

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | February 2024

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

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

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Hikers enjoyed ocean views from the Cape Cod National Seashore in Wellfleet, MA.
Photo by Keith Magyar

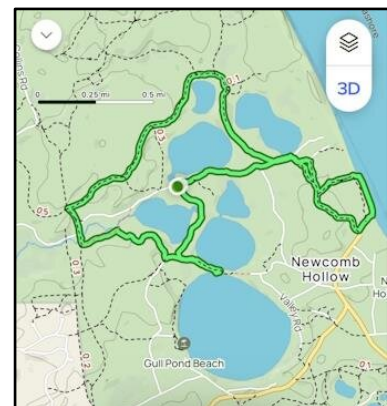
Hikers follow in the steps of author Thoreau

By Keith Magyar, Hiking Leader

Henry David Thoreau loved Cape Cod and visited the ocean beaches of the Cape in 1849, 1850, and 1853. The visits resulted in a series of essays which were compiled and published as [*Cape Cod*](#) in 1865, three years after Thoreau's death.

On Sunday, January 21, AMC-SEM Cape Hikers took a 5-mile hike around Seven Ponds in Wellfleet, beginning with a short hike on Newcomb Hollow beach before heading into the woods and around the ponds. Three of the ponds form a "snowman," as can be seen on the map.

The group had a wonderful time and enjoyed many ocean and pond views throughout the hike.



Map of the hike route shows the "snowman."



View from the Chair: Next Steps for DEI

I want to announce that Maureen Kelly, after doing a terrific job leading the Diversity, Equity, and Inclusion (DEI) committee, is passing the Chair role on to Justin Anderson, and Justin is passing the Communications Chair role on to Lara Szott. Justin has had a passion for DEI issues since he was a youth involving himself in advocacy and activism, especially around LGBTQ issues. I'm sure Justin will take us to new successes on our journey to being more welcoming, inclusive, and representative of the diverse communities of which we are a part. Justin has written an article on page 4 introducing Lara as our new Communications Chair.

As Maureen hands over the DEI Chair role, I want to thank her for her service. Diane Simms created DEI as an *ad hoc* committee in April 2022 and asked Maureen to be its first Chair. Maureen had a limited background in DEI, but she was willing to learn and embraced the role with professionalism and passion. She started monthly open meetings; added DEI to Leadership Training; led DEI discussions with the Executive Committee; and more. The committee, under her leadership, updated our website to reflect the welcoming nature of our chapter; created the SEM DEI mission statement, "*To promote an inclusive culture where diversity is valued, so that previously underrepresented people feel encouraged to enjoy the outdoors with AMC,*" and even developed a DEI motto, "WELCOME, RESPECT, INVOLVE." So, thank you, Maureen, for being a terrific, very first DEI Chair. Justin, we look forward to your leadership as our next DEI chair.

On a personal note, this weekend I summited Mt Moosilauke as part of SEM's Winter Hiking Series in balaclava and goggles. I am, however, aware of AMC's elitist beginnings, when the leaders held in highest regard were those summing the highest mountains. I am honored to be a leader in a chapter where we are as passionate about our local walks and series as we are about destination hikes. Last year, 11% of our activity descriptions had the word "beginner" in them. I also admit that I am a gear geek, but no one should feel they have to spend large sums before they can join in our activities. Our leaders only require the minimum clothing and equipment needed for the activity, so if you're doing a nature walk in the park, jeans are fine. If you want to try equipment before you buy, we have a [gear loan program](#) (currently just hiking poles and microspikes).

Finally, if you have an experience with one of our activities that we could learn from, please let us know. We genuinely want to be the best we can be, and we know we are not yet there. We are working on an anonymous form, but for now contact Justin at deichair@amcsem.org, myself at chair@amcsem.org or Jeannine Audet at vicechair@amcsem.org.

Happy Trails,

Paul Brookes, Chapter Chair

2024 Executive Board

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

2024 Standing Committees

20's & 30's Chair & Vice Chair.....OPEN
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Bicycling Vice ChairOpen
..

Cape Hiking Chair.....Robin McIntyre
Cape Hiking Vice ChairJanis Delmonte
Communications ChairLara Szott
Communications Vice Chair.....OPEN
Conservation ChairZoe Rath
Conservation Vice ChairPaul Williams
Diversity, Equity, Inclusion Chair.....Justin Anderson
Education ChairAnne Duggan
Education Vice ChairSrini Iyengar
Hiking ChairBill Belben
Hiking Vice Chair.....Tracy Hawes

Membership Chair.....Nancy Piedra
Membership Vice ChairOPEN
Paddling Chair & Vice Chair.....OPEN
Skiing ChairDia Prantis
Skiing Vice ChairOPEN
Trails ChairSteve Scala
Trails Vice ChairLarry Petrone

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Lisa Robitaille
Webmistress.....Cheryl Lathrop
Nominating Committee Chair.....Ken Cohen

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

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



Mental Health First Aid aims to help individuals & ensure safety

By Barbara Gaughan, Hiking Leader

Concurrent with AMC's Annual Summit on January 20th in Norwood, MA, was a course in Mental Health First Aid for Adults. I enrolled in this training along with twelve other participants.



**Mental Health
Awareness**

Freepik Image

Prior to meeting in person, we needed to complete an on-line course of self-paced content, evaluation, and exam. This could be completed in about two hours. The in-person instructor-led program addressing the application of skills was about 5-1/2 hours at the Four Points Sheraton in Norwood, MA.

The instructors were Bill Fogel, a school psychologist and counselor by profession, as well as a Training and Education Committee Chair with the Western Massachusetts Chapter of AMC. Kayla Crowe is a Youth Mental Health First Aid instructor.

The evidence-based curriculum has been adapted from Mental Health First Aid International and the National Council for Mental Wellbeing materials. First created in Australia in 2000 and introduced in the U.S. in 2008, it is currently being taught in more than 25 countries. AMC introduced it four years ago.

In brief, we learned about recognizing signs and symptoms that may suggest a potential mental health/substance use challenge; how to listen nonjudgmentally and provide information and reassurance to a person who may be experiencing a mental health/substance use challenge; and how best to refer an individual to appropriate professional services and support.

The role of the mental health first aider as described is to observe changes in behavior, to offer a nonjudgmental listening ear; to respect an individual's privacy; to serve as a vital link to early intervention; and to respect and honor an individual's culture. Emphasis was placed on safety first, as well as clarifying that the role does not include diagnosis and treatment. Mental Health First Aid does not replace or supersede any professional or legal responsibilities one may have.

Classroom time was divided among lecture, visual PowerPoint presentation, videos, and small group discussion of scenarios and action plans in crisis and non-

crisis situations. We learned AMC does not have a database of incident reports to draw on for teaching purposes for Mental Health First Aid.

Mental Health First Aid is part of AMC's Diversity, Equity, and Inclusion efforts. AMC strives to prioritize safety in the enjoyment of sponsored activities. This includes physical and emotional safety. This training is a tool to advance this initiative. It has been used with the Youth Opportunities Program educators, the Outdoor Leadership Development Committee, and trail crews.



Benefits of Being an AMC Member

By Diane Simms, Past Chapter President

1. Becoming an Activity Leader

Anyone can take leader training, but only AMC members can be activity leaders. Why is being a leader a member benefit? There are the tangible benefits: SEM leaders receive important information about the chapter and the club overall, are invited to leader appreciation events, and are eligible for SEM's monthly volunteer award.

