

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | January 2020

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The Dedicated Dozen roll into 2020 with a New Year's Day ride, 26 miles from North Falmouth to Woods Hole. The ride has been a tradition for about 15 years. With Paul Currier under the weather, Jeff Hyman led the 2020 ride. *Photo by Bernie Meggison*

## Cyclists wheel into Year 16 of 2000-Mile Club

By Paul Currier, Biking Registrar

Founded in 2004 by Jack Jacobsen and becoming operational in 2005, our AMC Southeast Massachusetts 2000-Mile Club is now beginning its 16th year of recording mileage and rewarding our cyclists for riding 1,000 miles or more annually. An achievement patch is awarded to riders the first time they ride and record 2,000 miles or more.

The club experienced its first significant growth during former vice chair Victor Oliver's tenure and has been growing since. We have had several volunteer registrars starting with Paul Currier and continuing with Dan Egan, Bernie Meggison, and Paul Currier (again). New members are always welcome—you don't have to ride 1,000 miles.

Record and send your quarterly 2020 mileage to me at [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net) so we can post it on [our website](#) and in the Breeze.

For additional information about the 2,000-Mile Club, contact [Bernie Meggison](#), [Paul Currier](#) or Founder [Jack Jacobsen](#). See *mileage records* on page 6



## View from the Chair: Spring Training Opportunities

Every January, as the Patriots season ends, thoughts turn to the Red Sox spring training season, only a month away. SEM, too, has spring training. On the horizon are a Leadership Training workshop, a Wilderness First Aid workshop, and a workshop for hiking & backpacking.

Leadership Training (LT) is a one-day course required for those wishing to lead safe and enjoyable hiking, biking, paddling, or skiing trips for the chapter. It is your once-a-year opportunity to learn about good trip management techniques and AMC's leadership guidelines and practices. We also welcome those who may just be curious about trip leadership skills and past workshop attendees who want a refresher in leadership. Taught by SEM's highly experienced trip leaders and visiting AMC staff, LT is a fun day of classroom instruction and structured exercises, both indoors and out. It's offered at no charge and includes lunch. This year's LT workshop will be on Saturday, April 4. For more information or to register, click [here](#).



Wilderness First Aid (WFA) is a two-day course for level 1 (local) leaders who want to qualify to lead hiking, backpacking, or other trips in the backcountry (such as the White Mountains or Berkshires), far from quickly available 911 emergency response personnel. SEM engages professionals trained specifically in backcountry first aid medicine to prepare trip leaders to treat typical injuries that could occur on the trail (but, luckily, rarely do). Certification is good for two years. WFA and optional CPR training will be held the weekend of May 2 and 3. For more information or to register, click [here](#).

Lastly, save the date for the hiking and backpacking workshop on Saturday, May 9. Focused on practical skills for those wishing to venture into the backcountry, it covers the rudiments of hiking equipment for first-time hikers (footwear, clothing, daypacks, etc.) and equipment (tents, sleeping bags, stoves, backpacks, etc.) for first time backpackers. Participants are given priority to register for our summer series, typically four progressive day hiking trips or overnight backpacking trips in NH. If this sounds interesting to you, be on the lookout for the "registration is open" announcement in the *Breeze*, under "Education" on the searchable ActDB [online trip listing system](#), or on [www.amcsem.org](http://www.amcsem.org).

Hope to see you on the trails,

*Len Ulbricht, AMC-SEM Chapter Chair*

### 2020 Executive Board

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### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Christine Racine  
Webmistress.....Cheryl Lathrop

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position





Joanne Newton, left, Ken Cohen, and Bob Vogel welcomed Walt Granda as the fourth member of the 500-Miler Club.  
*Photo by Karen Foley*

## Chilly day at the beach for 500-mile club and other intrepid hikers

By Ken Cohen, Hiking Vice Chair

On Thursday, December 19, seven intrepid hikers met at Horseneck Beach in Westport, MA. The air temperature at the beginning of the hike was 15 degrees with wind gusts up to 30 mph. Hike Leader Walt Granda laid out a terrific route which, after the first half-mile or so on the beach and into the wind, took us onto designated hiking trails on the much more sheltered sand dunes. Once we hiked to the mouth of the Westport River, we began our return trek on the beach with the wind at our backs! Our thrilled and chilled group covered 4-1/2 miles in challenging weather conditions.

Prior to the hike, I presented Walt with his 500 Miles Patch. That “ceremony” was followed by a group photo of our chapter’s four current “500-Milers,” which includes Walt, Joanne Newton, Bob Vogel and me. Hiker Karen Foley captured the photos while our two other hearty-hikers, Kate Sullivan and Jack Jacobsen, looked on.

The AMC-SEM website offers many excellent opportunities to participate in so many terrific hiking and achievement programs. I encourage you to consider the “Record Hiking Miles” option. It’s a great way to set personal goals and casually compete with your fellow hikers.

As an incentive, our chapter has offered a neat looking “100 Miles” patch, which you can request from our Hiking Chair, after each 100 miles of AMC sanctioned hikes, with any AMC chapter, **in a calendar year**.

The “500 Miles” patch was added to the mix during 2019. That patch can be requested after you’ve exceeded 500 miles of AMC sanctioned hikes, with any AMC chapter, **during any period of time**. For example, 200 miles during calendar year 2019 and 300 miles during 2020 would fulfill that requirement. Of course, acquiring five 100 Miles patches over time would qualify you for the 500-miler. Note: Be on the lookout for our final distance patch, the 1000 Miles patch, during 2020!

Please check the details after downloading [the link](#) by clicking on “Hiking” under “Committees” on the left side of the AMCSEM website. That will take you to the comprehensive hiking activities page, where on the right side you’ll click on “Record Hiking Miles.” Give it some time to load, and read the details at your leisure to get started.



Hikers head into the wind, with gusts up to 15 mph, on Horseneck Beach. They got a push on the way back. *Photo by Ken Cohen*



Ken Cohen, left, awards a 500-Miler patch to Walt Granda.

*Photo by Karen Foley*





*Photo by Ken Carson*

## Volunteer of the Month: Anne Duggan

By George Danis, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Hiking Committee recognizes **Anne Duggan** for her numerous contributions.

Anne is a tireless worker and true outdoor enthusiast who loves to be outdoors and on her snowshoes! She leads the annual snowshoe hiking series, in addition to leading other hikes throughout the year. Also, she is a regular presenter at various hiking workshops, where she enthusiastically shares her knowledge and experience with all the participants (including her hand-knitted mittens and food pouch). She always encourages them to join her (and us) on the trails.

Anne's "best gift to herself" was her initial AMC membership, which perfectly illustrates her commitment to the outdoors. The Hiking Committee is pleased to announce Anne as our volunteer of the month for January 2020. Anne will receive a Volunteer of the Month Certificate and a \$50 gift card.



This hardy crew of Cape Cod hikers celebrated the first Sunday of the New Year with a traipse through the Bell's Neck Conservation Lands in Harwich. The 4.5-mile route consisted of mostly flat terrain along the east & west reservoirs, cranberry bogs, marshland, and a herring run. *Photo by Barbara Gaughan*

## Save the Date!

**AMC-SEM's Annual Open House is  
Saturday, April 25th  
at Wompatuck State Park  
in Hingham, MA.**

More details are coming soon!



Photo of Wompatuck State Park is courtesy of TripAdvisor.

<p><b>WANTED!</b></p> <p>LOOKING FOR</p>  <p><b>COMMUNICATIONS CHAIR</b></p>	<p><b>WANTED!</b></p> <p>LOOKING FOR</p>  <p><b>SKIING VICE CHAIR</b></p>	<p><b>WANTED!</b></p> <p>LOOKING FOR</p>  <p><b>YOUNG MEMBERS VICE CHAIR</b></p>
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## AMC-SEM 1,000-Milers 2019

Robyn Saur	6,516	Lee Eckart	2,036
Ed Nelson	5,477	Jim Kilpela	1,857
	<i>Albany, Buffalo, Erie</i>	Louis Outor	1,753
Rick Roberts	4,444	Paul Currier	1,682
Mike Garrity	4,235	Mark Gurnee	1,496
	<i>634 in Ireland July</i>	Bill Cook	1,455
Grtz Jean-Claude Castelein	4,061	Glenn Mathieu	1,383
Susan Eliason	3,469	Jean Orser	1,370
Paul Corriveau	3,060	Joe Balboni	1,145
Bernie Meggison	3,028	Barbara Gaughan	939
	<i>Erie Trails &amp; CCRT Ranger; NC, SC</i>	Jack Jacobsen	749
Larry Kornetsky	2,676	Larry Decker	749
Joe Tavilla	2,502	Lawton Gaines	689
Alan Greenstein	2,077	Peter Linhares	512

For information about joining, or to add mileage, contact Paul Currier. [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net)

### For your consideration:

- \* Our elite group of 25 reporting cyclists pedaled almost 59,627 miles in 2019.
- \* The earth is 24,901 miles around.
- \* Our cyclists pedaled a distance equal to almost 2-1/2 times around the world, or 10 round trips from Boston to Los Angeles (3,000 miles each way), or 23 round trips from Boston to Orlando (1,295 miles each way), or 260 round trips from Boston to Provincetown (115 miles each way)!



### Explore Prince Edward Island this Summer or Fall

My two-bedroom cottage near Tignish provides sweeping views of the ocean, the beach, and the North Cape lighthouse. Enjoy kayaking, bicycling, walking the beach, swimming the warmer Gulf Stream waters, and exploring the community of Nail Pond and the many PIE attractions. The newly constructed cottage sleeps six comfortably. Weekly rent is only \$900. Contact me, AMC member Scott, for more information at 603-254-5032, or [scottm@plymouth.edu](mailto:scottm@plymouth.edu).



## Activities

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

### Hiking Key:

**C4D**

Indicates distance in miles

AA .... 13+  
A ..... 9-13  
B ..... 5-8  
C ..... less than 5

Indicates pace

1 ..... very fast  
2 ..... fast  
3 ..... moderate  
4 ..... leisurely

Indicates terrain

A ..... very strenuous  
B ..... strenuous  
C ..... average  
D ..... easy

Found in the description

L ..... Activity leader  
CL .... Activity co-leader  
FT .... First Time  
NM ... New Members  
AN .... Advance Notice  
C ..... Conservation

## BICYCLING

**Sun., Feb. 9. Road Cycling - Sunset & Full Snow Moon, Cape Cod Canal area, MA.** Mainland side - Flats and hills. Registration required. Start time: about 2 hours prior to sunset. Contact leader for registration, start time, etc. [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net) Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. We'll ride streets from from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moonrise over the Sagamore Bridge or at the end of the canal service road. Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full Moon the Full Snow Moon. Some tribes also referred to this Moon as the Full Hunger Moon, since harsh weather conditions in their areas made hunting very difficult. L Paul Currier (508-833-2690 8-7, [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net))

**Mon., Mar. 9. Road Cycling - Sunset & Full Worm Moon -, MA.** DST is here! 22+/- Miles & 2+ hours. Mostly Flat. Start time: about 2 hours prior to sunset. Contact leader to register [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net). Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. We'll start in the large parking lot on the canal in Sandwich in front of the Coast Guard Station. Take Freezer Rd. to Ed Moffitt Drive past the Pilot House to the lot. Park close to Ed M. Drive in my reserved spots (marked "P") and leave the canal scenic spaces for the canal viewers. We'll cycle the canal and streets to the private Colony of Tahanto and return along Shore Road and perhaps through Gray Gables and Mashnee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with stops possibly at the RR Bridge for the Energy Train and Aptuxet Trading Post/ President Cleveland's personal railroad station. - Full Worm Moon - As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. The more northern tribes knew this Moon as the Full Crow Moon, when the cawing of crows signaled the end of winter; or the Full Crust Moon, because the snow cover becomes crusted from thawing by day and freezing at night. The Full Sap Moon, marking the time of tapping maple trees, is another variation. To the settlers, it was also known as the Lenten Moon, and was considered to be the last full Moon of winter. L Paul Currier (508-833-2690 8-7, [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net))

## CAPE HIKING

**Sat., Jan. 25. Hike-Brewster, Punkhorn Parklands (Moderate), Brewster, MA.** Easy 7.5 mile hike with wooded, hilly trails and 4 pond views. Expect uneven terrain, many tree roots, slippery leaves and pine needles will be encountered. Route 6 Exit 9B, 2 miles to a right on Satucket Rd. for 2.8 miles, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 am 3 hours. Proper foot gear and poles suggested in snow or ice conditions. L Richard Kaiser (508-246-7582 Before 8:30 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Jan. 30. Hike Cataumet Greenways, Bourne, MA.** Enjoy hiking Cataumet Greenways in Bourne. Traverse gently rolling wooded trails, bog paths, and grassy pastures. View ponds, bogs and historic sites. This hike is scheduled to last for 2hr 30 min. May be shorter (2hrs) depending on weather, trail conditions. Approximately 5 miles. Bring: warm layers, sturdy hiking boots, water, snacks, Yaktrax/Stabilicers/Microspikes. Hiking poles are strongly recommended Call leader Cathy Giordano if you have questions: 508 243 3884 before 9 PM Check the status of this hike before leaving home as stormy/ extreme weather may cancel the hike Go to: [www.amc.org](http://www.amc.org) select Cape Hiking under Committees, click on Cape Schedule. Check the status of Hike Cataumet Greenways. L Catherine Giordano (508-243-3884 Before 9 PM, [cmgiordan@msn.com](mailto:cmgiordan@msn.com))





## Activities

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

### CAPE HIKING

**Sun., Feb. 2. Hike Ryder Conservation/Lowell Holly Reservation Hike, Cotuit Rd., Sandwich, MA.** Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 hike & bike leader)

**Thu., Feb. 6. Hike Santuit Pond, Mashpee, MA.** This will be a relatively flat hike to Santuit Pond and River to view herring ladder and continue on past active and inactive cranberry bogs.. We will be starting from a new location which provides better parking. Meet up time is 12:45 PM. Driving Directions: From Rte 28 in Mashpee turn onto Rte 130 to Sandwich and look for Santuit Pond Parking area in 0.6 miles on right. From Rte 6 take Exit 2 off of Mid Cape and Turn S on Rte 130 go 8.4 to parking area on L. L David Selfe (508-771-0620, [kdsselfe@comcast.net](mailto:kdsselfe@comcast.net))

**Sun., Feb. 9. Hike Scorton Creek Sandwich, Old County Rd. East Sandwich, MA.** Hike along saltmarsh, through old state game farm and past one of the original pilgrim homesteads. Contour is fairly flat, with lots of roots and some trails may be muddy. Driving Directions from Sagamore Bridge take exit 3 and turn N on Quaker Meetinghouse Rd to 6A and turn R and follow 6A to E Sandwich Post Office and turn R onto Old County Rd and park in horseshoe across from Grange Hall. From down cape take Rte 6 to Exit 4 Chase Rd and turn N and take 2nd L onto Old County Rd and park in horseshoe on L across from Grange Hall. Meet at 12:45 PM for 1 PM hike start. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Thu., Feb. 13. Hike - South Cape Beach Mashpee (Easy), Mashpee, MA.** Flat hike through woods for 2 miles, then 2 miles on sandy peninsula, or dirt fire road. From Mashpee rotary, take Great Neck Road South 4.8 miles. Left on Great Oak Road for 0.7 miles to the Mashpee Town Beach Parking Lot. Do not park at the state beach lot. Meet at 9:45 AM 2 hours. L Richard Kaiser (508-246-7582, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Feb. 20. Hiking Snail Rd, Provincetown, Provincetown, MA.** Are you ready for some dunes? This hike is spectacular and strenuous. Walk over the dunes toward the beach experiencing 360 views of sandscape, observe dune shacks close up. All soft sand and hilly. Slower pace. Trail head is on the right side of Rte 6 in P-town opposite Snail Rd which is first left into P-Town after town line sign on Rte 6. Park on right side of Rte 6 or take the left onto Snail Rd and park. Meet 9:45 for 10:00 start. May be slightly longer than 2 hours. L Pat Sarantis (508-430-9965 Before 8:30 PM, [patsarantis@gmail.com](mailto:patsarantis@gmail.com))

**Sun., Feb. 23. Hike--Bourne Town Forest and Four Ponds, Bourne, MA.** This 2 hour approximately 4.5 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with several moderate hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Do not use your GPS to find this location. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader -Robin McIntyre 508 789-8252. L Robin McIntyre (508-789-8252 Before 9 p.m., [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a fourth year Level 1 SEM/Cape hike leader with WFA training)

**Thu., Feb. 27. Hike--Island Pond, Harwich, MA.** Hike bike path to wooded trails, pass Island Pond and lavender farm with hilly trails. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser (508-432-3277 Before 9:00 pm, [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net), Many years Cape hike leader, AMC life member)

**Sun., Mar. 15. Hike Shawme Crowell State Park Sandwich, MA.** Two hour hike on wooded trails through the scenic campground, some hills. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))



## Activities

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

### CAPE HIKING

**Sun., Mar. 22. Hike--Plymouth Lane, Plymouth, MA.** This 5 mile, 2.5 hour hike is in the triangle of land of Plymouth/Bourne/Wareham with the hike in Plymouth. The terrain is wooded pathways with some ruts and hills. Poles are strongly recommended with orange headgear and vests. From the OFF Cape side of the BOURNE Bridge rotary, exit the rotary onto Head of the Bay Road, between the Mobil gas station and Too Jasper motel. Go 1.2 miles to Plymouth Lane and go right for .9 miles to turn left on White Island Pond Road. Park on the left side of the road, facing outward, just adjacent to but not obstructing the sidewalk. We will carpool to the trailhead which is on a busy road with a very limited parking area. L Robin McIntyre (508-789-8252 Before 9 pm, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 4th year Level 1 hike leader for Cape Hikes/SEM with WFA training.)

**Thu., Apr. 30. Hike--Monk's Park and Little Bay, Bourne, MA.** This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is moderate rolling hills on the wooded trails throughout the hike. Do not use your GPS to find the start of this hike. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net) Robin is a fourth year Level 1 SEM/Cape hike leader with WFA training.)

### EDUCATION

**Sat., Apr. 4. Leadership Training Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360.** This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougg@aol.com](mailto:redDoug@aol.com))

**Sat., May 2-3. Wilderness First Aid Two Day Workshop, location: Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360.** Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM level 2 and above hiking trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, [reddougg@aol.com](mailto:redDoug@aol.com))

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

Ongoing. Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor); monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor); SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed; participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner; interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to [chair@amcsem.org](mailto:chair@amcsem.org). L Leonard Ulbricht (chair@amcsem.org)





## Activities

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

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### HIKING

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

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

**Sat., Jan. 25. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA** - Main Houghton Pond Parking Lot - Meet near playground. This hike is considered a 'moderate' hike. Approximately 3 hours and 5 miles of up & down, up & down at a moderate pace. We can pause as needed after each up and down. Arrive at 9:45 AM for a Yeti Yoga winter warm up with simple standing stretches prior to each hike. The hike will begin at 10 AM. Proper fitness and equipment is needed. One time registration required. L Roger Whidden (781-834-7722 9 am - 9 pm, [wfsf1@verizon.net](mailto:wfsf1@verizon.net), See [whiddenschool.com](http://whiddenschool.com) or [zazenzone.com](http://zazenzone.com)), R Roger Whidden (781-834-7722 9 am - 9 pm, [wfsf1@verizon.net](mailto:wfsf1@verizon.net))

**Sun., Jan. 26. Winter Morning Out Hike at Myles Standish State Forest, Plymouth/Carver, MA.** Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver with the Friends of Myles Standish. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L John Bescherer L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net))

**(NM) Tue., Jan. 28. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to about 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net), Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton ([vogel.r@comcast.net](mailto:vogel.r@comcast.net)), R Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net))

**Tue., Jan. 28. White Line the Blue Hills, Blue Hills Reservation, Milton, MA.** What is "White Lining?" White Lining is an honor system quest to hike all of the mapped trails in the Blue Hills Reservation between the Winter Solstice and the Spring Equinox. For most folks White Lining takes several winter seasons to complete, hiking trails both on their own as well as in our fun White Lining group! For the sixth year, this popular series will have 12 hikes and will run from December 31, 2019 through March 17, 2020. We will meet on Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3 to 4 hours. We will hike at a moderate pace, perfect for moving and chatting at the same time. We will also enjoy lunch while out on the trails. Please consider the number of weeks you will be able to attend when deciding if this is the right group for you to join. If you are "White Lining" and think you can attend most of the 12 hikes, this is the group for you. If "White Lining" isn't your goal, there is another AMC winter hike also offered on Tuesdays in the Blue Hills that may be a better option. You only need to register one time for all 12 hikes. Registered hikers will be sent an email during the prior week detailing the meet up location and map plan of the hike. Hikes will be cancelled during active snow storms, heavy rain, icy conditions and/or excessive cold. Winter hiking clothing, insulated hiking boots, micro-spikes, snow shoes and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers with proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. White Line the Blue Hills! Lots of fun, adventure, no bugs, and gorgeous winter landscapes! L Pamela Johnson (617-448-4446, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series in the Blue Hills. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts. Pam has climbed the NH48 and is now working on 52WAV.) L Claire MacDonald (Claire and her husband, Craig, are AMC SEM Hike leaders. Claire and Craig have both completed their "Red Line" of the Blue Hills and have also completed the NH48. They love international treks including adventures hiking in Nepal and Patagonia. Claire and Craig were co-leaders of the White Lining series last year.) L Craig MacDonald (Craig is an AMC SEM hike leader and together with his wife, Claire, has been co-leader on the White Lining series and is also co-leader on the Conditioning Series.), R Claire MacDonald (781-582-0316, [cfdmacdonald@hotmail.com](mailto:cfdmacdonald@hotmail.com))



## Activities

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

### HIKING

**Thu., Jan. 30. Advanced Conditioning Hike Series, Blue Hills Reservation, Milton, MA.** This is a series of advanced conditioning hikes in the Blue Hills Reservation during the winter months on alternating Thursdays. The hikes are intended for those with previous winter hiking experience. This experience could include previous SEM white lining hiking in the Blue Hills. The series is not suitable for beginners. We will be doing at least 4 miles at a moderate to moderate fast pace on rugged trails in the Blue Hills Reservation to achieve over 1000 feet of vertical climbing. The hikes will take 3 to 4 hours. MICROspikes or similar spikes will be required since we will be looking for icy places to use them. Also, backcountry snowshoes (ones that have built-in traction) are required. The series will also focus on efficient layering and climbing techniques. Steady rain or bad driving conditions will cancel. Registration is required. Group size is limited to 10. Contact the leader at: [dexpdoc@gmail.com](mailto:dexpdoc@gmail.com) to register. L Dexter Robinson ([dexpdoc@gmail.com](mailto:dexpdoc@gmail.com)). Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all of the NH four thousand foot mountains in winter and recently completed climbing the New England hundred highest mountains.)

**Thu., Jan. 30. Thursday Morning Hike: Whitney and Thayer Woods (B3C), Cohasset/Hingham, MA.** Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property, for 3-4 hours. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Boots suitable for weather/trail conditions, traction devices (or possibly snowshoes), water, winter wear (layers, hats, mittens) and snacks/lunch required. Persistent rain or snow that morning will cancel. Contact L by email if weather is questionable. Please carpool if possible. L Eva Borsody das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Sat., Feb. 1. Winter Series Hike #3 - 4000' Hike in Crawford Notch, NH.** Join us for hike #3 of the SEM Winter Hiking Series on a 4000' mountain in Crawford Notch, NH. The hike will be chosen depending on weather, trail conditions and number of participants. Possibilities include Mt. Pierce, Mt. Jackson, Mt. Tom or Mt. Field. The hike will be approximately 6+ miles with about 2300 ft. of elevation. Proper winter clothing & gear are required (which may require snowshoes/ traction/ full crampons), as well as previous winter hiking experience &/or participation in the SEM Winter Hiking Workshop. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net))

**Sat., Feb. 1. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at January 25 listing.

**(NM) Tue., Feb. 4. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** See details at January 28 listing.

**Tue., Feb. 4. White Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See details at January 28 listing.

**Thu., Feb. 6. Wompatuck State Park Woods Walk, Hingham, MA, MA.** Thursday Morning Hike Series. Five to six mile moderate hike over Wompatuck trails, following a route with varied terrain including ponds, Prospect Hill and a brief stroll along a campground road. We'll explore a variety of trails and give everyone a chance to get familiar with the Wompatuck trail map in the process. All participants should bring Micro-spikes. Snowshoes may be needed as well, and given the range of possible mid-winter conditions & temperatures, all participants should be prepared with adequate layers, equipment, and snacks/lunch. Heavy weather/unsafe travel conditions will cancel. Contact leader by email if weather is questionable. Please contact the leader if this is your first winter hike. L Thomas Graefe (781-659-2441 Before 9:00PM, [tmgraefe@comcast.net](mailto:tmgraefe@comcast.net))

**Thu., Feb. 6. Full Moon Hike at Borderland State Park, Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under a Full Moon or as some may call it, a Snow Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. We may need to think about snow gear this time of year. Micro Spikes at a minimum. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) The date of the Full Moon Hike you wish to attend. I will be listing one for each month. 2) Your contact number. 3) A description of your latest hiking experience. L William Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com), AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Vice Chair) L Susan Svelnis ([suesvelnis@gmail.com](mailto:suesvelnis@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcnallyma@comcast.net](mailto:pmcnallyma@comcast.net)), R Bill Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com))





## Activities

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

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### HIKING

**Fri., Feb. 7-9. Winter Hiking and Cross-Country Ski Weekend - Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA, 01071.** Join the SEM Chapter for its eighth annual winter weekend get-away at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. The centers quiet, pristine, mountaintop location offers breathtaking views of the Pioneer Valley east to Mt. Wachusett. Numerous trails wind through quiet woodlands, pass old cellar holes or descend to two waterfalls. Snowshoeing and cross-country skiing will be offered assuming enough snow and hiking otherwise. Participants will need to bring their own equipment. Please note the leader will have his well-behaved dog, Sunny, with him. The cottages have electricity, water, wood-stove heating, and shared bedrooms. Separate but next to the cottages is a heated bathhouse with toilets and hot showers. Hot meals are included in the registration fee starting with dinner Friday night through lunch on Sunday. We have reserved all 28 beds in both cottages, and we hope you decide to join us; this event is popular however, so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Jeannine Audet L Joanne Newton

**Sat., Feb. 8. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.

**(NM) Tue., Feb. 11. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** See details at the Tue., Jan. 28, listing.

**Tue., Feb 11. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Jan. 28, listing.

**Thu., Feb. 13. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA.** See details at Jan. 30 listing.

**Thu., Feb. 13. Thurs. Morn. Hike Moose Hill, 293 Moose Hill Pkwy, Sharon, MA.** Enjoy a 5-6 mile moderately hilly hike at the Moose Hill Audubon trails. We'll hike to the ledge and also by the vernal pools. Bring snacks/lunch, sturdy footwear, and water. Depending on conditions, you may need traction devices or snowshoes. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net))

**Sat., Feb. 15. Snowshoe #2 Ethan Pond Trail to Ethan Pond, Crawford Notch, MA.** Starting at the Mt Webster turn off on the South side of Route 302 this out and back hike proceeds along the AT with views of Crawford Notch and Mount Willey. It climbs through forests and across bog bridges to the edge of Ethan Pond, first identified by Ethan Crawford in 1850. The Pond offers stunning views of the Mt Willey cliffs and the Pemi wilderness. Weather permitting we can walk out on the pond for panoramic views. Difficulty mod to strenuous, Distance 6.5 mi, Elevation gain 1400 ft, Time 6 - 7 hours. We will be chasing snow to begin a graduated series of snowshoe hikes in New Hampshire and Massachusetts. Hike locations will be posted 1 - 2 weeks prior to the planned hike. Full winter gear with snowshoes and microspikes will be required. Participants in the SEM Chapter Winter Hiking Workshop will be given priority for registration. L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com)) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) L Peggy Qvicklund (Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.) CL Joanna Dixson CL Diane Hartley ([abduggan12@gmail.com](mailto:abduggan12@gmail.com)), R Anne B. Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com))

**Sat., Feb. 15. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.

**(NM) Tue., Feb. 18. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** See details at the Sat., Jan. 28, listing.

**Tue., Feb 18. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Jan. 28, listing.

**Thu., Feb. 20. Thursday Morning Hike - Pratt Farm Middleboro, Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346 for car pool to trail head., MA.** Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. Possible shorter snow shoe hike if weather permits. L Richard Carnes (508-947-3204 before 9 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Sat., Feb. 22. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.



## Activities

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

### HIKING

**Tue., Feb 25. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Jan. 28, listing.

**(NM) Tue., Feb. 25. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** See details at the Sat., Jan. 28, listing.

**Thu., Feb. 27. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA.** See details at Jan. 30, listing.

**Fri., Feb. 28-Mar. 1. Lonesome Lake overnight, Franconia Notch, NH.** Join us on a wonderful overnight trip to Lonesome Lake Hut. This is the last in the Winter Hiking Series. We leave from the Lafayette Campground on Friday and return Sunday morning. There is a possible Saturday hike into the hut but that is not final. Those hiking in on Friday will have day hikes on Saturday to Canon, Kinsmans or around the hut. Registrants are responsible for booking their bunk (details to follow-- 20 bunks are currently reserved) at the hut. Dinners and breakfasts are group meals and participants will be required to carry some food. Costs of the meals will be evenly divided among the participants. Participation in a winter hiking workshop is required and participants will need appropriate clothing, micro spikes, snowshoes, full crampons and a minimum zero degree rated sleeping bag. L George Danis (danisdad51@outlook.com) L Jeannine Audet (milmod@aol.com), R Jeannine Audet ([milmod@aol.com](mailto:milmod@aol.com))

**Sat., Feb. 29. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.

**Tue., Mar 3. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Jan. 28, listing.

**Thu., Mar. 5. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under a Crow Moon or as some may call it, a Worm Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. We may need to think about Snow gear this time of year. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) The date of the Full Moon Hike you wish to attend. I have listed multiple dates 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 3 years leading Full Moon Hikes AMC SEM Conservation Vice Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcnallyma@comcast.net), R Bill Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com))

**Sat., Mar. 7. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.

**Tue., Mar 10. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Jan. 25, listing.

**Thu., Mar. 12. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA.** See details at Jan. 30, listing.

**Winter Hiking and  
Cross-Country Ski Weekend  
Friday-Sunday, Feb. 7-9, 2020  
Noble View Outdoor Center in Russell, MA**

**[REGISTER NOW!](#)**



Photo by Ken Carson, 2015





## Activities

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

### HIKING

**Sat., Mar. 14. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.

**Tue., Mar 17. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Sat., Jan. 28, listing.

**Sat., Mar. 21. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.

**Thu., Mar. 26. Thursday Morning Hike - Burrage Pond WMA - Halifax/Hanson, 15 Hawks Ave, Hanson, MA.** Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. Please contact leader BEFORE bringing DOGS on this hike. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Sat., Mar. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.

