

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | April 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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Members looking to sell, trade, or free-cycle their used equipment can post for free. Send listings to breeze.editor@amcsem.org.

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



The Full Moon hikers gathered in front of the Ames Mansion at Borderland State Park, which was formerly owned by the Ames family. *Photos by Barbara Gaughan*

Evening hikers enjoy sight of a spring full moon

By Barbara Gaughan, Hike Leader

On March 24, 15 hikers explored some of the 20 miles of trails in Borderland State Park in Easton by the light of the setting sun and full Worm Moon. (Technically the moon was in its waxing gibbous stage as the actual full moon wasn't until 3 a.m. on March 25.) The hike was led by Bill Cannon.

According to the Old Farmers Almanac, the full Worm Moon got its name because earthworms are thought to appear around this time as the ground thaws from winter.

There is only one more hike left in this series on Monday, April 22, from 6 pm to 8:30 pm, under the full Pink Moon. The hike is limited to 30 participants.



Right: The full moon is dimly visible above the pond before its 3 am peak.

View from the Chair: The eclipse should turn our eyes to the Earth

On Monday I was in northern New Hampshire, along the path of totality, witnessing the Eclipse. It was a moving experience, hard to put into words, but the awesome power of the sun temporarily blocked reminded me that we live on a precious world that needs to be appreciated and protected.

I hope you will join me at our Earth Day Panel event this April 20th from 2 pm to 4 pm at the Rochester Grange. Our SEM Conservation Committee has arranged for four local experts on conservation to give short TED style talks followed by Q&A. Light refreshments will be provided, and no registration is required. For more information check out our [flyer](#). For all our Earth Day events, click [here](#).



Happy Trails,

Paul Brookes, Chapter Chair



Photo by [Jongsun Lee](#) on [Unsplash](#) Photo by the New York Public Library

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Bicycling ChairBill Trimble
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Trails ChairSteve Scala
Trails Vice ChairLarry Petrone

Please contact chair@amcsem.org or nominatingchair@amcsem.org if you are interested in any open position. View all our volunteer opportunities [here](#).

AMC - Southeastern Mass Chapter: A Conversation On Conservation An Earth Day Panel Event



**Saturday, April 20th
2:00 - 4:00 PM
Rochester Grange
182 Hartley Rd, Rochester,
MA 02770**

If you want to learn more about conservation issues in Southeastern MA and beyond, please join us for our Earth Day panel event. Our speakers will present about international conservation adventures (Kristine H Atkinson), AMC conservation advocacy and trail work (Rae Ettenger) , proper identification and removal of invasives (Will Saunders), as well as the environmental impact of animal agriculture (Jessica Rath). We hope these presentations will inspire and spark conservation conversations in your community!



**SOUTHEASTERN
MASSACHUSETTS CHAPTER**
YOUR CONNECTION TO THE OUTDOORS

For all our Earth Day events, click [here](#).



Sagamore Hill, a lookout point during WWII, gives a clear view of Sagamore Beach and the Cape Cod Canal. Photo by Robin McIntyre

World War II history still visible on hike near Cape Cod entrance

By Robin McIntyre, Cape Hiking Chair

Sixteen hikers enjoyed an almost spring day hike in Bourne at Sagamore Hill and Scusset Beach State Park Reservation.

Leader Sandra Alisch shared some of the history of Sagamore Hill, which was used as a lookout security point to protect the entrance to the Cape Cod Canal during World War II.

Two round Panama gun mounts for the 155 mm Field Artillery guns are still visible. These mounts allowed 360 degrees of rotation for the large guns, which had a firing range of about 20 miles. They were never fired.

The Ready Rooms, a series of underground tunnels to store ammunition, are also still present.

After following wood paths along marshes, we climbed the hill of only 100 feet of elevation for an unobstructed view of Sagamore Beach and Cape Cod Bay. Wooded trails led out to Scusset Beach State Park. We headed back via the Canal Service Road.

This 4.7-mile hike offered history, gentle wooded trails, and a sample of the Cape Cod Canal, which is always windy. Many thanks to Sandra for offering this hike and to Jane Harding for sweeping.

AMC Member Benefits AMC Adventure Travel

By Diane Simms, Past Chapter Chair

I have been an AMC member for almost 25 years. Although I have been very active as a leader and participant in chapter activities, for years my key motivation in being a member was the [AMC Adventure Travel](#) trips. In 2004 I took my first Adventure Travel trip to the five national parks in southern Utah. I was hooked.

At the time you read this, I'll be in the [Azores](#) hiking and exploring a botanical paradise. In July, I'll be hiking in the [Dolomites](#), a longtime dream of mine. I have gone on more Adventure Travel trips than I can count. Hard to pick my favorite memories but let me try. In Baja, a mother whale with her calf swam to our low-slung boat. We looked each other in the eyes, and I gently touched her. Unforgettable! In St. John, I snorkeled every day, marveling at sea turtles, squid, and an octopus. When I saw the fish gathered to look at something in curiosity, I joined them and spied a moray eel. In Belize and Guatemala, I explored ruins including renowned Tikal and then enjoyed the second largest barrier reef in the world. I explored so many ancient sites on the tour of the Peloponnesian peninsula. I could go on.

Each trip is individually conceived and run by the trip leader who is passionate about creating a great experience for an active traveler. Trips are run on a non-profit basis, keeping the initial trip price low. All participant money not spent on the trip is returned to the participants. Yes, it's true, I have received a rebate on every trip I've been on. If you try to compare an Adventure Travel trip with something offered by another outfitter, you'll find the AT trips cost less, last longer, and have a stronger itinerary. Members receive a \$100 trip discount. That savings more than pays for your annual membership. The only negative thing I can say about these trips is you need to sign up early. These [fabulous trips](#) generally fill up fast! You can sign up to receive the [Adventure Travel newsletter](#).

Afraid that you're not fit enough? You're not a backpacker? No worries. There is a huge variety. A few are hut-to-hut backpacking but many of the trips involve stays in nice hotels with restaurant meals. Read the prospectus in the listing to help find the right trip for your interests and abilities. Don't have a travel partner? The leader will pair you with a same gender roommate. I have made lifelong friends on these trips.

Enjoy everything AMC has to offer. [Join AMC](#). And bring your friends!

SEM Annual Open House

PRESENTED BY:
Appalachian Mountain Club's Southeastern Massachusetts Chapter

We warmly invite you to join us

Saturday, May 25
10:00 AM - 2:00 PM

Borderland State Park next to the Visitors Center
259 Massapoag Avenue, North Easton, MA 02356

Information tables

Learn about our chapter and the range of activities we host, from hiking and paddling to conservation and trail work

Hiking and biking

Explore all the park has to offer on a hike or bike ride with us

Swap table

SEM members have generously donated complimentary items

Live demonstrations

We can't give all the surprises away, but they're designed to PEAK your interest and inspire your next outdoor adventure



Scan the QR code to
learn more about SEM

Find the event listing on AMC Activity Database

<https://activities.outdoors.org/search/index.cfm/action/details/id/149417>

All Are Welcome!

Whether you're a prospective member or a seasoned participant, we encourage you to join us for this delightful day of discovery and connection.

No Registration Required!

Bring your friends, family, and enthusiasm for the outdoors!

Parking

There is a \$5 parking fee at Borderland State Park, unless you have a DCR Senior Parking Pass.

Questions?

Please reach out to Nancy Piedra, SEM Membership Chair at membershipchair@amcsem.org



**SOUTHEASTERN
MASSACHUSETTS CHAPTER**
YOUR CONNECTION TO THE OUTDOORS

[Click here](#) for the event listing on the AMC Database.



Photo by Ben West

Volunteer of the Month: Tracy Hawes

By Bill Belben, Hiking Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best. This month, it is with great pleasure that the Hiking Committee recognizes Tracy Hawes.

Tracy continues to be a very active member of our SEM Chapter while both working full time and taking a full course load as she works towards a master's degree. Tracy is the Vice Chair of the Hiking Committee and still managed to find time to volunteer to be part of the Winter Hiking Workshop/Series and to lead or co-lead twelve events since the beginning of the year.

Tracy also earned her certifications as both a Level 3 Hike Leader and a Class 1 Backpack Leader during this time, which will greatly benefit our chapter for future activities. In addition, Tracy takes the time to help Leaders-in-Training and Leaders looking to advance and achieve their certifications.

We are honored and lucky to have Tracy as part of our chapter and we're grateful for all of her efforts. Tracy will receive a Volunteer of the Month Certificate and a \$60 gift card. Thanks Tracy!