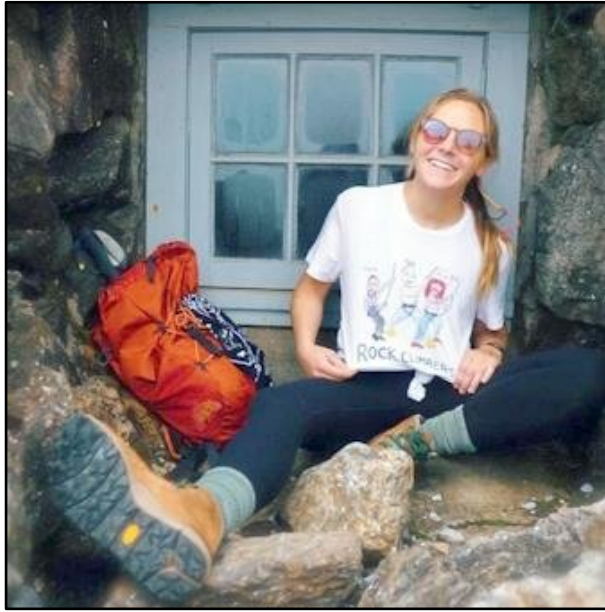
New leaders are given a new leader kit, the contents of which vary based on the activity. For example, hiking leaders receive a first aid kit and bicycling leaders receive a bike jersey. Leaders are also eligible for Wilderness First Aid training scholarships.

More important are the intangible benefits of being an SEM leader: We are part of a community. We form long-lasting friendships. We know we are contributing in a meaningful way.

Join us at SEM's spring Leader Training on May 18th. Register [here](#) and become a volunteer leader.

[Join AMC](#). And bring your friends!

This is the first in a monthly series by Diane Simms describing the many benefits of AMC membership.



**Lara Szott
finds a
hidey hole
in the
shade.**

*Photo
provided
by Lara*

AMC-SEM welcomes Lara Szott as our new Communications Chair

By Justin Anderson, DEI Chair

You may have noticed that last month's *Breeze Blast* was written by an unfamiliar name. That's because on January 10, the Executive Committee chose Lara Szott as the chapter's new Communications Chair. Lara is an avid outdoorsperson who enjoys all things nature, especially hiking and bicycling.

"It was a quote by Carl Sagan (see the box) that has stayed with me since I first heard it years ago," she said. "It made me want to explore, meet new people and break barriers, and AMC is a great organization to continue doing all of the above with."

Lara works as a writer and content developer at THINK Creative Communications Agency. Previously, she worked with several non-profits with a focus on education and development.

"As the ancient myth makers knew, we are children equally of the earth and the sky.... National boundaries are not evident when we view the Earth from space. Fanatical ethnic or religious or national chauvinisms are a little difficult to maintain when we see our planet as a fragile blue crescent fading to become an inconspicuous point of light against the bastion and citadel of the stars. Travel is broadening."

--Carl Sagan, *Cosmos: A Personal Voyage*

Lara holds an M.A. in International Journalism and Public Affairs from American University and a B.A. in International Relations/Global Security from Pennsylvania State University. Her public service contributions include working as a community volunteer at the Hebrew Immigration Aid Society of Pennsylvania; as a volunteer for the United Nations development program for the QGIS geographical information system; and as a development assistant for the U.N. Relief Works Agency for Palestinian Territories.

Lara credits AMC with helping her discover a love for the outdoors and she shares the club's commitment to conservation and expanding access to outdoor spaces. We are fortunate to have found someone with Lara's skill set and experience. She is going to be an amazing Communications Chair.

Return to Flax Pond Lands hike

**By Janet Kaiser & Richard Kaiser, Hiking Leaders
and Robin McIntyre, Cape Hiking Chair**

Twenty-four hikers enjoyed a brisk but sunny morning hike on February 8 at Flax Pond Conservation Lands in Dennis. Janet and Richard Kaiser led the hike through wooded pathways and fire roads around Flax and Run Ponds and along the southern perimeter of the Highland Golf Course, all part of the Dennis watershed area.

Winding trails over easy hills finally led to an icy, vernal pool, where briars and an apron of wild cranberry covered its northern boundary at our turn-around. The four-mile, two-hour hike welcomed four new hikers to AMC-SEM Cape Hikes. Since this hike had not been offered in recent years, many hikers were delighted to discover the pleasant woods and ponds of Flax Pond Conservation Lands and beyond.



**Cape hikers rediscovered the pleasure of the Flax Pond
Conservation Lands. Photo by Robin McIntyre**



SEM is fortunate to have two of our leaders honored as part of a select group of volunteers. *Photo by Jeannine Audet*

SEM Leaders honored at Annual Summit as outstanding volunteers

By Mo Walsh, Breeze Editor

Two of our AMC-SEM chapter leaders were among those accepting AMC Volunteer Leadership Awards at the Annual Summit on January 20th. Bill Belben, SEM Hiking Chair, and Paul Brookes, SEM Chapter Chair, each received a plaque and citation for outstanding service.

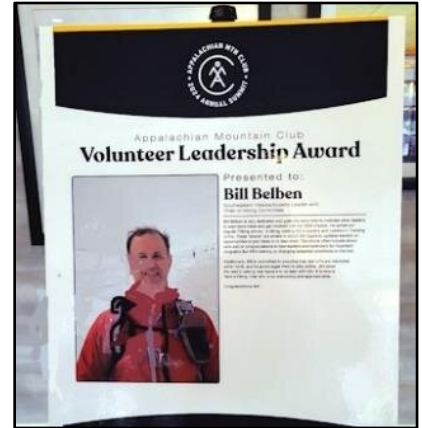
Bill's citation reads:

"Bill Belben is very dedicated and goes the extra mile to motivate other leaders to lead more hikes and get involved with the SEM chapter. He sends out regular "hiking shorts," a hiking mailing list to leaders and Leaders in Training (LITs). These "shorts" are emails in which Bill regularly updates leaders on opportunities to join hikes or to lead them. The shorts often include shout-outs and or congratulations to new leaders and reminders for important programs like WFA training or changing seasonal conditions on the trail.

"Additionally, Bill is committed to ensuring that new LITs are mentored within SEM and he encourages them to stay active. Bill takes the lead in asking new leaders to co-lead with him. It is nice to have a hiking chair who is so welcoming and approachable."

Each recipient was featured on a large poster in the lobby of the Four Points by Sheraton in Norwood, MA. The full citation is listed under Bill's name.

*Photo by
Jeannine Audet*



Paul's citation reads:

"In 2023 AMC began the transition to a new system of categories for leaders. The highlight of this transition was observing different leaders shine as they worked through the successes and challenges inherent in any change. One of the people who stood out and actively worked to improve the process was Paul. His steady, thoughtful leadership led the chapter through the change. The executive committee actively engaged stakeholders along the way and made significant contributions that led to process refinements that were utilized in other operational areas. Structural work like this isn't glamorous or often highlighted. Paul is an exemplary example of leadership because the work was hard, there was no promise of recognition, and still he employed his skills to ensure the process was as smooth as possible for other volunteers in the chapter.

"We are very thankful to Paul and his leadership over the last few years!"

Congratulations to Bill and Paul! We are fortunate to have such generous, dedicated leaders in our chapter.

Paul displays the personalized award plaque presented to each honoree.

*Photo by
Jeannine Audet*





Left: Jane McLaughlin receives her leader's goodie bag from Jane Harding. Right: Jane is ready to go again! Photos by Dave Selfe

Jane McLaughlin becomes new Cape Hiking Leader

By Jane Harding, Cape Hiking Leader

On January 11, 2024, Jane McLaughlin led a picturesque hike at Long Pond in Falmouth. Eighteen people from on and off the Cape arrived for the hike. Jane introduced herself to the hikers and got signatures for the waiver. She acknowledged the new faces in the group, gave a brief description of the hike terrain, reviewed AMC's waiver and Leave No Trace behind policy. She had everyone in the group introduce themselves and count off. The count matched signatures on the waiver. The group set off with Robin McIntyre performing sweep duties.