**Mon., Apr. 6. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under a Full Pink Moon or as some may call it, a Fish Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. We may still need to think about Snow gear this time of year. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend. I have listed multiple hikes 2) Your contact number 3) A description of your latest hiking experience. L William Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com), AMC Member for 8 Years 3 years leading Full Moon Hikes AMC SEM Conservation Vice Chair) L Susan Svelnis ([suesvelnis@gmail.com](mailto:suesvelnis@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcnallyma@comcast.net](mailto:pmcnallyma@comcast.net)), R Bill Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com))

**Sat., May 2. The 3rd Annual Spring Into Spring Hike, Arnold Arboretum - Jamiaca Plain, MA.** Including two vistas, Bonsai exhibit, and "Explorer's Garden". We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell Building) at 125 Arborway, Jamaica Plain at 8:45 for prompt 9:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**Sat., May 16-17. Beginner Map & Compass for Hikers (Sat/Sun), Blue Hills, MA.** Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. 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 using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map that does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday (9 am-5 pm). Only those that have not taken a map and compass course previously are eligible for the workshop; this ensures everyone in the group is at the same level. The fee for the workshop is \$60 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 NH navigating compass with adjustable declination correction, list price \$44 (currently \$29.69 on Amazon). If interested, please contact Doug Griffiths to register. L Paul Brookes (603-799-4399 after 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Doug Griffiths ([reddougg@aol.com](mailto:reddougg@aol.com))



## Activities

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

### HIKING

**Sat., May 30. 4th Annual Perennials Hike!, Wilson Mountain/Whitcomb Woods Reservations, Dedham, MA.** Lady's Slippers galore! In a good year there are hundreds on both sides, located in sections of the well-marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain and a snack 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 4-7 miles at a moderate pace. Bring water snacks, sturdy footwear, bug spray, sun screen. Steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

### SKIING

**Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH.** Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Snowshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, [milmod@aol.com](mailto:milmod@aol.com), Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza





# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | February 2020

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Saturday morning hikers at Noble View Outdoor Center. *Photo by Paul Brookes*

## Ice, Sun, & Fun at Noble View Weekend 2020

By Diane Hartley

*Friday-Sunday, February 7-9*

The first weekend hikers arrived in an ice storm to find Paul Brookes transforming the woodstoves of the main and north cabins into radiant furnaces, ensuring a "warm and toasty" welcome for all, while his yellow lab, Sunny, frolicked among the frosty grounds of the AMC Noble View Outdoor Center. Social events began soon thereafter, with the sharing of appetizers and libations, while our generous head chef, Sandi Santilli-Weaver directed a team of volunteers in food prep for the weekend feasts that she and Hadley Donaldson served up in style, continually providing dietary options to meet every hiker's needs.

Friday night's blustery winds ushered in late arrivals and made way for a magnificently chilly and vibrant sunrise on Saturday morning. Paul Brookes led an awe-inspiring hike through the ice laden woodlands down to Pitcher Brook, featuring a lovely waterfall. Venturing back, at Laurel Lane the group split with some heading directly back to the cabins, while others trekked on to Little River before returning for another hearty meal in the double cabin.

*Continued on Page 3*



## View from the Chair: SEM and Meetup



A few months ago in my October View from the Chair, I wrote about a planning exercise your Executive Board has undertaken to explore how to make SEM better at serving our constituent community in Southeastern Massachusetts. I reported then that we had an initial goal of offering more local weekend hikes year round. That is happening as several trip leaders have stepped up to offer many more weekend hikes than we've had in past years, covering Plymouth, Bristol and abutting counties. I would like now to report on another goal from that planning exercise: use Meetup to expand SEM's communication reach in our Southeastern Mass region.

Meetup is geared to small local groups where an enthusiast sets up a Meetup site to attract like-minded people to join him or her for activities. While this has similarities with our own SEM trips, there are notable differences, particularly when it comes to how well the leader is trained (if at all), how participants are screened (if at all) to ensure that the particular activity is a good fit for them, and how up-to-date information is disseminated to all participants. Also, while Meetup trips often tend to be local in nature, SEM offers diverse trips over a wide area, both within and beyond southeastern Massachusetts. And while many of our trips are appropriate for people at all levels, some are more challenging and require specific skills and experience. How we make best use of Meetup must consider these differences.

Planning is under way to create a Meetup site for the chapter that expands SEM's recognition in the region; attracts new participants; and promotes our local recreational, training and conservation activities. As envisioned at this early stage, a summary version of trips posted on the AMC's ActDB trip listing system would also be posted on Meetup. Meetup readily accommodates our show-and-go trips. Registration-required trips can also be handled with a link to the ActDB. We still have to work out many details before setting up our Meetup site, but we're optimistic that this effort should generate significant new interest in SEM and our activities. Once ready, we will need a few volunteer trip leaders to test the site by posting their trips. Let me know if you are interested in helping to launch SEM's Meetup site.

*Len Ulbricht, AMC-SEM Chapter Chair*

### 2020 Executive Board

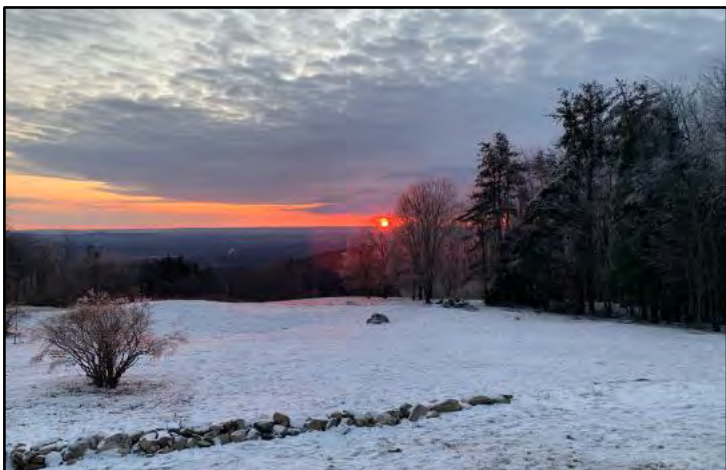
Chapter Chair .....	Len Ulbricht	Communications Chair .....	Paul Miller	Membership Vice Chair .....	Sandi Santilli
Vice Chair .....	Terence Hayes	Communications Vice Chair.....	OPEN	Paddling Chair .....	Ed Foster
Secretary .....	Ann McSweeney	Conservation Chair .....	Joanne Newton	Paddling Vice Chair .....	OPEN
Treasurer .....	David Yampanis	Conservation Vice Chair .....	Bill Cannon	Regional Director.....	Joe Princi
Past Chapter Chair .....	Barry Young	Education Chair .....	Doug Griffiths	Skiing Chair .....	Jeannine Audet
Biking Chair .....	Bernie Meggison	Education Vice Chair .....	Sue Svelnis	Skiing Vice Chair .....	OPEN
Biking Vice Chair .....	Peter Linhares	Hiking Chair .....	George Danis	Trails Chair .....	Skip Maysles
Cape Hiking Chair.....	Jane Harding	Hiking Vice Chair.....	Ken Cohen	Trails Vice Chair .....	Pete Tierney
Cape Hiking Vice Chair ....	Cathy Giordano	Hiking Vice Chair.....	Anne Rapp	Young Members Chair.....	Sue Schobel
Cape Hiking Vice Chair... ..	Robin McIntyre	Membership Chair.....	Ellen Thompson		

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....	Christine Racine	The Breeze Editor.....	Mo Walsh
Webmistress.....	Cheryl Lathrop	Blast Editor.....	Marie Hopkins
Nominating Committee Chair.....	Alan Greenstein		

Contact [chair@amcsem.org](mailto:chair@amcsem.org)  
if you are interested in any  
OPEN position





Sunday sunrise bursts into the sky. *Photo by Diane Hartley*

**Noble View Weekend** *Continued from page 1*

After lunch, Joanne Newton led us on a brisk woodland loop that opened up onto some ledges, providing stunning views across the valley.

Upon returning from the afternoon hike, Jeannine Audet instructed a multi-level yoga class, guiding all attendees into a series of stretching and strengthening postures to aid our weary muscles and focus our busy minds.

After another entertaining social hour and delicious meal, fifteen hikers bundled up for a short and silent full moon walk in the woods. The frozen grounds squeaked and crunched beneath our boots while the icicle glazed forestry shimmered in shadow-casting moonbeams. Once in the forest, we stopped walking to “just listen” when our silence was momentarily interrupted by an owl’s hoot. Awed, we continued on and returned to the toasty double cabin, joining others in evening activities of games, puzzles, reading, chatting, and enjoying the cabin’s ambient warmth.

Sunday morning burst into the sky with a magnificently brilliant sunrise casting hues of oranges and pinks into the cabins. Sandi and Hadley prepared breakfast, and early risers sipped their coffee in the glow. After breakfast and clean-up, we bundled up for a snowy and steep descent to Sodom Brook and back up the mountain along a series of switchbacks. We returned to the cabins for a final meal and team jiffy-clean, before bidding farewell to all.

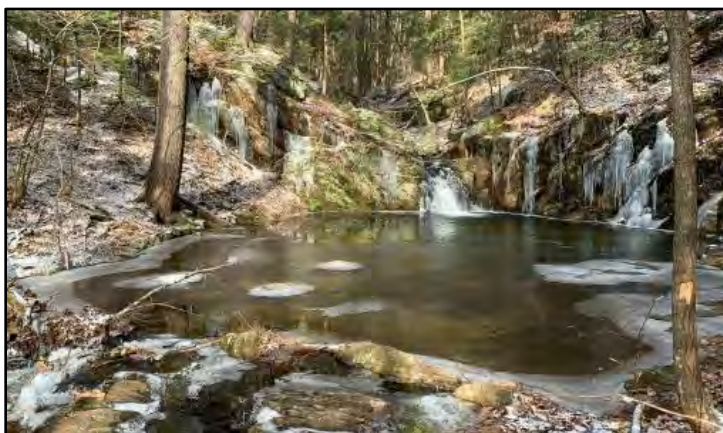
Thank you, Paul Brookes and Joanne Newton, for organizing and leading our weekend’s events. Thank you, Pam Johnson, for creating our name tags. Thank you, Jeannine Audet, for the yoga class, and thank you, Sandi Santilli-Weaver and Hadley Donaldson, for all the delicious and nutritious meals. AMC-SEM ROCKS!



Sunday morning ascent from Sodom Brook on switchback trails. *Photo by Diane Hartley*



Left: Icicled branch. Right: Paul Brookes checks the map. *Photos by Diane Hartley*



Ice “flows” into Pitcher Brook. *Photo by Diane Hartley*





Twelve hikers explore the Fowl Meadow region.

## White-Lining the Blue Hills, during a fair-weather day at Fowl Meadow

Article & Photos By Ken Cohen, Hiking Vice Chair

“We’ve got to do them all, no matter how wild or remote!”

The goal of “White-Lining the Blue Hills” is objectively the same as “Red-Lining,” except all 125 miles of official trails in the Blue Hills Reservation must be completed only during the winter months! Specifically, from the Winter Solstice (the shortest day of the year, usually December 21st) until the Vernal Equinox (the first day of spring, March 19th). One day before or one day after does not count! For most White-Liners, more than one winter season is required; for some of us, many winter seasons.

On Tuesday, January 28, fourteen hearty hikers explored every marked trail in the Fowl Meadow region, which forms the western border of the Blue Hills. Conditions are often challenging due to its proximity to the sometimes overflowing Neponset River and the thorn-filled thicket of undergrowth on many of the trails. Fortunately, on this day, the elements weren’t a problem for the 7.5 mile trek.



At least 13 state-listed rare species inhabit Fowl Meadow; it is designated an Area of Critical Environmental Concern (ACEC). The northern Fowl Meadow area and Ponkapoag Bog have been designated a National Environmental Study Area by the National Park Service.

The hike began in Quincy at “Paul’s Bridge,” a handsome granite arched bridge, about 90 feet long, spanning a well-concealed Neponset River, between Milton and Readville (Boston). The bridge dates back to the early 1800s; however, a bridge has existed on this site since the mid-1700s. The name “Paul” can be attributed to Samuel Paul, the former owner of the adjacent land. Rebuilt several times to accommodate more traffic, reusing much of the original stone, its last reconstruction in 1932-1935 was designed by Arthur A. Shurcliff, a famous American landscape architect. Paul’s Bridge was added to the National Register of Historic Places in 1972. It is maintained by the Massachusetts Department of Conservation and Recreation (DCR).

One never knows what flora or fauna will be discovered along the numerous trails of Fowl Meadow, as one of the accompanying photos suggests. The consensus of those of us who witnessed that totally unexpected, scary sight was: coyote skull!



Craig MacDonald at a natural sculpture.

Pete Tierney and fellow hikers.







## Earth Day 2020: What will you do? What do you know?

By Joanne Newton, Conservation Chair

**History of Earth Day:** Earth Day was founded in 1970 as a day of education about the environmental issues within the United States. April 22, 2020 marks the 50th Anniversary of Earth Day. Earth Day is now a global event which is not only celebrated on the actual day it began but throughout the week and month also.

Earth Day was the idea of Senator Gaylord Nelson from Wisconsin who was inspired by the protests of the 1960s as Americans became more aware of the effects of pollution on the environment and the impact to our health and lives.

Senator Nelson is quoted as saying after the first Earth Day, "The American people finally had a forum to express its concern about what was happening to the land, river, lakes and air—and they did so with spectacular exuberance."

**SEM Earth Day Activities:** The Conservation Committee is planning several events to take place to bring attention to Earth Day. We are working on plans for several hikes focusing on the environment so please watch for more details on the AMC-SEM website under the Hiking Schedule. One event will be our Earth Day 2020 Cleanup Hike which will be scheduled for Sunday, April 19th in the Blue Hills. Please plan to join us for this cleanup hike as we continue with the tradition of Earth Day.

**Trash Timeline Quiz:** As we hike, bike, paddle, ski or simply enjoy being outside, we most likely see litter in many places that we frequent. We are all disturbed by the number of items that people carelessly discard. Have you wondered how long it takes that cigarette butt, plastic bag or aluminum can to decompose? Take this little quiz to find out. Match up the items with the decomposition rate that you think is correct. Turn to page 6 for the answers.



1. Cigarette butts    2. Aluminum cans    3. 6-pack holder    4. Banana/orange peel    5. Glass bottle    6. Plastic bags    7. Plastic coated paper

\_\_\_ a. Five years

\_\_\_ b. One to five years

\_\_\_ c. Up to two years

\_\_\_ d. 1,000,000 (1 million) years

\_\_\_ e. Ten to 20 years

\_\_\_ f. 100 years

\_\_\_ g. 80 to 100 years



### Explore Prince Edward Island this Summer or Fall

My two-bedroom cottage near Tignish provides sweeping views of the ocean, the beach, and the North Cape lighthouse. Enjoy kayaking, bicycling, walking the beach, swimming the warmer Gulf Stream waters, and exploring the community of Nail Pond and the many PIE attractions. The newly constructed cottage sleeps six comfortably. Weekly rent is only \$900. Contact me, AMC member Scott, for more information at 603-254-5032, or [scottm@plymouth.edu](mailto:scottm@plymouth.edu).



Photo by  
Robin McIntyre



## Volunteer of the Month: Janet Kaiser

By Robin McIntyre, Cape Hiking Vice Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month, the Cape Hiking Committee recognizes Janet Kaiser.

Janet embodies many of the qualities that AMC looks for in a leader—preparedness, a welcoming nature, good interpersonal skills, and a love of the outdoors. Janet is a life member of AMC and has been leading hikes both for AMC and other community groups for many years. She is always willing to step up to volunteer to fill in when needed, and especially enjoys scouting new hiking areas on the Cape.

Janet is also active in her community through church and as a volunteer, giving rides for medical appointments at the senior center. She mentors new potential AMC hike leaders to encourage others to share the message of Get Outside!

Congratulations, Janet, and thank you from all of us at AMC-SEM!

Janet will receive a Volunteer of the Month Certificate and a \$50 gift card.

### Trash Timeline Decomposition Quiz Answers

Item	Decomposition Rate
1. Cigarette Butt	b. One to five years
2. Aluminum Cans	g. 80 to 100 years
3. Plastic 6-pack Holder	f. 100 years
4. Banana or Orange Peel	c. Up to two years
5. Glass Bottles	d. 1,000,000 years
6. Plastic Bags	e. Ten to 20 years
7. Plastic Coated Paper	a. Five years

## 'Be Outdoors' April 25th: AMC-SEM's Open House & Earth Day Celebration!

By Maureen Kelly

Are you a member of AMC-SEM but haven't tried any of our activities yet? Are you wondering what AMC-SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? Great! We have an event for you!

Join the Southeastern Massachusetts Chapter of the AMC, along with the Friends of Wompatuck State Park, in Hingham on Saturday, April 25th, for "**Be Outdoors with AMC-SEM 2020.**"

Celebrate the 50th anniversary of Earth Day as we hike, bike, do some trail work, or take a History Walk in this great park. Workshops will be held before and after the free lunch where you can learn about the AMC High Huts, learn how to take better outdoor photographs, learn about Leave No Trace Ethics, learn helpful stretches for before and after exercising and more! See what kinds of activities AMC-SEM has for you.



**Save the Date:**  
**Saturday**  
**April 25th**

Registration links will  
be available soon!

AMC-SEM leads hikes locally and in New England, does local trail work, leads local bike trips, paddles the Cape and South Shore, snowshoes and skis locally and up north. We will keep you outdoors all year long! We hope you will become part of our group of outdoor enthusiasts.

All are welcome; bring a friend. There is no cost for the activities, and there is a free lunch to participants. We know once you try it, you'll be hooked.

Contact Maureen Kelly, [mokel773@aol.com](mailto:mokel773@aol.com), for more information. Each activity has a separate listing and registration. You must register for the activities you'd like to do. There are activities in the morning and in the afternoon. Sign up for one activity session or both!

Free Parking! Free Lunch! I hope to see you there!





Spring Peeper at Wildland Trust Striar Conservancy, Halifax.

## ‘The Big Night’ in vernal pools

Article & Photos by Rob MacDonald

I first notice that ever-so-slight shift in the tones of yellow and red in the late January sunlight that looks a little deeper than the week before. Not that this is an indication that we’re free of winter’s grip, but at least it’s a signal that we’re moving out of the dark and back into the light.

With spring’s rising temperatures, the snow cover begins to melt and some of that runoff flows into depressions and low-spots found in our forest floors. Many of these are ephemeral or “temporary” forest pools known as Vernal Pools. Now in the Commonwealth of Massachusetts, there is a very specific set of criteria which, if met, allows a vernal pool to be certified by Mass. Wildlife’s Natural Heritage & Endangered Species program (NHESP) and thus to gain an elevated level of protection. NHESP uses the following as a broad definition of a vernal pool: “A fish-free, temporary wetland that supports indicator species.”



Spotted Salamander

So the next logical question is What is an indicator species? In Massachusetts, the “obligate” or “indicator” species are: Mole Salamanders (Spotted, Blue-Spotted, Marbled, and Jefferson), Wood Frogs, Spadefoot Toads, and Fairy Shrimp. In southeastern Massachusetts, we’d be most likely to see Wood Frogs, Spotted Salamanders, possibly Spadefoot Toads, and—if you’re really lucky—Fairy Shrimp.

So why are vernal pools so important and such a topic of interest? Maybe the best way to explain this is to introduce “The Big Night.”

Each spring, on one of the first rainy nights when the temperature climbs to 50 degrees or above, amphibians that depend on vernal pools for reproduction start their annual migration from the surrounding forest. This coordinated march has come to be known as “The Big Night” and folks across New England anxiously await its arrival. They grab their headlights, rubber boots, buckets, nets, cameras, and notepads. Moving through the darkened woods, they hunt for a vernal pool. Once there, they have a short window to see some of these secretive creatures that only come out from underground once a year.

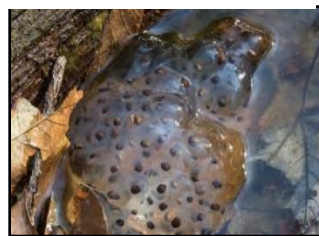
For the past four years, I’ve had the opportunity to lead night-time vernal pool group walks, and this is a hit or miss endeavor; there is no guarantee that you’ll see anything. Timing and conditions need to be right and you may need to go out on several attempts. But when you “hit,” it’s magical. Regardless of age, participants seem to drift back to child-like wonder, dipping hands into mucky pools, crowding around and gazing into buckets of unwilling but tolerant specimens, and proudly displaying spring peepers as they rest on a wet hand. Folks lose themselves in the experience, and it’s truly one of my favorite things to do during the year.

Finally, if you’re interested, there are several organizations in southeastern Massachusetts that lead guided vernal pool walks. Among them are Wildlands Trust, Mass. Audubon, Buzzards Bay Coalition, and the North South River Watershed Association (NSRWA). Check their websites if you’re interested. The 2020 dates may not be posted yet, but they should start scheduling these walks quite soon.

If you’d like to see some more photos taken during both day and night vernal pool walks from past years, feel free to [follow this link](#). They were all taken at the Wildlands Trust Striar Conservancy in Halifax.

Also, [a great guide to Vernal Pools](#) is available from Mass. Wildlife and, at the time of this writing, it’s a bargain at \$12.

Egg mass, below, from a Wood Frog, right.





## Activities

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

### Hiking Key:

**C4D**

Indicates distance in miles

AA ..... 13+

A ..... 9-13

B ..... 5-8

C ..... less than 5

Indicates pace

1 ..... very fast

2 ..... fast

3 ..... moderate

4 ..... leisurely

Indicates terrain

A ..... very strenuous

B ..... strenuous

C ..... average

D ..... easy

Found in the description

L ..... Activity leader

CL ..... Activity co-leader

FT ..... First Time

NM ... New Members

AN .... Advance Notice

C ..... Conservation

## BICYCLING

**Mon., Mar. 9. Road Cycling - Sunset & Full Worm Moon -, MA.** DST is here! 22+/- Miles & 2+ hours. Mostly Flat. Start time: about 2 hours prior to sunset. Contact leader to register [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net). Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. We'll start in the large parking lot on the canal in Sandwich in front of the Coast Guard Station. Take Freezer Rd. to Ed Moffitt Drive past the Pilot House to the lot. Park close to Ed M. Drive in my reserved spots (marked "P") and leave the canal scenic spaces for the canal viewers. We'll cycle the canal and streets to the private Colony of Tahanto and return along Shore Road and perhaps through Gray Gables and Mashnee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with stops possibly at the RR Bridge for the Energy Train and Aptuxet Trading Post/ President Cleveland's personal railroad station. - Full Worm Moon - As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. The more northern tribes knew this Moon as the Full Crow Moon, when the cawing of crows signaled the end of winter; or the Full Crust Moon, because the snow cover becomes crusted from thawing by day and freezing at night. The Full Sap Moon, marking the time of tapping maple trees, is another variation. To the settlers, it was also known as the Lenten Moon, and was considered to be the last full Moon of winter. L Paul Currier (508-833-2690 8-7, [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net))

## CAPE HIKING

**Sun., Feb. 23. Hike--Bourne Town Forest and Four Ponds, Bourne, MA.** This 2 hour approximately 4.5 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with several moderate hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Do not use your GPS to find this location. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader -Robin McIntyre 508 789-8252. L Robin McIntyre (508-789-8252 Before 9 p.m., [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a fourth year Level 1 SEM/Cape hike leader with WFA training)

**Thu., Feb. 27. Hike--Island Pond, Harwich, MA.** Hike bike path to wooded trails, pass Island Pond and lavender farm with hilly trails. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser (508-432-3277 Before 9:00 pm, [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net), Many years Cape hike leader, AMC life member)

**(FT) (NM) Thu., Mar. 5. Hike - Nickerson State Park, Brewster, MA.** Hike a few hilly sections in the woods and then return along the Flax Pond shoreline. Route 6 East to Exit 12. Turn left at the end of ramp towards Brewster. Travel 1.6 miles to Main Entrance of Nickerson State Park on left. As you enter, take the first right turn into the Main Parking lot and park at the far end. L Richard Kaiser (508-432-3277, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**(FT) (NM) Thu., Mar. 12. Hike Hawksnest State Forest - Harwich, MA.** Hike this State Forest past Olivers, Hawksnest and Walker Ponds. Wooded trails over hills and wood roads. Rt 6 East, Harw Exit 11. At end of ramp, turn Left at traffic lights and take immediate right on Spruce Rd. Go less than half mile and park on roadside near a blue hydrant. Meet at 9:45 am. L Janet Kaiser (508-432-3277 before 9 PM, [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net), Long-time Cape hike leader) L Richard Kaiser (508-432-3277 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))





## Activities

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

### CAPE HIKING

**Sun., Mar. 15. Hike Shawme Crowell State Park Sandwich, MA.** Two hour hike on wooded trails through the scenic campground, some hills. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Thu., Mar. 19. Hike the bogs of Yarmouth.** Hike through an old Cranberry Bog to the main bogs of Yarmouth. We will walk past pump houses and Plashes Pond. The beginning of the hike is a little wet but we can get around it. This is a flat hike with NO hills. From Exit 8 go south on Station Ave. for .5 miles and turn right onto Old Townhouse Road Go 1.1 miles and turn Left onto West Yarmouth Road go 1.3 miles and turn Left onto Buck Island Road. Go .7 miles and turn right onto Winslow Gray Road. Go .7 miles and park on right From RT. 28 turn onto Winslow Gray road go .5 miles and park on left. L David Selfe (508-771-0620 after 5, [kdselke@comcast.net](mailto:kdselke@comcast.net)) CL David N Selfe

**Sun., Mar. 22. Hike--Plymouth Lane, Plymouth, MA.** This 5 mile, 2.5 hour hike is in the triangle of land of Plymouth/Bourne/Wareham with the hike in Plymouth. The terrain is wooded pathways with some ruts and hills. Poles are strongly recommended with orange headgear and vests. From the OFF Cape side of the BOURNE Bridge rotary, exit the rotary onto Head of the Bay Road, between the Mobil gas station and Too Jasper motel. Go 1.2 miles to Plymouth Lane and go right for .9 miles to turn left on White Island Pond Road. Park on the left side of the road, facing outward, just adjacent to but not obstructing the sidewalk. We will carpool to the trailhead which is on a busy road with a very limited parking area. L Robin McIntyre (508-789-8252 Before 9 pm, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 4th year Level 1 hike leader for Cape Hikes/SEM with WFA training.)

**Sat., Mar. 28. Hike--Quashnet River & Woodlands, Waquoit (East Falmouth), MA.** Exercise, socialize and localize while hiking along the Quashnet River and throughout the woodlands on a beautiful spring day. Join me and other outdoor enthusiasts for an invigorating two-hour spring hike. You will experience a variety of forested trails that are narrow, wide, hilly and flat. We will gather at 9:45 and begin our hike at 10:00. This hike is rated easy but can be challenging to hills, roots, and pace. The length of this hike is approximately 4 miles. Bring water and a snack (if needed)... tick and insect repellent recommended...wear sturdy hiking shoes...restroom facilities not available...no dogs... From Bourne Bridge: At Bourne rotary take second exit Rt. 28 South/MacArthur Blvd. At the traffic circle, take the 2nd exit onto MA 28 S. Take the first exit, Rt. 151, at bottom of ramp take a right towards Mashpee. Turn right on Currier Rd. Merge onto Hayway Rd. Take a slight left onto Carriage Shop Rd. Turn right on Metoxic Rd. Turn left onto Rt. 28 S. 1/4 mile on left is Martin Rd. Quashnet River parking lot is on left From Mashpee Rotary: Head northeast (towards Falmouth) on Rt. 28. Martin Rd. is 2.2 miles on right. Parking lot is on right. Any trouble with directions, call L Denise Fronius (508-274-4769 Prior to 8:00 PM, [denisefronius@comcast.net](mailto:denisefronius@comcast.net))

**Thu., Apr. 2. Hike Crowes Pasture, Dennis, MA.** Hike along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! L Deborah Hayden (508-274-2820 before 9PM, [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com)) CL Margaret Christen

**Sun., Apr. 5. Hike Beebe Woods, Falmouth, MA.** This is about a 4 mile hike at a moderate pace in Beebe Woods and the adjacent Peterson Farm property. There are several short hills and views of two small ponds. We'll leave the woods for a short time at Peterson Farm and see sheep. Arrive at 12:45 for a 1pm start. From the Bourne Bridge head south on Route 28 into Falmouth. Proceed through the intersection at the first stop light and go approximately 1/2 mile to right on Depot Avenue. Proceed up the hill and pass Highfield Hall to parking area behind Highfield Theater. L Deborah Hayden (508-274-2820 before 9PM, [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com)) L Cindy Tobey ([cindyftobey@gmail.com](mailto:cindyftobey@gmail.com))

**Thu., Apr. 30. Hike--Monk's Park and Little Bay, Bourne, MA.** This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is moderate rolling hills on the wooded trails throughout the hike. Do not use your GPS to find the start of this hike. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net)) Robin is a fourth year Level 1 SEM/Cape hike leader with WFA training.)