WANTED!
LOOKING FOR

**PADDLING
CHAIR**

WANTED!
LOOKING FOR

**20s & 30s
VICE CHAIR**

WANTED!
LOOKING FOR

**COMMUNICATIONS
VICE CHAIR**



Thank you to Barry Young for storing Trails Committee lumber that SEM donated towards this project!2

Lumber & labor for the Bioreserve

The Southeastern Massachusetts Bioreserve is a treasure for outdoor explorers in the Buzzards Bay region, which is one of the fastest growing regions in Massachusetts. This vast, 16,000-acre, swath of forests, steams, and wetlands is one of the largest permanently protected and unfragmented forests in eastern Massachusetts and is critical to preserving biodiversity in this ecoregion.

AMC-SEM lumber was donated and is being put to good use in the DCR/MassWildlife section of the reserve to help create a bog bridge crossing Flagg Swamp on the Town Line Trail. Dedicated crews in over a half-dozen work sessions are almost done laying close to 600 feet of bog bridge over four sections of the swamp from dry perch to dry perch.



At left, Barry Young, unloads lumber for the Trails Crew working on the bog bridge (above).



Everyone's still smiling at weekend's end. *Photo by David MacWilliam*

Beginner Winter Hiking Series ends at Lonesome Lake Hut

By CeCe MacWilliam, Darlene Schwarm, & Janet Harris, Hike Participants

Each year the AMC-SEM chapter introduces novices to the joys of winter hiking through its Beginner Winter Hiking Series. We began this season's series in early November with a workshop on clothing, gear, hydration, and nutrition. This was followed later that month with another gear "show & tell," combined with an introductory hike at the Blue Hills.

From December through February, we tackled four more hikes with a gradual progression in elevation and distance at Gunstock, Wachusett, Greylock, and Moosilauke. Our final hike of the series was in early March, when eighteen of us, including both winter hiking rookies and leaders, hiked up to AMC's Lonesome Lake Hut for the weekend. It was a weekend that brought snow, rain, ice, and slush along with great lessons learned and wonderful camaraderie.

Being new to winter hiking, some in the group were a little apprehensive about this weekend adventure, knowing we'd be hiking up reasonably high slopes with more weight than we'd carried before; we may need to wear snowshoes or crampons which many of us hadn't done yet; and we'd be sleeping in below-freezing temperatures in the unheated bunkhouses.

Our adventure started when we all met in the trail parking lot and divided the food to carry up the trail to the hut. The pre-hike instructions told us to practice packing our packs in advance and to take a hike or two carrying

some additional weight to get used to it. Even with that, some hikers soon realized the heavier load was making it difficult to hike up comfortably.

While a packing list was provided, the lesson we all learned was to pay careful attention to weight: any gear you choose to buy, ensure it's as compact and lightweight as possible, and weigh your backpacks and contents. The other lesson learned for several of us was to ensure our backpacks were adjusted correctly to sit on the hips, so the weight is not on the shoulders. (AMC's website even has some good articles on this topic. See ["Carry in Comfort: How to Fit a Backpack"](#) and ["How to Pack a Backpack."](#))

When we arrived at Lonesome Lake, it was so beautiful! The lodge, houses, and central shared bathroom are all in separate buildings.



Friday's arrival: While some hikers turned left and took the "Around Lonesome-Lake" Trail to get to the hut, others blazed a trail across the frozen lake.

Photo by Shane Matthews

After we set up our small and comfy bunk rooms, we met outside to learn how to build two types of snow shelters, a valuable winter safety skill. Our first shelter was a snow trench in which we dug out a rectangular space that was two feet deep so we could lie down in it. We collected small fallen branches to lay across the trench and covered it with a tarp (anchored around the edges with snow) to help trap the body heat in. (If you were wondering, a snow shovel and tarp were on our packing list but snowshoes can also act as a shovel.)

We also made a Quinzhee, a Native North American word, where we shoveled the snow into a large mound and inserted sticks into it to mark the inside where we should stop scooping it out. We let the mound sit for a few hours so it would compress and solidify, a process called sintering. We carefully scooped out the dome-shaped interior and stopped when we saw the sticks poke through. The snow shelter held up and was solid! Several hikers also enjoyed making snow angels & doing "cold yoga" on the frozen lake!

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Winter Hiking

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Friday afternoon learning activity: Building snow shelters.
Photo Credit: David MacWilliam



Trench Shelter. *Photos by Regina Chang & Zoe Rath*



Quinzhee Hut. *Photos by Zoe Rath & Jeannine Audet*



Friday afternoon fun: Frozen lake yoga/meditation.
Photo by Regina Chang

Later, we met in the lodge for dinner. Lonesome Lake runs as a self-service hut in the winter, so we had use of the kitchen but had to cook our own meals. Paul & Jeannine Audet led the effort and whipped up a fabulously warm and filling dinner of chicken fajitas with sautéed peppers and onions and tortilla soup, and other volunteers washed the dishes and cleaned up.

The lodge caretaker started a fire in the woodstove for a cozy fire from around 4 to 8 pm. The lodge provided card games, board games, hot water, tea, and hot chocolate. We all enjoyed a relaxing few hours. The sky was clear that night, and the stars were absolutely breathtaking!

Then those of us who had never slept in below-freezing temperatures began to plan how we would survive the freezing cold night in a sleeping bag. We were given advice by the leaders. Some of us filled our Nalgene water bottles with boiling water to put inside our sleeping bags. (we were warned not to over-tighten the lids), layered our base layers, and put hand- and foot-warmers in our sleeping bags too. Everyone survived the roughly 20°-night in their sleeping bags, although sleep was questionable for some.



Saturday's hike: Scoping out the gnarly icy trail.
Photo by David MacWilliam

Our wonderful volunteer chefs got to work early in the morning and presented us with pancakes and bacon with real maple syrup!

Light rain was forecast for later in the day, so we put our pack covers on that morning, though it was actually pretty comfortable for a winter day. With heavy rains followed by freezing temps a few days before, we were encouraged to wear crampons, if we had them, or snowshoes, if not.

Our prep talk entailed crampon and snowshoe lessons by some of the hike leaders and more experienced hikers. For many it was the first time they were able to try out gear that had previously just been taken along for the ride.



Winter Hiking

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Our intention was first to get to Kinsman shelter and second, for those wanting a longer hike, exploring the Kinsmans. We faced massive amounts of ice on our trek.

Ben West, the lead hike leader for the weekend, scouted out suitable bushwhacks several times so that we could avoid icefalls and safely keep going towards our destination. Those on snowshoes were taught proper technique for descending, which was very helpful, and those hikers who had snowshoes with heel lifts really appreciated them on the ascents. A few brave souls took the butt-slide method down a couple of hills. Sometimes it was really a good option: easier, safer, faster, and FUN.

Despite our significantly lighter backpack loads that day, it was slow going navigating all the ice safely. We were not able to reach our first destination before our predetermined turn-around time. It's the journey that counts, though, and it was fun. There was laughter, encouragement, helping hands, and chocolate shared on the trail.

If there wasn't enough fun on the trail, we had plenty more awaiting us that evening back at the hut. It was a full house Saturday night with another AMC group staying there. Because we had to share the kitchen with the other group, our volunteer chefs had a tighter schedule that night to prepare our dinner – pasta with a choice of plain, meat or veggie sauce. It was much louder that evening and there was lots of energy in the lodge. All the body heat kept it comfortable in there. There was no need to wear hats and gloves while we played games and shared conversations. Us newbies had also better planned for bed by prepping earlier in the day when it was bearable to put cold clothes on. We also used additional techniques, like hot water bottles and neck gaiters the second night for a warmer, nicer night of sleep.

Many of us were sorry to see this year's Beginner Winter Hiking Series come to an end as it's been educational and fun. We're particularly grateful to all the leaders who selflessly dedicated their time over the last five months to help us gain some knowledge, confidence and experience, and we're happy to have made some new friends along the way. See you next Winter! (See "Sunday Morning" picture.)

SEM Memory: Back then, they said, "Who needs fancy-schmancy snowshoes?"



Saturday night: Back at the hut for conversation games, and great food.

Photos by Janet Harris & David MacWilliam



Five AMC-SEM hikers strap on snowshoes to hit the winter trails.

Photo circa 1992 by Carolyn Crowell



AMC-SEM hikers on a hike around Chappaquiddick on a Martha's Vineyard weekend trip. A great hot meal awaits at the end of a blustery day. *Photos by Nancy Tutko*

SEM hikers get creative in the kitchen on Martha's Vineyard

By Nancy Tutko, Hike Leader

A blustery March weekend at Long Point Wildlife Refuge on Martha's Vineyard offered Srini Iyengar the perfect opportunity to make his vegetarian biryani, a fragrant and flavorful Indian layered rice dish. Fellow hikers gathered around to learn about the different spices and the process of putting it all together. Eileen Ryan took notes and put together this summary.

Srini Iyengar's Veggie Biryani

These are general guidelines and can be adjusted based on personal preferences, what ingredients you have on hand, and how many people you're feeding.