The hike was 4.4 miles with 300 feet of elevation. Jane stopped periodically to ensure everyone was together and to point out a few landmarks. Long Pond is one of the few freshwater reservoirs on the Cape—most of the Cape uses the underground aquifer for drinking water.

The hike went off without incident. At the end of the hike, Jane Harding recognized Jane's new status as Hiking Leader and rewarded her with a goodie bag.

Jane's first leader-in-training hike was at Eagle Pond in Cotuit with Jane Harding as leader. At this hike, Jane M. assumed responsibility for all the pre-hike activities and did an outstanding job. During the hike, Jane monitored All Trails to ensure we stayed on track.

Jane McLaughlin graduated from Northeastern University with a degree in pharmacy. After working five years in the field, she changed course and went to work for the state crime lab. She ended her working career as a labor mediator for the state of Massachusetts. Jane has just started a course to become a master gardener. She resides in Osterville, MA.

Conservation Corner:

Maine Wilderness Initiative is the largest AMC conservation project

From AMC Conservation [MWI Webpage](#)

Just north of us in Maine is the largest AMC Conservation Project to date. In the 100-mile Wilderness is the Maine Woods Initiative (MWI). This is AMC's multi-use recreation and land conservation project in this famed section of the Appalachian Trail. It's an area at the heart of the largest contiguous expanse of undeveloped forest in the eastern United States.

Since 2003, the AMC is one of several organizations permanently protecting more than 114,000 acres of this critical environment, with [more on the way](#).

MWI uses an innovative and thoughtful approach to conservation that combines outdoor recreation, resource protection, responsible forestry, education, research, climate change mitigation, and community partnerships to permanently protect this incredible landscape for future generations.

AMC has:

- Created 130 miles of recreational trails and [three off-grid lodges](#)
- Established a Forest Stewardship Council® FSC®-C008922-certified [responsible forestry operation](#)
- Received certification as an International Dark Sky Park, the first in New England
- Restored watersheds for native brook trout and endangered Atlantic salmon
- Developed partnerships with local Piscataquis County schools and the greater business community
- Collected climate and ecosystem data from lake, stream, and forest sites.

It's the largest conservation project AMC has ever undertaken. And they're just getting started. [Visit the lodges](#), hike, ski, or bike miles of trails, and [support the land preservation efforts](#).



Medawisla Lodge and Cabins are part of AMC's Maine Woods Initiative.

AMC photo



Photo by
Robin McIntyre

Volunteer of the Month: Jane Harding

By Robin McIntyre, Cape Hiking Chair

Each month the SEM chapter recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month, Cape Hikes recognizes Jane Harding.

Jane has been a hike leader since 2012 and has led about 170 hikes. She has been the Cape Hike Chair for seven years through 2023, including guiding Cape Hikes successfully through the COVID years with its myriad changes.

She continually motivated our leaders to step up to the plate and over her years as Chair produced a robust schedule of two to three hikes weekly for nine months each year. She initially organized a spreadsheet of hikes to maximize the coverage of dates for Cape Hikes, and then encouraged leaders to post their hikes. She assisted any leader who had difficulty with postings.

She communicated with leaders and hikers regularly, keeping the flow of timely information moving forward. She supported the larger mission of AMC and AMC-SEM by sharing relevant information with our local group.

Jane was mindful of our numerous hikers as individuals, recognizing each one's strengths and limitations, as she encouraged people to lead and hike safely within their abilities. She kept on the lookout for potential upcoming leaders to guide them toward leadership training, in addition to acting as a mentor over the years for many Leaders-in-Training.

She encouraged leaders to take advantage of

Wilderness First Aid and Map and Compass courses to boost their skills and confidence. She led a dozen hikes each year in the mid-Cape area, sharing history and anecdotes to enhance hikers' interest in the hike and their investment in the stewardship of our outdoors.

Congratulations, Jane, and thank you from all of us at AMC SEM! Jane will receive a Volunteer of the Month Certificate and a \$60 gift card.

Beginner Winter Hiking series group takes on Mt. Wachusett



Top:
Group at
Mountain
House Trail.

Near Left:
Approach to
the Tower.

Photos by
Davis
MacWilliam

Far Left:
Traction
helps on
snowy trails.

Photo by
Dexter
Robinson

Bottom:
Victory at
the top for
new winter
hikers.

Photo by
Friendly
Hiker





Skiers hit the Smarts Brook Trail before heading home. *Photo by Paul Brookes*

Cross-country ski group adapts to delayed weekend snowfall

By Dia Prantis, Skiing Chair

What do you do when hoping for snow and Mother Nature delivers rain?

What do you do when the forecast calls for rain and wind and you're signed up for a cross-country ski weekend? You have faith and you go! This was the nature of our yearly Martin Luther King Jr. weekend in Waterville Valley, where we stayed at the quaint Mountain Fare Inn.

Our group of 26 arrived at various times on Friday, some early enough to ski and others early enough to enjoy the lit fire in the living room before settling in for the night.

Saturday, as predicted, brought little snow and unpredicted afternoon rain. We lingered comfortably after our breakfast buffet and decided to get a later start on a winter hike in hopes of better weather. Some ventured to the Valley Resort for ice-skating, shopping, and lunch, while about half of us decided to hike the Greeley Pond trail. It is a lovely trail that follows along the Mad River and has a clear view of Mt. Flume. The path had a light covering of snow that added to the wintry atmosphere.

Midway into the hike, the group broke into two, giving options for a shorter hike for some or an extended hike for others. Group B had hoped to make it to the ponds, but when steady rain started it was time to turn around. I'm told we made it back in record time—but the truth is there is no time to linger when rain starts and temperatures are in the

30s! We returned to the inn a bit wet, but with a sauna, a fire, late afternoon yoga, and a potluck dinner, the inn couldn't have been more welcoming!

When Sunday arrived, so did our chance for cross-country skiing. Amazingly, after some snow in the evening and grooming by the resort, the trails were in impressive condition. Skiers got in nine to 14 miles of trails—it was a full day on skis. On our return from the resort to the inn, the sky decided to send down white-out conditions for about an hour. Again, it was such a welcome to have our dinner at the inn and enjoy the camaraderie of our group.

On Monday, our last day, the sun was bright and eleven of us did a four-mile hike on the Smarts Brook Trail to get in one more outing before heading home. We had a wonderful weekend and a wonderful group!

Lastly, I need to make a few special shout-outs. Yeu Lei deserves the perseverance award in skiing. Despite a few falls on the downhill, Yue Liu skied all day, determined to improve her balance and skills—and she did, mastering the downhill by the end of the day!

Paul Audet would win the concierge award for making sure everyone was well fed and comfortable. Rebecca Gross achieved the tech savvy award for accessing Peacock, so football fans could watch the Chiefs versus the Dolphins. And Jeaninne Audet, our resident yogi, helped us to stretch all our muscle groups!

Additionally, there was some outstanding food prepared: Paul Brookes' oatmeal made with milk, cinnamon, and vanilla extract; Sarah Adams' delicious cranapple walnut cake; and Merlon Bassett's apple crisp. As always on the SEM weekends, we are active and eat well!

Our next long weekend of cross-country skiing and snowshoeing is February 16-19 at the rustic Harvard Cabins in Pinkham Notch. Registration is closed, but if you already registered, we look forward to seeing you there!



Left: Sarah Adams and Todd Leedberg at the Fair Mountain Inn. Right: The Livermore Trail. *Photo by Todd Leedberg*

The proper crampons save lives when chosen for trail conditions

By Dexter Robinson, Hiking Leader

When one hears about using crampons for a winter hike, the image of mountaineers scaling a tall Himalayan peak might come to mind. Some winter hikers feel they don't need crampons, since most situations can be handled by microspikes or snowshoe traction. Unfortunately, this thinking has led to several near-fatal accidents.