## Activities

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

### EDUCATION

**Sat., Apr. 4. Leadership Training Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360.** This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, [reddoug@aol.com](mailto:reddoug@aol.com))

**Sat., May 2-3. Wilderness First Aid Two Day Workshop, location: Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360.** Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM level 2 and above hiking trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, [reddoug@aol.com](mailto:reddoug@aol.com))

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

Ongoing. Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor); monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor); SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed; participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner; interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to [chair@amcsem.org](mailto:chair@amcsem.org). L Leonard Ulbricht ([chair@amcsem.org](mailto:chair@amcsem.org))

### HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).  
Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

**Sat., Feb. 22. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** Main Houghton Pond Parking Lot - Meet near playground. This hike is considered a 'moderate' hike. Approximately 3 hours and 5 miles of up & down, up & down at a moderate pace. We can pause as needed after each up and down. Arrive at 9:45 AM for a Yeti Yoga winter warm up with simple standing stretches prior to each hike. The hike will begin at 10 AM. Proper fitness and equipment is needed. One time registration required. L Roger Whidden (781-834-7722 9 am - 9 pm, [wsfi1@verizon.net](mailto:wsfi1@verizon.net), See [whiddenschool.com](http://whiddenschool.com) or [zazenzone.com](http://zazenzone.com)), R Roger Whidden (781-834-7722 9 am - 9 pm, [wsfi1@verizon.net](mailto:wsfi1@verizon.net))

**Sun., Feb. 23. Winter Morning Out Hike at Myles Standish State Forest, MA.** Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver with the Friends of Myles Standish. See the beauty of the forest in winter. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L John Bescherer L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net))





## Activities

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

### HIKING

**Sun., Feb. 23. Hike Moose Hill, 293 Moose Hill Parkway, Sharon, MA.** Arrive for 10 a.m. start. Enjoy a 5-6 mile moderately hilly hike at the Moose Hill Audubon trails at a pace of about 2 mph. Moose Hill is Mass Audubon's oldest wildlife sanctuary, encompassing protected forests, fields, and wetlands. We'll go over boardwalks, see vernal pools and glacial geology, and enjoy the views from the ledge. Audubon charges admission: free to members and Sharon residents; \$4 adults; \$3 seniors 65+. Winter clothing and boots required. Bring water and snacks. Depending on conditions, you may need traction devices. Sorry, no pets. L Diane Simms (339-235-0244 Before 8 pm, [dianesimms@comcast.net](mailto:dianesimms@comcast.net))

**(NM) Tue., Feb. 25. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA.** For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to about 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net), Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) L Joanne Newton ([vogel.r@comcast.net](mailto:vogel.r@comcast.net)), R Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net))

**Tue., Feb. 25. White Line the Blue Hills, Blue Hills Reservation, Canton/Milton, MA.** What is "White Lining?" White Lining is an honor system quest to hike all of the mapped trails in the Blue Hills Reservation between the Winter Solstice and the Spring Equinox. For most folks White Lining takes several winter seasons to complete, hiking trails both on their own as well as in our fun White Lining group! For the sixth year, this popular series will have 12 hikes and will run from December 31, 2019 through March 17, 2020. We will meet on Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3 to 4 hours. We will hike at a moderate pace, perfect for moving and chatting at the same time. We will also enjoy lunch while out on the trails. Please consider the number of weeks you will be able to attend when deciding if this is the right group for you to join. If you are "White Lining" and think you can attend most of the 12 hikes, this is the group for you. If "White Lining" isn't your goal, there is another AMC winter hike also offered on Tuesdays in the Blue Hills that may be a better option. You only need to register one time for all 12 hikes. Registered hikers will be sent an email during the prior week detailing the meet up location and map plan of the hike. Hikes will be cancelled during active snow storms, heavy rain, icy conditions and/or excessive cold. Winter hiking clothing, insulated hiking boots, micro-spikes, snow shoes and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers with proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. White Line the Blue Hills! Lots of fun, adventure, no bugs, and gorgeous winter landscapes! L Pamela Johnson (617-448-4446, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series in the Blue Hills. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts. Pam has climbed the NH48 and is now working on 52WAV.) L Claire MacDonald (Claire and her husband, Craig, are AMC SEM Hike leaders. Claire and Craig have both completed their "Red Line" of the Blue Hills and have also completed the NH48. They love international treks including adventures hiking in Nepal and Patagonia. Claire and Craig were co-leaders of the White Lining series last year.) L Craig MacDonald (Craig is an AMC SEM hike leader and together with his wife, Claire, has been co-leader on the White Lining series and is also co-leader on the Conditioning Series.), R Claire MacDonald (781-582-0316, [cfmacdonald@hotmail.com](mailto:cfmacdonald@hotmail.com))

**Thu., Feb. 27. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA.** This is a series of advanced conditioning hikes in the Blue Hills Reservation during the winter months on alternating Thursdays. The hikes are intended for those with previous winter hiking experience. This experience could include previous SEM white lining hiking in the Blue Hills. The series is not suitable for beginners. We will be doing at least 4 miles at a moderate to moderate fast pace on rugged trails in the Blue Hills Reservation to achieve over 1000 feet of vertical climbing. The hikes will take 3 to 4 hours. MICROspikes or similar spikes will be required since we will be looking for icy places to use them. Also, backcountry snowshoes (ones that have built-in traction) are required. The series will also focus on efficient layering and climbing techniques. Steady rain or bad driving conditions will cancel. Registration is required. Group size is limited to 10. Contact the leader at: [dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com) to register. L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all of the NH four thousand foot mountains in winter and recently completed climbing the New England hundred highest mountains.), R Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com))



## Activities

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

### HIKING

**Thu., Feb. 27. Thursday Morning Blue Hills Hike/Snowshoe - Ponkapoag Pond, Canton, MA.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond. Please arrive by 9:45 am for a 10:00 am start. Bring warm hiking shoes, snowshoes, micro-spikes or similar traction devices, sunscreen, snacks/lunch and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain or snowstorm cancels. Well behaved dogs on leash O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**Fri., Feb. 28-Mar. 1. Lonesome Lake overnight, Franconia Notch, NH.** Join us on a wonderful overnight trip to Lonesome Lake Hut. This is the last in the Winter Hiking Series. We leave from the Lafayette Campground on Friday and return Sunday morning. There is a possible Saturday hike into the hut but that is not final. Those hiking in on Friday will have day hikes on Saturday to Canon, Kinsmans or around the hut. Registrants are responsible for booking their bunk (details to follow-- 20 bunks are currently reserved) at the hut. Dinners and breakfasts are group meals and participants will be required to carry some food. Costs of the meals will be evenly divided among the participants. Participation in a winter hiking workshop is required and participants will need appropriate clothing, micro spikes, snowshoes, full crampons and a minimum zero degree rated sleeping bag. L George Danis ([danisdad51@outlook.com](mailto:danisdad51@outlook.com)) L Jeannine Audet ([milmod@aol.com](mailto:milmod@aol.com)), R Jeannine Audet ([milmod@aol.com](mailto:milmod@aol.com))

**Sat., Feb. 29. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Feb. 22, listing.

**(FT) (NM) Sun., Mar. 1. Exploring Southeastern Mass. Hiking Series.** An exciting new series of hikes.... This series of hikes will rotate around, starting in the Southeastern Mass area, with maybe a few excursions a bit farther afield. We will go to DCR (Mass Department of Conservation and Recreation) parks like the Blue Hills and Borderland, as well as other places such as The Trustees of Reservations facilities, local Conservation Commission and Natural Resource Trust locations. These hikes will be 'exploratory', meaning your leaders may not get to go there and carefully plan a route before we arrive. However, exploring new places, even if that means we sometimes get a bit off trail, is how we'll learn about these places and how we sometimes trip over 'special places' that are a bit off the usual path. (But don't fear, we've never gone anywhere we didn't find our way back from... yet!) Hikes may vary from 3 miles/2 hours to longer 7 mile/3 - 4 hour hikes. You'll get the opportunity to meet a bunch of new fellow hikers, while seeing new places to hike. One of the nice things about AMC hikes is all the new people you meet and become friends with. Sound interesting? Want to know what to do next? It's easy. Just email the registrar below, and we will add you to our email list. Then, as specific hikes are planned, you will be notified and given the opportunity to sign up and attend. These hikes will also be posted on the AMCSEM hiking schedule. We plan to schedule a hike on the first Sunday of every month beginning in March. Looking forward to meeting you! Your "Exploring Southeastern Mass" Hike Leaders and Coordinators! Joanne Newton, Karen Foley and other Guest Leaders. To register email Joanne at [newt665@comcast.net](mailto:newt665@comcast.net) or call 508-215-9470 before 8 PM. Our first hike: Sunday, March 1, 2020, Wheaton Farm, Easton, MA. 10:00 AM Start. Wheaton Farm is a NRT (Natural Resource Trust) property. This hike will be planned with two loops, each approximately 3 miles long, with the option to stop after the first loop. We will hike through some back trails that will give us an up-close look at a local solar farm, a cranberry bog, and plenty of woods and fields. There is little elevation on this route. L Joanne Newton (508-215-9470 Before 8:00 PM, [newt665@comcast.net](mailto:newt665@comcast.net)) L Karen Foley (617-633-8685 Before 8:00 PM, [karen.foley@comcast.net](mailto:karen.foley@comcast.net)), R Joanne Newton (508-215-9470 Before 8:00 PM, [newt665@comcast.net](mailto:newt665@comcast.net))

**Tue., Mar 3. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Tue., Feb. 25, listing.

**Thu., Mar. 5. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under a Crow Moon or as some may call it, a Worm Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. We may need to think about Snow gear this time of year. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) The date of the Full Moon Hike you wish to attend. I have listed multiple dates 2) Your contact number 3) A description of your latest hiking experience. L William Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com), AMC Member for 8 Years 3 years leading Full Moon Hikes AMC SEM Conservation Vice Chair) L Susan Svelnis ([suesvelnis@gmail.com](mailto:suesvelnis@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcnallyma@comcast.net](mailto:pmcnallyma@comcast.net)), R Bill Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com))





## Activities

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

### HIKING

**Sat., Mar. 7. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Feb. 22, listing.

**Tue., Mar 10. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Tue., Feb. 25, listing.

**Thu., Mar. 12. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA.** See details at Thur., Feb. 27, listing.

**Thu., Mar. 12, Eel River Preserve. Plymouth MA.** Easy pace, flat, approx.5 mile hike along Eel River with a short road crossing to Russell Mill Pond Conservation Land. Soft sandy, pine needle laden trails. Lunch at halfway point by the pond. Please bring traction devices, we will check conditions at trailhead to see if needed. Heavy rain or snowstorm will cancel. No dogs. Directions to start From Rte 3 South take Exit 5. Bear right at lights off ramp this will be Long Pond Rd. 2.2 miles to Boot Pond Road on right. GPS Eel River Preserve 4 Boot Pond Road Plymouth MA. L Rachel Thibeault (774-360-2539 before 8:00PM, [rateebo@yahoo.com](mailto:rateebo@yahoo.com))

**Sat., Mar. 14. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Feb. 22, listing.

**Sun., Mar. 15. F Gilbert Hills Hike, 45 Mill Street, Foxborough, MA.** Enjoy a 5-6 mile moderately hilly hike at F Gilbert Hills trails at a pace of about 2 mph. F Gilbert Hills is managed by DCR. It is a 1000-acre state forest that offers 23 miles of trails through pine and oak. The park is also part of the 30-mile Warner Trail that stretches from Sharon, Mass to Diamond Hill State park in Rhode Island. Hiking boots required. Dress for the weather. Bring water and snacks. Depending on conditions, you may need traction devices. L Diane Simms (339-235-0244 before 8 pm, [dianemsimms@comcast.net](mailto:dianemsimms@comcast.net))

**Tue., Mar 17. White Line the Blue Hills, Blue Hills Reservation, MA.** See details at the Tue., Feb 25, listing.

**Thu., Mar. 19. Woodland Walk - Integrating Mindfulness, Wompatuck State Park, Hingham, MA.** Spring Equinox! Let us slow down, pay attention, raise self-awareness and be inspired by the beauty of the natural world. We invite you to join us for a relaxing experience in the Wompatuck woodland. Please be ready to circle up at 9:45 am. We will begin our walk promptly at 10:00 am. Overview: Mindful walking, a type of walking meditation, is an active practice that requires us to be aware of the present moment and surrounding environment. Focusing on nature allows our bodies to relax, renew and adapt to the ever changing climate of our daily lives & the changing of the seasons. It enhances concentration, awareness and appreciation for the outdoors. This walk will incorporate gentle qigong and breathing exercises to enrich the experience. Qigong has been described as a moving meditation designed to return balance & equilibrium to the body and mind. After a brief lunch, the second segment of the walk will be completed with a minimum of interaction. We will be focusing on our senses, performing exercises that will raise our awareness & enhance our relaxation response. We will leave no trace, including our voices. The hike covers 3.5 miles of wooded trails, bridge crossings and meadow meandering. Requirements: Appropriate attire, boots and layers suitable for trail and weather conditions. Something waterproof to sit on. Water and snacks. Walk will take place be it gentle showers and blossoms or the muffling of snow. Any questions, please contact leader or co-leader. The woodland walk will be cancelled if the weather is extreme - snowstorms, heavy rain, gusty winds or road closures. Cancellation will be posted on the outdoor.org website & also by SEM chapter notification. L Maria Sestina (617-930-1854 please call before 8 PM, [mariasestina@hotmail.com](mailto:mariasestina@hotmail.com), Maria is happiest and healthiest when she is in the woods, near the mountains. She wants to spread this source of contentment with as many like-minded people as possible. She is a Level 1 Hiking Leader and has absolutely fallen in love with the AMC! She is a 500 hour certified taiji qigong teacher. She has taught local classes for many years. She is deeply interested in weaving the health benefits of qigong with the joy of gentle hiking) CL Pam Johnson (617-448-4446 please call before 8 PM, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series in the Blue Hills. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts. Pam has climbed the NH48 and is now working on 52WAV.), R Maria Sestina (617-930-1854 please call before 8 PM, [mariasestina@hotmail.com](mailto:mariasestina@hotmail.com))

**Sat., Mar. 21. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Feb. 22, listing.

**Thu., Mar. 26. Thursday Morning Hike - Burrage Pond WMA - Halifax/Hanson, 15 Hawks Ave, Hanson, MA.** Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. Please contact leader BEFORE bringing DOGS on this hike. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))



## Activities

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

### HIKING

**Sat., Mar. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA.** See details at the Sat., Jan. 25, listing.

**Sun., Mar. 29. Winter Morning Out 9-Mile Hike - Myles Standish to Wildlands Trust Headquarters, 675 Long Pond Rd, Plymouth, MA.** Join us for an 8 am, 9-mile Sunday morning hike from Myles Standish State Forest in Plymouth/Carver to the Wildlands Trust Headquarters on Long Pond Rd. Friends of Myles Standish State Forest will join us. See the beauty of the forest, the ponds, the fields, and the highlands in winter. We will meet at 7:45 at the Wildlands Trust Headquarters on 675 Long Pond Rd in Plymouth. Park behind the barn. We will carpool to the start from here. From Myles Standish Headquarters we'll hike part of the East Head Pond loop, cross over to the Bentley Loop to Parking Lot 2. Then we'll head east into Halfway Pond Conservation Area. We'll hike over the hills and around the ponds that will deliver us back to our cars at Wildlands Trust. We'll plan on a moderate pace to complete the hike in approximately 4.5 hours. Registration is not required, but be confident that you can hike the 9 mile distance. Email the leader with questions or concerns. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L John Bescherer L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net))

**Mon., Apr. 6. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under a Full Pink Moon or as some may call it, a Fish Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. We may still need to think about Snow gear this time of year. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend. I have listed multiple hikes 2) Your contact number 3) A description of your latest hiking experience. L William Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com), AMC Member for 8 Years 3 years leading Full Moon Hikes AMC SEM Conservation Vice Chair) L Susan Svelnis ([suesvelnis@gmail.com](mailto:suesvelnis@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcnallyma@comcast.net](mailto:pmcnallyma@comcast.net)), R Bill Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com))

**(FT) (NM) Thu., Apr. 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 15th year of the Red Line series! L Joe Keogh ([jpkoe24@gmail.com](mailto:jpkoe24@gmail.com)) L Michael Swartz (617-840-4199, [swartz@brandeis.edu](mailto:swartz@brandeis.edu)), R Sue Svelnis (781-849-9299 before 9 pm, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

**(C) (FT) (NM) Sun., Apr. 19. Earth Day 2020 Clean Up Hike, Milton, MA.** To recognize the 50th Anniversary of Earth Day, AMCSEM is planning several activities. This hike is a Clean-Up Hike along Route 28, Randolph Avenue, in Milton, MA. Take Exit 5 North off Highway 128/93 and park in any of the three pull-in lots on the left side before Chickatawbut Road. Due to the high volume of traffic on this road, there is always much litter and trash to be picked up. We are all saddened when we see litter along the trails and roadsides that we hike so please join us to do something about it! We will supply the trash bags and protective gloves for all. Just bring your enthusiasm to help clean up our environment and support Earth Day. We need all the helping hands we can get! Please join us! L Joanne Newton (508-215-9470 Before 8 PM, [newt665@comcast.net](mailto:newt665@comcast.net)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L William Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com))

**(FT) (NM) Thu., Apr. 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**Sat., May 2. The 3rd Annual Spring Into Spring Hike, Arnold Arboretum - Jamiaca Plain, MA.** Including two vistas, Bonsai exhibit, and "Explorer's Garden". We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell Building) at 125 Arborway, Jamaica Plain at 8:45 for prompt 9:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)





## Activities

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

### HIKING

**(C) (FT) (NM) Sat., Apr. 25. "Be Outdoors" with AMC SEM's Open House and Earth Day Celebration 2020 with Friends of Wompatuck State Park, 204 Union St., Hingham, MA.** Are you a member of AMC SEM but haven't tried any of our activities yet? Are you wondering what AMC SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? Great, we have an event for you! Join the Southeastern Mass Chapter of AMC along with the Friends of Wompatuck State Park in Hingham on Saturday, April 25 for "BE OUTDOORS" WITH AMC SEM - 2020". Celebrate the 50th anniversary of Earth Day as we hike, bike, do some trail work, or take a History Walk in this great park. Workshops will be held before and after the free lunch where you can learn about the AMC High Huts, learn how to take better outdoor photographs, learn about Leave No Trace Ethics, learn helpful stretches for before and after exercising and more! See what kinds of activities AMC SEM has for you. AMC SEM leads hikes locally and in New England, does local trail work, leads local bike trips, paddles the Cape and south shore, snowshoes and skis locally and up north. We will keep you outdoors all year long! We hope you will become part of our group of outdoor enthusiasts. All are welcome; bring a friend. There is no cost for the activities and there is a free lunch to participants. We know once you try it, you'll be hooked. Contact Maureen, [mokel773@aol.com](mailto:mokel773@aol.com), for more information. Each activity has a separate listing and registration. You must register for the activities you'd like to do. There are activities in the morning and in the afternoon. Do one or both! Free Parking! Free Lunch! I hope to see you there! L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Barry Young ([barry.young@comcast.net](mailto:barry.young@comcast.net))

**(FT) (NM) Thu., Apr. 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**Sat., May 2. The 3rd Annual Spring Into Spring Hike, Arnold Arboretum - Jamiaca Plain, MA.** Including two vistas, Bonsai Exhibit, and "Explorer's Garden". We will explore this "Tree Museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 8:45 For prompt 9:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**(FT) (NM) Thu., May 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**(FT) (NM) Thu., May 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**Sat., May 16-17. Beginner Map & Compass for Hikers (Sat/Sun), Blue Hills, MA.** Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. 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 using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map that does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday (9 am-5 pm). Only those that have not taken a map and compass course previously are eligible for the workshop; this ensures everyone in the group is at the same level. The fee for the workshop is \$60 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 NH navigating compass with adjustable declination correction, list price \$44 (currently \$29.69 on Amazon). If interested, please contact Doug Griffiths to register. L Paul Brookes (603-799-4399 after 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Doug Griffiths ([reddoug@comcast.net](mailto:redDoug@comcast.net))

**(FT) (NM) Thu., May 21. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**(FT) (NM) Thu., May 28. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.



## Activities

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

### HIKING

**Sat., May 30. 4th Annual Perennials Hike!, Wilson Mountain/Whitcomb Woods Reservations, Dedham, MA.** Lady's Slippers galore! In a good year there are hundreds on both sides, located in sections of the well-marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain and a snack 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 4-7 miles at a moderate pace. Bring water snacks, sturdy footwear, bug spray, sun screen. Steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**(FT) (NM) Thu., Jun. 4, 11, 18, 25 Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**(FT) (NM) Thu., Jul. 2, 9, 16, 23, 30 Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**(FT) (NM) Thu., Aug. 6, 13, 20, 27. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**(FT) (NM) Thu., Sep. 3, 10, 17. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr.16.

### SKIING

**Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH.** Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Snowshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, [milmod@aol.com](mailto:milmod@aol.com), Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza





**THE END**

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | March 2020

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

Sign up for the AMC Activity Digest. email  
[amcinformation@outdoors.org](mailto:amcinformation@outdoors.org)

Or call 1-800-372-1758

Find past issues of *The Southeast Breeze* on our [website](#).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to  
[breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to  
[breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Hikers on Smarts Brook Trail in January. Photo by Sarah Benzagni

## Short, fun season for snowshoers & XC skiers

By Jeannine Audet, Ski Chair

In 2020, the AMC SEM skiers had a short but successful and enjoyable season. While there was no snow in our SEM area or, alas, at Noble View for our February trip, there was plenty in the White Mountains. We had several returning adventurers and many new participants.

The weekend of January 10-12, 26 skiers and snowshoers enjoyed the hospitality at the cozy Mountain Fare Inn in Campton, NH. A group of 16 skied at the Waterville Valley XC Resort, while a group of seven snowshoed the rugged trails to the Scaur Lookout. The all-day threat of rain held off on Saturday, but we had rain Saturday night. We gathered for happy hour at the inn, sharing accounts of our busy day, then had dinner at the Mad River Tavern. The wet weather resulted in a change of plans from skiing to hiking on Sunday morning. The 3.5 mile Smarts Brook Trail loop was beautiful, with rolling hills, waterfalls, and trails following the brook. Microspikes were a "must."

*Continued with more photos on pages 3-4*



## View from the Chair: The Coronavirus and SEM

The other day, my plan for this month's View was to highlight upcoming training and social events, plus the springtime hiking series that have attracted much interest these last couple of years. Then, as they say, all h... broke loose. In a period of 48 hours, we were on a war alert to help combat the spread of the coronavirus. Your Executive Board, after reviewing the initial Massachusetts state of emergency recommendations and March 12 guidance received from AMC for modifying events, chose to cancel near-term indoor events and limit the size of outdoor events. Then, just two or three days later, came the major revised statewide and national executive orders that motivated AMC to cancel all activities in all chapters through April 30.

You may still see activities posted for May and later. Whether these go on or be curtailed is yet to be determined.

Long term success at combating the coronavirus depends on actions we all take now, and in the days and months ahead. The extent we can maintain social distances while pursuing the outdoors that we all love will determine how successful we are in contributing to this viral war threatening our nation's health.



*Len*

*Len Ulbricht  
AMC-SEM Chapter Chair*

### 2020 Executive Board

Chapter Chair .....Len Ulbricht  
Vice Chair .....Terence Hayes  
Secretary .....Ann McSweeney  
Treasurer .....David Yampanis  
Past Chapter Chair .....Barry Young  
Biking Chair .....Bernie Meggison  
Biking Vice Chair .....Peter Linhares  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair ....Cathy Giordano

Communications Chair .....Diane Simms  
Communications Vice Chair. ....Nichole Nelson  
Conservation Chair .....Joanne Newton  
Conservation Vice Chair .....Bill Cannon  
Education Chair .....Doug Griffiths  
Education Vice Chair .....Sue Svelnis  
Hiking Chair .....George Danis  
Hiking Vice Chair.....Ken Cohen  
Hiking Vice Chair.....Anne Rapp  
Membership Chair.....Ellen Thompson

Membership Vice Chair .....Sandi Santilli  
Paddling Chair .....Ed Foster  
Paddling Vice Chair .....OPEN  
Regional Director.....Joe Princi  
Skiing Chair .....Jeannine Audet  
Skiing Vice Chair .....OPEN  
Trails Chair .....Skip Maysles  
Trails Vice Chair .....Pete Tierney  
Young Members Chair.....Sue Schobel

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Christine Racine  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if  
you are interested in any  
OPEN position



## Snowshoe & XC ski season

*Continued from page 1*



The ski group at Waterville Valley. *Photo by Dia Prantis*

The weekend of March 6-8, 23 skiers, snowshoers, fat tire bikers, and shoppers called the Old Field House our home base. On Saturday, groups skied and snowshoed at Great Glen Trails; the conditions were a bit icy, but the day was sunny and fairly warm, with gorgeous views of Mt. Washington. After happy hour, which included the company of the innkeepers' dog Nana, we enjoyed dinner at Tuckerman's Tavern and the Sea Dog Brewing Company. On Sunday morning, we skied and snowshoed the beautiful wooded trails at the character-infused Bear Notch XC Center.

We welcome all who wish to share in our adventures and camaraderie next year!



Snowshoers at Bear Notch. *Photo by Diane Hartley*



View from Angel Cabin of XC skiers at Great Glen. *Photo by Friendly Skier.*



Waterfall along Smarts Brook Trail. *Photo by Diane Hartley*



Boots getting warm and dry at the Mountain Fare Inn.

*Photo by Diane Hartley*





## XC ski & snowshoe weekend

*Continued from page 3*



Hikers on Scaur Lookout. *Photo by Anne Duggan*



Leaf peeping—through the snow. *Photo by Diane Hartley*



XC Skiing at Bear Notch. *Photo by Sarah Benzagni*



Dinner at the Sea Dog Brewery. *Photo by Jeannine Audet*





Sunset over the Franconia Ridge. *Photo by Jeannine Audet*

## Overnight at Lonesome Lake hut

By Jeannine Audet, Ski Chair

The weekend of February 28-March 1 saw twelve hardy snowshoers make the climb into Lonesome Lake hut for the fourth hike in the winter series. On Friday, everyone pitched in by carrying provisions, as the hut this time of year is “self-service.”

There was a 44-inch base of snow outside of the hut, and the temps were in the teens to 20s. Our AMC caretaker, Jake, kept the fire in the main building going in the evenings to warm us and our gear, directed groups to sign up for cooking time, and gave helpful trail advice.



View from Lonesome Lake. *Photo by Claire MacDonald*

On Friday, we stuck around the hut and hiked around Lonesome Lake, which provided some beautiful, clear views of the Franconia Ridge. The sunset over the ridge was breathtaking!

Dinner, prepared by Head Chef Paul Audet and Sous Chefs Dia Prantis and Jeannine Audet, was chicken or veggie tortillas, with beans, and cookies for dessert. Conversation and games (*Bananagrams*) followed, before we turned in to our zero degree sleeping bags for the night.

Saturday, the group hiked the Kinsman Pond Trail, taking turns breaking trail in our snowshoes. We had a quick lunch at the Kinsman Pond shelter, as it was quite cold. Then we descended to the hut via the Fishin Jimmy Trail, which required many of us to “butt slide” down, as it was quite steep in spots and packed down. Total round trip was 5.3 miles.



Mapping the Hike Route. *Photo by Claire MacDonald*

Happy hour followed, as the hut filled with several groups to a capacity of 48. We met a group of Boy Scouts who had made snow shelters on the bank of the pond for their overnight stay. Saturday night’s dinner was meat and veggie lasagnas (prepared by Paul Audet and Anne Duggan), salad, and brownies for dessert. Everyone pitched in all weekend to help with cooking and dishwashing.

Overall, a beautiful weekend with great company!

*Continued with more photos on page 6*





**Lonesome Lake hut** *Continued from page 5*



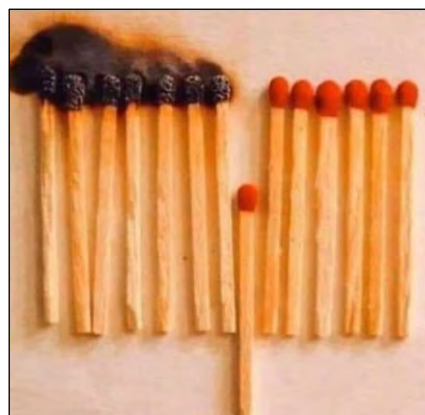
George Danis heads the line of snowshoers along the banks of Lonesome Lake. *Photo by Jeannine Audet*



Mountain Man Paul Audet at Kinsman Shelter. *Photo by Jeannine Audet*



Claire and Craig MacDonald at Kinsman Shelter. *Photo by Jeannine Audet*



The one who stayed away saved the rest. *Posted in Italy*

**Keep Your  
Distance**

This won't last forever, but while it does, please help to keep us all safe. See AMC's news release on COVID-19 [here](#).



## What's happening? Be in the know!

By Diane Simms, Communications Co-Chair

Did you know AMC-SEM has an email system to notify members of changes to AMC-SEM activities? In this time of canceled AMC activities, we may use this to email ideas for members to do on their own in our local areas. If ever there was a need for the benefits of being outside, it is now. Please follow social distancing and other government guidance while enjoying nature.

**Short Notice Email List** (SNEL) is specific to our chapter. Each SNEL email has an unsubscribe link if you want to later opt out.

To be added to the SNEL mailing list, go to <http://amcsem.org>. The bottom of the home page has these instructions:

1. Email [amcsem-subscribe@yahoogroups.com](mailto:amcsem-subscribe@yahoogroups.com)
2. Get reply email from Yahoo.
3. Reply to Yahoo (no message).
4. Get Yahoo confirm email. You're all set.

Please also follow @AMCSEM on Facebook for more ideas on getting outside.



## The search for tomorrow's AMC-SEM leaders starts now

By Alan Greenstein, Nominating Committee Chair

2019 was a dynamic year for AMC-SEM. The 387 trips, training programs, and the fabulous Fall Gathering which hosted 250 AMC Members from all 12 chapters, were made possible by the commitment of dedicated and talented SEM leaders.

Leaders in any organization do not stay in place indefinitely. In most cases this is by design and the turnover invigorates the organization with new ideas.

We are beginning a search now for three Executive Board positions (Chapter Vice Chair, Chapter Secretary, and Chapter Membership Chair) that will become vacant in November. In addition we are looking for Vice Chairs to help support the activity committee chairs for Hiking, Cape Hiking, Trails, Paddling, and Skiing.

Please strongly consider if it is your time to "give back" by accepting one of these roles to ensure that the planning, communications and execution of our programs will remain dynamic and be available in the coming years. The outdoor activities that you enjoy so much don't "just happen". We need YOU to be part of the team that support this wonderful organization.

New leaders are identified by interested members speaking up directly about a specific position of interest to them OR by members providing networking contacts of potential interested people.

To learn more about these positions or refer an individual please contact Nominating Committee Members Alan Greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com)), Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net)) or Diane Hartley ([dihartley@comcast.net](mailto:dihartley@comcast.net)).



## Leadership training will be back!

Thank you to the members who signed up for the canceled Chapter Leadership Training on April 4th. Be assured that a new session will be scheduled as soon as it is safe for all. We encourage our members to become trained leaders in the outdoors activities they love so they can share their favorite places and experiences with others. "AMC leader training, for me, was life-changing, confidence building, and a 'door' to new outdoor challenges!" said Cape Hiking leader Janet Kaiser. Keep watching for the next scheduled training session!