Fresh ingredients:

Red onion sliced, cauliflower florets, carrots and potatoes cut French-fry style approx. 3 inches long, green beans, peas (may use frozen)

Fresh cilantro and mint, chopped

Tomatoes and cucumbers, chopped

Yogurt (Indian or Greek works best)

Pantry items:

Peanut oil preferred

Whole spices:

Cumin seeds, fennel seeds, cardamom pods, cinnamon stick, cloves

Powdered spices:

Paprika (red chili) powder, turmeric powder, cumin powder, Biryani Masala powder (store-bought), chaat powder (optional)

Other seasonings:

Chopped fresh garlic and grated ginger—optional but will enhance the flavor.

Salt to taste

Biryani measurements for 2 people:

1 cup of Basmati rice

1 medium carrot

2 medium size potato

Handful of green beans

10 to 12 cauliflower florets

1/4 cup green peas



Assemble and measure all ingredients in preparation for cooking. *Photo by Eileen Ryan*

In advance:

Chop garlic, ginger, and veggies.

Cover basmati rice in water and soak for 20-30 minutes.

Cooking instructions:

1. Heat oil in large skillet, then sauté fennel and cumin seeds for a few moments till lightly toasted. Add chopped fresh garlic and ginger and then red onion. Cook over medium/low heat until onion is translucent.

2. Add remaining veggies and sauté until they begin to soften (about halfway done), and sprinkle with salt to taste. Drizzle with water and cover, stir periodically. Continue to cook on low heat till "al dente."

3. In a small bowl, mix 1 tablespoon of yogurt with 2 teaspoons of Biryani Masala powder.

4. After the veggies are cooked halfway, add chopped cilantro and mint and the yogurt-masala spice mixture to the veggies.

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Maureen Kelly gets a lesson in cooking vegetable biryani from Srimi Iyengar. Photo by Nancy Tutko

Kitchen creativity Continued from page 9

5. While the veggies are cooking, cook the rice:
 - a. Boil water for rice (about 3 to 4 cups). Add 2 cloves, 2 cardamom pods, and ½ inch cinnamon stick.
 - b. After soaking the rice for about 20-30 minutes, drain the soaking water and put the rice into the boiling water.
 - c. Keep stirring occasionally to ensure that the rice isn't overcooked.
 - d. Don't forget about the veggies that cooking. Keep mixing and check if they are also cooked about 80%.
 - e. Rice should generally be cooked in 10-12 minutes.
 - f. After rice is cooked about 80% done, drain all the water and put the rice aside.

6. When rice and veggies are cooked to the desired consistency (nearly done), begin to layer veggies and rice in a large skillet and gently mix. Cover this mixed Biryani with a lid and simmer for about 8 to 10 minutes so that flavors all gel together.

7. If you have another large enough pan, you can fill it with hot water and set the Biryani skillet into the water, then place it in a warm oven (double-boiler style) to keep the Biryani warm until you're ready to eat.

Raitha (spiced yogurt condiment):

8. Mix yogurt with small amount of water to a sauce consistency. Stir in cumin powder and chaat masala spice (optional). Add chopped tomato and cucumbers. After serving, you can sprinkle the spicy little round Indian snacks called *boondi* on top for crunch and zing.

Serving:

Spoon the Biryani onto a large platter, sprinkle fresh chopped cilantro on top, and serve with Raitha.

Share your meal with good friends, new and old!



Srimi's next step: Dig in! Photo by Whit Hanschka

Thank you for donated materials from the City of Fall River

By Paul Brookes, Chapter Chair

In the March issue of the *Breeze* (pg 8), Diane Simms wrote an article about an AMC-SEM collaboration with the City of Fall River and the Diman Regional Vocational Technical High School to build four new picnic tables for the Fall River bioreserve with materials provided from funding approved under the SEM Development Program.

I received in the mail a letter from the City of Fall River thanking us for our donation of lumber and materials. The letter states:

Mr. Brookes,

"At a Regular Meeting of the City Council on Tuesday, March 12, 2024, a request was made to forward a letter of thanks to you. Your donation of lumber and materials to the City of Fall River to build picnic tables is greatly appreciated.

"The donation provides an excellent representation of your generosity to the residents and visitors of Fall River who enjoy the beautiful nature trails that Fall River has to offer. On behalf of the Fall River City Council, please accept our sincerest gratitude.

*Sincerely,
Linda Leite
Assistant City Clerk"*





Scouts proudly flank the linden tree sapling they helped SEM plant in 1999. *Photo by Nancy Wigley*

Linden Tree planted 25 years ago now provides welcome shade

By Robin McIntyre, Cape Hiking Chair

On Earth Day, April 22, 1999, then AMC-SEM Conservation Chair Nancy Wigley was joined by Bourne Cub Scouts and Girl Scouts to plant a linden tree at the Tidal Flats Recreation Area on the Cape Cod Canal in Bourne.

The 12-foot tall tree had been purchased by SEM, and Nancy coordinated the project in collaboration with the Army Corp of Engineers.

This April 2024, Nancy, an AMC life member, journeyed to the canal again to the site of the planting. The towering tree is now one of several that provide shade for the enjoyment of all who visit the recreation area.



Nancy Wigley inspects the now-towering linden tree at the Cape Cod Canal. *Photo by Robin McIntyre*

Map & Compass course June 1-2 Is open to all, but fills quickly

By Paul Brookes, Chapter Chair

This two-day weekend workshop teaches you Map & Compass skills. No prior experience required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. Activities take place at the Blue Hills Reservation in Massachusetts, about 20 minutes south of Boston.

On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. On Sunday, small groups will plan their own route to find flags both on-trail and off-trail, where the flag location is shown on a US geological survey topographical map that does not show the trails. Each group will have an instructor to help facilitate the learning.

If the class is overbooked, preference will be given to SEM leaders and Leaders-In-Training who took the SEM May leadership class. The cost for Adults is \$150 members, \$200 nonmembers; for Youth, the cost is \$90 members, \$130 nonmembers. Active SEM Leaders and SEM Leaders In Training can apply for scholarship reimbursement of the registration fee.

For more information [click on this link](#).

**SEM 2024
LEADERSHIP
TRAINING**

**Saturday, May 18
Foxboro**

Register for Leadership Training [here](#).



Find *Breeze* articles, topics, and people by search term & decade

By Ben West, Hike Leader

Have you ever tried to find a past *Breeze* article, but weren't sure where to start? Or wanted to read articles about a specific place, activity, or topic, but didn't want to search through over 250 archived *Breeze* newsletters? Maybe you even want to see articles where your name is mentioned!

Our *Breeze* Archives have been available online of years, but to search them required the tedious task of opening each newsletter individually and searching them one by one. **But no more!**

Thanks to the help of several volunteers, we have compiled a series of consolidated newsletters that can be viewed and searched **by the decade**. To explore these, from the [Breeze Newsletters](#) page, click on [Search Our Breeze Archives by Subject](#) (at the bottom of the page); then click on the desired decade, and the file will open. Simply search the file for whatever word or words you want and scroll through the results. You can even download the consolidated files to flip through when you are offline. Try looking up our Chapter Chair (Paul Brookes) in the [2010s Archive](#) to read his first article, written 10 years ago this June!

Although there are several ways to run searches, the simplest way to do so from your computer (PC or Mac) is to click the Control [CTRL] key and press the letter "F." This works in Chrome, Safari, Edge, and most other browsers. To search from your phone or tablet's browser, open the link and use the browser's search function—typically, by selecting the magnifying glass icon or clicking search from your browser's menu. If you choose to save a copy of the file on your local device for offline use, you will need a PDF reader app (e.g., Adobe Reader).



On a related note - I mentioned above that over 250 *Breeze* Newsletters have been published since it

was first created in 1981. Every one of these newsletters, representing over 3,200 pages of content and many thousands of articles and photos, were written, compiled, organized, edited, and published by hundreds of volunteers. Thanks to all who have shared their knowledge, skills, experience, and fun times with our membership!

Lastly, a **tremendous thank you to Mo Walsh**. During her first seven years as the *Breeze's* Editor she has released over 75 newsletters, never missing a beat. What started out as a simple, four-page typed newsletter over 40 years ago has evolved into what is now truly a professional, world-class digital publication, and Mo's undying commitment to the *Breeze* has been a huge part of its success. Thank You!

Thank you, Ben West, for new *Breeze* Archive search system

By Paul Brookes, Chapter Chair

I often read prior *Breeze* editions for inspiration, information, or to read the View from past Chapter Chairs to see what they were thinking. One example was when the SEM Executive Team suggested that we restart [Chapter Hut Weekend](#). I was not familiar with this event as I had never attended a CHW, so I searched back through our *Breeze* editions one by one until I found an article about the last Chapter Hut Weekend.