In one instance a hiker wearing microspikes slipped and fell into King Ravine in the New Hampshire White Mountains. In another case an experienced AMC winter hiking leader wearing snowshoes misjudged the traction needed to get across the top of one of the Tripyramid slides in the White Mountains. He lost his footing, falling hundreds of feet down the ice-covered slide. In both cases wearing crampons would have been more appropriate and safer.

What are crampons? Crampons were first designed by Englishman Oscar Eckenstein in 1908. His design was made commercially available by Italian Henry Grivel in 1913. Crampons have evolved over the years with numerous improvements.

The word "crampon" itself is often used to encompass short spikes less than an inch long, such as Kahtoola's Microspikes™ (sometimes referred to as spikes or just microspikes) or Hillsound's Trail Crampons. Both use a stretchy elastomer for boot attachment.

Traditional crampons (hereafter referred to as "crampons") similar to Eckenstein's design are for icy terrain on steep slopes. They are designed differently, with spikes integrated with two rigid frames, one under the toe area and the other under the heel area.

Compared to microspikes, crampons have a stronger boot attachment system. Some crampons use straps for boot attachment.



Spikes on the toe area of the metal frame.



The toe and heel metal frames are connected by an adjustable bar.

When to use crampons: Crampons are intended for use on hard packed snow and steep icy trails which would be too dangerous for microspikes. In general, if the slope of the icy trail is greater than 35 degrees, crampons should be used. Although one might be able to use microspikes to ascend a steep icy trail, descending such a trail could be dangerous with them.

Crampons are designed to dig into hard ice, while microspikes have shorter, less aggressive spikes designed for traction on packed snow occurring on flat terrain or gentle slopes. In addition, microspikes can become useless in wet sticky snow situations. Crampons overcome this if they have anti-balling plates which resist snow clumping.



Anti-balling plate on a Hillsound Trail Crampon Pro

Knowing when to use crampons takes experience and good judgement.

Match Boot and Crampon Types

Crampons are classified according to 3 types: C1, C2, or C3. Each of these are compatible with certain boot types. Boots are classified as B0, B1, B2, B3.

B0—Three season hiking boots. These take only microspikes.

B1—Winter (or four-season) boots. They have semi-stiff soles.

B2—Mountaineering boots with a stiff sole.

B3—Rigid technical mountain boots for high altitude mountaineering and ice climbing.

Continued on page 10



Crampons save lives Continued from page 9

Microspikes (not classified): These are great for walking on relatively flat trails with some ice and/or packed snow, where slopes are less than 35 degrees. Given their lightweight nature, they are not strong enough to be relied on in serious conditions where a slip could be life threatening. Microspikes go on a wide variety of boots, including three-season and winter boots. They may not work on some mountaineering boots.

Non-technical crampons (C1): These are for hillwalking, glacier travel, and hiking on non-technical trails. They usually have ten points and low profile 3/4" or 1" spikes that feature a flexible bar for use on B1 winter boots with a flexible sole. They attach to boots that have a cradle for the toe and heel using straps or a ratchet system. Some examples of non-technical crampons include the Hillsound Trail Crampon Pros that feature 10-3/4" spikes and anti-balling plates; and Kahtoola's KTS crampons that feature ten 1" spikes.

Technical crampons (C2): These are best for general winter mountaineering. The crampons are stiffer than C1 crampons and usually have more aggressive spikes which allow for easier front pointing, but most are still flexible enough to be comfortable to walk in. They require B2 mountaineering boots with a groove on the boot heel. C2 crampons attach to boots using a large heel clip. C2 crampons are often referred to as step-in crampons. Examples of C2 crampons are the Petzl VASAK and the Grivel Air Tech. Hiking big mountains out west, e.g. Mt. Rainier or Mt. Hood, requires C2 crampons.

Technical crampons (C3): These are designed for steep ice, frozen waterfalls, and mixed climbing. These are the stiffest crampons available and the best crampons for use on steep terrain when climbing, but they are uncomfortable to walk in for any serious length of time. With a heel clip and usually a metal rail for the toe, C3 crampons require a B3 boot. Examples of C3 crampons are the Petzl Dart, Petzl Lynx, and Grivel G14.



Technical crampons use a large clip (shown in yellow) that fits into a groove on the heel of the boot.

Although it is best to match a C1 crampon with a B1 boot, etc., it is possible to do a little mix and matching. A C1 crampon could be put on a B2 boot. However, you would be limited by what the C1 crampon can do.

How to purchase crampons: For those new to winter hiking, it is best to start with non-technical C1 crampons. These are usually adequate for reaching the summit of any New Hampshire 4,000 footer via a non-technical trail.

When shopping for crampons, be sure to have your boots with you to check the fit. People who have large feet, e.g., men's winter boot size 12 or 13, may have a challenge to get a proper fit with a C1 crampon. The wide heel of these boots can be difficult to fit on crampons designed for a narrower heel. Hillsound Trail Crampon Pros accept wider heels, whereas Black Diamond Contact crampons may not allow a proper heel fit.

Crampon Do's and Don'ts

Do practice attaching crampons at home, preferably outside when it is cold.

Do walk with crampons with feet wider apart than normal. This is to avoid possible tearing of clothing or gaiters.

Do walk with crampons such that ALL spikes make contact with the ice.

Do periodically check C1 crampon straps for tightness.

Do purchase a bag to hold the crampons to protect the spikes from damaging a pack or things in the pack, as well as for storage.

Don't hang crampons unprotected from the side of a pack.

Don't wear crampons on rock surfaces, if possible. Since the spikes are around the edge of the crampon, it is easy to roll an ankle resulting in a sprain. It also dulls them.

Don't wear them on trails with no snow or ice. Wood and debris will attach themselves to the spikes.

Don't ever butt slide or glissade with crampons attached. This is extremely dangerous and can result in breaking an ankle or leg.

For further reading:

www.muchbetteradventures.com/magazine/crampons/sectionhiker.com/which-hillsound-trail-crampon-is-right-for-you-how-to-choose

www.rei.com/learn/expert-advice/crampons-snow-ice-climbing.html



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SEM Memory

Saco River paddling trip on
Columbus Day, 1997. Photo
by Arthur Hart

If you have a memory of
our AMC-SEM chapter to
share, contact

breeze.editor@amcsem.org

AMC-SEM Earth Day Panel with AMC conservation staff and local Nature experts

Save the Date!

Saturday, April 20th, 2-4 pm

“Conservation in Your Community”

Rochester Grange, 182 Hartley Road

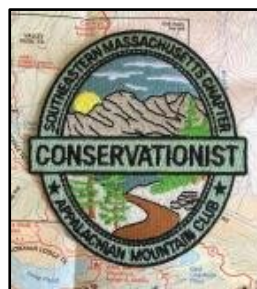
Rochester, MA 02770

Celebrate Earth Day by joining in this Conservation Conversation organized by SEM's Conservation Committee with the people who are knowledgeable and up to date on the state of the local and global environment.

Do you want to learn more about conservation issues in Southeastern Massachusetts and about AMC's conservation advocacy and trails projects?

Come to our panel featuring AMC Conservation staff and local southeastern Massachusetts naturalists as we discuss ways to engage with conservation in your community!

More details will follow in the March *Breeze*.



Earn your Conservation patch with AMC-SEM's BINGO challenge

By Zoe Rath, Conservation Chair

Play Conservation Bingo through April 22, 2024, to qualify for a conservation patch and a chance to win one of two \$50 gift cards. Download your sheet [here](#).

To earn your patch, complete the actions in two horizontal rows, two vertical rows, the two diagonal rows or a combination and email a PDF or JPG file of your BINGO sheet to conservationchair@amcsem.org.