Photo by Jeannine Audet

## Volunteer of the Month: Paul Audet

By Jeannine Audet, Ski Chair

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

I would like to recognize Paul Audet as the March Volunteer of the Month. Although not (yet) a ski leader, Paul is working toward becoming a hike leader, and he has been highly involved in the cross-country skiing trips the last several years. We often have new participants on our ski trips, and Paul is always welcoming. He is very helpful, “stepping up” to step back as a sweep, loaning his gear to those in need, and repairing gear when needed. He also encourages our skiers and snowshoers to try all kinds of AMC-SEM activities.

Thank you, Paul, for all you do.

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.

## Get to know AMC’s new ratings system for outdoor activities

The letters and numbers codes for AMC activities is being replaced by a new system that rates each outing by the range of difficulty listed below. Tables of variables help leaders and participants determine the rating for each activity, and leaders are encouraged to describe any additional considerations in their listings. We’ll look more closely at the new system in future issues of the *Breeze*.

**Accessible:** Suitable for stroller, wheelchair, or other wheel-assisted travel. Paved, hardened gravel, or ADA listed terrain or approach. The distance traveled and anticipated timing of the activity are detailed in the activity description. This rating is employed across activities and is not broken out in each of the tables below. Please direct any inquiries for reasonable accommodation to the trip leader in advance of the trip.

**Relaxed:** Suitable for most active participants with full mobility and participants new to the activity described. Expect to be actively on the move for about 3 hours/day. You may be on the trail, slopes or water for a longer time, but there will be plenty of rest breaks.

**Easy:** Reasonable fitness for the expected activity is needed, but the trip is designed for those new to the activity. Expect to be active up to 4 hours/day. A bit more active time than the relaxed rating, but with generous breaks.

**Moderate:** Fitness level and/or past experience to sustain the activity at a moderate pace is required. Expect to be active up to 4-6 hours per day. Reasonable breaks in the action.

**Vigorous:** Suitable for those with recent similar experience and/or demonstrated proficiency, such as being active in sports or often (regular) engagement in vigorous physical activity. Ability to perform at the expected level for back-to-back days for multiday trips. Expect to be active up to 5-6 hours per day, with brief breaks.

**Strenuous:** Most physically demanding. Fitness for the specific activity is required with direct experience in the activity highly recommended and potentially mandatory (see the activity description). Expect to be active 6+ hours per day for back-to-back days if it is a multiday trip. Breaks will be shorter/fewer than for other levels of trips.





Anticipating an exciting winter backpack, from left, Bob Vogel, Joanne Newton, Robert Branczewski, Ellen Thompson, John Schepis, Samantha Fisher. *Photo by Friendly Hiker*

## Winter Backpack 2020 at the Franconia Coppermine shelter

Written by Ellen Thompson

Our hike was to be a short, steady uphill, a couple of miles with maybe a 1,000-foot elevation gain to the Coppermine Shelter in Franconia, NH. The weather was in the 20s, brisk but not frigid, with no precipitation in the forecast. It was to be an easy, beginner hike. Bob spoke to other hikers and learned the snow on the trail was hard packed, so we put on our micro-spikes and headed out. A short distance up the road, after passing a few homes, we entered the woods, our breath billowing smoke from the moist cool air. The woods soon turned into an enchanted forest with hemlock, birch, and spruce covered with a thin frosting of snow. Quiet and still in the woodlands, the only sound was our collective micro-spikes making a gentle crunch in the snow.

Well, the other sound was my heart racing, my breathing was so heavy! Oh how I wish I could keep up. Robert was our sweep and stayed with me the whole way. As I paused on several occasions to catch quick breaths, I said to him: “Robert, thank you for staying back with me; what a great sport for my frequent stops to catch my breath and gather new strength.” ...“Gee, I didn’t realize this 30-pound pack would make such a difference!” ...“Robert, let’s stop and look at this beautiful cluster of trees.” ...“Robert, look at that beautiful pool of water dancing underneath the thin layer of ice.” ...Robert, I wish there were some bugs on the trees, so I could stop some

more and look!” ...“Robert, thank you for being so patient!” One of the best parts of hiking and backpacking is knowing friends are there to help and keep us company and encourage us to do more than we think we can.

And there we were, at the shelter. Yee haw, I made it! Bob, John, and Joanne tapped down the snow for our tents; I set mine up in the shelter. Brrrrrrrrrr. My dinner was a Mountain House Beef Stroganoff: pour in a cup of water and voila, a hot meal—pretty good. Nothing is better than a hot meal during a backpack. It is such a feeling of camaraderie to huddle over camp stoves cooking with your friends, sharing water so everyone can cook their meals. No matter what you cook, it tastes better than it could ever taste in your kitchen!



Tent platform and kitchen area for cooking. *Photo by Joanne Newton*



Bridal Veil Falls at night. *Photo by John Schepis*

*More photos on page 10*





## Winter backpacking *Continued from page 9*



Tents set up around the platform. *Photo by John Shepis*



Night view of Bridal Veil Falls. *Photo by John Shepis*



Approaching the Falls in the daytime. *Photo by John Shepis*



Day climb for another opportunity to see the Falls. *Photo by Joanne Newton*



The river below Bridal Veil Falls. *Photo by John Shepis*



## Activities

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

### Hiking Key:

**C4D**

<p>Indicates distance in miles</p> <p>AA .... 13+</p> <p>A ..... 9-13</p> <p>B ..... 5-8</p> <p>C ..... less than 5</p>	<p>Indicates pace</p> <p>1 .....very fast</p> <p>2 .....fast</p> <p>3 .....moderate</p> <p>4 .....leisurely</p>	<p>Indicates terrain</p> <p>A .....very strenuous</p> <p>B .....strenuous</p> <p>C .....average</p> <p>D .....easy</p>
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Found in the description

- L ..... Activity leader
- CL ....Activity co-leader
- FT .....First Time
- NM ...New Members
- AN ....Advance Notice
- C ..... Conservation

**Due to constantly-changing conditions with COVID-19,  
please check the [online listings](#) or with the **AMC-SEM** leader to confirm activities.**

### CAPE HIKING

**Thu., Apr. 30. Hike--Monk's Park and Little Bay, Bourne, MA.** This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is moderate rolling hills on the wooded trails throughout the hike. Do not use your GPS to find the start of this hike. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a fourth year Level 1 SEM/Cape hike leader with WFA training.)

**Sat., May 9. Hike--Great Neck Wildlife Sanctuary, Wareham, Wareham, MA.** This pre-registered hike with a limit of 30 hikers is a 4 mile, 1 3/4 hour hike will take place in the Great Neck Wildlife Sanctuary in Wareham, on wooded trails through Mass Audubon lands. The trails are relatively level but require negotiating roots and rocks. There may be trees to step over on the trails during hiking. NO DOGS are allowed in the sanctuary by Audubon rules. There is a view of Bass Cove from the Osprey Overlook. Wear sturdy walking shoes and bring water and tick repellent. From Route 25, take Exit 2, Onset/Wareham/Glen Charlie Road. Bear right on the ramp and continue through 2 traffic lights. As you cross Route 28/6/Cranberry Highway, the name changes to Depot Street. As you cross Onset Ave/Minot Ave., the name changes to Great Neck Road. Stay on Great Neck for 3.1 miles. At the right turn with no street sign, Sacred Heart Spirituality Center is on your left and a small Audubon sign is on the right. The parking is shortly on your left. Park close together to maximize available parking--some cars may need to park on Great Neck. L Robin McIntyre (508-789-8252 Before 9 pm, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 4th year Level I SEM/Cape hike leader with WFA training)

### EDUCATION

**Sat., May 2-3. Wilderness First Aid Two Day Workshop, location: Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360.** Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Two days are required to certify. This training is required for AMCSEM level 2 and above hiking trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Smiths (508-758-4315 after 6 pm, [redoug@comcast.net](mailto:redoug@comcast.net))

CANCELLED





## Activities

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

### HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).  
Always looking for additional hike leaders! Contact [hikingchair@amcsem](mailto:hikingchair@amcsem)

**(FT) (NM) Thu., Apr. 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 15th year of the Red Line series! L Joe Keogh ([jpkeo24@gmail.com](mailto:jpkeo24@gmail.com)) L Michael Swartz (617-840-4199, [swartz@brandeis.edu](mailto:swartz@brandeis.edu)), R Sue Svelnis (781-849-9299 before 9 pm, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

**Sat., May 2. The 3rd Annual Spring Into Spring Hike, Arnold Arboretum - Jamaica Plain, MA.** Including two vistas, Bonsai exhibit, and "Explorer's Garden". We will explore this "tree museum" during a 4 -5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell Building) at 125 Arborway, Jamaica Plain at 8:45 for prompt 9:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**Tue., May 5. Blue Hills Spring Conditioning Series, Blue Hills Reservation, MA.** This is a registration series of 9 conditioning hikes. You only need to register once for all 9 hikes. The Blue Hills Spring Conditioning Series is designed for hikers with experience who want to get in shape for more strenuous summer adventures. This series is not suitable for beginners. The series will begin on Tuesday, March 24th and will continue weekly on Tuesday mornings, ending on Tuesday, May 19th. We will meet up at 9:45 AM for a 10 AM start and will end around 2 PM. You can choose to be in either the "Shorter Distance" group or the "Longer Distance" group when you register. Both groups will continue to add distance, elevation gain and pack weight (optional) as the series progresses. Our Registrar, Claire, will assist you in deciding which group is best for you. Expect rocks and granite ledges on most ascents and descents. Both groups will start at a moderate initial pace of 1.5-2 mph over hilly terrain. Distance and speed will increase with an expectation of 2-3 mph and elevation gain of about 2,000 feet. Weather permitting, we will finish the series with an extended day hike on Skyline. 1) March 24 2) March 31 3) April 7 4) April 14 5) April 21 6) April 28 7) May 5 8) May 12 9) May 19. L Pamela Johnson (617-448-4446 Before 8 PM, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC High Mountain Huts. Pam has climbed the NH48 and is working on 52WAV. Pam is Wilderness First Aid certified and CPR certified.) L Len Ulbricht ([lwu9944@verizon.net](mailto:lwu9944@verizon.net), Len is a 12-year member of AMC. Len is the Founder of the Blue Hills Spring Conditioning Series. He has attended AMC's Mountain Leadership School and hiked the 48 NH 4000 Footers. He is currently working on his 35 Catskill peaks over 3500 feet. For the past six years he has enjoyed preparing hikers in the annual Spring Conditioning Series for greater hiking experiences than they thought they could ever do. He is Wilderness First Aid certified.) L Craig MacDonald (Craig and Claire MacDonald are SEM leaders who co-lead the White Line series and other hikes, have completed the NH48 and enjoy trekking in Nepal, Patagonia, Mont Blanc and other places.) CL Diane Hartley (Diane is a four-season hiker and Level One AMC SEM Chapter hike leader. She enjoys weekly hikes in the Blue Hills as well as Cape Cod, but her true passion lies in reaching higher summits.) CL Tom Graefe (Tom has hiked the ADK 46 and the NH 48. While enjoying dinghy sailing and cruising, skiing, and other such outdoor pursuits, over the years and thousands of miles, walking has been a constant. Tom is a Level 1 AMC SEM Hike Leader.), R Claire MacDonald (508-265-3858 Before 8 PM, [cfmacdonald695@icloud.com](mailto:cfmacdonald695@icloud.com))

**(FT) (NM) Thu., May 7, 14, 21, 28. Red Line the Blue Hills - Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 30.

**Tue., May 5. Blue Hills Spring Conditioning Series, Blue Hills Reservation, MA.** See listing for Tues., May 5.



## Activities

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

### HIKING

**(NM) Thu., May 14, Noon Hill/Shattuck Reservation, MA.** Meet at gravel parking area on Noon Hill Rd at 09:45 for 10:00 start. The trails wander through old growth pines as well as hardwoods which have overtaken former pastureland as witnessed by the many stone walls throughout the property. Holt Pond was created in 1764! One loop will take us along the Charles River and marshland, another loop will bring us up Noon Hill, with views toward Gillette Stadium in Foxborough. On mainly level trails, with good footing, we will cover approx. 6 miles. L Peggy Qvicklund (774-893-3011, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.)

**Sat., May 16-17. Beginner Map & Compass for Hikers (Sat/Sun), Blue Hills, MA.** Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small daypack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. 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 using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a US geological survey topographical map that does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday (9 am-5 pm). Only those that have not taken a map and compass course previously are eligible for the workshop; this ensures everyone in the group is at the same level. The fee for the workshop is \$60 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 NH navigating compass with adjustable declination correction, list price \$44 (currently \$29.69 on Amazon). If interested, please contact Doug Griffiths to register. L Paul Brookes (603-799-4399 after 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Doug Griffiths ([reddoug@aol.com](mailto:redoug@comcast.net))

**Tue., May 19. Blue Hills Spring Conditioning Series, Blue Hills Reservation, MA.** See listing for Tues., May 5.

**(FT) (NM) Thu., May 21. Thursday Morning Hike - World's End (C3C), Hingham, MA,** Meet at 10 am in the Parking lot, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Sat., May. 23. Blue Hills Skyline End-to-End Hike, Canton, MA.** This is the first in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. In this particular adventure, a relatively long (app. 9 miles) and hilly hike, we'll traverse the 7,000-acre Blue Hills Reservation on the beautiful and rugged Skyline Trail from the Shea Rink in Quincy to the end of Royal St. in Canton. The Skyline Trail hits the summits of most of the significant hills in the reservation (but, for obvious reasons, skirts around the summit of Rattlesnake Hill...). Along the way, we'll enjoy a variety of terrain and scenery, including expansive views from the top of Buck Hill, Hancock Hill, Hemingway Hill, Great Blue Hill (635 feet), and others. The trail gets a bit steep and rocky in places, requiring sturdy hiking boots and hiking poles for safety. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experienced four-season SEM chapter hike leader..) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Due to COVID-19, please check the [online listings](#)  
or with the AMC-SEM leader to confirm activities.**





## Activities

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

### HIKING

**Thu., May 28. Thurs. Morning Hike - Blue Hills - Ponkapoag Pond & Vicinity, MA.** Thursday, May 30, 2020 Moderate to fast pace, with occasional stops. 5 - 6 mile hike around The Pond with one or two additional perimeter loops. Approx. 10:00 am-1:00 pm. Please arrive by 9:45 am for a 10:00 am start. Bring waterproof hiking shoes, bug spray, sun screen, snacks/lunch & water. We'll take a break near the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Dogs O.K. but **MUST** be leashed at all times. L Ken Cohen (508-942-1536 Before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker. Joins groups in the Blue Hills, other DCR reservations, Land Trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active at-large member of the Board of Trustees for The Friends of The Blue Hills. Nature and landscape photographer

**Sat., May 30. 4th Annual Perennials Hike! Wilson Mountain/Whitcomb Woods Reservations, MA.** Lady's Slippers galore! In a good year there are hundreds on both sides, located in sections of the well-marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain and a snack 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 4 - 7 miles at a moderate pace. Bring water snacks, sturdy footwear, bug spray, sun screen. Steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**(FT) (NM) Thu., June 4, 11, 18, 25. Red Line the Blue Hills - Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 30.

**Sat., Jun. 13. Mt. Monadnock Without the Crowds, Jaffrey, NH.** This is the second in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. From Monadnock State Park's main parking area, we'll gradually loop our way around to Monte Rosa (one of the three main summits) via the uncrowded Parker, Lost, Farm, Cliff Walk, Thoreau, and Monte Rosa Trails. From Monte Rosa, we'll drop down and then back up on the Smith Summit Trail and to make our way up to the decidedly not-uncrowded summit of Grand Monadnock. After enjoying our lunch and (weather permitting) the expansive views on the summit, we'll work our way back down to the trailhead via the gentle Pumpelly Trail and more-challenging Red Spot Trail. While relatively long (app. 8 miles) and with several steep and rugged sections, when tackled at a moderate pace, this is nevertheless a very enjoyable hike for those with the right mindset and appropriate fitness. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experience SEM chapter four-season hike leader.) L Emilie Bent

**(FT) (NM) Thu., Jul. 2, 9, 16, 23, 30 Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**Sat., Jul. 11-12. Overnight Trip to Mt. Eisenhower, Mt. Pierce, and Mizpah Spring, Southern Presidentials, NH.** This is the third in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. During these two days, we'll plan on hiking app. 8.5-miles and summiting two 4,000 footers. On Saturday morning, we'll meet in Crawford Notch, NH, to spot a few cars and then drive around to the nearby Edmands Trail trailhead on the Mt. Clinton Rd. We'll hike 3.3 miles (2,750 ft. elevation gain) up to treeline on the beautiful Edmands Path to the bald summit of Mt. Eisenhower for lunch and (weather permitting) to enjoy the expansive views. From "Ike," we'll follow this exposed, above-treeline section of the historic Crawford Path for a little under two miles to the Summit of Mt. Pierce. Then, we'll drop down app. 0.8-mile to the AMC Mizpah Springs Hut, where we'll enjoy our happy hour, followed by a hearty a croo-served dinner and then spend the night at the hut. Following breakfast at the hut on Sunday morning, we'll take the Mizpah Cutoff back around to the Crawford Path and then make our way back down to the cars we spotted in Crawford Notch (a little over two miles from the hut to the parking area). Trip is limited to ten participants. Participants should note that weather conditions could alter this itinerary. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experienced four-season SEM hike leader.)



## Activities

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

### HIKING

**(FT) (NM) Thu., Aug. 6, 13, 20, 27. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr. 16.

**Fri., Aug. 7-9. Weekend trip to Pinkham Notch, Imp Face, and Tuckerman Ravine, Pinkham Notch, NH.** This is the fourth in a new series of "Gentle Adventures" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but a gentler pace. On Friday, we'll meet up at the AMC's Joe Dodge Lodge in Pinkham Notch, NH where we'll spend the next two nights. We'll plan on hiking up to nearby Square Ledge on Friday afternoon before our happy hour, followed by dinner in the dining hall. After breakfast on Saturday, we'll drive up Rte. 16 just a bit to the Imp Trail trailhead and hike up to the Imp Face on the northern leg of the Imp Trail to eat our trail lunches and (weather permitting) enjoy the expansive views of Mt. Washington, the ravines, and other Presidential peaks. After lunch, we'll continue around and follow the southern leg of the Imp Trail loop back down to Route 16 for a short jaunt up the road back to our cars and then drive back down to JDL, where we'll enjoy another dinner and spend the night. This loop is app. 6.6-mi. long with app. 2,100-ft. elevation gain and loss). Following breakfast on Sunday morning, if the group is willing, we can hike app. 2.2-mi. up the Tuckerman Ravine trail to "HoJos" (the ranger station at the base of Tuckerman Ravine) and then back down again before driving back home. Single-night options available for those who prefer. Participants should note that weather conditions could alter this itinerary. Trip is limited to ten participants. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is and experiences four-season SEM chapter hiking leader.) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**(FT) (NM) Thu., Sep. 3, 10, 17. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., Apr.16.

### PADDLING

**Sat., May 2. Nemasket River Paddle, Old Bridge St., Middleborough, MA.** Join us for an easy paddle to start off the season on the upper Nemasket River. The water may still be on the cold side so you will need possibly warm clothes and neoprene boots. Bring necessary paddle gear including change of cloths in dry bag. PFD, water and lunch/snacks. All attendees must pre-register. AMC Trip Policy. L Joseph Keogh (508-564-2 x0665 5pm to 9pm, [jpkeo24@gmail.com](mailto:jpkeo24@gmail.com), I have been a member of the Southeastern Mass Chapter of the AMC since 2006 and have been a hike leader for at least 10 years.)



*Happy  
Trails!*



# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | April 2020

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**Maria stops for a contemplative moment on a Mindfulness Walk. Photo by Peter Sestina**

## Become part of Nature through Mindful Walking

By Maria Sestina, Hike leader

As our silent spring gently and slowly flows toward summer, the woodlands no longer resonate with the sound of our collective happy voices. While honoring suggestions that will keep all of us healthy, we can still practice mindful walking.

By slowing down, by safely walking alone, we can become more aware of the beauty that surrounds us in both the majestic and humble places. In our silence, we are granted the opportunity to hear the melody of bird song and the raucous symphony of spring peepers. We are more apt to witness the artistry of budding branch and bloom, to hear our own internal voices more clearly. We can focus on our senses by becoming part of nature rather than merely walking through it.

As we begin our walk, we might want to initially focus on what is outside of us. Take a moment to examine more closely those things that attract us along the path. With time, we might gradually start to observe inside of ourselves. We might begin taking stock of the work that needs tending to in our yards, our gardens, ourselves.

Quoting Jean-Jacques Rousseau: "I can only meditate when I am walking. When I stop, I cease to think. My mind works only with my legs."

Until we are all together once again, may we all walk toward well-being and an enhanced awareness and appreciation of the bounty that is available to all of us outside our own doors.



## View from the Chair: The Wonders of Springtime

Every year the calendar flip to April brings the wonders of springtime, but COVID-19 makes this year different. Instead of being out and about soaking up the sights, sounds and fragrances of spring, we are forced into life indoors with only an occasional escape for the essentials of life or perhaps a brief stroll. Being indoors, I turned to a book recently discovered at a favorite country bookstore about the life and writings of the American naturalist John Burroughs (1837-1921), contemporary and friend of John Muir, Walt Whitman, and Theodore Roosevelt. One selection from his writings captures the wonders of springtime that we have before us.

*The migrating wild creatures, whether birds or beasts, always arrest the attention. They seem to link up animal life to the great currents of the globe. It is moving day on a continental scale. It is the call of the primal instinct to increase and multiply, suddenly setting in motion whole tribes and races. The first phoebe-bird, the first song sparrow, the first robin or bluebird in March or early April is like the first ripple of the rising tide on the shore. (The World of John Burroughs, Edward Krannz, 1993, Harry N. Abrams, Inc., 126)*

Despite the cloud over this springtime, we must remember April also brings a special day for us to reflect on the natural world around us, the 22nd day of the month, Earth Day. This year Earth Day, created in 1970, is worthy of special recognition because it marks the start of the modern world wide movement to conserve the environment, started 50 years ago <https://www.earthday.org/earth-day-2020/>. The chapter had plans for several Earth Day commemoration events during Earth Day week which, with great disappointment, were canceled, yet another type of COVID-19 victim. Instead of participating in Earth Day, all we can do is reflect on what Earth Day means to each of us, just as John Burroughs reflected on what nature meant to him. But when this pandemic passes, we all will step outside again to resume our efforts to partake of and preserve those outdoor treasures we love, perhaps even with greater passion.

*Len*

*Len Ulbricht, AMC-SEM Chapter Chair*

### 2020 Executive Board

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### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Christine Racine	The Breeze Editor..... Mo Walsh
Webmistress..... Cheryl Lathrop	Blast Editor..... Marie Hopkins
Nominating Committee Chair..... Alan Greenstein	

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position





Claire MacDonald crosses a trench that drains water from a cranberry bog. *Photos by Craig MacDonald*

## A Short Walk in the Woods Together

By Craig MacDonald

The cool air is thick with moist aerosols beading the exteriors of our DWR-coated jackets as we walk, mimicking the perspiration wetting the garments' insides despite their being marketed as breathable by a famous name brand. The prevailing light rain and mist coat tree branches and send drizzles down to form droplets on limbs tipped with small red buds, bulbous drops of water hanging and teetering tentatively, finally falling under their own weight, dimpling puddles trailside below. It's 6 pm on a path through the woods that has become our daily hike in this terrible time of Covid-19. We explored the woods before, but it's a welcome rediscovery now.

It's at a time of day my wife and I customarily don't hike, in a place we had come to take for granted. Yet it's become our place of refuge. From our front porch, we walk around a long block on a paved road to the Sanctuary entrance, where a sign tells dog-walkers to leash their pets. We choose the time of day they are least likely to be sharing trails with us. We don't want to meet other people. Along the paths we are greeted by proof of an earlier presence and the colors of spring—yellow, blue, green, purple. Not daffodils or crocuses, but dog droppings neatly tied in plastic bags and piled like festive painted eggs awaiting Easter baskets. Too much to expect dogs to pack out what they brought in.

We easily exceed the AMA's daily health goal of 30 minutes of aerobic exercise, but work hard to exceed Fitbit's 10,000 step aspiration. There are seven or eight miles of trails to wander, but our late start limits time to walk. Trails are wide and flat over rolling hills and course along dammed water impoundments and trenched plumbing of active and retired cranberry bogs. Carpeted softly by prior seasons' accumulated pine needles and oak leaves, we look around with heads lifted, seeing our surroundings instead of just our feet, not worrying about the rocks and roots that grab and trip us while hiking in the Blue Hills. Silent and alone, we see and hear things otherwise missed when walking and talking in a group.

Towards the end of our walk, near the arrival of dusk, along the fringe of water features, we hear the choruses of frogs or toads in nearby bushy hummocks. Choruses repeat after pauses, as if waiting for pages to be turned in choir hymnals during Sunday morning church services. We see the deer that wave their raised white tails at us and watch them watch us as they move silently away in quiet alarm at our approach. We hear and see the chevrons of Canada geese honking and flying over our heads, coming from somewhere and heading elsewhere beyond the treetops. As darkness approaches, we head home, walking on the paved road eerily deserted of traffic.

Home to a darkened house except for a single light shining in our kitchen window, where we are removed, separate and apart, well-distanced from social contact. Except from our miniature longhaired dachshund, who excitedly coughs and sneezes in energetic tail-wagging greeting when we return and tickle her tummy upon entering our front door. Unafraid of the aerosols she spews and shares with us, awaiting the time to feel free again, the end of the next day, when it is safe to get outdoors and walk together to our nearby sanctuary in the woods, alone except for each other.



Blue sky reflected in a quiet pond.





When this visitor's bike broke down, the Ranger was there to fix it. Now she wants to be a Ranger, too! *Courtesy photo by her husband*

## Patrolling the Cape Cod Rail Trail: My summer as a DCR Ranger

An interview with **Bernie Meggison, Biking Chair**  
By **Barbara Gaughan**

I had the opportunity to catch up with Bernie Meggison, SEM Biking Chair, over E-mail and the phone to learn about his 2019 stint as a Ranger with the Massachusetts Department of Recreation and Conservation on the Cape Cod Rail Trail. Here is our conversation.

### **Barbara: How did this opportunity present itself?**

**Bernie:** I have been an active advocate of the CCRT for about 20 years. In doing so, I had made friends and acquaintances with other users of the trail and trail staff. The Superintendent knew of my passion for the trail. When a position became available upon a ranger's retirement, I agreed to be considered as a person of interest. Luckily, I had the experience and qualifications.

### **Barbara: What is the job description?**

**Bernie:** I patrolled the CCRT from Yarmouth to Wellfleet,

a total of 30 miles one way. It was my responsibility to ensure that our "customers" were following the rules and regulations of this multi-use path. This could include ensuring that children under the age of 16 were wearing helmets, pets were kept on a short leash of six feet or less, directing traffic at some 40+ intersections, to administering basic first aid and performing minor trail maintenance. I also offered suggestions on sightseeing, other places of interest for recreation, rest rooms and eating establishments. As a certified bicycle mechanic, I was also able to perform some basic repairs, such as assisting with flat tires and making minor adjustments. Once a week I was required to submit a report on my activities, including first aid, repairs, incidents, trail maintenance. I reported to the Chief of State Rangers in Boston and to the Nickerson State Park Supervisor.

### **Barbara: Give us an idea of a typical day.**

**Bernie:** My eight-hour daily patrols typically started at 7:30 a.m. My schedule was five days/week. I worked ALL weekends for the three-month seasonal commitment. My average daily mileage was 40 miles. In moderately rainy weather, I would use a DCR truck to inspect all the parking lots, inspect the trail for rubbish/rubbish removal, and inspect for needed maintenance.

### **Barbara: Uniform?**

**Bernie:** Supplied by the state, the uniform is a police grade light tan top, dark green trousers or shorts, black tee shirt and an embroidered ball cap with "Ranger" identification. The uniform sports an embossed state ranger badge and several Commonwealth of Massachusetts patches.

### **Barbara: How did the July tornadoes affect the CCRT?**

**Bernie:** The July tornadoes were devastating to the trail, especially the Dennis, Harwich, and Brewster sections. Within an hour of patrolling the trail, I informed our park superintendent that there were literally hundreds of downed trees, making the trail impassable. Our superintendent, Eric Levy, informed the DCR of the extensive damage, and within hours we had resources from around the state to clean up the disaster. I saw heavy construction equipment like out of a movie. Crews worked hours and hours to get the trail back in operation. This feat was accomplished in only three days! We are still working jointly with individual towns to clean up the residual debris on the sides of the trail.

*Continued on page 5*





Ranger on the CCRT Continued from page 4



Scouts from the Fairfield, CT, area meet their first-ever Ranger! *Courtesy photo*

**Barbara:** What did you learn about CCRT ridership?

**Bernie:** This is a GREAT question! One hundred percent of our trail users are here for one reason—ENJOYMENT. I was amazed by the enthusiasm from all age groups. And their dogs. (I went through many boxes of Trader Joe’s peanut flavored dog treats. Yes, I always checked with the owners before handing out a treat!) Everyone, from the very young to the very senior and every ethnicity from all around the world, was seeking and enjoying a relaxing and pleasurable experience. Nearly all expressed their appreciation for such a wonderful trail.

**Barbara:** What did you learn about yourself?

**Bernie:** Gosh . . . Life is about giving and sharing; being passionate about a cause or nature; learning more about compassion for others; learning to be patient in difficult times. I guess I was like a mother hen, always looking out for my flock, our customers, every day on the job.

**Barbara:** What were the most satisfying aspects of the position?

BM: Making people feel safe and comfortable with their experience on our Cape Cod Rail Trail and our Cape Cod. People were pleased to know that by providing a state Ranger full time, the Commonwealth of Massachusetts and Department of Conservation and Recreation valued their visit to our state.



**Barbara:** Tell us about your bike.

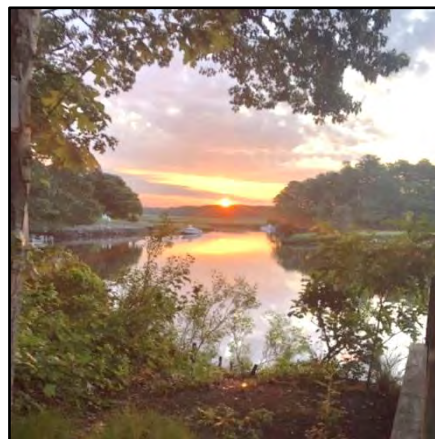
**Bernie:** It’s a unique recumbent tricycle. I have some balance issues and several replacement body parts, so I am not supposed to fall. This bike allows for stability, minimizing the fall risk. It’s the equivalent of a BMW 7 Series—full suspension; rack and pinion steering; disc brakes; extra storage racks for equipment, tools, first aid supplies; flashing front and rear lights; and a Shimano e-assist drive train for the long hot days of summer. This added accessory allows me to safely respond more quickly to an incident if required,



**Barbara:** 2020 summer plans?

**Bernie:** Hopefully, I will once again be selected to perform the duties of State Ranger for the CCRT.

**Barbara:** May I add that IMHO Bernie is so perfectly suited to this position. He is SUCH a people person. He is SUCH an avid cyclist. In talking with him, his pride in the work, in the rail trail, in the DCR is palpable. Be sure to ask him about funny stories, cautionary tales and the people he’s met from around the world with whom he is still in contact.



