods, Cohasset, Hingham, MA.** Winter walk in Whitney & Thayer Woods, along the lovely forest trails of this Trustees of Reservations property. We will start (and end) along the wide flat rail trail, climb a couple of hundred feet on a somewhat rocky path up to the Turkey Hill viewpoint. From there we will head towards the rhododendron grove, cross Brass Kettle Brook, past Ode's Den and Rooster Rock, mostly on wide paths with rolling hills, but expect sections of narrow uneven trails with roots, rocks and short steep sections as well. Plan to be out for 3-4 hours, 4-6 miles, depending on weather and trail conditions. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Wear boots (and gaiters) suitable for possibly muddy/icy trail conditions (bring traction devices if there has been recent snow or freezing temperatures), clothing suitable for the weather (windbreaker, rain gear, layers, hats, gloves); bring water/snacks/lunch. Persistent rain or snow that morning will cancel. Contact leader by email if weather is questionable. Please carpool if possible. L Eva Borsody das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Sat., Feb. 3. SEM Beginner Winter Hiking Series #4- Mt Moosilauke, Benton NH.** If you're new to winter hiking, join us for the 4th of our Beginner Winter Hikes as we hike Mount Moosilauke (4,802') located in Benton, NH. Mount Moosilauke is one of the 48-4,000 footers and is considered by many to offer some of the best views in NH. The summit is above tree line and is quite exposed, offering panoramic, 360-degree views of the Kinsmans (North), Franconia Ridge (Northeast) and Green Mountains and Adirondacks (West) on a clear day. The planned route is the Mount Moosilauke loop hike via the Gorge Brook Trail, Carriage Road, and Snapper Trail. The hike has a distance of approximately 9.7 miles with elevation gain of just over 2,800'. We will be hiking at a moderate pace, and we should complete the trip in around 7-8 hours. This hike has an AMC Activity Rating of Vigorous. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEMs) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. Full winter gear will be required for this hike. A winter gear list will be provided to those who are confirmed for this hike. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Raju Jaldy ([raju.jaldy@gmail.com](mailto:raju.jaldy@gmail.com), SEM chapter All Season Back Country Hiking Leader. Enjoys being outdoors hiking in New England Hills and Mountains.) L Jeannine Audet L Dia Prantis

### SKIING

#### Volunteer Opportunities

**Ongoing. Skiing Vice Chair - Southeastern Mass Chapter, MA.** 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](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)).



## Activities

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

### SKIING

**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](mailto: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, [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com), Jeannine is a very active level 4 hike leader and ski leader for SEM.) CL Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org), I'm a hike leader and bike leader for SEM chapter. I am training to be a ski leader.), R Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com))

**Fri., Feb. 16-19. Pinkham Notch Cross-Country Ski Weekend, Pinkham Notch, NH.** Join us for a 3-day cross country adventure during which we might ski at Bretton Woods, Great Glen Outdoor Center, or Bear Notch Ski Area. We will be staying at the Harvard Outing Club Cabin from Friday to Monday, February 16-19, 2023. The cabin is less than a 15-minute drive from Pinkham Notch Visitor Center located on Rte. 16. Cost includes only lodging. We will bring in food for our group meals and snacks. Harvard Outing Club Cabin offers loft sleeping space for group trips up to 24. You will need to bring your own sleeping pad, bag, and pillow. The cabin includes a large living area with a gas heater, a kitchen with two gas stoves for cooking, refrigerator, utensils, cookware, cups, and plates, well water with a pump, and an outhouse. L Dia Prantis (617-504-8797 Before 9 pm, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Hike and ski leader who loves winter outings! You can only enjoy winter if you are out in it!) L Jeannine Audet (508-493-8221, [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com), Jeannine is SEM chapter vice-chair. Hike, bike and ski leader, Jeannine looks forward to skiing each year!)



Photo from Pixabay



# The End