Complete **three** horizontal, vertical or diagonal rows, 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.

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



Activities

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

CAPE HIKING

Thu., Feb. 15. Hike Mashpee River Woodlands, East side of River, Mashpee, MA. Approximately 4-mile loop hike through woodland and along the Mashpee River with some marsh views. Generally easy terrain but with many exposed roots and numerous short but steep inclines. Hikers should have sturdy footwear, water, and poles if desired. Microspikes required if snow or ice on ground. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike. If it is not listed, it is cancelled. Cape Hike has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed for a trial. Contact the hike leader BEFORE the hike so the leader can arrange to have them available to borrow. Size medium (men's 8-11/women's 9-12) and large (men's 11-14/women's 12+). In support of our conservation mission, please carpool when possible. L Janis Delmonte (214-284-8918 Before 9pm, delmontej@gmail.com)

Feb. 17. Hike Head of the Meadow Truro, Truro, MA. 2.5-hour hike. Short beach walk on Head of the Meadow Beach and then hike in the rolling hills of pine forests. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am - 12:30 pm. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. If icy conditions, you will need poles and crampons or spikes on your boots. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Feb. 22. Hike Monks Park and Little Bay Conservation Monument Beach (Bourne), MA. 4 mile relaxed hike is through rolling pine and oak forests at Monks Park and Little Bay Conservation area. This area is part of the Falmouth moraine which was formed by glaciers during the last Ice Age. There are beautiful views of Little Bay. The beach is a popular kayak launch, a favorite dog beach and shellfish area. This is a Show and Go event. Please bring water, wear appropriate footwear, microspikes if icy, poles if desired. Occasionally hikes needed to be cancelled due to weather. Please check the website on the day of the event to make sure it's not cancelled. Cape Hike 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 to borrow. Size medium (men's 8-11/women's 9-12) and large (men's 11-14/women's 12+). In support of our conservation mission, please carpool when possible. L Sandra Alisch (sgna@comcast.net, Level 1 leader)

Sun., Feb. 25. 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. No hunting is allowed in MA on Sundays. 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, SEM Level 1 leader.)

Thu., Feb. 29. Hike--Punkhorns, Eagle Pond Tail, Brewster, MA. This 2-hour, 4 mile hike is on Eagle Pond trail on an in & back hike to Walker's Pond. Total elevation is 213 feet. In support of AMC's Mission of conservation anyone interested in car pooling is encouraged. Cape Hikes has 2 sets of hiking poles & 2 sets of microspikes that can be borrowed for this hike. Please contact the hike leader so the leader can arrange to have them. Unfortunately, last minute unexpected events, most often weather, forces to cancel an event at the last minute. Please check hike posting on the day of the hike to ensure it is still happening. Directions: Route 6, Exit 85. Head west on Long Pond Road Turn Left onto Main Street(6A) Slight Left onto Stoneybrook Road. Turn Left onto Runhill Road parking lot will come up on your Left near the end. L Anne Hennessy (Henny1960wood@gmail.com)

Sat., Mar. 2. Hike Snail Road, Provincetown, MA. Hike towering soft sand dunes and beaches to see ocean and bay at same time. This is a 2-hour hike. Waterproof hiking shoes/boots are recommended. Bring water, use tick repellent, clothing layers. If icy conditions, you will need poles and crampons or spikes on your boots. Directions: From Route 6 go 0.6 miles past the "Town of Provincetown" sign and park on the right shoulder of Route 6 before and after Snail Road. Meet at 9:45 and hike 10 am - 12:00 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)



Activities

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

CAPE HIKING

Thu., Mar. 7. Hike Mashpee River Woodlands, West Side; Mashpee River Woodlands North Lot; Quinnaquisset Ave., Mashpee, MA. Approx. 4-mile hike through woodland trails and dirt road along the west side of the Mashpee River with some marsh views. Generally easy terrain but with exposed roots and there are a few short but steep inclines. Hikers should have sturdy footwear, water, and poles if desired. If icy conditions, please bring Yak Trax or similar boot spikes. Parking lot is small so carpool if possible. Carpoolers can meet and park at Mashpee Commons. Occasionally hikes need to be cancelled due to weather. Please check the website on the date of the event to make sure it's not cancelled. Cape Hike 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 to borrow. Size medium (men's 8-11/women's 9-12) and large (men's 11-14/women's 12+). In support of our conservation mission, please carpool when possible. L Janis Delmonte (delmontej@gmail.com)

Thu., Mar. 21. Hike--Tidmarsh Wildlife Sanctuary, Plymouth, MA. Join us for a 2-hour, 4.5-mile Show and Go hike on the Audubon property of Tidmarsh Wildlife Sanctuary. The area is restored sandplain grasslands and restored wetlands with waterfowl in the Beaver Dam Brook. The trails are predominantly wide, some short modest inclines, potentially some muddy spots. Wear waterproof hiking footwear, bring water, tick repellent, poles if desired, microspikes if icy. To support AMC's mission of conservation, carpool if possible. Cape Hikes has 2 pairs of hiking poles and microspikes that can be borrowed. Please contact the leader ahead of time if you would like to borrow either or both. Please check the website for last minute cancellations, most often due to weather. From the Cape, cross the Sagamore Bridge and continue on Route 3 for 7 miles to Exit 7. Right onto Clarke Road. In .7 miles, Clarke becomes Beaver Dam Rd. Go 2.5 miles on Beaver Dam to 60 Beaver Dam Road, the second sign for Tidmarsh parking (not the disability parking lot). L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is an 8th year Level 1 leader with prior WFA training.)

Sun., Apr. 28. Hike Coonamessett River Headwaters, East Falmouth, MA. An easy 2-hour hike through woods and along a dirt road on the south side of Coonamessett Pond in Falmouth, one of the larger ponds on the Cape. We will see the origin of the Coonamessett River ("river" on the Cape refers to anything wider than a foot!) and follow it past old cranberry bogs, as it flows south toward Great Pond and the sea. We may even see some herring returning from the sea to the pond, as they do every April. Wear appropriate outerwear and footwear for the temperature and weather. Hiking poles and boots are always appropriate. Ticks, mosquitoes, and poison ivy are likely to be encountered and preventative measures should be taken. Bring any medications you might need during the hike, and water and snacks if you wish. To learn if the hike is cancelled due to inclement weather, or for other reasons, 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 that can be borrowed for this hike. Contact the hike leader before the hike so the leader can arrange to have them available for your use. L John Gould (508-540-5779, jhgould@comcast.net, Has been a Level I Cape Hiking Leader for 20 years.)

EDUCATION

Sat., May 18. 2024 SEM Leadership Training, Foxborough, MA. This course will prepare participants to begin leading SEM activities. Participants will complete three online learning modules and attend a full day of in person learning. The course will cover: Leadership styles; Trip planning, management and screening; Risk mitigation; DEI practices; Leave No Trace principles; and Qualifications to become an activity leader. Role-playing exercises will reinforce learning and foster leadership skills. Participants should be prepared for a full day of indoor and outdoor activities. This training is required for prospective SEM trip leaders but is useful for any participant interested in improving their outdoor skills. L Anne Duggan (508-789-5538, abduggan12@gmail.com, Anne Duggan is the Chairperson for SEM's Education Committee. She is an experienced 4-season hike leader, and has hiked the NH 48 4K mountains.), R Anne B Duggan (Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

EXECUTIVE COMMITTEE

Volunteer Opportunities

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



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

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 Ken Cohen by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org.