Sunset view from the Cape Cod Rail Trail.

Photo by Bernie Meggison

*Related photo and article on page 6*





# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER

## Long distance cyclists hit the CCRT nine months into journey

By Bernie Meggison, Biking Chair



This picture is of a beautiful couple from British Columbia. They are in their late 70s. I believe he is a retired physician, and she is a retired educator.

They started their journey nine months ago in Canada. They have been cycling all over the USA. They expect to travel about 9000-10,000 miles in about a year.

Her only demand is to have one evening per week in a hotel, and one evening dinner per week in a restaurant. They are wonderful people.

I'm so sorry I misplaced their contact info. I remember them saying they had a Facebook page about their journey. So sweet.

### COVID-19 Alert from the Four Thousand Footer Club

Be aware the 4000 Footer committee is not accepting peaks ascended while stay-at-home orders are in effect. In other words, any ascents made before the **orders are lifted will not "count."** See <http://amc4000footer.org>



## Volunteer of the Month: Bob Vogel

By George Danis, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Hiking Committee recognizes long time SEM leader Bob Vogel for his numerous contributions!

While Bob has a rich and long history with SEM, his most recent efforts have included the "What the heck kind of a hike is this?" series in the Blue Hills and a year-round backpacking program that has introduced a number of SEMers to the joys of sleeping under the stars.

Bob is also a tireless trail maintainer who has inspired many others to stop and clear the trail of obstructions. In addition to leading numerous hikes, Bob is also a ready volunteer willing to share his knowledge at leader training and hiking workshops. In addition to being a presenter at these programs, Bob works tirelessly at promoting leadership training to everyone and in mentoring people who aspire to a leadership role.

Finally, in these days of stay-at-home sheltering, Bob is producing a very informative series on the history of the Blue Hills. As a chapter we spend a lot of time in the Blue Hills, and it provides a new perspective when we understand the history of the Hills through which we are walking.

Thank you, Bob, for all you do.

Bob will receive a Volunteer of the Month Certificate and a \$50 gift card.



## Earth Day Special: Endangered Species in the Blue Hills

By Joanne Newton, Conservation Chair

As I was thinking of an article to write for *The Breeze* for Earth Day, I wanted to focus on something related to the Blue Hills since so many of us love to spend time there. I decided to learn more about the Endangered Species Act, as this act was created soon after the first Earth Day as a result of the heightened sense of awareness and concern for our environment and the species of plants and animals that were at risk of extinction. I then wanted to find out if there are any animals and plants in the Blue Hills that are on the Endangered Species List.



As we know, this is the 50th anniversary of Earth Day, which was first organized on April 22, 1970. Before that, there was some legislation which attempted to protect some species:

- Lacey Act of 1900 prohibited commercial hunting and interstate trade of certain animals and plants.
- The Migratory Bird Treaty Act of 1918 made it illegal to hunt, capture, kill, or sell birds migrating between the United States and Canada.
- The Bald and Golden Eagle Protections Act of 1940 prohibited the taking of these eagles in any manner.
- The Endangered Species Preservation Act of 1966 created a list of endangered animals and made it illegal to take any of these species on national wildlife refuges. This act was later modified in 1969 to include importing and selling of the listed species. Later, in 1972, the Marine Mammal Protection Act prohibited the taking of any marine mammal in US waters.

These acts made progress in the right direction, but they were limited in scope. President Richard Nixon addressed Congress in early 1972, asking for a stronger law to protect endangered species. He stated:

"It has only been in recent years that efforts have been undertaken to list and protect those species of animals whose continued existence is in jeopardy. Starting with our national symbol, the bald eagle, we have expanded our concern over the extinction of these animals to include the present list of over 100. We have already found, however, that even the most recent act to protect endangered species, which dates only from 1969, simply does not provide the kind of management tools needed to act early enough to save a vanishing species."

The Endangered Species Act was passed by Congress and signed by President Nixon on December 28, 1973. This act had far reaching implications. (*The following information is taken from the US Fish and Wildlife Service website*). The ESA:

- defined "endangered" and "threatened."
- made plants and all invertebrates eligible for protection.
- applied broad "take" prohibitions to all endangered animal species and allowed the prohibitions to apply to threatened animal species by special regulation.
- required federal agencies to use their authorities to conserve listed species and consult on "may affect" actions.
- prohibited federal agencies from authorizing, funding, or carrying out any action that would jeopardize a listed species or destroy or modify its "critical habitat."
- made matching funds available to states with cooperative agreements.
- provided funding authority for land acquisition for foreign species and
- implemented CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora) protection in the United States.

Let's get back to the Blue Hills. Are there any species on the endangered list? There are six listed as "Endangered," six in the "Threatened" category, and six in the "Special Concern" category. I will focus on the endangered species for this article and will write more about the other categories in future issues of *The Breeze*.

*Continued on page 8*



## Endangered Species *Continued from page 7*

First, “endangered” means that this species is in danger of extinction throughout all or a significant portion of its range. “Threatened” means that the species is likely to become extinct in the foreseeable future, and “special concern” means that the species has a low population and may be near extinction, but it is not legally protected by ESA.

### Endangered Species in the Blue Hills:

*Quoted from the MA Division of Fisheries and Wildlife website.*

#### **Gypsywort (also known as Taperleaf Water-Horehound):**

This is a perennial herb which is a non-aromatic member of the mint family. It can grow up to 18” tall but usually grows to a height of 12” in Massachusetts. It has slender, erect sparsely branching stems where the leaves are arranged on opposite sides of the stem across from each other and are widely spaced. It has small, white flowers with faint purple spots, which are clustered at the junction of the stem, and leaves forming a kind of round doughnut shape. The petals flare outward. This plant flowers from mid-July through mid-September and can be found in damp soil along small streams.



#### **Lesser Snakeroot:**

This plant is also a perennial herb, but is found in dry woodlands and barrens. It usually grows to a height of less than 2 feet in MA. The stem is hairless and may be free of branches or have a few near the upper portion of the plant. The leaves are thick and leathery in appearance and are 1–5 inches long and .75 to 2 inches wide. The flower cluster is made up of small bright white flowers. This plant blooms from August through mid-September.



#### **Lion’s Foot:**

Lion’s Foot is a robust perennial in the Aster family that can grow to 6 feet tall. It primarily grows in grasslands, but may be found along rocky slopes, along roadsides, and in other disturbed habitats. The stems are coarse and usually have some purple coloration; they exude a milky sap when damaged. The leaves are alternate and variable in shape with some irregular shaped lobes. The upper part of the plant is branched with flower heads arranged in small clusters near the branch tips. As with others in the Aster family, the flower head consists of tiny flowers, usually 8 to 14. The Lion’s Foot flowers are yellow to cream colored. Each flower produces one dry seeded fruit with a tuft of long unbranched bristles at the top. This plant blooms from mid-August through September.



#### **Pod-grass:**

Pod-grass is an erect rush-like plant with clusters of greenish flowers, sheathing opposite leaves and a zig-zag stem. It grows in open marshlands. The stems grow to 9 to 18 inches in height. The leaves are alternate and erect and are 2 to 12 inches in length and about .1 inch in width. Pod-grass has 3 to 10 yellow-green flowers each with 3 “tepals” which are similar to petals. The fruits are .2 to .3 inches and consist of 3 diverging pods, each with 1 or 2 small black seeds. The plant blooms from May until July, but it is best to look for it from early July through September when the fruit can best be seen.



Now for the hard part for me: Ask my backpacking companions and they will tell you how much I dislike snakes. I don’t even like to write about them!

*Continued on page 9*

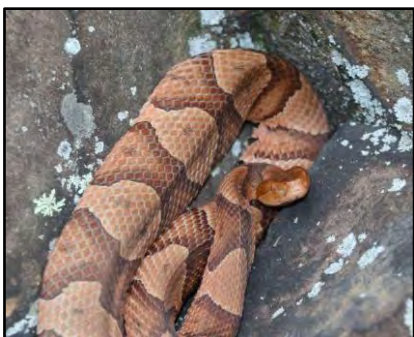




## Blue Hills species *Continued from page 8*

### Copperhead Snake:

Copperheads get their name due to their solidly, relatively unmarked, coppery colored head, the color of which resembles an old copper coin. They have a broad, triangularly-shaped head with a distinct narrowing just behind the head. The eyes have vertically elliptical (catlike) pupils. They have a series of dark brown to reddish hourglass-shaped cross bands on the body. These are narrow in the middle of the body and broad to the sides. The surrounding color of the body ranges from beige to tan. These markings continue along the body, including the tail. Young snakes are similar to adults except that the body and tip of the tail is yellow. Adult Copperheads usually grow to 24 to 36 inches in length. Males usually have longer tails and females can grow up to 4 feet long.



They can usually be found along traprock ledges with extensive rock slide below. They do like moist damp habitats. Some wintering dens are found on the fringes of swamps, reservoirs, rivers, and streams. Their summering grounds are near

wetlands, wooden swamps, marshes, or lakes. They may also inhabit fields and meadows, wet woodlands and quarries.

They do have two well-developed and enlarged venom-conducting fangs. Although the Copperhead is venomous and its bite can be painful, it is not considered life-threatening to a healthy human. The active season is from mid-April, when it starts basking on ledges during the day, through October.

### Timber Rattlesnake:

Timber rattlesnakes are large, heavy-bodied snakes in the pit viper family, as are Copperheads. As with all pit vipers, they have broad, triangular-shaped heads, with a distinct narrowing just behind the head. Color patterns are extremely variable in this species. Some are almost jet black and others are sulphur-colored yellow with brown, black, or rust-colored blotches separated by cross bands on their sides, head, and face, and they have a solid black tail. As with all rattlesnakes, this snake has a



structure at the end of its tail that makes a rattle-like sound when vibrated. The Timber Rattlesnake has 'keeled' scales, meaning that a ridge protrudes from the middle of each scale giving the skin a rough appearance. Adults are 36 to 60 inches long.

Timber Rattlesnakes are usually restricted to mountainous terrain, where there is second-growth forest with steep ledges, rock slides, and a large rodent population. They hibernate communally in underground crevices. They are sometimes found in pine barrens and wetlands and occasionally in fields. This snake resorts to striking and biting as a last resort, as it tends to be shy and nervous and will quickly seek shelter if approached.

The Timber Rattlesnake is the most critically imperiled reptile in Massachusetts. They need a high level of protection of their dens and basking areas and it is important to protect them from human access. There is a need to limit or eliminate trails on public land near these areas to protect them.

Please look for these endangered species as you hike, and if you find any, document what you find. There is an app called iNaturalist, which you can download from their website at [www.iNaturalist.org](http://www.iNaturalist.org). Just use this app to take a picture of what you are looking at and it will help identify the species in front of you. The main mission of iNaturalist is to help people connect and learn about nature. At the same time, your photos will contribute to generating scientific data on these species, which is valuable to track and gather information about them.

I can assure you, I will be like the Timber Rattlesnake, hurrying in the opposite direction if I see one, but I will be on the lookout for the plants above and hope you will also. Imagine how exciting it would be to identify one of these species! Please let us all know if you do.



## Learn about the Outdoors

By Bob Vogel, Hike Leader

I'd be the first to admit there isn't a whole lot "good" about the present situation. Since we can't hike, at least with our AMC friends, many of us are finding we have a lot of free time on our hands. There are a couple things we can do with that free time to keep from going stir crazy.

One is to focus on learning about the outdoors. Spring is right around the corner. (OK, technically, it's here but some days sure don't feel like it!) The flowers (and so-called weeds) will be sprouting. The leaves will be coming out on the trees. If you have one or more nature guides, dig them out. If not, you can order one (see below) or just use the internet. Look, really *look*, around. Don't just go for a walk. Slow down and look!

About 10 years ago I ran a series of hikes for 2 years. They were called "Discovering Nature." Every week we took our nature guides and went for a hike. We stopped and looked at *everything*. No walking right along for us; we slowed down and saw wildflowers right along the trails. Things we'd hiked right past every previous year. Every time someone saw a new flower, tree, or bush, we'd stop and (at least try to) figure out what it was. And we learned a lot! More than you would learn if you were just hiking with some expert who pointed out all the flowers. Because looking them up yourself helps make the info sink in.

And today there is also iNaturalist (website and app). The last Thursday morning hike at Eel River, which Rachel Thibeault led, we passed a bush we didn't know. I pulled up my newly installed iNaturalist app, took a photo, and it identified it for us. Great program! Plus, the pictures you take can help scientists figure out the growing ranges for the plants. So you are helping to do science while you are learning! **(If you use iNaturalist, please contact me. I have some ideas for what we could do, but need others!)**

A second thing you can do (And I am *NOT* the expert here, right Maria?) is slow down, breathe and *enjoy* the woods. Some would use the term *forest bathing*. Call it what you wish, slowing down to enjoy the woods is much different than just hiking along trying to cover a bunch of trails as quickly as you can. It's much more contemplative and relaxing. And, especially right now, that is a good thing. You can read about it in this [TIME magazine article](#) for a starter. Or just enter a Google search for it and see what you find.

Read, which is interesting, but then just **get out there**. It doesn't have to be someplace special; it will become someplace special for you.

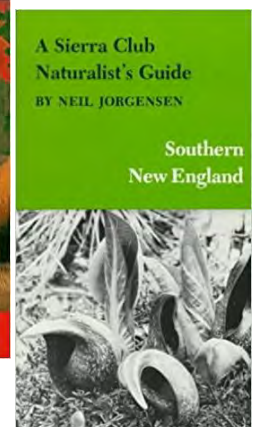
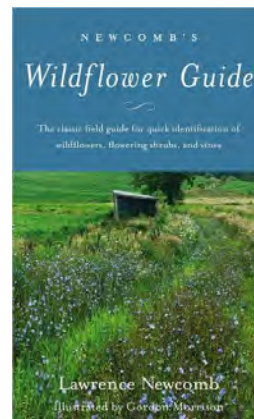
### Some books to start you on your way: to New England

[National Audubon Society Field Guide](#) is a very good place to start. Because it's focused on New England, you don't have to skim over all those things they have out west.

The [Sierra Club Naturalist's Guide to Southern New England](#) (Out of print, but available used for less than \$6) is another great book that can teach you more than you'll ever remember!

Interested in wildflowers? Try [Newcomb's Wildflower Guide](#). His approach makes it (relatively!) easy to identify wildflowers. What is the flower like, radially symmetric (like a daisy) or not? Is it a wildflower, shrub, or vine? What is the leaf shape? Questions even you can answer. Then he directs you to a page of pictures of flowers that meet your description, and you can (at least usually!) match up your flower to one of the pictures on the page.

And maybe, when we are ready to start having group hikes again, you'll be *that person* who can identify the wildflowers and trees. And generally teach all your fellow hikers about "What's out there."







The Caldera of Mount Aso in Japan shows how the collapsing walls of a volcano formed the Blue Hills 600 million years ago. *Photo from pbs.org*

## The Blue Hills: A little general history

By Bob Vogel, Hike Leader

OK, we can't go hiking together right now, but maybe we can at least use this down time to learn a little bit about the Blue Hills, so when we get back out there we know more about the place. This is just a little overview information about the park, how it was formed, etc. In the future I'll provide more information about these, and many more, subjects. Researching and writing these will give me something to do, and hopefully give you something to read to take your mind off the present situation for a few minutes.

I'm sending these out to those I think might be interested. If you or anyone else you know wants in, just [E-mail me](#) and I'll gladly add them.

The Blue Hills is a Massachusetts State Park. It is currently managed by "DCR," the Department of Conservation and Recreation. It is 7,000 acres, broken into several sections by the roads that pass through it. It includes parts of Milton, Quincy, Braintree, Canton, Randolph, and Dedham.

The Blue Hills reservation got its start in 1893, when the Metropolitan Parks Commission purchased the lands for the start of the Blue Hills Reservation, one of the first areas set aside for public recreation. But the history of the Blue Hills goes back much, *much* further. While we are waiting to get back out hiking, I'd like to look back at some of this history, as well as look at the present.

It's difficult to know exactly what happened millions of years ago. We do have clues, and over the years people have tried to assemble those clues and create a timeline for the Blue Hills. So, let's step back in time and look at how the Blue Hills may have come to be what we know today.

"600 million years ago the Blue Hills did not look like the small hilly landscape of today, but rather a true, conical volcano like you would see on the west coast. After erupting, or rather EXPLODING, the volcano that would become the Blue Hills formed a large Caldera (cauldron-shaped crater) that further collapsed and eroded over hundreds of millions of years, leaving behind the mountainous and cobbled surface we all love today."<sup>1</sup>

So, to skip ahead a bit, let's jump to 10,000 years ago. What were the Blue Hills like then? And what was going on here? Well, we know a bit about what was going on back then, because there have been (at least) two significant archaeological digs in the Blue Hills. One near Ponkapoag Pond and the second in Fowl Meadow, near the Neponset River.



Stone tools from the Ponkapoag dig site.

*Photos from the Massachusetts Archeological Society, 1977*

Future E-mails/articles will include more details, but for now just note that 10,000 years ago people were in the Blue Hills. Not to go for a hike, but to quarry stone to make tools and projectile points. And they made lots of them, for thousands of years. Long before Rome or the pyramids of Egypt, the locals had a thriving business running in the Blue Hills. We'll come back to this later, but for now let's step forward to after 1620 and the arrival of the Mayflower. *Continued on page 12*

<sup>1</sup>[The Blue Hills: Archaeological Wonder of Epic Proportions](#). I'm going to include occasional "footnotes," but they won't be formal, really just links to sources of further info that I've drawn on. But if anything interests you, they will give a starting point for more research.



## Blue Hills history *Continued from page 11*

As Europeans moved into the area, towns, then cities such as Boston, grew up. But much of what we know as the Blue Hills was still rural for many years. Eventually large tracts of land in the area were purchased by several rich families. We will come back to some of those folks later, and you will recognize some of the names, such as Hemenway and Eustis, from hills and trails in the Blue Hills today.

Stepping forward to 1892 we have the creation of the Metropolitan Parks Commission.<sup>2</sup>

[ACTS OF 1892, CHAP. 342.]

**ACT APPOINTING METROPOLITAN PARK COMMISSIONERS FOR 1892-93.**

**SECTION 1.** The governor, by and with the advice and consent of the council, shall appoint three persons, to be known as the Metropolitan Park Commissioners, who shall hold their office for one year from the first day of May in the year eighteen hundred and ninety-two. Said commissioners shall consider the advisability of laying out ample open spaces for the use of the public, in the towns and cities in the vicinity of Boston, and shall have authority to make maps and plans of such spaces and to collect such other information in relation thereto as it may deem expedient, and shall report to the next general court, on or before the first Wednesday of February, a comprehensive plan for laying out, acquiring and maintaining such open spaces.

**SECTION 2.** Said commissioners may employ such assistants as they may deem necessary, and may expend such sums therefor and in the discharge of their duties, including the actual travelling expenses of said members, as the governor and council may determine. Said commissioners shall receive no compensation.

**SECTION 3.** This act shall take effect upon its passage.

"The Blue Hills Reservation forms a public domain of 3.953 acres. It was taken by the Metropolitan Park Commission in the autumn of 1893, a few months after the passage of the law establishing that board with the authority to lay out public open spaces in the Metropolitan Parks District. It is the largest of the several public reservations and parks in the metropolitan district, and the largest recreation ground possessed by any American city. It comprises nearly the entire range of the Blue Hills and lies within the limits of the towns of Milton and Canton, and the city of Quincy. It is a diversified tract of hills and woodland, and the greater portion of the region has a mountain-like character, which gives the reservation its distinctive charm."<sup>34</sup>

Well, this gives us a start. I hope you are interested in coming along and learning about the Blue Hills. Until next time!

<sup>2</sup> [Report of the Board of Metropolitan Park Commissioners, Jan. 1896](#)

<sup>3</sup> [Bost on Parks Guide, 1898](#)



## Send us your 'Silver Linings'

By Ken Cohen, Hike Leader

Face it: Despite our reluctance to dwell on Covid-19, this catastrophe is now at the center of life in America, including all of us in AMC-SEM. Let's attack it head-on with positives, rather than avoiding it!

Please share the uplifting thoughts or positive stories you have experienced since the onset of the pandemic. Have you had a personal breakthrough, accomplished something you never seemed to have time for, learned a new skill? Tell us about your discoveries in one or two sentences or a longer account.

I believe there will be so many inspirational stories coming out of these unprecedented, tragic times. Send yours to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and look for Silver Linings in the *Breeze* and online.

Of course, we're all looking forward to getting back to what we like and what we know. However, I can guarantee you that, for us optimists, life will be better going forward—especially after taking a closer look at how we live day by day.

Instead of moping about no group hiking, let's talk about individual living!

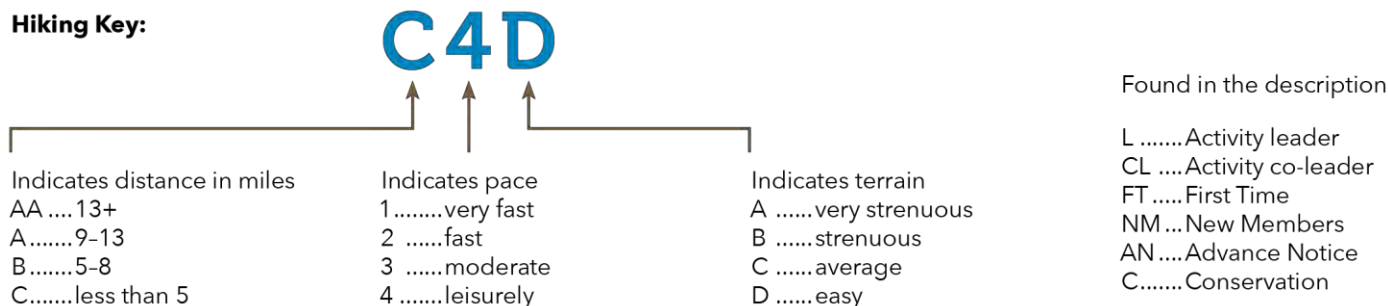
All Appalachian Mountain Club activities are canceled until June 4th. Please go to the AMC Newsroom for the most current club advisories. Be Indoors!  
And stay well!



## Activities

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

### Hiking Key:



## HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).  
 Always looking for additional hike leaders! Contact [hikingchair@amcsem](mailto:hikingchair@amcsem)

**(FT) (NM) Thu. June 4, 11, 18, 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an E-mail will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 15th year of the Red Line series! L Joe Keogh ([jpkeo24@gmail.com](mailto:jpkeo24@gmail.com)) L Michael Swartz (617-840-4199, [swartz@brandeis.edu](mailto:swartz@brandeis.edu)), R Sue Svelnis (781-849-9299 before 9 pm, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

**Sat., Jun. 13. Mt. Monadnock Without the Crowds, Jaffrey, NH.** This is the second in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. From Monadnock State Park's main parking area, we'll gradually loop our way around to Monte Rosa (one of the three main summits) via the uncrowded Parker, Lost, Farm, Cliff Walk, Thoreau, and Monte Rosa Trails. From Monte Rosa, we'll drop down and then back up on the Smith Summit Trail and to make our way up to the decidedly not-uncrowded summit of Grand Monadnock. After enjoying our lunch and (weather permitting) the expansive views on the summit, we'll work our way back down to the trailhead via the gentle Pumpelly Trail and more-challenging Red Spot Trail. While relatively long (app. 8 miles) and with several steep and rugged sections, when tackled at a moderate pace, this is nevertheless a very enjoyable hike for those with the right mindset and appropriate fitness. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experience SEM chapter four-season hike leader.) L Emilie Bent

**(FT) (NM) Thu., Jul. 2, 9, 16, 23, 30 Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., June 4.

**Sat., Jul. 11-12. Overnight Trip to Mt. Eisenhower, Mt. Pierce, and Mizpah Spring, Southern Presidentials, NH.** This is the third in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. During these two days, we'll plan on hiking app. 8.5-miles and summiting two 4,000 footers. On Saturday morning, we'll meet in Crawford Notch, NH, to spot a few cars and then drive around to the nearby Edmands Trail trailhead on the Mt. Clinton Rd. We'll hike 3.3 miles (2,750 ft. elevation gain) up to treeline on the beautiful Edmands Path to the bald summit of Mt. Eisenhower for lunch and (weather permitting) to enjoy the expansive views. From "Ike," we'll follow this exposed, above-treeline section of the historic Crawford Path for a little under two miles to the Summit of Mt. Pierce. Then, we'll drop down app. 0.8-mile to the AMC Mizpah Springs Hut, where we'll enjoy our happy hour, followed by a hearty a croo-served dinner and then spend the night at the hut. Following breakfast at the hut on Sunday morning, we'll take the Mizpah Cutoff back around to the Crawford Path and then make our way back down to the cars we spotted in Crawford Notch (a little over two miles from the hut to the parking area). Trip is limited to ten participants. Participants should note that weather conditions could alter this itinerary. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experienced four-season SEM hike leader.)

**(FT) (NM) Thu., Aug. 6, 13, 20, 27. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., June 4.



## Activities

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

### HIKING

**Fri., Aug. 7-9. Weekend trip to Pinkham Notch, Imp Face, and Tuckerman Ravine, Pinkham Notch, NH.** This is the fourth in a new series of "Gentle Adventures" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but a gentler pace. On Friday, we'll meet up at the AMC's Joe Dodge Lodge in Pinkham Notch, NH where we'll spend the next two nights. We'll plan on hiking up to nearby Square Ledge on Friday afternoon before our happy hour, followed by dinner in the dining hall. After breakfast on Saturday, we'll drive up Rte. 16 just a bit to the Imp Trail trailhead and hike up to the Imp Face on the northern leg of the Imp Trail to eat our trail lunches and (weather permitting) enjoy the expansive views of Mt. Washington, the ravines, and other Presidential peaks. After lunch, we'll continue around and follow the southern leg of the Imp Trail loop back down to Route 16 for a short jaunt up the road back to our cars and then drive back down to JDL, where we'll enjoy another dinner and spend the night. This loop is app. 6.6-mi. long with app. 2,100-ft. elevation gain and loss). Following breakfast on Sunday morning, if the group is willing, we can hike app. 2.2-mi. up the Tuckerman Ravine trail to "HoJos" (the ranger station at the base of Tuckerman Ravine) and then back down again before driving back home. Single-night options available for those who prefer. Participants should note that weather conditions could alter this itinerary. Trip is limited to ten participants. L Paul Miller (paulallenmiller@verizon.net, Paul is and experiences four-season SEM chapter hiking leader.) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**(FT) (NM) Thu., Sep. 3, 10, 17. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., June 4.

### Coming in the Breeze in May:

“Homemade Insect Repellant” by Bill Cannon

“The Blue Hills Nike Site” by Bob Vogel

“Stay-at-Home Fitness” by Jeannine Audet

“Silver Linings” by Our AMC-SEM Members



*Happy  
Trails!*



**THE END**

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | May 2020

## Get AMC-SEM activities delivered right to your E-mail inbox!

Sign up for the AMC Activity Digest. E-mail [amcinformation@outdoors.org](mailto:amcinformation@outdoors.org) or call 1-800-372-1758.

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).



"Vernal Landscape" at the Arnold Arboretum. *Photo by Ken Cohen*

## Mindfulness: 'Notice what you are noticing'

By Pam Johnson, Hike Leader

I miss all of my AMC hiking friends and I know we are all missing the adventures and fun we have together on the trails. We will all be out in the forests and mountains again! In the meantime we can learn to enjoy our backyards, front yards, window sills and sidewalks in mindful ways that will allow us to continue to experience the simple joys of being in and observing Nature.

One of my favorite books is "*Your Guide to Forest Bathing – Experience the Healing Power of Nature*" by M. Amos Clifford. The first sentence in the Introduction is, "You carry a forest inside you." I love this thought! The mindfulness concepts of "Forest Therapy" and the Japanese practice of forest bathing, also known as *shinrin-yoku*, move us to take time to quietly enjoy the natural beauty that surrounds us. Wherever we are. I know I can always find my forest, wherever I am.

Since we are all taking care of ourselves and each other by foregoing our group hikes, here are a few suggestions for immersing yourself in nature at home. You can spend 5 minutes or an hour sitting or silently observing what's happening around you in the natural world. The amount of time does not matter. Give yourself the gift of tuning into your senses.

*Continued on page 3*





## View from the Chair: What's new in SEM?

We are two months into the cancelation of all AMC activities due to COVID-19, so what could be new? A lot, actually. Let me introduce you to changes at your Executive Board level.

**Diane Simms**, formerly Communications Committee Chair, has stepped up to be Chapter Vice Chair, and she will become Chapter Chair when my term ends in November. With Diane's position change, **Nichole Nelson** has moved from Vice Chair to Chair of the Communications Committee. Both Diane and Nichole bring excellent backgrounds to their new positions and have already made an impact in their short time on the Board. But that's not all. **Joe Keogh**, our venerable longtime RLBH leader, has taken on a new role—Paddling Vice Chair—with a focus on paddling trips north of the Cape Cod Canal. Once the activity shutdown relents, expect to see new paddling opportunities in our off-Cape region. The Skiing Committee has news, too. **Dia Prantis**, prominent XC skiing trip co-leader for several winter weekends, has volunteered to be Vice Chair of the Skiing Committee. My thanks to each of you for recognizing and accepting the opportunity to contribute to the chapter.

But there are also new vacancies coming up as current terms come to an end. Chapter Secretary, Membership Chair, and Trails Vice Chair will become vacant in November. In addition, the Hiking Committee Vice Chair has recently become vacant. Two of the positions, **Chapter Secretary** and **Membership Chair**, are good options for someone with a desire to contribute. No trip leadership skills are required. The **Trails Committee** blazes poorly marked trails, performs regular maintenance on hiking trails, and recently has been called upon to help repair or build trail bridges; the **Vice Chair** position is a good fit for anyone who likes to both hike on trails and swing a rake or dig with a shovel. Active hikers—preferably trip leaders or those working to be a trip leader—are a great fit for the **Hiking Committee Vice Chair**. Further details on the responsibilities of these positions can be found on the Activities Database under Volunteer Opportunities. Here's the link: <https://activities.outdoors.org/search/index.cfm?type=3&grp=10&ext=1>.