As I read it, I thought, this sounds great: part summer camp, part retreat, totally fun, let's do it. It took me, however, a long time to find the edition that had the relevant article, and I thought it would be great to be able to easily find past articles.

I went to Ben West and asked him if he could create a system that would make past articles easier to find. The previous article details a simple, yet powerful solution that he developed. He also went through and consolidated the editions by decade, and he has offered to continue adding each year to its relevant decade.

Ben has a knack for this sort of thing, and I have started calling him our SEM Technical Guru, which he cringes at because he likes to contribute quietly without fanfare. Sorry, Ben, for shining the spotlight on you, but you're getting a big shoutout from me, and now this shoutout will be searchable for all time!

Seriously, though, **Thank You**, Ben!



**Leaders rock! We
need you!
Leadership training
May 18th**

Click [here](#) for our SEM Facebook [Leaders Rock](#) reel!
(To unmute, click the speaker at the top right corner of the reel.)
Click here to [register](#) for our May 18th Leadership Training.



Activities

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

BICYCLING

Thu., Apr. 25. Biking-East Bay Bike Path, RI. One of my favorite bike paths, cycling along the Narragansett Bay, past marshes, through neighborhoods, with a gorgeous ocean setting for lunch at the end of a 14 mile ride in Bristol. Great places along the way for an ice cream stop on the return trip. This ride is flat except at the end on the return, one small section might require a few to walk their bikes. You must have a bike in good working order and bring a spare innertube appropriate for your tire. All riders must wear helmets, even on a bike path. Bring water and lunch. We will start at 10:30 in East Providence, return around 2pm. This ride is a C3D. Ride limited to 7 participants. L Jodi Jensen (781-249-8346 8am-8pm, jodijensen@gmail.com. AMC member since 2006. Cycling enthusiast, leader for local rides.)

Sun., May 5. Berkley Beer Biking and Brews Ride, Taunton, MA. This is the second of our 2024 Biking and Brews ride series, starting and ending at Berkley Beer brewhouse in Taunton on Ingell Street. We will ride and then you are invited to have lunch or libation at the brewery afterward. The ride is about 24 miles on mostly rural roads and will visit Dighton Rock along the way. The route is lumpy but there are no big hills. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections. A RidewithGPS subscription is free with your AMC SEM membership. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, wmjt0824@gmail.com. Bill is an avid cyclist and the Biking Chair of the Southern Mass Chapter)

CAPE HIKING

Thu., Apr. 18. Hike Mashpee River Woodlands - East Side, Mashpee, MA. Approximately 4-mile loop hike through woodland and along the Mashpee River with some marsh views. Generally easy terrain but with 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. Unexpected events, most often weather, force us to cancel at the last minute. 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 to 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)

Thu., Apr. 18. Hike the Falmouth Moraine Challenge - Hike #2, Falmouth, MA. This conditioning series is designed to help prepare for a 9.5-mile (approximately) end to end hike on the Moraine Trail in Falmouth. We'll be hiking at a moderate pace and plan to cover about 7 miles. Registration is required for this hike. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com, Cathy is a long time Level 1 AMC Leader with current WFA Training)

Sun., Apr. 21. Hike Maple Swamp, Sandwich, MA. This hike is a show and go, please contact leader with questions. We will hike 4+ miles over 2 hours. The trails are very hilly hike over uneven glacial terrain. We will be on narrow trails and ancient cartways. Sturdy footwear preferably hiking boots and fluid for hydration required, hiking poles strongly recommended. Be prepared for ticks and poison ivy. From Sagamore Bridge take Rte 6 E and exit 61 Quaker Meetinghouse and turn R off of ramp and then immediate L onto Service Rd., just beyond Mill Rd, look for entrance to Maple Swamp. From outer Cape take Rte 6 W to exit 63 Chase Rd, turn L off ramp, go over highway and turn R on Service Rd., just beyond Noel Henry Rd is entrance to Maple Swamp. Arrive at 12:45 PM please. Carpool if possible. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. L Jane Harding (203-500-3155 Before 8 PM, janeharding@comcast.net, Former Cape Hike Chair with many years of hiking experience.)

Thu., Apr. 25. Ryder Beach, Truro, MA. This is a 4.6-mile hike on beach and rolling woodland trails in the National Seashore Lands. Points of interest include the Hatch, Atwood and Biddle properties. Please bring water and appropriate footwear and poles if you desire. Be prepared to encounter ticks and poison ivy. Please check the website on the day of the hike to confirm the hike is still on. Occasionally, a hike is cancelled due to weather or an unforeseen circumstance. This is a Show and Go hike. Cape hikes have 2 sets of hiking poles that can be borrowed. Contact the leader BEFORE the hike so it can be arranged for you to borrow them. Sizes are Medium (men's 8-11/women's 9-12) and Large (men's 11-14/women's 12 plus). In support of our conservation mission, please carpool when possible. L William Crocker (508-353-5315, billcrocker@yahoo.com) L Trish Crocker (508-345-6260)



Activities

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

CAPE HIKING

Sat., Apr. 27. Hike Long Point, Provincetown, MA. 4.5-hour hike. Visit Herring Cove Beach, Wood End Lighthouse, and Long Point Lighthouse. Mostly soft sand beach walking. Bring a lunch and water, wear sturdy hiking footwear. Binoculars might spot whales. Directions: Drive to the end of Route 6 in Provincetown and turn right onto Province Lands Road. Go 0.1 mile and turn left into the Herring Cove Beach Entrance. Turn left after ticket booths and follow to large parking lot. Park at far end of lot near rest rooms. Meet at 9:45 and hike 10 am - 2:30 pm. Due to unforeseen circumstances, occasionally hikes need to be cancelled, most often due to weather. Check the posting on the day of the hike to be sure it is still on. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

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 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.)

Thu., May 2. Hike - Cataumet Greenways and Lawrence Island, Bourne, MA. This Show and Go hike is 4 miles, 2 hours on sandy/rocky beach and on wooded paths with modest hills. There is a short stretch of road walking. Bring water. Sturdy hiking shoes recommended, poles if desired. We will be along some open ocean so dress for wind/chill in layers. Must have hiked a similar distance recently and be able to maintain a moderate pace. Carpooling will be helpful for somewhat limited parking. Please check the website for last minute cancellations, most often due to weather. From Cape side, Bourne Bridge, take Rte 28S for 4.0 miles. Take 1st exit off rotary for Cataumet. Quick left at blinker on 28A, go .8 miles. Right on Scraggy Neck Rd Ext by Somerset Ice Cream for .2 mile. Left then quick right to continue on Scraggy Neck Road, under railroad bridge for .6 miles total. Right onto Red Brook Harbor Rd for .4 mile to parking on left at Dimick Waterfront Scenic Vista, opposite 129 Red Brook Harbor Road, Cataumet. From Route 151 and 28A, go 1 mile and fork left onto County Rd at flashing light. Go .2 mile and go left at Scraggy Neck Road. Go .6 miles, passing under railroad bridge. Right onto Red Brook Harbor Rd for .4 mile to parking on left at Dimick Waterfront Scenic Vista, opposite 129 Red Brook Harbor Road, Cataumet. L Robin McIntyre (robinmcintyre@comcast.net, Robin is a 8th year Level 1 Cape Hikes/SEM leader with prior WFA training)

Sat., May 4. Hike Long Pond - Falmouth, MA. This is a 4.5-mile 2+ hour hike in the Falmouth Town Forest with scenic views of Long Pond and Angel Mirror Pond. The hike includes some hilly sections with uneven footing. Bring water, wear sturdy hiking footwear, poles if desired, tick repellent. Because this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. L Jane McLaughlin (781-695-6310, optmed@aol.com, Jane McLaughlin is a first year Level 1 Cape Hike Leader.)

Sun., May 5. Hike--Marconi State Site, Wellfleet, MA. Join us for a 2-hour, 4.7 mile pre-registered hike for 10 participants at Marconi Wireless Station Site in Wellfleet. This is a permitted hike in the National Seashore. The terrain is incredibly diverse, ranging from short sandy beach trails to on-road walks. Meander on a short segment of boardwalk in an area that looks like something time forgot, a stretch on the Cape Rail Trail, and a journey through the woods on varying ground cover. Some gradual incline. But that is not all--this walk includes historical information on the high seas, pirates, connections to George Washington and the Titanic. We will stop mid-point at a French Pastry shop with bathrooms available. The pace will be moderate. No turn-around options. Dress appropriately with hiking footwear and take precautions against ticks. Bring water and poles if desired. Poles will be available for anyone who needs them. Registered participants will be notified via email of any need to cancel, most often due to weather. Directions: Marconi Station Site (not Marconi Beach). Route 6 East, 8 miles from traffic circle on 6E, turn right onto Marconi Beach Rd, follow signage and take left to Marconi Wireless Station Site. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a Level 1 SEM/Cape hike leader with 8 years of experience and previous WFA training.) CL Carla Fogaren (carlafogaren@gmail.com, Carla is a Level 1 LIT with this as her qualifying hike.)