Ongoing. Paddling 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 chair of our Paddling committee. SEM organized paddles were low in numbers in 2023 with rainy weather and high winds forcing the cancellation of many organized paddles. In 2024 the main role for our Paddling 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 this role, just paddling experience, interest, and enthusiasm. If you are not yet a SEM paddle leader, we will first train you as a paddle leader. For more information click on 'Paddling Chair 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 are overwhelming in duties or time commitment but they do give you a chance to give back to your chapter in a meaningful way. You can also contact Ken Cohen at nominatingchair@amcsem.org or Paul Brookes at chair@amcsem.org to discuss this or any of the open positions. L Barry Young (Barry.young@comcast.net)

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 Ken Cohen by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org.

Ongoing. Membership 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 Membership 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. If you're a fan of SEM and regularly promote SEM to those you meet, this could be a good fit 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 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 Ken Cohen by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org

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 Ken Cohen by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

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

Ongoing. Diversity Equity & Inclusion Committee Members. 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, you can discuss this position or any other volunteer opportunities by contacting our Nominating Committee chair Ken Cohen by emailing nominatingchair@amcsem.org or our chapter chair Paul Brookes by emailing chair@amcsem.org.

Ongoing. Nominations Committee Members. 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 Ken Cohen by emailing nominatingchair@amcsem.org. L Paul Brookes (chair@amcsem.org).

HIKING

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

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

Tue., Feb. 13. Tuesday Winter Trail Trace the Blue Hills Hike #8, Blue Hills Reservation, MA. Are you looking for a fun winter hike? Come join us for our Winter Trail Trace the Blue Hills Hike, part of a weekly series that will hike various trails throughout the Blue Hills Reservation. Expect the hikes each week to be 5-7 miles in length with elevation gains 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 Paul Brookes (paulbrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Lawrence Petrone L Len Ulbricht (lwu9944@verizon.net) L Hiroko Hardebeck

Thu., Feb. 15. Thursday Morning Hike, Moose Hill Audubon's Sanctuary, Sharon, MA, Meet at 293 Moose Hill Parkway, Sharon, MA. RELAXED 3-hour hike in the Moose Hill Audubon's Sanctuary and adjacent Trustees OTR property. Meet in the parking lot at 293 Moose Hill Parkway in Sharon. Bring water, light snack and proper weather gear and foot wear. HEAVY rain or snow will cancel hike. This is a Show and Go hike so be sure to check the status on the morning of the hike.(Leader's Cell # 5082123005). L Richard Carnes (508-947-3204 before 8PM, rcarnes2@aol.com)

Sun., Feb. 18. Hike/Snowshoe - Ponkapoag Pond Loop, Ponkapoag Pond, MA. (Meeting place to be provided to registered participants). Enjoy a winter hike around Ponkapoag Pond at the Blue Hills, moderate pace with occasional stops. This 5 1/2 mile trail is fairly flat but you may need to step over rocks and roots. Bring waterproof hiking shoes or boots, layers, rain jacket, snack/lunch, and water. Dress for the weather; non-cotton layers are recommended. Please do not wear jeans. If they get wet, they stay wet and you'll get cold. Traction devices may be needed depending on trail conditions. If you do not have microspikes, contact the leader. SEM has some for loan. Steady rain or heavy snow cancels. L Diane Simms (dianemsimms@comcast.net, SEM hike leader since 2019. Let's enjoy the outdoors together!) L Julie Manley L Madelyn Atwood. I have been hiking in NH and the Blue Hills since 2007 with a few years off. I love hiking, kayaking, bird watching., and getting people involved in the outdoors. I am a Level 1 Leader.)



Activities

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

HIKING

Tue., Feb. 20. Tuesday Winter Trail Trace the Blue Hills Hike #9, Blue Hills Reservation, MA. See listing for Feb. 13. L Paul Brookes (paulbrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Len Ulbricht (lwu9944@verizon.net) L Madelyn Atwood L Robin Melavalin (Robin Melavalin has been leading trips for the AMC for 15+ years in New England and internationally. She has certifications in CPR and Wilderness First Responder. She enjoys helping people have new experiences with outdoor adventures.)

Thu., Feb. 22. Thursday Morning Hike, Borderland State Park, 259 Massapoag Ave. North Easton, MA. Enjoy a moderate 5+ mile hike exploring Borderland State Park. You must have recently walked a comparable distance. Be prepared to step over tree roots, some rocks and wet/soggy trails. Bring waterproof hiking shoes or boots, rain gear, 1 liter water, and snacks/lunch required. Micro spikes or snowshoes may be required depending on snow or icy conditions. Weather, pace or trail conditions may shorten the hike. The hike might be canceled due to heavy or steady rains. Parking fee for MA residents is \$5.00. Non-MA residents \$20.00. Parking is free for those who have a Massachusetts State Parks pass. L Walt Granda (508-971-6444 before 9:00 PM, wgranda27@gmail.com, Four season hike leader--former hiking chair)

Tue., Feb. 20. Tuesday Winter Trail Trace the Blue Hills Hike #9, Blue Hills Reservation, MA. See listing for Feb. 13. L Paul Brookes (paulbrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Robin Melavalin (Robin Melavalin has been leading trips for the AMC for 15+ years in New England and internationally. She has certifications in CPR and Wilderness First Responder. She enjoys helping people have new experiences with outdoor adventures.) L Madelyn Atwood

Thu., Feb. 22. Thursday Morning Hike-Borderland, Borderland State Park, 259 Massapoag Ave. North Easton, MA. Enjoy a moderate 5+ mile hike exploring Borderland State Park. You must have recently walked a comparable distance. Be prepared to step over tree roots, some rocks and wet/soggy trails. Bring waterproof hiking shoes or boots, rain gear, 1 liter water, and snacks/lunch required. Micro spikes or snowshoes may be required depending on snow or icy conditions. Weather, pace or trail conditions may shorten the hike. The hike might be canceled due to heavy or steady rains. *Parking fee for MA residents is \$5.00. Non-MA residents \$20.00 *Parking is free for those who have a Massachusetts State Parks pass. L Walt Granda (508-971-6444 before 9:00 PM, wgranda27@gmail.com, Four season hike leader--former hiking chair) L Richard Carnes (508-947-3204, rcarnes2@aol.com)

Thu., Feb. 22. Full Moon Hike at Borderland State Park, Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under the Hunger Full 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) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcallyma@comcast.net)

Thu., Feb. 22-23. Tuckerman Ravine Hike + Talk, Tuckerman Ravine, NH. Join us for a winter day hike to Mt. Washington's Tuckerman Ravine, preceded by a talk on winter safety in the White Mountains by Jeff Fongemie, director of the Mt. Washington Avalanche Center. Jeff will give an evening presentation to our group on Thursday, Feb. 22, at Joe Dodge Lodge. He is a seasoned avalanche forecaster, mountain guide, and technical rescue leader, with a career spanning over three decades. He is well-versed in snow science, human behavior, decision making, team-based high-angle rescue, and computer programming. He is currently the Vice President of Mountain Rescue Service, a Wilderness EMT, and a member of the American Avalanche Association.