Give some thought to joining the Executive Board. Be part of a fine bunch of volunteers who together work toward offering great experiences for our Southeastern Massachusetts community to enjoy and to conserve the outdoors. To further explore these openings, contact our Nominating Committee Chair, Alan Greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com)); me, [lenu44@gmail.com](mailto:lenu44@gmail.com); or the respective committee chairs (listed below and under "Officers" on our [website](#) homepage).



*Len Ulbricht, AMC-SEM Chapter Chair*

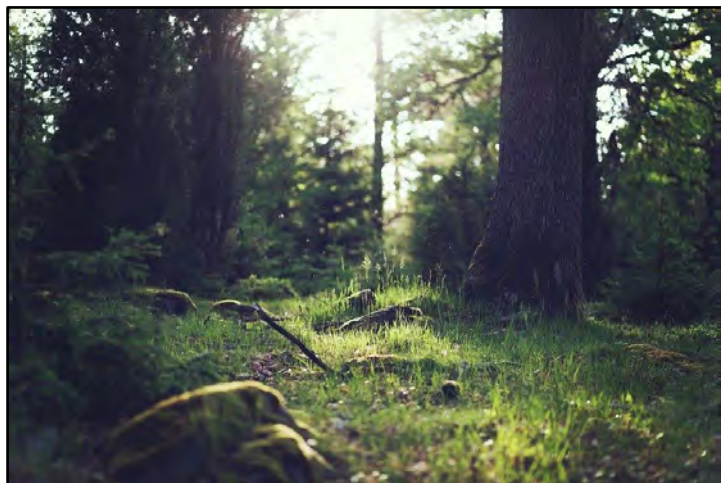
### 2020 Executive Board

Chapter Chair ..... Len Ulbricht	Communications Chair ..... Nichole Nelson	Membership Vice Chair ..... Sandi Santilli
Vice Chair ..... Diane Simms	Communications Vice Chair ..... OPEN	Paddling Chair ..... Ed Foster
Secretary ..... Ann McSweeney	Conservation Chair ..... Joanne Newton	Paddling Vice Chair ..... Joe Keogh
Treasurer ..... David Yampanis	Conservation Vice Chair ..... Bill Cannon	Regional Director ..... Joe Princi
Past Chapter Chair ..... Barry Young	Education Chair ..... Doug Griffiths	Skiing Chair ..... Jeannine Audet
Biking Chair ..... Bernie Meggison	Education Vice Chair ..... Sue Svelnis	Skiing Vice Chair ..... Dia Prantis
Biking Vice Chair ..... Peter Linhares	Hiking Chair ..... George Danis	Trails Chair ..... Skip Maysles
Cape Hiking Chair ..... Jane Harding	Hiking Vice Chair ..... OPEN	Trails Vice Chair ..... Pete Tierney
Cape Hiking Vice Chair ..... Cathy Giordano	Membership Chair ..... Ellen Thompson	Young Members Chair ..... Sue Schobel

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Christine Racine	The Breeze Editor ..... Mo Walsh
Webmistress ..... Cheryl Lathrop	Blast Editor ..... Marie Hopkins
Nominating Committee Chair ..... Alan Greenstein	

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position



**Mindfulness** *Continued from page 1*

Start by finding a comfortable place to sit. Decide how much time you would like to spend in this spot. Think about an intention you might want to bring into your quiet time. Wake up your senses and pay attention to what you see, hear, touch, smell, or taste. The most powerful sentence from M. Amos Clifford that I repeat in my mind while I'm sitting quietly is, "Notice what you are noticing."

Notice first your breathing as you settle into your space. As you become aware of slowing down your breath, start to look around and "notice what you are noticing." What do you see? Is it sunny or raining? What do the raindrops look like when they hit the ground? If your thoughts stray from your surroundings you can gently re-focus on what you're looking at. "Notice what you are noticing."

Pay attention to what you hear. Are the birds singing? Is the wind quiet? Can you hear the trees? If you're sitting on the ground is there anything you can safely touch? What does that blade of grass actually feel like? Do you smell anything? I live a few miles away from the ocean and some mornings I can actually "taste" the salt air when I'm enjoying a sunrise from my front steps. "Notice what you are noticing."



**Notice the beauty of the natural world around you, like these baby Eastern oak pine cones.**

**Photo by Pam Johnson**

Spring is such a glorious time of awakening. The buds on the trees are changing every day. Baby pine cones are growing. On sunny days the birds are joyfully singing in the morning chorus. Plants are pushing up through the ground. The sun rises earlier each day. There is so much life just bursting out and when we sit quietly, we are mindful of the power and beauty of Nature. I always feel much more peaceful and relaxed when I take time to be mindful and present, even if I just focus for ten minutes. The benefits are real and Nature is a powerful healer.

"You carry a forest inside you." A little mindfulness will bring you to your forest every day.

**'Where are we going?'**

**By Bob Vogel, Hike Leader**

**The Hiking Trip Prognosticator knows, and now you can too!**

1. Choose a number, between 1 and 9.
2. Multiply by 3.
3. Add 3.
4. Multiply by 3 again.
5. Add the two digits of your answer together.
6. The destination list shows where you are going!

**Destination list:**

1. The Blue Hills
2. M. Kilimanjaro
3. Hike the AT
4. Mt. Washington
5. Borderland State Park
6. A Hut to Hut adventure in NH
7. Welch & Dickey
8. Mt. Isolation
9. Nowhere
10. Mt. Everest
11. The Maine Woods
12. Wampatuck State Park
13. Mt. Lafayette
14. Mt. Fuji
15. Mt Moosilauke
16. Mt. Monadnock
17. PCT - Pacific Crest Trail
18. Mt. Chocorua

*Modeled after something seen from SkyScanner.*





## Get to know the threatened species of the Blue Hills

By Joanne Newton, Conservation Chair

As a continuation of the article in last month's Breeze on Endangered Species in the Blue Hills, this month I will share some information on the "Threatened Species" there. A Threatened Species is one which is likely to become endangered in the foreseeable future.

There are six such species in the Blue Hills. I have gathered the information below from the Massachusetts Division of Fisheries and Wildlife website.

### Attenuated Bluet:

"The Attenuated Bluet is a small, semi-aquatic insect of the order of damselflies. Like most damselflies, they have large eyes on the sides of their heads, short antennae, and four heavily veined wings that are folded together over their backs. They have exceptionally long, slender abdomens, and they are the largest damselflies in the United States.



"The male is mostly pale blue with thin black stripes on the 'shoulders' and top and the abdomen is mostly dark brown or black with some blue on the sides. Females have thicker abdomens than males and are usually brown where the males are blue. Attenuated Bluets range from 1.5 to 1.8 inches in length.

"There are approximately twenty species of damselflies in Massachusetts so it is difficult to identify the Attenuated Bluet without direct comparison to other species.

"They inhabit a variety of wetlands, including swamps, shady ponds, vegetated stream backwater but mostly prefer highly vegetated ponds and lakes."

Some of you may remember one magical evening at dusk when we were red-lining. I don't remember which hill we were atop, but there were hundreds, if not thousands, of damselflies flying all around. I'm quite sure they weren't Attenuated Bluets but it was a remarkable, breathtaking sight that evening.

### Scarlet Bluet:

"This Bluet is in the same family as the Attenuated Bluet. It has red eyes with a small red spot behind each eye on the back of its head, which is black. The abdominal

segments are orange below and black above. They are approximately 1 inch long.



"Scarlet Bluets are found in acidic, sandy ponds with floating vegetation, often with lily pads. (I've seen lily pads on Ponkapoag Pond just beyond marker 5175. May be a good place to look for these Scarlet Bluets.) Adults spend much of their time flying over the water, landing on lily pads.

"The adults are active from late June through August. They have a 1 year cycle with eggs laid in early summer and which probably hatch in fall. The nymphs develop over winter and spring, undergoing several molts. In early to mid-spring, the nymphs crawl up onto emerging vegetation and begin their transformation to adulthood."

### Blanding's Turtle:

"The Blanding's Turtle is a mid-sized turtle ranging between 6 to 9 inches in shell length. It has a high-domed top shell (carapace) which is dark and covered with pale yellow flecking. The lower shell (plastron) is yellow with large black blotches on the outer posterior corner of each scale (scute). The most distinguishing feature is its long yellow throat and chin, which makes it recognizable at a distance.

"The Blanding's Turtle may be confused with the Eastern Box Turtle. The Eastern Box Turtle is only 4 to 7 inches in shell length. The Spotted Turtle is also similar to the Blanding's Turtle but is smaller yet at 3.5 to 4.5 inches in shell length.



"Blanding's Turtles use a variety of wetlands and drier land habitats. They can be found in seasonal pools, marshes, scrub wetlands and open uplands. They overwinter in wetlands during their

inactive season, which is November through March. After emerging from overwintering, they leave the permanent wetlands and move overland to vernal pools and scrub swamps, where they feed and mate. They are omnivores, eating both plants and animals and they eat while on land and in the water.

*Continued on page 5*



## Threatened species *Continued from page 4*

“Females nest mostly in June in open areas with well-drained loamy or sandy soil, such as dirt roads, powerline right-of-ways, residential lawns and gravel pits. They reproduce at 14 to 20 years of age and lay between 10 and 12 eggs which hatch between late August and September.

“Blanding’s Turtles are vulnerable because they travel long distances in their active season. They reproduce late in life at between 14 to 20 years of age, and they have low nest and young survival rates. There are few known nesting sites in Massachusetts. Land development and roads have created additional hazards for these turtles. They are mostly found around the Great Lakes Region but there are much smaller populations in eastern Massachusetts, southern New Hampshire, southern Maine, and Nova Scotia. They are on the Endangered Species or Threatened Species lists in all areas except for New Hampshire.”

### **Eastern Red Bellied (Hentz’s) Tiger Beetle:**

“Tiger Beetles are so named because of their “tiger-like” behavior of chasing down and capturing prey.” (I would never have thought to compare a beetle to a tiger even if I saw this beetle chasing down



prey!) “They are about a ½ inch long and are dark brown in color with a copper sheen, particularly on the head and thorax. Their abdomen is bright orange and is only visible in flight. They inhabit sparsely-vegetated bedrock outcrops, often of granite.

“They are a summer species with a life cycle of 1 year. Adult beetles are active in July and August. It is thought that the larvae burrow in soil, moss, and lichens in cracks in the bedrock. The larvae overwinter and complete their development in spring and early summer.

“Their only range is restricted to bedrock outcrops in the hills around Boston extending along the north shore to Gloucester. They are susceptible to aerial spraying and are threatened by habitat loss.”

### **Marbled Salamander:**

“The Marbled Salamander is a stout, medium-sized salamander with a stocky body, short limbs, and a broad,

rounded snout. The body is dark gray to black with large, variably-shaped grayish to whitish cross-bands that create a ‘marbled’ pattern along the entire body. They are between 3 to 5 inches in length.

“Breeding and larvae habitat is variable, but mostly consist of vernal pools, woodland ponds, shrub swamps and forested swamps. The consistent characteristics of these habitats, though,



are waters that are fishless (smart salamanders!), occur within or are adjacent to forests, and hold water continuously from about January through May. Adults live in terrestrial environments where they prefer well-developed leaf litter, much woody debris, loose soil, and abundant rodent tunnels, but they do live within several hundred feet of their breeding wetlands.

“Most Marbled Salamanders spend the majority of their time underground or hidden beneath rocks, logs, leaf litter or other debris. Winters are spent below frost line in rodent tunnels or root channels.”

### **Pitcher Plant Borer:**

“The Pitcher Plant Borer is a moth with a wingspan of approximately 1.1 to 1.6 inches. The lower wings and body are pale yellow in color with the head and thorax predominantly maroon with some yellow and red designs across this area.

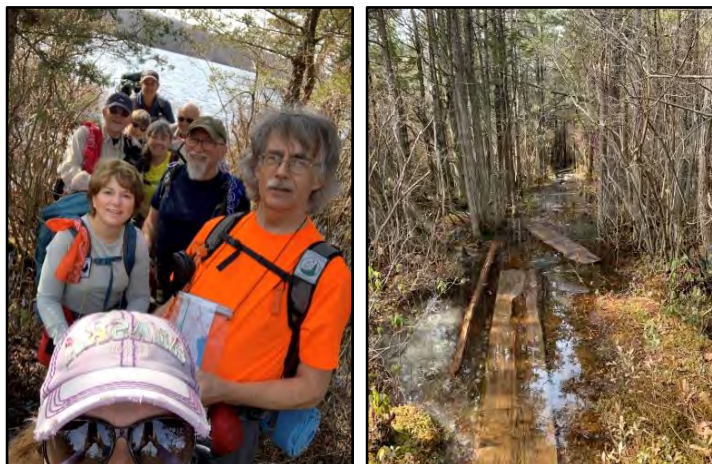
“They live in acidic Sphagnum bogs where pitcher plants grow.”

Aside: A perfect location to look for them is in along the Boardwalk, where we have seen pitcher plants growing. It was off season for these moths, but I can’t resist telling you about the “Frozen Feet Club”—nine determined hikers who walked on the Boardwalk in March when the boards were sunken under several inches of ice and very cold water! Why did we do this? So we could take credit for White Lining the Boardwalk. We hobbled down and back with extreme frozen feet pain, but enjoyed every minute for the stories we can now tell of survival in the Blue Hills!



*Continued on page 6*





“The Frozen Feet Club,” left, explored the Boardwalk, right, in March while White Lining the Blue Hills. Warmer weather will bring pitcher plants—and borers—here soon.  
*Photos by Karen Foley*



## Volunteer of the Month: Maureen “Mo” Walsh

By Len Ulbricht, Chapter Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy and expertise to make our chapter one of the best! This month the chapter chair has the opportunity to recognize the Volunteer of the Month for May, editor of the *Breeze*, **Maureen Walsh**.

Since October 2016, Maureen, or “Mo” as she is affectionately called, has assembled and edited your assorted contributions into an attractive and highly readable chapter newsletter. (That’s 37 issues—38, including this one.) *The Breeze* has become a “let’s read about what’s going on in the chapter” moment that many of us look forward to each month—be it a quick scan or a deep read. Lots of editing goes into formatting those wonderful stand-alone contributions from many of you into a publishable, cohesive, and well-presented document.

There’s deciding on the order of articles, which supporting photos to use or not use, where to place them and which to give prominence; there’s deciding what to do with extra space here or too much wordiness there; and there’s chasing down omitted credits or captions or names in the photos, plus other assorted chores. And when it seems to be ready to go to final proof read, here comes a last-minute contribution that needs to go in this issue, not next month’s. Yet Mo goes through all the back and forth with undisturbed aplomb and the most pleasant manner.

Thank you, Mo, for all you have done and continue to do for the chapter.

Maureen will receive a Volunteer of the Month certificate and a \$50 gift card.

## Blue Hills species *Continued from page 5*

Back to moths:

“The adult Pitcher Plant Borer Moths fly in late August and September. The eggs overwinter, hatching in spring. The larvae bore into and feed internally on the roots of the pitcher plants also consuming leaves.

“These moths are threatened by habitat loss, water disruption during natural seasonal flooding of their habitat, invasion of non-native plants, water pollution and aerial insecticides.



“It is interesting to note that pitcher plants are carnivorous and have a deep cavity filled with digestive fluid. They have modified leaves known as ‘pitfall traps’. The plants attract and drown prey with nectar.”

Just goes to show you that all species have predators – the Pitcher Plant Borer larvae feed on the carnivorous pitcher plant.

Hopefully, we can all be hiking in groups again in the near future so we can look for these species together. Remember to use iNaturalist to identify species and mark their locations. It would be so exciting to find some of these Endangered and Threatened Species so we know they are still alive in the Blue Hills. It will be equally as exciting to see all of you there as well!

Stay well and hike when you can. Hope to see many of you on the trails soon.





A butterfly bush brings life to your garden, and tending to yardwork helps you stay fit. *Photo by Jeannine Audet*

## Stay-at-home fitness ideas

By Jeannine Audet, Ski Chair

Spring—finally! The time of the year has arrived that many of us have been waiting for, through what seemed a long, cold, dreary winter. The time when those who are not aficionados of outdoor winter activities can resume participation in group hiking, biking, and paddling activities.

But wait! Due to the arrival of the coronavirus, we need to maintain social distancing to slow the spread of the disease and help one another to stay as healthy as possible. Not only are our outdoor group activities on hold, but indoor gyms, yoga studios, spin classes, dance classes, etc., are also suspended. What can we do to keep active, stay in shape, and maintain some social connection?

Here are some ideas! (ALWAYS be sure that you are respecting your body and attentive to any medical or orthopedic issues you may have!)

Many indoor fitness establishments are giving online classes to their members and in many cases are making them available to non-members also. Check out what is available on forums such as Zoom, YouTube, and Darebee.com. They are easy to access, even for those of us who lack in tech. skills. Also, some of these businesses are offering reduced rates on classes and gift certificates, so you can sign up at a discount, and maybe start a new activity soon!

There is no more accessible activity than walking. Walk in your neighborhood or down your street, maintaining a six-foot berth, of course. Some hiking trails are still open; try

out a new local spot! Bring your kids and your dog. Do a scavenger hunt, notice things around you. We don't always attend to the beauty that is in our own backyards! PSA: Please pick up after your dog!

Dust off your bike or take it off the indoor trainer and go for a ride. Explore some of those trails, if you have a hybrid or mountain bike. Maybe try some rollerblading. Don't forget your helmet and padding!

This is the perfect time to do some yard work. Yards need TLC after the winter, to clear fallen branches and leaves and to prepare gardens. Build birdhouses, a new garden, or a fire pit; these additions can lead to new activities and interests for the coming months. Start slowly to avoid injuries, as outdoor work can involve use of different muscles. Raking is great cardio, and planting can exercise your balance and work your core muscles.



A perfect workout: An overgrown spring trail. *Photo by Jeannine Audet*

Play in the yard with your kids and dog. Throw a ball or Frisbee, shoot some hoops, jump rope, or draw a hopscotch or "ladder" in sidewalk chalk for agility training.

On rainy days, which we surely have this time of year, there are indoor projects which can involve lifting and moving things. Rearrange your furniture for a fresh look. There are the old standbys, too--maybe not as much fun, but effective: Go up and down the stairs several times. Carrying manageable objects can add a challenge. Toss a medicine ball with your spouse/partner or teen, or use a stability ball or resistance bands.

Hoping these ideas can help everyone to stay active, fit, and engaged. Hope to see you on the trails soon!







## Silver Linings

Compiled by Diane Simms, AMC-SEM Vice Chair

*We asked you to share uplifting thoughts, positive stories, personal breakthroughs, or accomplishments you have experienced since the onset of the pandemic. Here are your stories. E-mail your Silver Linings for the June Breeze to [CommunicationsChair@amcsem.org](mailto:CommunicationsChair@amcsem.org).*

My silver lining is the realization that in the past my calendar was filled with to-dos that now seem trivial and unimportant, since all of them could be and have been canceled. In the future, I will give more thought as to what is truly important in my day and will prioritize time with family and friends first. ~Joanne N.



I committed to getting into biking condition this spring so as to be in shape for long rides this summer. Major worry was road traffic, which I thought would limit me to only early morning weekend rides. Since the stay-at-home order, I can now ride any day of the week I choose, AM or PM, and no more traffic worries. ~Len U.



Great progress made on a large garden, fruit trees, chickens, and beekeeping. Canning at harvest time (?)—that is the remaining question! ~David Y.



I am finally taking advantage of Zoom and FaceTime to see loved ones. I canceled a trip in March to visit family in Oregon. Warmed my heart to see my sister and niece. I've also enjoyed happy hours full of laughter with friends. Because I can't be with them in person, I cherish other ways to connect. ~Diane S.

Vacuuming at home has always been one of my least desirable chores. Thanks in part to my stimulus check, I now have an always willing, sometimes able, vacuuming assistant. My iRobot Roomba just arrived, was recently activated, and has already bounced through a couple of rooms. When registering my Roomba on the iRobot website, it asked for a name for the device. "Vic"-the-vac just keeps on going! ~Ken C.



In a book that I am reading, *Walking: One Step At a Time*, author Erling Kagge quotes Henriette Lund (1847): "Above all, do not lose your desire to walk; every day I walk myself into a state of well-being and walk away from every illness." ~Maria S.



My seven-year-old grandson's comments to his mother: "Mom, I know why the virus is spreading in spring. Do you want to know?"

"Sure, tell me."

"Well, the earth needs to have time to clean itself. With no one driving, we are saving the earth, and it has time to heal, cause there's no pollution. Also, there are less people out, so they aren't throwing trash in the ocean or in the woods. Plus, have you seen people planting outside? That makes oxygen. You know Earth Day is in April, after all. I bet come May everything will get better and the world will be even more beautiful with more nature. So it's God's way of helping us, if you think about it." ~Walt G.



I could not let the 50th anniversary of Earth Day be forgotten during this COVID-19 period. While working in my garden, I had a brainstorm! I gathered some boxes, newspaper, garden tools and got to work. Wearing mask and gloves, I dug up five boxes of plants, and placed them, along with my Earth Day recognition signs, alongside the road. Success! My neighbors are getting fresh air, exercise, and enjoyment in their gardens. I'm still getting requests for plants! ~Cathy Giordano





## How to make all-natural insect repellent with essential oils

By Bill Cannon, Conservation Co-Chair

I have been hiking with the AMC for about seven years now. I have enjoyed every minute. About four years ago I volunteered to be the Conservation Chair for the Southeastern Chapter. This sparked a lot of interest in all-natural products, biodegradable products, and things that go hand-in-hand with Nature.

With my Conservation hat on at all the Redline and Full Moon hikes, I became concerned with how we get along with the Insects we encounter on the trail—mainly ticks and mosquitoes.

The insect repellents that are readily available contain the effective but controversial ingredient DEET (a brand name for diethyltoluamide). Other repellents like “Skin So Soft” seem less effective and more like a marketing ploy. And who wants to smell like that in the woods anyway? Even less effective and also goofy-looking is wearing dryer sheets under your hat.

For a while I chose not to wear any bug repellent. I really didn't have to. Everyone around me had it on.

Well, I couldn't let it go. I had to find a better repellent, and this is when I ran into an all-natural repellent made with essential oils. I picked up a bottle that was made here in Massachusetts. I researched the ingredients and found they were effective in repelling many different Insects, mainly mosquitoes and ticks. Some even repel biting flies.

A short time later, my wife and I went to a class on essential oils, concentrated plant extracts that retain the natural smell and flavor, or “essence,” of their source. We found they are useful for a lot of things, such as body aches, sleeplessness, cleaning, mood enhancement, and repelling insects and rodents. (When I put my car away for the winter, I put an open jar of cotton balls, witch hazel, and drops of peppermint oil under the seat.)

I did some more research on other oils and found that a lot of them were effective in combating insects.

So, below is my formula for Insect repellent. You can adjust it any way you want. You do not need all the ingredients listed below. Adjust it to your preference in smell or get a feel for the effectiveness. You can start with the first three oils and add to them later.



Combine essential oils, left, with witch hazel in a roller bottle, right, or spray bottle for hours of insect protection.

I like to use a roller bottle, but you can use a spray bottle. Keep in mind that some oils break down some plastics over a period of time, so use glass containers.

Essential oils need to be reapplied several times during a hike to stay effective.

Looking forward to everyone in the woods smelling like geraniums.

### Ingredients:

- 5 drops of Geranium oil, effective against mosquitoes
- 5 drops of Lavender oil
- 5 drops of Lemon Grass oil
- 5 drops of Citronella oil, repels biting flies and mosquitoes
- 5 drops of Tea Tree oil, repels ticks
- 5 drops of Orange oil (optional)
- 5 drops of Rosemary oil (optional)
- 5 drops of Cedarwood oil
- 5 drops of Eucalyptus oil
- Witch-hazel oil, used as a carrier for the essential oils

### Directions:

Add all the drops to the roller bottle. Fill to the top with witch hazel. Push in roller ball top and shake.

I like the roller because you don't overspray on anyone, it is easy to apply solution to your face, and it is easy to carry in your pocket for reapplication while you are hiking.

I purchase my oils at Young Living, [www.youngliving.com](http://www.youngliving.com). Witch hazel can be purchased at Amazon or Whole Foods stores. Roller bottles can be purchased on Amazon.





## Catching up with Cathy Giordano, our retiring Cape Hikes Vice Chair

By Barbara Gaughan

Cathy Giordano has been the SEM Cape Hikes Vice Chair since November 2016. She is “retiring” from her role this November. I had a chance to catch up with her via E-mail and phone.

**Barbara:** How long have you been involved in AMC?

**Cathy:** I have been an active member in AMC since 1997. I had previously been a member while training for a hike to Mount Katahdin and let my membership lapse briefly while caring for my mother.

**Barbara:** Tell us about the role of Cape Hikes Vice Chair.

**Cathy:** Initially, I attended monthly Board Meetings and hike planning meetings. As Jane’s (Jane Harding, Cape Hikes Chair) responsibilities increased, my responsibilities increased. Jane and I worked as a team to make Cape Hikes a viable part of AMC. It became our joint mission. We sought new hike leaders and lent support by scouting

and planning hikes with them. Teamwork was key for such events as AMC-SEM’s Open House at Myles Standish State Forest in Carver in 2017 and 2018, as well as the 2019 AMC Fall Gathering on Cape Cod.

**Barbara:** Do you use any hiking apps?

**Cathy:** “All Trails.”

**Barbara:** Favorite SEM hike?

**Cathy:** I love hiking in the Blue Hills! Red Line, White Line, and Conditioning hikes are some of my favorites.

**Barbara:** Favorite trail snack?

**Cathy:** Other hikers will tell you it’s PB&J.

**Barbara:** Favorite thing about getting outdoors/being outdoors with AMC?

**Cathy:** I enjoy being outdoors in nature and meeting new people.

**Barbara:** What have you learned about yourself in your role as a volunteer hike leader? As a committee vice chair?

**Cathy:** I have to say, I have grown as a person. As I became more comfortable in my roles, I became more involved, even trying my hand at organizing trail work groups on the Falmouth Moraine. I met so many interesting people, made many new friends, and became part of endeavors that I had never dreamed of.

**Barbara:** How are you adapting to being outdoors in the time of Covid-19?

**Cathy:** I try to get outdoors each day to work on yard and house projects. Best of all, I hike with a friend locally, early in the day, wearing a mask and hoping to see no other people on the trails.

**Barbara:** Give us your pitch to encourage a volunteer to step into the role of Cape Hikes Vice Chair,

**Cathy:** Initially, I felt very unsure about stepping into the role myself. So don’t let that stop you. Jane Harding, as Cape Hikes Chair, is hard-working. She gives her all. It has been a great pleasure to work with her. The secret to our success has been working as a team. It has also been a great experience to connect with the AMC Board members. They are all so positive and genuinely helpful.

**Barbara:** Thank you, Cathy. See you on the trails!



Nike Anti-Ballistic Missile in transit.<sup>3</sup>

## Nike Site B-55 in the Blue Hills

By Bob Vogel, Hike Leader

Those who Red Line are familiar with “the Nike site,” as we hike through part of it in the Ponkapoag East (Lantana) section. Here’s a bit more of the story with excerpts from the sources in footnotes. (I couldn’t find many pictures of the Randolph facility, so some are of the Burlington facility or stock photos.)

For those that weren’t around, or at least weren’t old enough to worry about world wars in the 1950s, this was the Cold War era. The U.S. and Russia had teamed up to beat Germany—but then things got tense. It was a time when school kids were taught to get under their desks in case of a nuclear attack. (Good thing one never came: I don’t think those desks would have helped!) People built bomb shelters in their back yards. (Another idea that wouldn’t have solved the problem.) Would the Russians attack us? Who knew? All that was known was that World War II anti-aircraft guns couldn’t shoot down jets, because the jets were too fast. Something new was needed.

Project Nike was a U.S. Army project, proposed in May 1945 by Bell Laboratories, to develop a line-of-sight anti-aircraft missile system. In 1953, the project delivered the United States’ first operational anti-aircraft missile system, the Nike Ajax. Nike was named after the goddess of victory from Greek mythology.<sup>1</sup>

The first lines of defense were Distant Early Warning (DEW) lines that stretched across the Arctic and Canada. They functioned as tripwires. If a Soviet jet crossed the Arctic and penetrated a DEW line, the Nike missile bases would have to swing into action.<sup>2</sup>

Each launch site had three parts separated by at least 1,000 yards.

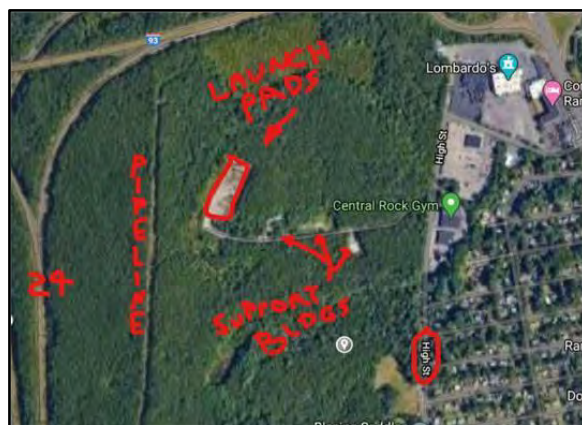
One part, of about six acres, contained the IFC (Integrated Fire Control) radar systems to detect incoming targets (acquisition and target tracking) and direct the missiles (missile tracking), along with the computer systems to plot and direct the intercept.

The second part, around forty acres, held three underground missile magazines, each serving a group of four launch assemblies, and included a safety zone. The site had a crew of 109 officers and men who ran the site continuously. One launcher would be on 15-minute alert, two on 30-minute alert and one on two-hour alert.

The third part, the administrative area, usually co-located with the IFC, containing the battery headquarters, barracks, mess, recreation hall, and motor pool.

The Blue Hills Nike site was active under control of the Army from October 1955 to October 1963. The housing area located on Army Street in Randolph was supposedly used by the government up until about 1991.

This area is located off High Street in Randolph, directly across from Central Rock Gym. If you haven’t hiked in there, it’s an interesting place to see. There isn’t a lot left, but the launch pads are still there, and you can see where the (underground) missile silos were. There isn’t much interesting left of the rest of the site.