Activities

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

CAPE HIKING

Thu., May 9. Hike Lyman Reserve and Red Brook Trail Network Buzzards Bay, MA. 4-mile relaxed hike through Lyman Reserve and the new Red Brook Network Trail. Mostly flat with a few hills. We will hike along the Red Brook River a sea trout catch and release river, along an Atlantic pine barren and through remnants of an old cranberry bog and pine rich forest. This is a Show and Go event. Please bring water, wear appropriate footwear, poles if desired. 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 that can be borrowed. Contact the hike leader BEFORE the hike so the leader can arrange to have them available to borrow. In support of our conservation mission, please carpool when possible. L Sandra Alisch (508-364-5660, sgna@comcast.net, Level 1 leader)

Sat., May 11. Hike Clapps Pond Provincetown, MA. 6-mile 3 hour hike. Hike woods, soft sand dunes, and around ponds. Lady Slippers might be in bloom. Bring lunch and water, wear sturdy hiking footwear. Directions: From Route 6 in Provincetown take Right on Race Point Road (first traffic light on Route 6 in Provincetown) and go 0.5 miles turning left into Beach Forest Parking Lot. Park at far end. Meet at 9:45 and hike 10 am - 1:00 pm. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Sun., May 19. Hike Crows Pasture and Cold Storage Beach in Dennis, MA. Hike approximately 4.5 miles through the historic Quivett Creek Neighborhood in Dennis, Crows Pasture, Cold Storage Beach and Sesuit Harbor. Cape Hikes has 2 sets of hiking poles that can be borrowed. If you would like to borrow them, 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. L Margaret Christen (832-443-7321 Before 9PM, margaret@mchristen.net)

Thu., May 23. Hike Ryder Lowell Holly Sandwich, Sandwich, MA. Celebrate the end of the Cape hiking season with this hike, 4 miles along wooded trails with some elevation, lots of roots. We will hike between 2 conservation areas Ryder and Lowell Holly and will have views of the Wakeby Pond and Mashpee Pond. Wear sturdy hiking footwear, bring water, tick repellent, poles if desired. If the hike needs to be cancelled for weather, it will be absent from the website. Check on the morning of the hike. At the end of the hike we will picnic at Wakeby Pond--bring your own sandwich or salad, beverage and, if you want, a side to share. Bring your own chair to sit on. We'll also have a hiking gear swap--bring items that you aren't using/don't fit but that are in good condition--backpacks, socks, water bottles, gloves, jackets, etc. Take what you can use. This is to support AMC's mission of conservation by reusing items rather than buying new. Take exit 61 off Mid-cape Rte 6 and turn south, (R from bridge, L from upper Cape). Stay on Quaker Meetinghouse Rd to traffic light and turn L, stay on Cotuit Rd, to small rotary and take first exit. Go short distance to entrance to Ryder on R. Drive past upper lot and guard shack and go to dirt lot at end of road on Right. THIS IS A NEW START LOCATION. L Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net, Jane is a longtime Level 1 hike leader for Cape Hikes.) L Keith Magyar (Keith is a 2nd year Level 1 hike leader with WFA training.)

Thu., Jun. 6. Hike Eagle Pond Cotuit, MA. Come learn some easy tools to jump start your plan to join in the Hike Barnstable Month challenge. Barnstable Land Trust, in partnership with the Appalachian Mountain Club's Southeastern MA chapter, will be doing a brief tutorial and 3+ mile hike in the Eagle Pond conservation area in Cotuit. This event will be approximately 2 hours in length. The tutorial will provide an introduction on how to use a trail map and/or trail app to map out a hike or keep track of where you are from the start of the hike. If you plan to use an app, please download AllTrails on your phone prior to the hike. After the tutorial, we will take a 3+ mile hike around Eagle Pond and a white cedar swamp which will allow participants to use their new skills. The hike will be on flat wooded trails with lots of uneven terrain. Participants must wear sturdy shoes/sneakers or ideally hiking footwear, no sandals. Hiking poles will be useful but not required. Bring fluids for hydration, tick protection. This is a registration required event limited to 20 participants. To register for this hike just click the Register Now link on the posting. You will have to create a username and password if you do not have one. YOU DO NOT NEED TO BE A MEMBER OF AMC TO DO THIS ACTIVITY. L Janis Delmonte (214-284-8918, delmontej@gmail.com, Janis is a Level 1 Cape Hike leader and Cape Hiking Vice Chair with Wilderness First Aid training.) L Robin McIntyre (robinmcintyre@comcast.net, Robin is a Level 1 Cape Hike SEM leader and Cape Hiking Chair with previous WFA training.) L Jane Harding (203-500-3155, janeharding@comcast.net, Jane is a longtime Level 1 Cape Hike Leader and past Cape Hiking Chair.)



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Activities

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

CONSERVATION

Sat., Apr. 20 -- A Conversation on Conservation, An Earth Day Panel Event, Rochester Grange, 182 Hartley Rd, Rochester, MA, 02770. If you want to learn more about conservation issues in Southeastern MA and beyond, please join us for our Earth Day panel event. Our speakers will present about international conservation adventures (Kristine H Atkinson), AMC conservation advocacy and trail work (Rae Ettenger), proper identification and removal of invasives (Will Saunders), as well as the environmental impact of animal agriculture (Jessica Rath). We hope these presentations will inspire and spark conservation conversations in your community! Light refreshments provided. L Zoe Rath (617-308-9489 prefer email, conservationchair@amcsem.org, Zoe is the current chair of the conservation committee for SEM. She is an associate leader with Adventure Travels and will be leading a Utah National Parks hiking trip this September. In her spare time, she loves hiking, camping and taking photos.)

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. 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. 20's & 30's 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 20's & 30's 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 David MacDonald our current 20's & 30's chair by emailing 20s30schair@amcsem.org, Ken Cohen by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org.

Ongoing. 20's & 30's Committee - Southeastern Mass Chapter, MA. As we all know, our younger members are the future of our chapter. We are looking for people in their 20's & 30's who like participating in and organizing events for a younger crowd including social events. If you would like to be part of the 20's & 30's committee, send an email to David MacDonald (20s30schair@amcsem.org) for more information. L Paul Brookes (chair@amcsem.org)

Ongoing. Hiking Vice Chair of Local Walks and Hikes - Southeastern Mass Chapter, 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. 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. Communications Committee member - Southeastern Mass Chapter, MA. 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* newsletter. We are also looking for someone with Video editing skills to help generate video content for our website. For more information 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

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).



Activities

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

HIKING

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

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

Thu., Apr. 18. Thursday Morning Hike at Borderland State Park, MA. Spring is officially here! Let's explore it together on a 5-mile hike in Borderland State Park. We will be hiking at a comfortable pace of approximately 1.5 - 2 mph, on wide, flat trails. Plan to dress with layers: Sturdy waterproof walking shoes or hiking boots are required; wear warm, water-repellant, and non-cotton layers; bring a backpack, water, and lunch (or snacks). Jenn Wong, will contact participants before registration is completed. A few days before the hike, registrants will receive an update including weather updates and an information sheet. Borderland State Park charges \$5.00 for parking. There is no fee if you have an annual MA State Parks pass. Some MA libraries offer use of daily State Park passes. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast since her teens. She is a four-season hike and backpack leader for the SEM chapter and serves as SEM Hiking Co-Vice Chair.) L Annemarie McKee (508-596-1987 Before 7 pm, mckee822@gmail.com, Anne is an AMC-SEM Level I hike leader who has hiked locally and around New England. She enjoys hiking, biking, and sharing the outdoors with others. Favorite personal motto: Keep Moving!) CL Jenn Wong (617-777-2174 before 8:30 PM, j.wo.wong@gmail.com, Jenn is a four-season hiker and a SEM Chapter Leader in Training. Jenn currently serves as SEM DEI Vice Chair and sits on SEM's Executive Committee. In addition to being an avid hiker, Jenn is a runner, distance cyclist and has NOLS-Certification in Wilderness First Aid.)