The next morning, Friday, Feb. 23, our group will hike up the Tuckerman Ravine Trail to Hermit Lake Shelters (aka HoJo's), where we'll stop for a break and a visit with AMC's Hermit Lake caretaker. From there, if conditions allow, we'll head up to the floor of Tuckerman Ravine. We will not hike further in the ravine itself. This moderately paced 5.75-mile (round-trip) hike with a total elevation gain of about 2,400' offers a solid uphill workout and a few potentially challenging sections. It's a steady ascent from Pinkham Notch to Hermit Lake, and the wide, snowy trail along this popular route is usually well-packed. (*Listing continued on next page.*)



Activities

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

HIKING

Thu., Feb. 22-23. Tuckerman Ravine Hike + Talk, Tuckerman Ravine, NH. (*Listing continued from previous page.*) However, as the trail continues from Hermit Lake to the base of the ravine at 4,400' above sea level, it becomes more challenging, with a steep, increasingly exposed rocky staircase, snow drifts, and often windy conditions. The out-and-back hike is expected to take 6-7 hours to complete, depending on weather and trail conditions. Sturdy traction devices such as Kahtoola Microspikes or Hillsound are required for this hike, along with snowshoes, hiking poles with baskets, and insulated winter hiking boots. Participants should be in good physical condition and have recent winter hiking experience of similar mileage and elevation gain. Leaders will interview all interested hikers to determine whether this is an appropriate hike for you. To address unforeseen challenges such as adverse weather or unacceptable trail conditions, the hike details may be modified. Participants are responsible for booking their own overnight accommodations for Thursday, Feb. 22. On-site lodging is available at Joe Dodge Lodge. For details, call 603-466-2727, select option #1, and reference AMC SEM group # 676859 (Mon-Sat, 10 am to 5 pm). L Nancy Tutko (508-693-8085 Before 8 pm, 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 Dexter Robinson (dexpcdoc@gmail.com, Dexter is an avid four-season hiker. He is a longtime AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH 4,000' mountains multiple times including winter. He also enjoys trail work and running.) L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com, Maureen is a four-season hike leader for AMC SEM and a member of SEM's Diversity, Equity and Inclusion (DEI) Committee. She leads hikes locally and in the mountains, and enjoys introducing new hikers to AMC and the great outdoors.)

Tue., Feb. 27. Tuesday Winter Trail Trace the Blue Hills Hike # 10, Blue Hills Reservation, MA. See listing for Feb. 13. L William Doherty (781-857-4148 5-8pm, wdohertry1@verizon.net) L William Belben (william.belben@yahoo.com) L Madelyn Atwood

Thu., Feb. 29. Thursday Morning Hike - Leap Day at F. Gilbert Hills, MA. Join us on a Leap Day hike through F. Gilbert Hills State Forest. Our roughly 6.5-mile hike will take us past Sunset Lake, and the area around the Acorn trail and trails adjacent to the Warner trail. There will be some climbing with a total elevation of approximately 890 feet. We will be hiking a moderate pace for approximately 4 hours. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Lawrence Petrone is a 4-season Level I hike leader for the SEM and Boston chapters, and a Nordic enthusiast. He is also Co-chair for SEM's Trails Committee.) L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Frequently joins group hikes in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Longtime AMC Hike Leader, and hike-leader mentor for the Southeastern MA and Boston Chapters. Avid nature photographer.)

Fri., Mar. 1-3. SEM Beginner Winter Hiking Series #5: Overnight At Lonesome Lake, NH. Join us for the 5th hike in the SEM Beginner Winter Hiking Series. We will hike into the AMC's Lonesome Lake Hut in Lincoln, NH, to enjoy three days of hiking, learning new winter skills, playing games, and enjoying good food with good company. The views from the hut are breathtaking, and get even better as we hike. We will carry in our food & prepare group meals at the hut. Friday morning we will hike up the short but fairly difficult 1.6 miles to the hut. Once settled, we will gather around the lake edge to learn how to build an emergency snow shelter in the form of a covered trench, and a larger, multi-person Quinzhee that could serve as a winter base camp for an extended period. After enjoying a hot breakfast Saturday, we will set out for the nearby trails, returning Saturday afternoon. This finale to the "SEM Beginner Winter Hiking Series" is always a great time! The Lonesome Lake Hut is a limited-service facility in the winter. Potable water and composting toilets are available, and a working stove is available for the group's use. The main cabin/dining room has lights and a wood stove (run for a few hours each evening), but the bunk houses are not heated and have no outlets. Please plan to bring a 0-degree or better sleeping bag, as blankets are not provided. Participants must have attended a Winter Hiking Workshop and will be screened prior to approval. Preference will be given to those who have attended the SEM Winter Hiking Series hikes leading up to this overnight. Full winter hiking gear is required. (Tents are not required.) Additional details and a full gear list will be shared with participants upon registration approval. To address unforeseen challenges such as adverse weather or unacceptable trail conditions, the leaders may modify the route before or during the hike. L Benjamin West (860-382-8931 between 9:00AM and 7:00PM, 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 4,000 footers. Wilderness First Aid & CPR certified.) L Jeannine Audet (jhummingbirdbp@aol.com, Jeannine enjoys sharing outdoors experiences through leading hike, backpack, bike & xc skiing trips throughout New England.) L Dia Prantis (774-301-1923) L Robin Melavalin (Robin Melavalin has been leading trips for the AMC for 15+ years in New England and internationally. She is a certified CPR & Wilderness First Responder. She enjoys helping people have new experiences with outdoor adventures.) CL Paul Brookes (603-799-4399, chair@amcsem.org, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). CL Maureen Thomas



Activities

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

HIKING

Tue., Mar. 5. Tuesday Winter Trail Trace The Blue Hills Hike #11, Blue Hills Reservation, MA. See listing for Feb. 13. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Lawrence Petrone is a 4-season Level I hike leader for the SEM and Boston chapters, and a Nordic enthusiast. He is also Co-chair for SEM's Trails Committee.) L Madelyn Atwood (978-502-6906, MadelynAtwood@gmail.com, I have been hiking in NH and the Blue Hills since 2007 with a few years off in between. I love hiking, kayaking, bird watching., and getting people involved in the outdoors. I am a Level 1 Leader.) L Benjamin West (860-382-8931 between 9:00AM and 7:00PM, 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.) CL Anne McKee (508-596-1987, mckee822@gmail.com, Ann is currently working on her Level I hike leader qualification. She enjoys hiking, biking and skiing, and sharing outdoors with others.)

Thu., Mar. 7. Thursday Hike Series - Chicka Chicka Chickatawbut, Blue Hills, MA. Please join us for a late winter hike in the Chickatawbut area in the Blue Hills. The hike will be approximately 6-7 miles, including up to 1,000 feet of elevation gain. We will take short breaks when needed. The route will include uneven terrain and rock scrambles. Since it's March, there will be a chance that you will need micro-spikes, but that won't be determined until we get closer to the date. Appropriate hiking clothes for late winter weather conditions, sturdy footwear, lunch/snacks, 2 liters of water, rain gear, warm layers, microspikes, and a small backpack are required. Weather can change dramatically around this time of year, so please check before coming to the hike. Layering is the best option. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. Registration is required. We look forward to seeing you there! Remember, we have some microspikes available to borrow - a first-in-line policy. AMC Trip Policy. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy has hiked since her teens. Hiking throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and serves as SEM Hiking Co-Vice Chair.) L susan cummings (Susan is an avid outdoor enthusiast. Hiking throughout New England locally and NH.)