- 1 [https://en.wikipedia.org/wiki/Project\\_Nike](https://en.wikipedia.org/wiki/Project_Nike)
- 2 <https://burlingtonretro.com/2017/09/21/straight-shooting-about-nike-missiles/>
- 3 [http://coldwar-ma.com/Nike\\_Missile\\_Bases.html](http://coldwar-ma.com/Nike_Missile_Bases.html)
- 4 <https://www.flickr.com/photos/alohadave/2740159484/in/photostream>

*Continued on page 12*





## Nike Site *Continued from page 11*

### The IFC (Integrated Fire Control) radar systems

These were located off Chickatawbut Road, on the right, just before the overlook as you ascend from Rt. 28. The radar units are gone, of course. However, the buildings remain and the area is now used as an education center and isn't normally open to the public. As you hike the Skyline Trail in the area, you will hike along the chain link fence that encloses the area. As you continue east on the Skyline Trail, you may notice pieces of the supports from more chain link fence that was installed in the Nahanton Hill area. (Don't trip over them; they stick up a couple of inches!)



Target-tracking radar. This would lock in on enemy aircraft. (Burlington installation)<sup>2</sup>



Acquisition radar. This would bounce electronic signals off airplanes to determine "friend or foe." Friendly aircraft would respond with a specific signal that functioned as a secret handshake. (Burlington installation)<sup>2</sup>



The Control Room, manned all day, every day, coordinated the signals from the varied equipment and also had the "fire" buttons. (Burlington installation)<sup>2</sup>

### Decommissioning:

Soviet development of ICBMs (InterContinental Ballistic Missiles) decreased the value of the Nike (aircraft) air defense system. Beginning around 1965, the number of Nike batteries was reduced.

Nike Hercules was included in SALT I discussions as an ABM (Anti-Ballistic Missile). Following the treaty signed in 1972, and further budget reductions, almost all Nike sites in the continental United States were deactivated by April 1974.

So, as you hike through the Blue Hills you can think back to the cold war, and the part the Blue Hills played in trying to keep Boston safe. There were many other Nike Sites around Boston:

When I was a teenager living in Burlington, about 1966, they converted the Nike IFC site there into a youth center. The Missile Launch Area? That became the Burlington campus of Northeastern University, which I attended my freshman year, 1966-1967. We used to park our cars next to the missile silos, which are still there.



Blue Hills missile launch area in Randolph<sup>4</sup>

## Activities

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

### Hiking Key:

**C4D**

Indicates distance in miles

AA .... 13+

A ..... 9-13

B ..... 5-8

C ..... less than 5

Indicates pace

1 .....very fast

2 .....fast

3 .....moderate

4 .....leisurely

Indicates terrain

A .....very strenuous

B .....strenuous

C .....average

D .....easy

Found in the description

L .....Activity leader

CL ....Activity co-leader

FT .....First Time

NM ...New Members

AN ....Advance Notice

C ..... Conservation

### HIKING

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

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

**(FT) (NM) Thu. June 4, 11, 18, 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an E-mail will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 15th year of the Red Line series! L Joe Keogh ([jpkeo24@gmail.com](mailto:jpkeo24@gmail.com)) L Michael Swartz (617-840-4199, [swartz@brandeis.edu](mailto:swartz@brandeis.edu)), R Sue Svelnis (781-849-9299 before 9 pm, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

**Sat., Jun. 13. Mt. Monadnock Without the Crowds, Jaffrey, NH.** This is the second in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. From Monadnock State Park's main parking area, we'll gradually loop our way around to Monte Rosa (one of the three main summits) via the uncrowded Parker, Lost, Farm, Cliff Walk, Thoreau, and Monte Rosa Trails. From Monte Rosa, we'll drop down and then back up on the Smith Summit Trail and to make our way up to the decidedly not-uncrowded summit of Grand Monadnock. After enjoying our lunch and (weather permitting) the expansive views on the summit, we'll work our way back down to the trailhead via the gentle Pumpelly Trail and more-challenging Red Spot Trail. While relatively long (app. 8 miles) and with several steep and rugged sections, when tackled at a moderate pace, this is nevertheless a very enjoyable hike for those with the right mindset and appropriate fitness. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experience SEM chapter four-season hike leader.) L Emilie Bent

**(FT) (NM) Thu., Jul. 2, 9, 16, 23, 30 Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., June 4.

**Sat., Jul. 11-12. Overnight Trip to Mt. Eisenhower, Mt. Pierce, and Mizpah Spring, Southern Presidentials, NH.** This is the third in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. During these two days, we'll plan on hiking app. 8.5-miles and summiting two 4,000 footers. On Saturday morning, we'll meet in Crawford Notch, NH, to spot a few cars and then drive around to the nearby Edmands Trail trailhead on the Mt. Clinton Rd. We'll hike 3.3 miles (2,750 ft. elevation gain) up to treeline on the beautiful Edmands Path to the bald summit of Mt. Eisenhower for lunch and (weather permitting) to enjoy the expansive views. From "Ike," we'll follow this exposed, above-treeline section of the historic Crawford Path for a little under two miles to the Summit of Mt. Pierce. Then, we'll drop down app. 0.8-mile to the AMC Mizpah Springs Hut, where we'll enjoy our happy hour, followed by a hearty a croo-served dinner and then spend the night at the hut. Following breakfast at the hut on Sunday morning, we'll take the Mizpah Cutoff back around to the Crawford Path and then make our way back down to the cars we spotted in Crawford Notch (a little over two miles from the hut to the parking area). Trip is limited to ten participants. Participants should note that weather conditions could alter this itinerary. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experienced four-season SEM hike leader.)

**(FT) (NM) Thu., Aug. 6, 13, 20, 27. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., June 4.





## Activities

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

### HIKING

**Fri., Aug. 7-9. Weekend trip to Pinkham Notch, Imp Face, and Tuckerman Ravine, Pinkham Notch, NH.** This is the fourth in a new series of "Gentle Adventures" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but a gentler pace. On Friday, we'll meet up at the AMC's Joe Dodge Lodge in Pinkham Notch, NH where we'll spend the next two nights. We'll plan on hiking up to nearby Square Ledge on Friday afternoon before our happy hour, followed by dinner in the dining hall. After breakfast on Saturday, we'll drive up Rte. 16 just a bit to the Imp Trail trailhead and hike up to the Imp Face on the northern leg of the Imp Trail to eat our trail lunches and (weather permitting) enjoy the expansive views of Mt. Washington, the ravines, and other Presidential peaks. After lunch, we'll continue around and follow the southern leg of the Imp Trail loop back down to Route 16 for a short jaunt up the road back to our cars and then drive back down to JDL, where we'll enjoy another dinner and spend the night. This loop is app. 6.6-mi. long with app. 2,100-ft. elevation gain and loss). Following breakfast on Sunday morning, if the group is willing, we can hike app. 2.2-mi. up the Tuckerman Ravine trail to "HoJos" (the ranger station at the base of Tuckerman Ravine) and then back down again before driving back home. Single-night options available for those who prefer. Participants should note that weather conditions could alter this itinerary. Trip is limited to ten participants. L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is and experiences four-season SEM chapter hiking leader.) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**(FT) (NM) Thu., Sep. 3, 10, 17. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See listing for Thur., June 4.





# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | June 2020

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

Sign up for the AMC Activity Digest. email  
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Or call 1-800-372-1758

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to  
[breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Impressions of Spring at the Arnold Arboretum. *Photo Ken Cohen*

## The unmasking of Nature at the Arnold Arboretum

Article and Photos by: Ken Cohen, Hike Leader

It Happens Every Year—We Have Sprung Into Spring!

Life abounds and is seasonally renewed! This Is "The Renaissance of The Seasons!"

Mother Nature is immune to our pandemic. In fact, She is in the process of awakening her tree and plant children, right on schedule. Locally, few places are a better example of that renewal than the Arnold Arboretum, located at 125 Arborway, Jamaica Plain.

This year I had to cancel what would have been the "Third Annual Spring-Into-Spring Hike" (deep-sixed by Covid-19) at the Arboretum. During a five-week period, I visited that "tree museum" on three occasions and captured a number of the stages of the evolution of spring thru-the-lens. It's my pleasure to share some of it with you.

Amongst an avian chorale, and one amazing life form after another, I put foot afield, with camera in hand, amongst that sanctuary of the trees.

The photos that follow are examples of the chronological awakening of more than 15,000 species of trees and other plants at the 170-acre park, which is owned and maintained by Harvard University. It was founded in 1872 and designed by the "father of landscape architecture," Frederick Law Olmstead. Admission is always free-to-all. The often breathtaking scenery changes every day!

*Photo Essay Continued on page 6*





## View from the Chair: Searching for your next committee chair

As I write this View on a wet and foggy end of May day, progress has been made toward reopening volunteer led trips, currently canceled though June 14. AMC has established guidelines to be followed and is preparing materials for trip leaders to facilitate social distancing. Soon after you read this *Breeze* issue, if all goes as planned, you will see trip postings gradually rolled out by our hiking, Cape hikes, biking, paddling, and trails committees.

Looks like returning to at least a modified activity set for the second half of 2020 appears likely.

But in this issue of the View, our last until September, I wish to focus on recruiting for open positions on your Executive Board. First the very good news. Further progress has been made on filling Board openings with **Paul Brookes** stepping up to be **Vice Chair, Hiking Committee**. Thank you, Paul, for your commitment to keeping the wheels of the chapter turning.

Next, the chapter's Nominating Committee (**Alan Greenstein**, chairperson, assisted by **Robin McIntyre** and **Diane Hartley**) is tasked with preparing a nomination slate for a vote of the SEM membership at this year's Annual Meeting on November 7. This task involves talking with trip leaders and perhaps even non-trip leaders and exploring potential interest in a role on the Board. (The corona virus has hampered that effort, but hopefully trips will commence soon.) They are also interested in referrals should you know of someone who may be a good fit for the Board. At this time the Nominating Committee is focused on three Board positions that will become open in November. Two of them are **Chapter Secretary** and **Membership Chair**. Their position descriptions are currently posted on the Activities Data Base under Volunteer Opportunities. Here's the link: [SEM Volunteer Opportunities](#). You'll also notice the third position, **Trails Vice Chair**, is listed, too. (Coincidentally, an accompanying article in this issue spotlights the Trails Committee.) Look them over. Curious if there is a fit for you? Then let's talk. No commitment required. See below for contact information.

Finally, I'd like to say a bit more about **committee vice chairs**. We are always looking for vice chairs to help the chair, sometimes even having two vice chairs on a committee. Being a vice chair is an easy way to learn, without taking on the chair's role, how both the committee and the Board work to manage chapter operations. When the chair steps down at term completion, vice chairs usually have first option to move up into the committee chair position. If exploring a vice chair position is of interest to you, or even sharing the vice chair role with a current occupant, let's talk.

The best way to learn about volunteering on the Board is to reach out to the Nominating Committee (Alan, Robin, Diane), me, a current Board member, or any past Board member. Ask about what Board members do, skills that may help, time commitments, what you can learn, what you can offer. Even if it may not be a good fit for you now, maybe it will some time to come. The goal is to make SEM a better organization, and the best way to do that is if we can get more people to engage in that conversation.

Here's our contact info:

Alan Greenstein – [alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com)

Robin McIntyre – [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net)

Diane Hartley - [dhartleyplymouth@gmail.com](mailto:dhartleyplymouth@gmail.com)

Len Ulbricht – [chair@amcsem.org](mailto:chair@amcsem.org)

Len Ulbricht, Chapter Chair

### 2020 Executive Board

Chapter Chair ..... Len Ulbricht  
Vice Chair ..... Diane Simms  
Secretary ..... Ann McSweeney  
Treasurer ..... David Yampanis  
Past Chapter Chair ..... Barry Young  
Biking Chair ..... Bernie Meggison  
Biking Vice Chair ..... Peter Linhares  
Cape Hiking Chair..... Jane Harding  
Cape Hiking Vice Chair ....Cathy Giordano

Cape Hiking Vice Chair.....Robin McIntyre  
Communications Chair .....Nichole Nelson  
Communications Vice Chair.....OPEN  
Conservation Chair .....Joanne Newton  
Conservation Vice Chair .....Bill Cannon  
Education Chair .....Doug Griffiths  
Education Vice Chair .....Sue Svelnis  
Hiking Chair .....George Danis  
Hiking Vice Chair.....Paul Brookes  
Membership Chair.....Ellen Thompson

Membership Vice Chair .....Sandi Santilli  
Paddling Chair .....Ed Foster  
Paddling Vice Chair .....Joe Keogh  
Regional Director.....Joe Princi  
Skiing Chair .....Jeannine Audet  
Skiing Vice Chair .....Dia Prantis  
Trails Chair .....Skip Maysles  
Trails Vice Chair .....Pete Tierney  
Young Members Chair.....Sue Schobel

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Christine Racine  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org)  
if you are interested in any  
OPEN position



## Preview of AMC reopening

By AMC Staff

AMC volunteers, members, donors, and staff have responded to COVID 19 prioritizing health, safety, and our mission. We've made tough decisions about closing lodging, cancelling programs, and reducing staff. As we head into summer, we look forward to reopening the parts of AMC that can implement appropriate safety measures. This preview is based on what we know today. The information can change. Keep up with your AMC emails or visit AMC's [COVID 19 Update](#).

### Volunteer-Led Programs—Safety First

In order to relaunch volunteer led programs, participants and volunteers must commit to cancelling their participation if they are exposed to, test positive for, or experience the symptoms of COVID 19 within 14 days of their event. Anyone taking part in AMC activities will be expected to wear face coverings, practice social distancing, and follow appropriate health and safety practices. Those who prefer not to follow these practices should not attend AMC events.

New requirements may mean that AMC cannot offer some activities this summer or even this year. It may mean some volunteers sit the season out. While people make the decisions that work for them, we look ahead to the day when we can expand our offerings again.

### Continued Online Opportunities

By converting so many programs, trainings, and social events to online offerings, we learned that we can reach new people! This is particularly true for people who are safer at home. Throughout the summer and fall, we will continue to offer online programs. Follow the [chapter Facebook page](#) and [AMC's Facebook page](#) and review the [complete listing](#).

### Relaunch In-Person Opportunities

Volunteers and staff have defined how we will restart in-person volunteer activities. Volunteers receive regular updates through the Volunteer Newsletter and/or from their staff liaisons. We will resume in-person volunteer activities in two phases.

**Phase One**—Trail work and other stewardship activities: Volunteers who adopt trails, maintain structures, etc., as individuals or in groups <4. Start date June 15.\*

- Required training
- Adopt safety protocols

**Phase Two**—Volunteer Leaders groups of <10. Start date June 22.\*

Leaders have required training and safety practices.

Participants must register for events and sign an electronic waiver.

These new requirements mean that we may not be able to do all of the activities we normally do. Some activities simply cannot allow appropriate social distancing and are inappropriate for wearing face coverings. AMC is committed to upholding best practices for the safety of volunteers and participants and we look ahead to the day when these precautions will not be necessary.

Some of our long-standing traditions will not go ahead this summer and maybe even into the fall. Like the huts, many volunteer led camps and cabins will remain closed. Some Adventure Travel and other events may be cancelled. We hope that whatever changes in your AMC, that you will find your local AMC community through your chapter. Reach out! Offer to tell your stories about your favorite part of AMC. Be well.

*\*Editor's Note: Most AMC-SEM Activities are still **Canceled** for the summer. Check the chapter listings at [Outdoors.org](#) for future trips.*



**A masked meditator enjoys spring at the Arnold Arboretum. Face covers will be required as AMC reopens activities. Photo by Ken Cohen**





Sue Svelnis, Bill Doherty, and Rob MacDonald removing a small tree blocking a trail at the Blue Hills in Milton. *Photo by Skip Maysles*

## Spotlight on the Trails Committee

By Skip Maysles, Trails Chair  
Pete Tierney, Trails Vice Chair

Do you love hiking and being outdoors?

Trails just don't happen! Do you know that most trails we use are maintained by a group of trail work volunteers? They keep the trails safe for hiking, biking, and walking. Every spring through fall, SEM has a group of trail work volunteers who work throughout the SEM area and beyond. Most of the activities include raking, brushing, clearing water bars, removing small downed trees and loose stones, marking trails, etc. Occasionally we do larger projects, such as building stairs and bridges, re-routing trails, etc.

An ongoing project for the SEM Trails Committee is the maintenance of the Skyline Trail in the Blue Hills. For those not familiar with the trail, it is a challenging, often rugged path that cuts across the Blue Hills Reservation from northeast to southwest, crossing at least a dozen hills along the way. Very popular with avid hikers seeking a good workout, as well as families seeking impressive views, it is heavily trafficked. Our AMC-SEM Trails Committee has adopted the trail between the Hillside Street Reservation Headquarters and Route 28. This means we are committed to upkeep on a regular basis: removing blowdowns from the trail, cutting back encroaching vegetation, clearing water bars, cleaning the rock stairs, and tossing the seemingly inexhaustible number of "ankle-roller" stones off the path.

Some larger projects the chapter has supported include rebuilding a bog bridge at Myles Standish State Forest, building an embankment stairway to conservation trails in Duxbury, and the design and construction of a bridge over a stream in the Fall River Bio Reserve.

Plans for 2020 included clean-up and re-marking a section of the Warner Trail through F. Gilbert Hills State Forest in Foxborough and re-marking the Bay Circuit Trail in Walpole, similar to what we previously had done on the BCT in Pembroke and Hanson. We also are planning to partner with the Wildlands Trust Organization on building a bog bridge on one of their south shore properties.

One of the appealing aspects of trail work is immediate gratification. You can walk in a trail that is eroded, narrowed by vegetation, and blocked by blowdowns across the path. After a couple of hours of work, you can walk back out the same trail seeing it improved, widened, and easily passable for yourself and others to enjoy. Trail work takes no special expertise or strength. Some people like clipping back branches; others like to dig out clogged water bars. We typically work in groups of 5 to 7 and we provide all tools and instruction. We learn from each other, and we'd love to see you at one of our events. To join us, sign up on the chapter activities page or contact either [Skip Maysles](#) or [Pete Tierney](#).

Finally, if you would like to be more involved and also help plan the trail work activities for this year and into the future, we currently have an open position of [Trails Committee Vice Chair](#). If you are interested, please contact either Pete or Skip for additional information.



Pete Tierney re-blazes the Warner Trail in F Gilbert Hills Forest, and Libby Cierri assists with marking the Bay Circuit Trail in Pembroke. Photos by Skip Maysles

Right: Newly built stairs allow better access to an historical trail in Duxbury.



Photo by Dave Selfe

## Volunteer of the Month:

### Debbie Hayden

By Robin McIntyre, Cape Hiking Vice Chair

Each month the 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, the Cape Hiking Committee recognizes **Debbie Hayden**.

Over the past four years as a Cape hike leader, Debbie has led groups through terrain in Mashpee, Falmouth, and Harwich, sharing her love of the outdoors, natural history, and the history of the area. She has special connections to conservation of the ocean, marshes, and rivers which she shares with those around her.

Her warm welcoming nature invites hikers to return and enjoy the comradery, while they exercise in the great outdoors. Debbie can also be found as the sweep on many hikes led by others on the Cape. She loves paddling and joins or leads paddles on the Cape in the warmer months. She has served as a mentor to upcoming or newer hike leaders, helping to expand the number of leaders and our hike offerings on the Cape. Congratulations, Debbie, and thank you from all of us at AMC-SEM!

Debbie will receive a Volunteer of the Month Certificate and a \$50 gift card.



## A Red Liner's hiking memories

By Lawton Gaines

I was very fortunate to grow up in Canton in the late 1940s and 50s within sight of Great Blue Hill. We lived on Indian Lane, and Great Blue was visible from our second floor window. We now live only a short distance from the house I grew up in, and when I built the house in 1973 we could see Blue Hill from the roof. The trees have grown up quite a bit in all these years and now block the view.

The first time I hiked in the Blue Hills was with the Cub Scouts, probably around 1950 or 1951. We climbed what the scout leader call the Blue Dot trail from Route 138 up to the Eliot Tower. It had blue dots on the rocks showing the way, but it was many years before I learned it was the Sky Line trail. For the first time, that day I saw the Boston skyline and Boston Harbor from the top of the tower. We made a fire in the fireplace and I'm sure toasted some marshmallows.

I hiked up there many more times throughout the 1950s and early 60s, but always took the "Blue Dot" trail to the tower. Most of the time in autumn, someone would be up there with a fire going in that fireplace, and in the winter there would always be skiers by that fireplace with a fire going. (You could walk in ski boots back then.) I became fascinated with skiing while talking with that fun group around the cozy fire, and it became a big part of my life.

There were no radio towers up there in those days, only that castle-like weather station, the Eliot pavilion, and that wonderful stone bridge. Bob's recent post reminded me that there were two bronze plaques cemented in the wall of that bridge, but they have been missing for some time. I always wonder where they went.

On July 4, 1976, my family climbed the ski slope to see the Boston Bicentennial celebration fireworks from atop Blue Hill. There were many other people up there with the same idea. It was quite a show, although the size of the fireworks was akin to something you'd set up as a dollhouse display and there was no sound except from the local fireworks.

I never dreamed there were so many wonderful trails in the Blue Hills Reservation until I started hiking with Joe and the Red Line group. There have been many enjoyable days hiking with that group, and for the next few years I'll be working on my Green Line patch.

Thank you all!

*Editor's note: Lawton completed Red Lining 6/21/15 and Blue Lining 11/16/19.*





## Spring at the Arnold Arboretum

Photos by Ken Cohen

*Continued from page 1*



Left:  
Dawn  
Redwood  
Tree from  
China



Pollen Season!



Hearts in the woods.



Right:  
Tortuoga  
Beech Tree

*Photo by  
Stephanie  
Cavallaro*



A flowering pine.

*Continued on page 7*





**Spring in the Arnold Arboretum** *Continued from page 6*

*Photos by Ken Cohen*



**Oak Tree with Seeds**



**Redbud Landscape**



**Bleeding Heart**



**White Lilac**



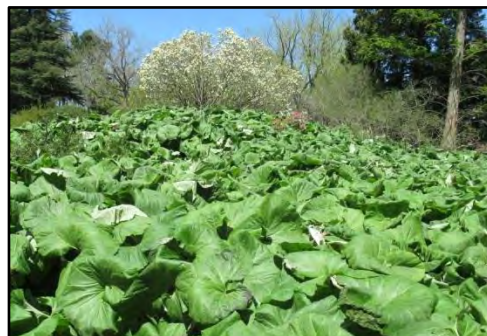
**Weeping Birch Tree**



**Forsythia**



**Pale Pink Azalea**



**Elephant Ear Cabbage**



**Carolina Silverbell**



**Peeked Crabapple**



**Trillium**



**Traditional Lilac**

*Continued on page 8*





**Arnold Arboretum** *Continued from page 7*

*Photos by Ken Cohen*



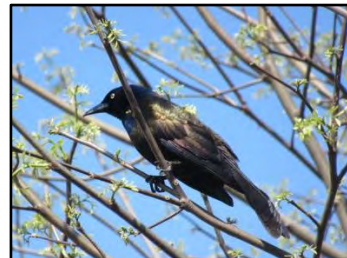
**Peony**



**Buds on a Redbud Tree**



**Apple Blossoms**



**Grackle**



**Dawn Redwood Branch Is Born**



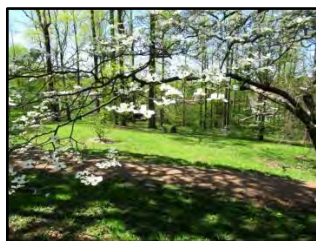
**Tree Swallow**



**Magnolia**



**Azalea**



**American Dogwood**



**Fern Forest**



**Reaching Skyward**



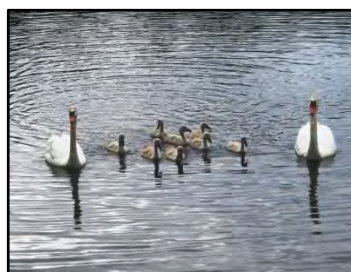
**Cherry Trees**



**Park Rangers**



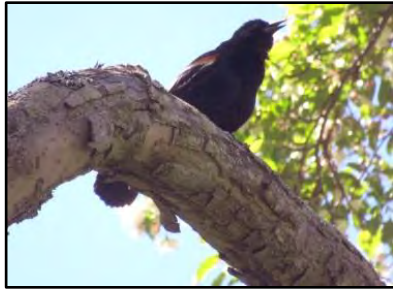
**Redbud Afloat**



**This Too Is Spring**



**Groundcover**



From left:  
Trillium bloom  
Red-Winged  
Blackbird  
Landscape Painter





## Species of ‘Special Concern’ in the Blue Hills Reservation

By Joanne Newton, Conservation Chair

I have written about the Endangered Species and the Threatened Species of plants and animals in the Blue Hills. This last installment is about those of Special Concern, which means that these species are not legally protected under the Endangered Species Act. Their numbers are in decline and they, too, are in danger of extinction.

The information I reference below has been gathered from the website of the Massachusetts Division of Fisheries and Wildlife.

### Eastern Whippoorwill

I was particularly saddened when I learned about the Whippoorwills, as I can remember their songs in the evenings when I was a child, but I cannot tell you when I last heard one.

The Whippoorwill is part of the Nightjar family, which means that it is a nocturnal bird that feeds on insects they catch on the wing. They are seldom seen, but are quick to announce their presence with their distinctive call on calm, moonlight nights. Their call is exactly as their name sounds “whip-poor-will.” They usually arrive in Massachusetts in mid-April and stay until the end of September. Very little is known about their wintering habitats, but it is believed they travel to the Gulf of Mexico and south to Central America.



This unassuming bird is approximately 8 to 10 inches long and weighs 43 to 64 grams. The sexes are nearly identical in plumage with colors of streaked browns and grays. They blend perfectly with the colors of their oak leaf nest or the thick branches on which they perch during the day. Their body shape is distinctive with a small body, which is always positioned horizontally when perched; they have a large, flat head with large, dark eyes and a very small bill.

The Whippoorwill has been greatly impacted by land development and fire suppression in their habitats, which are usually deciduous and mixed forests adjacent to large clearings with well-spaced trees and a low canopy. They prefer open understory forests, as the females lay

their eggs directly on the ground leaf litter. Their numbers have been also impacted by the decline in large moths, predation by other animals, particularly domestic and feral cats, and road mortality.

As you continue to read about the moths and butterflies below of Special Concern, remember that their decline is also impacting Whippoorwills.

### Coastal Swamp Metarranthis or Heath Metarranthis



This moth is a “geometrid” moth. This name comes from the Ancient Greek word *geo* which means “the earth” and the word *metron* which means “measure.” This refers to the way the larvae of these moths or “inchworms” appear to “measure the earth.”

Their wingspan is slightly over one inch, and the colors across their bodies range from dark brown to light pinkish-tan to white. Their bodies are peppered with black and have a bright orange underside.

They are found primarily in pine-scrub oak barrens, as well as acidic swamps and bogs. These moths fly in June and early July. Larvae feed during the summer on blueberries and cranberries. *Look carefully before you eat that handful of wild blueberries while hiking!*

### Hessel’s Hairstreak

This butterfly also has a wing span of about an inch with gossamer wings that fold above its back while resting. The upper side of the wings is dark brown and the underside is a reddish-brown with bright bluish-green scales and white spots. *They are quite beautiful!*

They prefer white cedar swamps and shrub swamps and bogs. They fly from early May through early June. They lay their eggs on the branch tips of white cedar.



I think “hairstreak” is a curious word, but when I tried to research its origins all I found is from Merriam-Webster: “any of a subfamily (*Theclinae* of the family *Lycaenidae*) of small butterflies, usually having striped markings on the underside of the wings and thin filamentous projections from the hind wings.”

*Continued on page 11*





## Species of ‘Special Concern’

*Continued from page 10*

### Oak Hairstreak

This Hairstreak is similar in size to Hessel’s with upper sides of dark brown with a small black spot capped in orange. The underside is tan with a white and black line crossing both wings forming a “W.”



They inhabit open oak woodlands and barrens on rocky uplands and sandplains. They fly from late June through July.

*Joanne’s aside: In the pandemic world, any woman who hasn’t been to a hair salon in two months will have a different definition of “hairstreak.”*

### Comet Darner

Remember the damselflies from last month? Well, this time we add a dragonfly to our Special Concern list, which begs the question of what is the difference between the two? From the U.S. Fish and Wildlife Service website: *“Damselflies hold their wings together and upright, while dragonflies will hold their wings open or down. If wings are pinched together and held upright, it is likely a damselfly. If the wings are out, it is likely a dragonfly!”*

This is a large dragonfly with a bright red abdomen and a bright green thorax. It has long red legs which taper to black at the ends. The wings are transparent and usually clear, though they can be tinged with amber. The face is bright green and the male’s compound eyes are green, while the female’s eyes are sky blue. Their bodies range from 3 to 3.4 inches long and their wingspread may be over 4 inches

The Comet Darner’s typical habitat is ponds containing floating and emergent vegetation including coastal plain ponds. The nymphs are aquatic while the adults inhabit a wide range of uplands. The nymphs may take as long as 3 to 4 years to reach maturity. Adults appear in late June through early September. They do spend much of their time high in trees when they are not feeding but they are large enough that we may be lucky to see one as we pass any ponds as we hike.



### Eastern Pondmussel:

This is a medium-sized to large mussel that may exceed 6 inches in length. Their shape is distinctly elongated or elliptical and the posterior end tapers to a blunt point. The outer shell in adults is usually dark brown or black and the inner side of the shell is usually purple, pink, or silvery white.

These pondmussels can be found throughout the Atlantic coastal drainages from Virginia to New Hampshire and in the Eastern Great Lakes Region, but they are most abundant in southeastern Massachusetts, particularly in large coastal plain ponds on the mainland and Cape Cod. They inhabit streams, rivers, and small to large lakes and ponds. They don’t seem to prefer a particular water depth or flow.



They spend much of their time partially burrowed into the bottom of wherever they are living. Do you know that all freshwater mussels have larvae (called *glochidia*) that must attach to the

gills or fins of a vertebrate host to develop into juveniles? I did not. The host fish in our area are most likely sunfishes and bass.

These mussels are threatened by pollution and non-native and invasive species and are vulnerable to alterations in the water bodies where they live.

I will leave you with two thoughts.

First, a quote from Barbara Ward, the founder of the International Institute of Environment and Development (IIED).

*“We have forgotten how to be good guests, how to walk lightly on the earth as its other creatures do.”*

I chose this quote because we, as the human race, have caused the extinction of a number of species beyond what is imaginable to most of us. Yes, species become extinct through natural selection and as a result of natural catastrophes throughout the 4.5 billion years of Earth’s history. Relatively speaking, scientists have only recently recorded extinctions so we don’t know how many species have vanished in reality.