Thu., Apr. 18. Trail Trace the Blue Hills - Thursday Evening Hikes, Blue Hills Reservation, MA. Join us for the 19th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day; get outside; strengthen your hiking legs; and socialize with a nice group of people. We do ask that you make a commitment to join this series by attending as often as you are able, understanding that we all will be away some weeks throughout the series. This is a 'trail trace' series, meaning that we hike every foot of every trail in the chosen section of the Blue Hills each week. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Elevation and mileage will change each week so you need to be prepared for changing conditions with some hikes more strenuous than others. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is a Level 2 AMC Southeastern MA Leader and a Leader for Boston Local Walks & Hikes Committee.) L William Doherty (781-857-4148, wdoeherty1@verizon.net, Level 1 AMC Hike Leader. Four season Blue Hills hiker. Occasional White Mountains hiker. Trail maintenance volunteer.), R Joanne Newton (508-215-9470, newt665@comcast.net)

Sun., Apr. 21. Follow the steps of Thoreau with a walk around Walden Pond, An Earth Day Event, Concord, MA. This Sunday morning walk is a little over 5 miles, is almost totally flat, and will be at a slightly slower pace. It is a great beginner walk and a fun hike for anyone. Perhaps make a weekend of it and come to our Earth Day Panel event on Saturday and then join us for this walk in the footsteps of conservationist Henry David Thoreau's around Walden Pond on Sunday. See 'Earth Day Panel' for Saturday, April 20, under Education. We will meet at the main parking at Concord-Carlisle High School at 10 AM. Registration is optional however if you register by clicking the 'Register Now' button, I will send you an email closer to the hike with weather, provide car-pooling recommendations, and send one or two pictures after. You do not need to register or create an AMC account to come on this walk; you can just turn up at the school, sign a paper waiver, and join the group. We welcome all. If you do not register ahead of time, however, please check this listing on the morning of the hike to make sure that it has not been cancelled due to weather or other unusual circumstances. From the school, we will cross under RT 2 using a 50-yard stretch of path that follows alongside the railway line. We will then walk out to Walden Pond where we will learn a little about the time Thoreau lived here in his cabin. Leaving Walden Pond, we walk along the Bay Circuit Trail for a while, pass by Goose Pond, and then take a walkway under RT 2 into Hapgood Woods. Lunch will be at a circle of stone seats that is part of the Thoreau Amble. After lunch we will continue strolling through the Thoreau Amble, stopping to enjoy the many reflective verses carved into the stones. Leaving the amble, we will walk down to Fairyland Pond which I think has a very interesting dam. After the pond it's a short walk back to our cars. I may have my friendly yellow lab Sunny with me. Afterwards for anyone who would like to join me, we will head into town at a lovely outdoor cafe/restaurant for ice-cream or drinks. 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 Kristine Atkinson (atkinsonkristineh@gmail.com)



Activities

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

HIKING

Mon., Apr. 22. Full Moon Fall Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under the Full Moon. This hike will be under the Pink Moon. Also known as the Fish moon. We will be hiking about 5 miles at a comfortable pace, on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. This is our Last hike of this Winter season. Sturdy, waterproof and insulated hiking shoes are a must for the wet Spring conditions on the sometimes muddy and slippery trails. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, bcannon56@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcallyma@comcast.net)

Tue., Apr. 23. Spring Moderate Conditioning Hike Series #3, Blue Hills Reservation, MA. Please join us for our 3rd Spring Moderate Conditioning hike series at Blue Hills. The series will run weekly on Tuesday mornings through May 28th and is designed to get participants in shape for moderate summer hiking activities. If you are ready to condition for more strenuous NH mountain hikes, you may want to review the Intermediate Level Conditioning series; and if you are new to hiking, you may want to check out our Beginner Hike series. The series is limited to 15 participants, in addition to leaders. Participants will need to register for each hike when it is posted. Participants should be in reasonably good shape with recent hiking experience. This is a progressive series. Each week we will add some mileage and/or elevation gain. As the weeks progress, we will end later in the day. The goal is that by the end of the series, participants will be ready to hike the Skyline End to End (one way) about 8 miles with an elevation gain of up to 1,700 feet at a moderate pace as a group but at the pace of the slowest hiker in the group with a few breaks at viewpoints and landmarks along the way. Participants should wear sturdy footwear, a backpack, clothing suitable for hiking, rain gear, 2 liters of water, lunch or snacks, bug spray and sunscreen. Trekking poles are optional but recommended. Hikes may be cancelled in the event of heavy rain. Registration is required for each weekly hike. Participants do not need to attend each session. AMC membership is not required but you will need to set up a free AMC online account if you do not already have one. Confirmed participants will be sent driving directions and the meeting area a few days before the hike. L Annemarie McKee (508-596-1987 Before 7pm, mckee822@gmail.com, Anne is an AMC-SEM Level I hike leader who has hiked locally and around New England. She enjoys hiking, biking, and sharing the outdoors with others. Favorite personal motto: Keep Moving!) L Patricia Everett (508-562-2152 before 7pm, patriciae568@gmail.com, Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.) L Susan Cummings (508-272-2570 Before 7pm, szqb65@gmail.com, Susan is an avid outdoor enthusiast. Hiking throughout New England locally and NH.

Tue., Apr. 23. SEM Blue Hills Spring Intermediate Conditioning Hike Series #5, Blue Hills Reservation, MA. Please join us for a spring intermediate level conditioning hike series in the Blue Hills. This 10-week series will run weekly on Tuesday mornings from through May 28th and is targeted for intermediate to advanced hikers who are looking to get in shape for more strenuous summer activities. The series is a progressive series in that each week we will add some mileage and/or elevation gain. Participants should be in reasonably good shape with recent hiking experience. You can expect the hike to be about 4 hours, approximately 6-8 miles on average and at an average pace of 2mph. We will start the series at around 1,200' of elevation gain and progress to a final week of 2,200' of elevation gain as we complete an end-to-end hike of the Skyline Trail. The routes will include uneven terrain, rock scrambles and ledges in the Blue Hills. Participants should bring sturdy footwear, a backpack, layered clothing suitable for hiking in the spring, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am and end time is around 2PM. Registration is required for each weekly hike, but you are not required to attend each session. The hike is open to everyone, and you do not need to be a member of AMC to participate. However, on-line registration is required. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is 4-season Level I hike leader for the SEM and Boston AMC chapters, and a Nordic ski enthusiast. He is also Co-chair of SEM's Trails Committee.) L Madelyn Atwood (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 Hiroko Hardebeck (hiroko_sai@yahoo.com.



Activities

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

HIKING

Thu., Apr. 25. Hike Frank Knowles-Little River Reserve, South Dartmouth, MA. Join us on a 5-mile +/- hike where you will experience a variety of terrain from open fields, wooded areas and boardwalks across open, pristine marshlands. A wooded upland trail across DNRT's Jonny Point property connects two salt marsh boardwalks. A network of stone walls and several historic farmhouse and barn foundations reflect the days when farms covered the land. The large forest areas make excellent wildlife habitat, including breeding habitat for many bird species. Sturdy footwear is required - no sneakers. We'll stop for snacks/lunch. Directions will be sent as we approach the date. No dogs are allowed in this habitat. Limited to 20. Heavy rain/fog cancels. L Susan Rollins (rollins_s@outlook.com, I am an AMC Level 1 Hiking Leader and Bicycle Leader who loves sharing beautiful outdoor experiences with others.) L Walt Granda (wgranda27@gmail.com)

Thu., Apr. 25. Trail Trace the Blue Hills - Thursday Evening Hikes, Blue Hills Reservation, MA. Join us for the 19th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day; get outside; strengthen your hiking legs; and socialize with a nice group of people. We do ask that you make a commitment to join this series by attending as often as you are able, understanding that we all will be away some weeks throughout the series. This is a 'trail trace' series, meaning that we hike every foot of every trail in the chosen section of the Blue Hills each week. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Elevation and mileage will change each week so you need to be prepared for changing conditions with some hikes more strenuous than others. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is a Level 2 AMC Southeastern MA Leader and a Leader for Boston Local Walks & Hikes Committee.) L William Doherty (781-857-4148, wdoherly1@verizon.net, Level 1 AMC Hike Leader. Four season Blue Hills hiker. Occasional White Mountains hiker. Trail maintenance volunteer.), R Joanne Newton (508-215-9470, newt665@comcast.net)

Fri., Apr. 26. Blue Hills Spring Hike, location will be provided to registered participants., MA. This hike will traverse an area of the Blue Hills that starts at Houghton Pond, takes us past the Ranger station, ascends North Skyline and then cuts east onto Hill Path, goes to Trailside Museum, to Big Blue and Eliot Tower, and goes through lovely trails along the way. We will head back to Houghton Pond on the South Skyline. There will be rocks, ledges, and exposed roots along the way. Did you know that the summits in the blue hills are the remains of ancient volcanoes, which erupted 440 million years ago, and then collapsed? Imagine that! Participants should bring sturdy footwear, a backpack, layered clothing suitable for hiking in the spring, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, sunglasses (if you mind the sun in your eyes), and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am, we leave at 10 am, and end time is around 2PM. The hike is open to everyone, and you do not need to be a member of AMC to participate. However, on-line registration is required. Photos may be taken so please let us know at meetup if you don't want your photographs posted or even taken, for that matter. You can expect the hike to be about 4 hours, approximately 7.7 miles in length, close to 1100 feet of elevation, and an average pace of 2mph. The hike is on a Friday so we will all have time to recuperate from the previous Tuesday's hike. We are hoping for good weather and a good turnout!! Hope to see you there! L Madelyn Atwood (978-502-6906 until 9pm, 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 Lawrence Petrone (lpetrone57@gmail.com, Larry is 4-season Level I hike leader for the SEM and Boston AMC chapters, and a Nordic ski enthusiast. He is also Co-chair of SEM's Trails Committee.)