Thu., Mar. 7-10. Hiking Weekend on Martha's Vineyard, South Shore, Martha's Vineyard, MA. Join us for a 3-day weekend exploring the stunning natural beauty of Martha's Vineyard in the quiet off-season, from Thursday night to Sunday morning, March 7-10, 2024. We will stay in a waterfront cottage at Long Point Wildlife Refuge in West Tisbury, MA, a 600-acre nature preserve owned by The Trustees of Reservations along the island's south shore. Planned hikes include a day-long ramble on Chappaquiddick (accessed by a small ferry at Edgartown harbor), a half-day hike along the Chilmark moraine, and two shorter walks - in Aquinnah (at the westernmost end of the island) and at Long Point. Hikes are rated moderate, ranging from a five-mile hilly moraine hike to a longer day hike along the mostly flat terrain of Chappy. Hike locations are subject to change depending on weather and trail conditions. Formerly an early 20th-century duck-hunting camp, the cottage is remote and rustic but comfortably modernized. It is surrounded by open expanses of sandplain grasslands, heathlands, marshes, pitch pine, scrub oak forest, and sandy beach. The property has Atlantic Ocean frontage and abuts four ponds. The cottage has six beds within four bedrooms - two with queen beds and two with two twin beds - along with one full bath and one half-bath. It includes an open living/dining area adjacent to a fully equipped kitchen. For more information on Long Point and its cottage, visit <https://thetrustees.org/place/long-point-wildlife-refuge/> Cost includes three nights' lodging, ground transportation on the island, and all meals prepared at the cottage (two dinners, three breakfasts, three bag lunches, snacks). Participants pay for their own transportation to Martha's Vineyard, including Steamship passenger ferry tickets to and from the island (\$20 round-trip) and parking if applicable. Payment: The fee for the three-night weekend is \$250 for AMC members and \$300 for non-members. The rate for a couple sharing a queen bedroom is discounted to \$200 per person for AMC members and \$250 per person for non-members. Participants will be confirmed for the trip after payment is received. Cancellation and refund policy: Refunds may be allowed if another participant fills the spot by March 1, 2024. After that, there are no refunds. Trip is rain or shine, but in the event of storm cancellations to ferry transportation, trip may be rescheduled to a later date or refunded. Please email trip leader with any questions prior to registering. L Nancy Tutko (508-693-8085, 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 Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com, Maureen is a four-season hike leader for AMC SEM and member of SEM's Diversity, Equity and Inclusion (DEI) Committee. She leads hikes locally and in the mountains, and enjoys introducing new hikers to AMC and the great outdoors.)

Tue., Mar. 12. Tuesday Winter Trail Trace the Blue Hills Hike # 12, Blue Hills Reservation, MA. See listing for Feb. 13. L William Doherty (781-857-4148 5-8pm, wdoherly1@verizon.net) L Lawrence Petrone (lpetrone57@gmail.com) L Madelyn Atwood L Benjamin West



Activities

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

HIKING

Tue., Mar. 19. Tuesday Winter Trail Trace The Blue Hills Hike # 13, Blue Hills Reservation, MA. See the listing for Feb. 13. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy has hiked since her teens. Hiking throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and serves as SEM Hiking Co-Vice Chair.) L William Belben (william.belben@yahoo.com) L Hiroko Hardebeck L Lawrence Petrone

Thu., Mar. 21. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. See the listing for Feb. 22. L William Cannon (508-649-6730 Before 8pm, bcannon56@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcallyma@comcast.net)

Thu., Apr. 11. Thursday Hike. Weetamoo Woods Tiverton, RI Open Space town owned land in South Tiverton, RI. Enjoy a moderate 5+ mile hike exploring Weetamoo Woods in Tiverton, RI. You must have recently walked a comparable distance. Be prepared to step over tree roots, some rocks and wet/soggy trails. Bring waterproof hiking shoes or boots, rain gear, 1 liter water, and snacks/lunch required. Micro spikes or snowshoes may be required depending on snow or icy conditions. Insect repellent? yes - "If temperatures get above freezing for a couple of days, experts warn ticks can re-emerge quickly.", <https://www.lymedisease.org/deer-ticks-dont-quit-winter>. Weather, pace or trail conditions may shorten the hike. The hike might be canceled due to rain. Note: This hike is a no one left behind hike with pace set in order to include anyone that has hiked in the woods. A beginners hike. Anyone looking for a fast paced hike should consider exploring Weetamoo on their own. L John Nery (401-624-4576 7A to 7P, JPNery@yahoo.com, New to AMC. Been a hike leader for just 2 years.)

Thu., Apr. 25. Thursday Hike Series - Narragansett Ave Cliffwalk, Newport, RI. Joining us as we walk, hop, and skip over the diverse terrain of this somewhat urban path. We will traverse 3.5 miles to the end of the famous Cliffwalk featured in the 1970s show *Dark Shadows*. We will meet at 9:30 AM for everyone to arrive. On-street parking at the foot of Narragansett Ave facing the Cliff Walk. Our pace will be healthy enough to feel the burn, considering the rocks and salt air on them. This is a 3.5-mile path that goes behind the gorgeous Newport Mansions. We will decide on our return by Bellevue Ave. or an out and back to complete 7-mi. loop. Sturdy walking shoes or hiking boots are required. Bring water and a snack. Heavy rain cancels. Limited parking - carpool if you can. info. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy has hiked since her teens throughout the Pacific Northwest, Alaska, and the Northeast. Tracy is an SEM chapter Back Country Hike Leader and serves as SEM Hiking Co-Vice Chair.)

Thu., Apr. 25. Thursday Hike Series - Loop the Ponds, Borderland State Park, Easton, MA. Let's kick up the earth and smell those spring flowers (maybe) with a hike through some beautiful trails in Borderland State Park. Minimal elevation allows us to have an estimated 2+ mph pace for a 7-8 mile hike. We will aim for some heart rate. Of course, the weather will determine the overall distance. Just enough oomph to put the Spring in your step. Layers and non-cotton clothing, backpack, 2 liters of water, high-energy snacks, and food. More details after registration has been approved. Please note that Borderland may charge \$5 for parking. We can sometimes get that waived and you will be advised as to the best area to park after registration. AMC Trip Policy. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy has hiked since her teens throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and serves as SEM Hiking Co-Vice Chair.)

SKIING

Fri., Feb. 16-19. Pinkham Notch Cross-Country Ski Weekend, Pinkham Notch, NH. Registration Closed. 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 stay at the Harvard Outing Club Cabin from Friday to Monday, February 16-19. 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, 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, jhummingbirdbbp@aol.com, Jeannine is SEM chapter vice-chair. Hike, bike and ski leader, Jeannine looks forward to skiing each year!)

SOCIAL

Wed., Feb. 28. SEM Diversity, Equity and Inclusion (DEI) discussion via Zoom. The DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI Zoom meetings are open to all. We're happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com, Maureen is a former SEM Chapter Chair and a hiking leader) L Justin Anderson (deichair@amcsem.org) is DEI Chair.



Activities

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

SOCIAL

Fri., Sep. 27-29. SEM Chapter Hut Weekend at Cold River Camp, North Chatham, NH. SAVE THE DATE! Join the fun at SEM's Annual Chapter Hut Weekend. This year we will be at Cold River Camp in North Chatham, NH. All our welcome, youngsters, adults, retirees. AMC members from any chapter and non-members. There will be something for everyone. The weekend begins on Friday afternoon September 27th (arrive when you can) and ends on Sunday September 29th after a morning activity. Leaders will plan a variety of activities for example hikes, paddles, bike rides, yoga, stargazing and more. Be your own activity director and do as little or as much as you want. New to SEM Chapter Hut Weekend? This is a weekend of relaxation, reflection, recreation and recharging, think of it as part summer camp, part retreat, and totally fun. A hot breakfast and dinner are prepared for the group by the Lodge innkeeper & chef and a bagged lunch is provided as well. Participants may bring their own beer or wine (BYOB) for the daily social hour. In past years the Chapter Hut Weekend has filled up quickly so if you would enjoy relaxing in a stunning environment, mark your calendar, registration opens July 5. L Paul Brookes (chair@amcsem.org, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, Jhummingbirdbp@aol.com, Jeannine enjoys sharing outdoors experiences with others, through leading hike, backpack, bike & xc skiing trips throughout New England.)

Sat., Nov. 9-9. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA. SAVE THE DATE! The 49th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 9, 2024 at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. The cost of the buffet dinner and speaker is \$30. This is a Save the Date posting. Return later in the year for information about this year's guest speaker, and how to register for the event. L Paul Brookes (Chair@amcsem.org), R Earl Deagle (treasurer@amcsem.org)



Pixabay photo by Jill Wellington

THE END