Tue., Apr. 30. Spring Moderate Conditioning Hike Series #4, Blue Hills Reservation, MA. See listing at April 23.



Image by [Vicki Hamilton](#) from [Pixabay](#)



Activities

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

HIKING

Tue., Apr. 30. Spring-Season-Hiking in The Blue Hills Reservation Continues: An Introduction Or Refresher, Blue Hills Reservation, MA. Are you interested in hiking with a group led by experienced Appalachian Mountain Club (AMC) hike leaders? Is hiking new to you or have you started hiking, had to stop, and would like to begin again? Perhaps you have hiked and you'd like to slowly improve your hiking stamina, abilities, and know-how. If you have answered "Yes" to any of the above, you are aged 18 to 80, and in generally good health, then this is the hiking series for you! The program began with just a few miles on mostly flat trails at a slow to moderate pace. We'll progress to slightly more challenging conditions, which will include longer distances, a bit more pace, and the addition of hilly terrain. The group will meet every other week. Our progress will depend on the comfort of EVERYONE who regularly participates. The series began on April 2, 2024; however you can begin to participate right now! These bi-weekly hikes will continue every other Tuesday until June 11th. We will meet at various locations in the Blue Hills Reservation for all of our hikes. The leaders will introduce you to different hiking techniques, rules for safety, and the various types of equipment to help you achieve your goals. The objective is to expand your hiking IQ and to have fun! You are not required to be a member of AMC. However, you do need to set up a free AMC account to register once for all of the hikes in the program, unless of course you already have an account. Here is [the link to register](#). You only need to REGISTER ONCE FOR THE ENTIRE SERIES! After that you can attend any of the remaining hikes and simply sign the standard AMC Release Form at the trailhead. No pets will be permitted on these hikes, except for pre-approved service dogs. Additional information will be sent, prior to each hike, to all those who register. We hope you, your friends, and family members will join us! L Ken Cohen (508-942-1536 Before 7:00 pm, 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 Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is 4-season Level I hike leader for the SEM and Boston AMC chapters, and a Nordic ski enthusiast. He is also Co-chair of SEM's Trails Committee.

Thu., May 2. Thursday Morning Hike at Borderland - Loop the Ponds, Borderland State Park, Easton, MA. Let's kick up the earth and smell those spring flowers (maybe) by hiking through some beautiful trails in Borderland State Park. Minimal elevation allows us a moderate pace of approximately 7 miles. Of course, the weather will determine the overall distance. 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. 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.)

Thu., May 2. Trail Trace The Blue Hills - Thursday Evening Hikes, Blue Hills Reservation, MA. See listing at April 25.

Thu., May 9. Trail Trace The Blue Hills - Thursday Evening Hikes, Blue Hills Reservation, MA. See listing at April 25.

Thu., May 9. Thursday Morning Hike - Spring-into-Spring at the Arnold Arboretum! Jamaica Plain, Boston, MA. Attention nature enthusiasts, mark your calendars for the 7th Annual Spring-Into-Spring Hike at the Arnold Arboretum in Jamaica Plain (greater Boston)! Join us as we explore a number of the less-traveled trails where we will discover some of the hidden gems from the Far East and Europe. This will be a five-to-six-mile hike at a moderate pace with many interpretive stops along the route. Highlights will include two hilltop vistas, an amazing bonsai exhibit (with specimens dating back to the mid 1700's!) and the "Explorer's Garden". During this time of year many "crab apples", "azaleas", "red buds" and "lilacs" are usually in full bloom in this "tree museum". If we're lucky the very rare "Dove Tree" (pictured) will also be flowering. The trek is limited to 15 participants plus the leaders. Bring water, lunch or snack, sturdy waterproof footwear, sunscreen, and insect repellent. A steady rain will cancel the event. Well behaved dogs on leash are O.K. The group size is limited, and activities are often wait-listed, so please cancel your registration if you can no longer attend or are not feeling well. Online registration is required. AMC membership is not required, but you will need to set up a free AMC online account if you do not already have one. Click the "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. Each person must register individually; you cannot register for a friend or household member. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern and Boston, Massachusetts Chapters Hike Leader and Hike Leader Mentor. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, lpetrone57@gmail.com, Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018 and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)



Activities

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

HIKING

Sat., May 11. Hike the Midstate Trail: Spencer to Oxford, MA. Let's explore a section of the Midstate Trail which runs through Massachusetts from the Rhode Island border at Douglas State Park to the New Hampshire border, ending (or beginning, depending on where you start) near Mount Watatic in Ashburnham State Forest. This is a great hike if you are interested in completing the Midstate Trail. We will maintain a moderate pace (1.5 - 2 miles per hour), with occasional stops. We will hike southbound on a point-to-point route from Spencer to Oxford, MA. The hike will involve a car spot (about a 20-minute drive) and about 10 miles of trails, with elevation gain about 1300', on paved roads and hiking trails. Points of interest are a wildlife management area, a cow tunnel under Route 20 and a footbridge over the French River. The cow tunnel funnels water from a stream so we will be walking in about 1.5 inches of water for about 80 feet. The hike, along with car spotting, will take approximately 6-7 hours to complete. Information on start time and location and what to bring will be sent to approved participants. L Kate Sullivan (617-460-5843, kbsullivan2014@gmail.com, Kate is a 3-season hike leader. She enjoys exploring new trails locally and in the mountains of New England.) L Kathleen Nash (kknash5@yahoo.com, Kathleen is an AMC SEM level one hike leader. She is a year-round hiker and she enjoys leading local day hikes.) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net, Barry is a four-season hike leader, bike leader, and paddling leader who is Wilderness First Aid (WFA) certified. He is a long-standing AMC Southeastern Massachusetts Chapter (SEM) member and has served several years on the SEM Chapter Board including the position of Past Chapter Chair.)

Thu., May 16. Thursday Morning Hike - World's End, Hingham, MA. Moderate 4-5 miles on scenic hilly carriage ways and rocky paths. Explore unique peninsula in Boston Harbor with stunning views., There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Heavy or steady rain cancels. World's End. Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Directions, property map and reservation information can be found at this website: <https://thetrustees.org/place/worlds-end-hingham/>. L Eva Das (borsody@gmail.com)

Thu., May 16. Trail Trace the Blue Hills - Thursday Evening Hikes, Blue Hills Reservation, MA. See listing at April 23.

Tue., May 21. SEM Blue Hills Spring Intermediate Conditioning Hike Series Week #9, Blue Hills Reservation, MA. See listing at April 23.

Thu., May 23. Thursday Morning Hike at Chickatawbut, Blue Hills, MA. Please join us for a spring hike in the Chicatawbut area in the Blue Hills. The hike will be approximately 6-7 miles, including a 1000' elevation gain. We will take short breaks when needed. The route may include uneven terrain and to ck scrambles. Since it's May, there will be a chance that you will need rain gear and waterproof hikers but that won't be determined until we get closer to the date. Appropriate hiking clothes for spring weather conditions, sturdy footwear, lunch/snacks, 2 liters of water, rain gear, layers, and a small backpack are required. 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 poles available to borrow - a first-in-line 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., May 23. Trail Trace the Blue Hills - Thursday Evening Hikes, Blue Hills Reservation, MA. See listing at April 23

Thu., May 30. Thursday Morning Hike - Annual-Perennials at Wilson Mountain & Whitcomb Woods Reservations, MA. Attention Nature enthusiasts! Please join us for the 7th Annual-Perennials Hike at the Wilson Mountain Reservation. Lady's Slippers and more! In a good year numerous specimens are found along many trails in these hills on the Dedham/Needham line. The Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large, tangled thickets of rhododendrons and mountain laurel flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. Not a true mountain, it does provide hilltop views of the surrounding area and Boston skyline. It's managed by the Massachusetts DCR. After a snack/lunch break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 3.5 - 6.5 miles depending on hiking one or both sections at a moderate pace. Bring plenty of water, snacks/lunch, sturdy waterproof footwear, bug spray, and sunscreen. Steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7 pm, k-cohen@comcast.net, Year-round hiker and snowshoeing enthusiast in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and National Parks. Hike Leader and Mentor for AMC-SEM and Boston Chapters. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, lpetron57@aol.com, Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018 and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)



Activities

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

HIKING

Thu., May 30. Trail Trace the Blue Hills - Thursday Evening Hikes, Blue Hills Reservation, MA. See listing at April 23.

Sat., Jun. 1-2. Beginner Map and compass for hikers (Sat/Sun), Blue Hills, MA. This two-day weekend workshop teaches you Map & Compass skills. No prior experience required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. Activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails. On Sunday small groups will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a US geological survey topographical map that does not show the trails. You will use terrain features such as valleys, brooks, and hills to reach your destination as well as compass bearings. Each group will have an instructor to help facilitate the learning. Class size is capped, and students assign themselves to groups of 5 to 7 students. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. If the class is overbooked, preference will be given to SEM leaders and Leaders-In-Training who took the SEM May leadership class however the class is open to anyone interested in improving their Map & Compass skills. For more information click on the link below labeled 'SEM Map & Compass'. **MATERIALS COVERED** • Different types of maps and why hikers prefer a topographical map. • How to read a topographic map: scale, distance, colors, and more. • Understanding contour lines and how to interpret the different shapes and swirls. • The parts of a compass, how it works, and how to hold it. • How to measure a bearing from a map and plot a bearing onto a map • Declination and how to account for it and then forget it. • How to use a compass to follow a bearing in the field or take a bearing on an object. • How to orient a map to the real world and use it at intersections to find the correct trail. • How to plan a route and the use of offsets when bushwhacking between points. • How to use point, line, and area awareness to not get lost and find your way back if you do get lost. Using handrails to hike off trail. 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 Lindsey Meyers Bertone L Varma Saripalli 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.)

Sun., Jun. 23-25. Hike the Northern Presidentials, Pinkham Noch, NH. Join us for a 3-day hike in the Northern Presidentials! We will gather at the trailhead Sunday morning taking the Ammonoosuc Ravine Trail to Mount Monroe and Mount Washington. After gaining about 3800' in 7 miles we will enjoy dinner and a good night's sleep at the Lakes in the Clouds hut. Monday morning we will continue to mountains Clay, Jefferson, and Adams which will add about another 7 miles and 2800' of elevation. We will stay at the Madison Springs hut Monday evening. Tuesday morning after breakfast, we will hike Madison and then head down the Valley Way trail. This will be a strenuous but rewarding hike! Participants should have similar hike experience with distance and elevation gain as well as be comfortable with rock scrambles and water crossings. We will hike at a moderate but steady pace. L Dia Prantis (617-504-8797, dprantis@yahoo.com, Dia is a year-round hiker and ski chair for the SEM. She enjoys getting outdoors at every opportunity.) L Kate Sullivan (617-460-5843, kbsullivan2014@gmail.com, Katy has completed all 48 and enjoys being on the trail and sharing her enthusiasm for the outdoors with others.)

Fri., Jul. 26-28. Backpacking the Long Trail Division #3, Stratton Mountain, VT. Join us for a backpack on the Long Trail in the Green Mountains of VT. Running from MA to Canada, the Long Trail is the oldest long distance hiking trail in the US, built between 1910-1930 by the Green Mountain Club. We will hike Division #3, which also coincides with the Appalachian Trail. This hike will be 23 miles in distance, with many ups & downs in elevation, as we summit Bromley Mountain (elev. 3120') & Stratton Mountain (3940', our highest point), with a low elevation of 1800'. With good conditions, we will have views of the Taconics, Mt. Monadnock & Killington. We will stay @ the Bromley Shelter and the Stratton Pond Campsite. Participants must be able to hike an average of 8 miles/ day with a full pack. Prior backpacking experience is required & attendance at an AMC backpacking workshop is preferred. Participants will need to have required equipment, including tent, sleeping bag, stove, and water treatment, as well as clothing appropriate for variable weather conditions. A full gear list will be provided to registered participants. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirdbp@aol.com, Jeannine enjoys sharing her love of the outdoors with others, leading hiking, backpacking, biking & xc ski trips.) L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) 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.



Activities

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

PADDLING

Volunteer Opportunities

Ongoing. Paddling 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 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)

SOCIALS

Sat., May 25. SEM Annual Open House, Borderland State Park, 259 Massapoag Ave, North Easton, MA. Are you intrigued by the Appalachian Mountain Club but haven't yet experienced our exciting activities? Whether you're new to the area or simply curious about what our Southeastern Massachusetts (SEM) chapter has to offer, we warmly invite you to our Annual Open House. **EVENT DETAILS:** Saturday, May 25th, 10 am-2 pm, next to the Borderland State Park Visitors Center. No registration required! Join us amidst the scenic beauty of Borderland State Park for a day filled with exploration and camaraderie. Our Open House promises something for everyone, whether you're a seasoned adventurer or just starting your outdoor journey. **WHAT TO EXPECT:** - Engaging information tables showcasing our chapter and diverse range of activities. - Live demonstrations to pique your interest and inspire your next outdoor endeavor. - An invigorating hike or bike ride to immerse yourself in the natural splendor of the park. - A swap table featuring complimentary items generously donated by SEM members. At SEM, our calendar is packed with adventures suited to all interests and skill levels. From leisurely urban strolls to challenging mountain hikes, serene paddles to exhilarating ski trips, there's an experience waiting for you. And rest assured, once you dip your toes into our vibrant community, you'll be hooked! **ALL ARE WELCOME!** Whether you're a prospective member or a seasoned participant, we encourage you to join us for this delightful day of discovery and connection. Bring your friends, family, and enthusiasm for the outdoors! **PARKING INFORMATION:** Please note, there is a \$5 parking fee at Borderland State Park. **CONTACT US:** For any inquiries prior to the Open House, don't hesitate to reach out to Nancy Piedra, our Membership Chair, at membershipchair@amcsem.org. Unlock the door to adventure with the Appalachian Mountain Club's Southeastern Massachusetts chapter. Mark your calendar, gather your spirit of adventure, and come experience the excitement firsthand! We look forward to seeing you there! L Nancy Piedra (membershipchair@amcsem.org, Nancy is our membership Chair; please email her if you have any questions prior to the Open House. Hope to see you there.) L Paul Brookes (Paul is the Chapter Chair; he'll be available at the Open House for you to "Ask Me Anything (AMA).")

Fri., Sep. 27-29. SEM Chapter Hut Weekend at Cold River Camp, North Chatham, NH. Join the fun at SEM's Annual Chapter Hut Weekend. This year we will be at Cold River Camp in North Chatham, NH. All are welcome: youngsters, adults, retirees. AMC members from any chapter and non-members. There will be something for everyone. The weekend begins Friday, September 27th (arrive any time after 2 PM) 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. Family-friendly activities will be offered. 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. Two hearty, hot meals (breakfast and dinner) and one bagged trail lunch will be provided daily starting with dinner Friday night at 6 PM and ending with a hot breakfast Sunday morning and a bagged trail lunch for Sunday's activities. All meals are homemade by the camp chef using seasonal ingredients and served family style or buffet. A vegan/vegetarian option will always be available to those who have requested vegetarian meals during registration. Participants may bring their own beer or wine (BYOB) for the daily social hour. Lodging is in cabins. Restrooms with showers are available. Participants must bring bed linens/ sleeping bag & towel. 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.)



Activities

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

SOCIAL

Fri., Oct. 25-27. Berkshires Hiking & Biking Weekend, Wainwright Inn, MA. Join us for a fun weekend in the beautiful Berkshires. We will be returning to the Wainwright Inn in Great Barrington. The inn has 9 lovely rooms, serves a delicious multi-course breakfast, & is close by to many hiking trails of varying features & challenge, as well as to the 23 mile Harlem Valley Rail Trail. Hiking & cycling will be offered on Saturday, as well as a short hike on Sunday morning. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirdbp@aol.com, Jeannine enjoys sharing her love of the outdoors with others through leading hikes, backpacks, bike rides & xc skiing. The Berkshires is a favorite location.) L Peggy Qvicklund (qvickan@comcast.net, Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Len Ulbricht (lwu9944@verizon.net, Len leads hikes & bike rides in MA & NH.) 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.)

Sat., Nov. 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)

TRAILS

Sat., Apr. 20. Spring Cleanup of Blue Hill's Brookwood Farm, Blue Hills Reservation, MA. We plan to hike and clean the up the Brookwood Farm section of the Blue Hills Reservation. Trails work includes cutting fallen trees, and clearing branches and brush on the trails. Total hiking will be approximately 2 miles. Steve Scala and Larry Petrone of the Southeastern Massachusetts Trails Committee will provide tools and work gloves to volunteers and lead the work. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is 4-season Level I hike leader for the SEM and Boston AMC chapters, and a Nordic ski enthusiast. He is also Co-chair of SEM's Trails Committee.) L Stephen Scala (smsca59@gmail.com, Steve is a 4-season hiker and runner, and is Chair of the Trails Committee for AMC's Southeastern Massachusetts Chapter.)



The End