*Continued on page 12*



## Species of ‘Special Concern’

*Continued from page 11*

However, according to Wikipedia, “Some scientists estimate that up to half of presently existing plant and animal species may become extinct by 2100.” Also, in the same Wikipedia article, “According to the 2019 Global Assessment Report on Biodiversity and Ecosystem Services by IPBES, the biomass of wild mammals has fallen by 82%, natural ecosystems have lost about half their area and a million species are at risk of extinction—all largely as a result of human actions.”

We can dispute the numbers but we cannot dispute our impact on the world around us and the plant and animal species that are vulnerable due to our actions. As hikers, bikers, paddlers, climbers and campers we all love the outdoors and we should all think about “walking lightly on the earth”.

And lastly, here is part of a poem about Whip-poor-wills, written by Obadiah C. Auringer, 1849-1937.:

### The Whippoorwill

By Obadiah C. Auringer

Listen, how the whippoorwill  
From his song-bed veiled and dusky  
Fills the night ways warm and musky  
With his music's throb and thrill!...

Starting into sudden tune  
'Mid the amorous air of June,  
Lord of all the songs of night,  
Bird unseen, of voice outright,  
Buried in the sumptuous gloom  
Of his shadow-paneled room,  
Roofed above by webbed and woven  
Leaf and bloom, by moonbeams cloven,  
Searched by odorous zephyrs through,  
Dim with dusk and damp with dew,—

He it is that makes the night  
An enchantment and delight,  
Opening his entrancing tale  
Where the evening robins fail,  
Ending his victorious strain  
When the robins wake again.

I hope that the nights become 'an enchantment and delight' again with the Whippoorwill's lovely song and I hope we can all "delight" by hiking together again soon.

## Some RLBH Memories: In the dark, in the rain, getting lost...

By Maureen Kelly, Hike Leader

I have many, many, memories of Red-Lining the Blue Hills over the past 12 or 13 years. My first memory was getting an email that said “come and hike the Blue Hills with us every Thursday night.” Because I worked in Boston, I could swing by the Blue Hills on my way home from work, get outdoors and meet some new people. In the end, that is just what I got—to be outside in a beautiful place and to meet a lot of great people.

I was not on the first Red Line hike but I was on the second. Jerry Yos was there and Maureen Yachimski, along with others we haven't seen in a long time, but we remember them. The leaders were great taking us to all corners of the park, but sometimes they would disagree: “We go this way!” said Bob Vogel. “No, we go this way!” said Dexter Robinson. [Note. Bob was always right, Dexter always wrong ☺—bv] It really didn't matter which way we went, because eventually we hiked on every trail, multiple times.



Pack a headlamp, just in case. *Stock Photo*

I remember the first time we came out of the Blue Hills in the dark, not at dusk, but in the **dark**. We had to descend a steep hill with rock slabs, and we had to do it slowly because it was difficult to see. [Note: 3,065 ft. to 3,042 ft.—bv] In the future we saw there was a side trail we could have taken that would have been much easier, but we didn't know it at the time. When I got down, I turned around to see about 16 small headlamps coming down the trail like the line of the seven dwarfs coming home from working the mines. We all made it out, we did just fine, and it was kind of exciting to hike out in the dark.

*Continued on page 13*





Paul Brookes and Sue Svelnis make ice cream cookie sandwiches on their final Red-Lining hike in August 2017.

Photo by Ellen Thompson

## Red-Lining memories *Continued from page 12*

Of course, one goal of Red-Lining the Blue Hills is to hike every trail on the map, and when you do you get to celebrate by bringing cookies for the rest of the hikers! I have had some great cookies over the years, but the best was the one created by Sue Svelnis and Paul Brookes, who were both finishing on the same night. The cookies were a surprise half-way through the hike. We came to a road, and Paul had left his car there with a cooler and ice cream. Sue pulled out her homemade chocolate chip cookies, Paul lathered on some ice cream between them, and we had ice cream sandwich cookies! If that's not incentive to join this group, I'm not sure what is!

I have learned a lot from hiking with the RLBH group, too. I learned that you don't listen to the weather forecasters or you would never go hiking. The hikes end up getting cancelled very infrequently—once a year usually. Sometimes we would hike in the rain. Paul Brookes and I were leading a hike from Shea Rink one night, and we both waited in our cars in the pouring rain just hoping that no hikers would show up that night. Well, about eight hikers showed up, we went out, and though it rained the whole time, we had a fun night and enjoyed it after all. Lightning is what we don't want to hike in and, on one hike Joe Keogh led, it started thundering and lightning while they were hiking. The group hiked as fast as they could back to the cars when...the storm stopped, the sun came out, and the group turned around and went

back out to hike some more. I learned to always bring my rain jacket in my pack.

I learned that I can get lost in the Blue Hills. Cheryl Lathrop and I were leading a hike one Thursday, but decided that we would pick up some trails before the hike along West Street. This is a small triangle of land between Rt. 128 and West Street. The trail was very wet, so we decided to leave the trail and "go around the water and come back to the trail further down." Well, we did not find the trail further down. We got turned around and found shrubs so thick we were cutting our skin (we were in shorts) trying to get through there and back to some trail and find a way out, so we wouldn't be late to the hike. Finally, Cheryl pulled out her compass and somehow, we found our way out.

*[Note: It was not "somehow"! It was Dexter Robinson's SEM "Map & Compass Training" class!—bv ]*

We made it to the hike in time, thinking we might have picked up some bacterial infection in the swamp with all of our cuts. We survived, and I learned to not go far off trail and to bring a compass.

Another of my best memories of RLBH was when I finished Red-Lining my map! They took my picture and gave me my patch; that was a fun, proud moment that many of you have had as well. This series has brought so many AMC-SEM and other people out to hike and socialize that it is a force. RLBH has brought us hike leaders, hiking committee chairs, and vice chairs, SEM executive board members in other committees and SEM chapter chairs and chapter vice chairs.

It all started with Bob Vogel taking us for a simple walk in the woods. It continued with other leaders: Joe Keogh, Michael Swartz, Cheryl Lathrop, Jim Plouffe, Dick Carnes, and Dexter Robinson. Many more new leaders have taken over recently and the Red-Lining continues on. The SEM chapter of AMC has been very well-served by this hiking series.

Thank you to all of the people volunteering your time to make this happen and to make it enjoyable, and thank you to the hikers who have come to the Blue Hills every Thursday night for a new outdoor adventure

*[Editorial note: Paul Brookes now runs the SEM Map & Compass courses. If you would like to learn to find your way around in the woods you can contact [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com) to learn about this great course.]*



## AMC-SEM Biking 1,000-Milers (2,000 mile club)—Year 16—2020

By Paul Currier, Thousand Milers Registrar

Founded in 2004 by Jack Jacobsen and becoming operational in 2005, our AMC Southeastern Massachusetts Thousand-Milers (started as SEMAMC 2,000 Mile Club) is now beginning its 16th year of recording mileage and awarding our cyclists for riding 1,000 miles or more annually. A significant achievement patch is awarded to riders the first time they ride and record **2,000** miles or more.

The club experienced its first significant growth during our Vice-Chair Victor Oliver's tenure and has been growing since. We have had several volunteer registrars, starting with Paul Currier and continuing with Dan Egan, Bernie Meggison, and once again, Paul Currier.

To join, [send me an e-mail](#) and record and send your cumulative mileage to me quarterly for posting on [our website](#) and in our chapter newsletter, *The Breeze*.

For additional information about the 2,000 Mile Club, contact Cycling Chair, [Bernie Meggison](#), Registrar [Paul Currier](#) (508-833-2690), or Founder [Jack Jacobsen](#).

## Next year's treat: Fiddleheads

From Chad Wohlers *Discovering Nature* scrapbook

[Editor: Save this recipe for Spring 2021.]

"Harvest the tender little ostrich rolls of fern as soon as they are an inch or two above the ground. Carefully brush off and remove the papery brown scales. Thoroughly wash fiddleheads in clean potable water several times

until the wash water appears clean. Then bring a small amount of lightly salted water to a boil, add washed fiddleheads, and cook them at a steady boil for 10 minutes. Fiddleheads can also be washed clean and steamed for 20 minutes. Serve

at once with melted butter or vinegar. The sooner they are eaten, the more delicate their flavor. They may be served, like asparagus, on toast. Cooked, chilled fiddleheads can also be served as a salad with an onion and vinegar dressing."



<http://www.umext.maine.edu/onlinepubs/htmpubs/4198.htm>

*Discovering Nature* scrapbook is continued on page 20



Special patch awarded to AMC-SEM Thousand Milers the first time they ride and record 2,000 miles or more in one year.

NAME	Q1 Miles
Ed Nelson	1384 Holed up in Longboat Key in Florida
Bernie Meggison	736 Many miles in Florida including 100+ from Key Largo to Key West
Grtz JC Castelein	639
Robyn Saur	578
Mark Gurnee	425
Joe Balboni	412
Joe Tavilla	217
Jim Kipela	217
Richard Beaudoin	176
Alan Greenstein	165
Barbara Gaughan	144
Lawton Gaines	138
Peter Linhares	137
Geoffrey Lenck	95
Lee Eckhart	52 Outside
Paul Currier	42





## How to start hiking again without getting hurt

By Kyle Harrow, M.S. Exercise Physiology

Whether you've been learning a new language, doing crossword or jigsaw puzzles, trying to teach your kids 4th grade math, or puttering around the house; none of us has been hiking "the way we used to." Chances are we have been sitting a whole lot more than we normally do too. You may have heard the phrase "sitting is the new smoking," and it very well may be for a variety of reasons. After being relatively sedentary for the better part of three months, this will help you to start hiking again without developing achy knees, hips, backs, and feet.

As you age it takes less and less time to become deconditioned. That combined with being relatively sedentary for weeks is a recipe for overuse injuries and flare ups of any chronic issues that you've dealt with in the past. So, in addition to the more obvious cardiovascular conditioning, taking care of the way your body moves or doesn't, is equally important to avoid any musculoskeletal issues that could set you back weeks or months again.

First a bit of anatomy: the foot bone's connected to the hip bone. In other words, start at the feet and work your way up to get all those muscles and soft tissue moving optimally. Actually, the feet could take up this entire discussion but suffice it to say that strong, functional feet provide a solid foundation for the body. The hip joints and the muscles of the hip are the powerhouse that moves your body. You may have certain areas of your body that give you trouble but if you take good care of the feet and the hips a lot of those issues will be addressed as well. The main problem that happens with a lot of sitting is that your hip muscles are totally at rest. The neural connection from the brain to the hip muscles literally shuts down. You

know how, when you've been sitting for a long time and you get up, it may take a while to get moving? That's the delay between the brain and the muscles. And, the first muscles to fire once you're up moving are your quadriceps or thigh muscles. The hip muscles need not even get involved if you used your arms to push yourself up from the chair. It's no wonder the brain forgets the hips are there.

What happens when the powerhouse hip muscles are not being activated or asked to work is that other muscles take over the job that the hip muscles are supposed to do. The other muscles in the back and legs are then doing jobs that they're not supposed to do. That's when the trouble starts in backs, knees, and ankles as the muscles meant to move and support these joints take over the job of the powerful hips. So let's get those hips and feet moving!

### Mobility

**Feet:** The feet are pretty easy to work on. Go barefoot. Give them a massage by working the toes back and forth and spreading them apart. Rotate your ankles in both directions - think of drawing big circles with your toes. Point and flex your feet. Then to wake up the ankles and lower leg muscles walk on your toes for 10-15 steps then your heels. Do that a few times.

**Hips:** Sit on the floor in the 90/90 position (below). If you need to, sit on a cushion or rolled up towel. Just sit there and let your hips adjust and relax into this position. After a minute or so switch to the other side and repeat. Switch 3-4 times. Then gently lean forward, think belly button to thigh keeping your head and chest up. The idea is to stretch the glute muscles, **not** to see how far down you can get to the leg. Hold the stretch for 10-15 seconds then repeat on the other side. Switch 2-3 times. This is an excellent series to do before and/or after a hike and before bed.



*Continued on page 16*



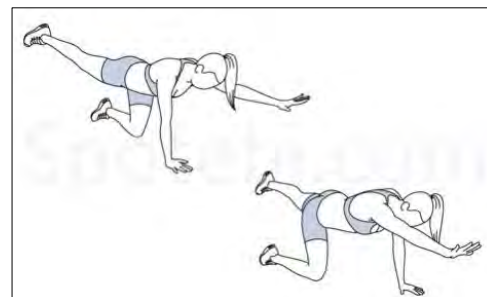
## Hiking without hurting *Continued from page 15*

### Heel lifts: (Calves, feet, ankles)

1. Stand on one or both legs and just go up and down on your toes.
2. To increase intensity do one leg at a time.
3. To advance this exercise stand with your toes on the edge of a step and lower down and up, but do this very slowly and start with both legs first.

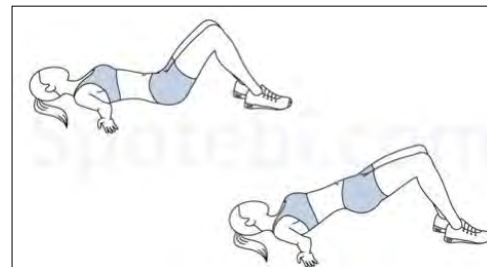
### Bird Dog: (Core and balance)

1. On your hands and knees with hands under shoulders and knees under hips.
2. Extend opposite arm and leg pause for 3-5 sec then switch sides.
3. As you extend feel like you're reaching for the opposite ends of the room.
4. Keep your head and neck aligned by looking at the ground.



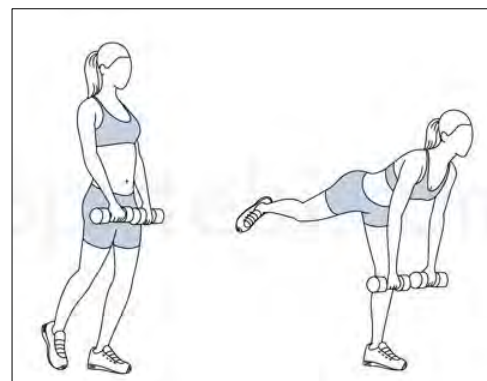
### Hip lifts or Bridges (Hips)

1. Lie on back, knees bent.
2. Push into feet to lift hips.
3. Pause at the top then slowly lower down to floor.
4. Don't push hips so back is arched. At the top there should be a straight line from knees to hips to shoulders.
5. To increase progress, lift one leg towards the ceiling then press hips up using one leg.



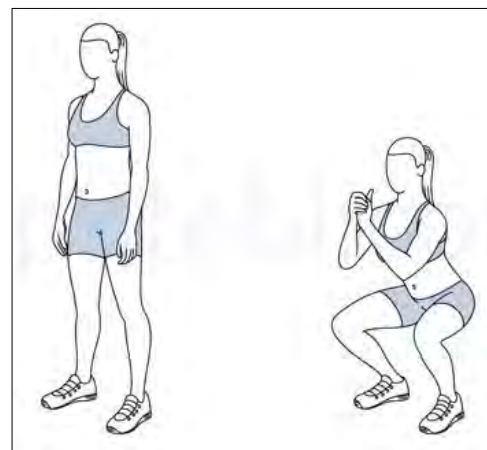
### Single Leg Dead Lift (Hips and core)

1. Stand on one leg.
2. Start by hinging at hips to bring free leg behind you keeping it straight.
3. At the same time lower your upper body towards the floor.
4. Hold both upper body and leg in a straight line parallel to floor for 3-5 seconds.
5. Return to starting position keeping the straight line of leg and body.
6. Do same side 5-10 reps then switch sides.
7. If necessary for balance hold on to the wall.
8. To progress add light dumbbells.



### Squat (Hips and thighs)

1. Stand with legs shoulder width apart.
2. As you bend your knees press your hips back like you're sitting on a chair.
3. Keep your weight towards your heels and lower down as far as comfortable.
4. Press your heels into the floor to stand back up.
5. Make sure to keep your knees in line with your hips and ankles; don't let them move together or out to the side.
6. To help with knee alignment, hold a yoga block lengthwise between your thighs.
7. You can start out using a chair and lower down until your butt just taps the chair then push with your heels to come back up.



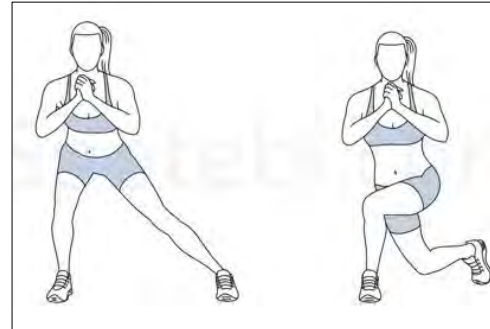
*Continued on page 17*



## Hiking without hurting Continued from page 16

### Lunge to Curtsy (Legs and hips)

1. Stand tall feet hip-width apart.
2. Step out to the side with your right leg into a lunge.
3. Press off your right foot and cross the leg behind the left leg.
4. Bend both knees until left thigh is parallel to the floor.
5. Then step the right leg out to the side and repeat sequence.
6. Switch legs after reps completed.
7. As you lunge out to the side make sure your hips are going back behind you as in the squat.
8. Don't bend at the waist, and think about keeping your chest up.



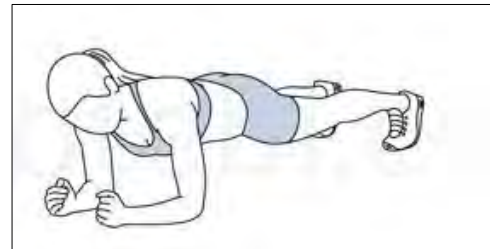
### Split Squat (Hips, hamstrings, balance)

1. Start in a split leg position.
2. Bend your knees and lower down as far as is comfortable or until back knee lightly taps the ground.
3. Press into your front foot to come back up to starting position.
4. To increase intensity hold a dumbbell in each hand.
5. For a bit more of core involvement hold one heavier weight in the opposite hand of leg that steps back. Remember to switch weight when you switch legs.



### Plank. (Core, arms, shoulders, legs)

1. Start in push up position with arms straight or bent (as in photo).
2. Hold body in a straight line engaging glutes and belly button.
3. Keep shoulders strong and away from your ears
4. Feel your head being pulled away from your body as you gaze at the ground so your neck and spine are straight.
5. Hold for as long as you want and breathe.



*Kyle Harrow has a Masters in exercise physiology. She is a Certified Personal Trainer and Corrective Exercise Specialist. She has worked in Cardiac Rehab programs in the U.S. and Canada. For many years, Kyle ran her own personal and small group training business in New Jersey before moving "back home" to Scituate, MA, last July.*

## Red-Lining with a dear friend

By Maria Sestina, Hike Leader

First of all, I want to start by saying that every Red-Lining hike has had beautiful moments, so much hilarity, camaraderie, wonderful conversation, and contemplative quiet. How can I forget hiking in the rain? Then suddenly having the rain stop and a sunset begin—all of the hikers with a pinkish cast to their skin—as if we had all spent hours in a Caribbean sun with a number 6 sunblock, when we should have had SPF 50 + on!

But probably my most meaningful memory was hiking with my dear friend Joanne Newton, completing our

final trail together—Little Blue. I saved it so we could finish together. We packed a picnic, exchanged little sentimental gifts. I carried my father's hiking stick from when he was a young man hiking the Austrian Alps.

At Augustus Hemenway's granite bench, I struck an iconic pose of my father's on top of an Alpen mountain peak. Though Little Blue is no Alpine peak, I know he would have been proud. We hiked back to our cars discussing what type of cookies we would bake for our badge celebration.

It's been an incredibly unforgettable ride!

See Joanne Newton's RLBH memoriest on page 17



## ‘Confessions’ of a Red Liner

By Joanne Newton, Hike Leader

I distinctly remember my first Red Line hike—the route was around Houghton’s Pond. It was April 2018. Joe Keogh was the leader, and we had more than 30 people. Joe had Red Line patches to hand out to people, and everyone applauded their success. I didn’t know anyone, and this was only my second hike ever. I am not an outgoing person at times, so saying this was outside my comfort zone is an understatement. I have to get to know people before I can chat easily. It didn’t take long that evening, though, before I felt comfortable, as everyone was so friendly and excited to be hiking. The returning Red-Liners were as excited, if not more so, than the newbies like me. Joe asked who was new to the group, so right off, I and the others felt included and welcomed.

There was so much to learn! What to wear (after several hikes I knew “no cotton” was the rule); what equipment did I need; how much water to bring; what is a separation bio-break and does anyone actually do that while hiking? Why do we start down a trail and then turn around and come back again? I laughed each time we did an “out and back” and passed our fellow hikers. Then, the worrisome thoughts: Can I keep up; can I really do this?”

The worst feeling, the one that gave me and several other newbies major, heart-stopping anxiety (yes, Maria Sestina and Karen Foley, that includes you) was figuring out where to meet each week. Oh, and be there by 5:45 PM as the group leaves promptly at 6 PM. We were terrified the group would leave without us. (*Note: Bob Vogel has cancelled the 15-minute wait rule. Be on time!*)

You old-timers know where the second pull-off is on Route 28 (with all the commuters trying to crash into you as you slow down to look); where the overflow lot is at Bernie and Phyl’s; where the end of Royall Street is. The winner by far, is where in the world is “Fisherman’s Beach”? It was a dark, rain-drenched night. There were no GPS coordinates given—no landmarks, as I didn’t know any of these areas. I swear I drove up and down that road six times. The only reason I spotted the pull-off was I saw the lights from Richie Monarch’s van. I was a nervous wreck by this time. There were about 10 of us huddled in the rain. As we stood there with umbrellas, lightning exploded overhead and we all quickly decided to go out for dinner rather than hike—great decision!

Maria and I became good friends. We were so excited to hike our first 100 miles in one year, you would have thought we had completed the Appalachian Trail! Then,

we committed to finishing our Red Line maps at the same time, arm in arm. We faithfully hiked each Thursday night, miserable when we had to miss a night.

As we got closer to our goal, Bob, Maria, Karen and I (and sometimes Paul Brookes) went out together, so Bob could help us find the trails we needed. We didn’t know how to read maps yet and would get so twisted around and lost. Maria and I got braver and went out by ourselves. Those hikes are funny in retrospect. We were so determined; so unsure of ourselves as we hiked this way and back that way, not making much progress on our maps. We didn’t have many “tools in our toolbox,” but we started to learn. We finally finished our maps at Little Blue in July 2019—arm in arm, just as we planned it.

When Maria and I got our Red Line patches, it wasn’t just because we colored in our last trail. This represented a new passion; a huge achievement in so many ways; and the creation of new, sure to be long-lasting friendships. We even planned our outfits that night: Maria had red and white stockings to symbolize Red-Lining, and I wore red shorts for the occasion. Maria wrapped red ribbon around us. I was a bit embarrassed and said, “Maria, we are not getting married.” We were surprised and happy to learn that Bob was giving us our patches, as he had helped us so much: hiking with us, assuring us we could do this. It was an evening filled with laughter, new friends, great cookies and the knowledge that we would continue to hike as long as we were able.

**Confession time:** A fact known only to me and Maria: We were supposed to meet at the parking lot at the Athletic Fields off Blue Hill River Road. Without speaking to each other about where to meet, we both pulled into the lot near Hillside Street at the same time. It took us a few minutes to realize we had gone to the wrong meeting place! There was that heart-stopping anxiety again. It was the perfect, never-to-be-forgotten ending for two new Red-Liners.



Joanne Newton, left, Bob Vogel, and Maria Sestina.  
Photo by Sue Svelnis





The “Well in the Woods” that served two estates.

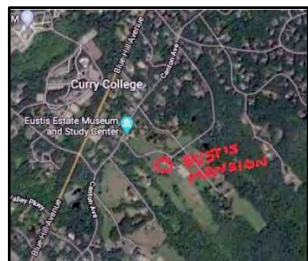
## Blue Hills History: That well in the woods-and where it leads us

By Bob Vogel, Hike Leader

When we hike near intersection 1182 we see a fenced-in well...

I'd always wondered “What’s the story behind that?” Then I heard about the Eustis Estate, located at 1424 Canton Avenue, Milton (just down the hill), and figured there might be a connection. The Eustis Estate is now part of Historic New England. I had planned to go over there and ask them if they knew anything about the well up on Hemenway Hill. Then recently I acquired a copy of the map which was included in the 1995 *AMC Massachusetts and Rhode Island Trail Guide*. Looking at the map of the Blue Hills, I saw that the well was there—and labelled as “Eustis well.” Bingo!

The Eustis Estate is now outside the Blue Hills, but that isn't necessarily the way things used to be. The estate is now 80 acres. Originally it was 250 acres, and the adjacent land belonged to a related family. A portion of the Blue Hills to the north of Hemenway Hill was probably originally part of the Eustis Estate. <sup>1</sup>

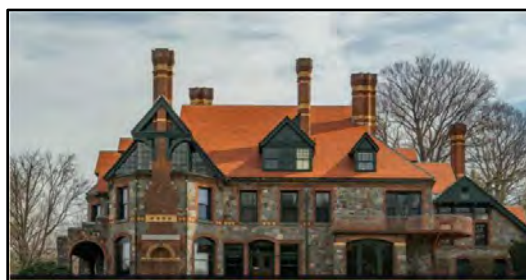


Left:  
<sup>2</sup>“Eustis Well” on 1995 Map  
Right:  
<sup>3</sup>Overview on Google maps.

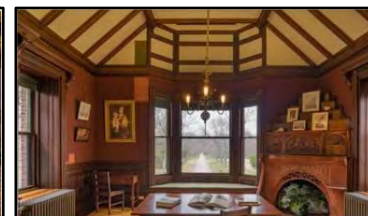
The well was used to provide water to the estate, and you can still see portions of the pipe running down the side of the hill. Why is it called “Hemenway Hill”? Well, the Hemenways owned land there, too. And the Eustis and Hemenway families were inter-connected. OK, let’s back up a bit.

Who lived in The Eustis Estate?

“On November 7, 1876, twenty-five-year-old Edith Hemenway married twenty-six-year-old W.E.C. Eustis. A year later Edith gave birth to twin sons, Frederic and Augustus. Shortly thereafter the couple began to build their family home on land given to them by Edith’s mother, Mary Hemenway. W.E.C. and Edith had a daughter, Mary, in 1885. The family lived on the estate for the rest of their lives.



Eustis Estate mansion built as a “starter home” on land from the Hemenway family. Open for tours. <sup>4</sup>



Mrs. Hemenway owned the large estate to the south of this site, and W.E.C. Eustis’s family lived to the north. The Eustis mansion was the first building constructed on the property in 1878, and was designed by preeminent architect William Ralph Emerson. The property originally comprised more than 250 acres of fields, woodland, and gardens, with four original buildings built between 1878 and 1902.

Two subsequent Eustis generations lived at the estate until it was sold to Historic New England in 2012. It now comprises eighty acres of land, with many of the original outbuildings. <sup>5</sup>

The Estate is open for tours (except during the present virus situation of course.) I haven’t been there yet, but it was on my list of places to visit, and will be again when things settle down.

Continued on page 19





## Blue Hills history *Continued from page 18*



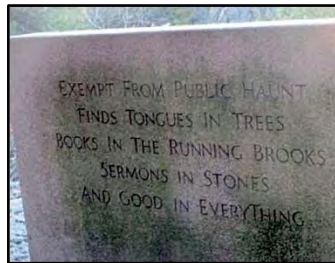
Portraits of Augustus Hemenway, circa 1875, and in 1919.<sup>6</sup>

As noted, Edith was a Hemenway—another name we are familiar with. So let's look at her family. From Wikipedia:

"Augustus Hemenway (1853–1931) was a philanthropist and public servant in the latter part of the 19th century. Son of Edward Augustus Holyoke Hemenway and Mary Tileston Hemenway, he was educated at Harvard University. His siblings were Edith Hemenway Eustis (1851-1904) of the Eustis Estate; Charlotte Augusta (d. 1865); Alice (died in infancy); and Amy. In 1878, he donated the Hemenway Gymnasium to Harvard, and expanded it in 1895. He also served as an overseer of the University and supported other institutions in the Boston area, including the Museum of Fine Arts, Massachusetts Eye and Ear Infirmary, Groton School, Metropolitan Park Commission, and MIT. In 1881, he married Harriet Lawrence, cofounder of the Audubon Society and the Massachusetts Audubon Society. They had five children.

"Hemenway served in the Massachusetts House of Representatives in 1890 and 1891. Upon his death in 1931, it was said of him: 'In the various interests...thrust upon him he never failed to do his full share in attending to the work at hand.'<sup>7</sup>

We know Augustus, specifically, because of his bench, which we see when we do "Little Blue." (He was also involved in Ponkapoag. Remember him, his name will come up again in future articles.)



***"Exempt from public haunt/ Finds tongues in trees/  
Books in the running brooks/ Sermons in stones/  
And good in everything."*—Inscription**

We also know the family name from "Hemenway Hill" and "Hemenway Hill Path." So the Hemenways were rich and owned a lot of land around the Blue Hills. Where did they get their money?

Edward Augustus Holyoke Hemenway was the father of both Edith Hemenway Eustis and Augustus Hemenway. His story is rather interesting. Again, from Wikipedia:

"At the age of 13, he started working in Boston as a clerk in Robinson & Parkers' dry goods store. He went to work as a supercargo for Benjamin Bangs, a wealthy shipowner and merchant in Boston, and for a few years was his agent and partner in South American trade. Hemenway became owner of extensive silver mines in Valparaíso (Chile), and lived there for eight years

"He owned a township in Washington County, Maine, where pine was cut on his own land, sawed into lumber at his own sawmill in Machias, and carried to Cuba, where he owned a sugar plantation, or to Valparaíso on his own ships, which returned to Boston with copper and nitrate of soda. He spearheaded the commercial enterprise of the US with the west coast of South America. When he went to Chile, he established his own business by 1838. He established many large silver mines, reaping huge profits. He was extremely hard working and ensured that all details of his business were personally attended to by him, including the loading of ships.

"This overwork resulted in a nervous breakdown in 1860; he spent 14 years in Dr. Buel's Sanitarium in Litchfield, Connecticut recuperating. Upon his recovery in late 1873, he wrote his wife that 'I have been thoroughly cured of my insane desire to turn hundreds to thousands, thousands to millions and so on *ad infinitum* and shall hope to live in future, not for myself only but for others, especially the poor and needy.'

"He resumed his business affairs, traveling to Cuba in 1876, where he fell ill and subsequently died. At his death, he was one of the wealthiest men in America. In his will, he provided \$100,000 to be distributed among corporations organized for public charity, 'distributing it, as much as possible, among those most worthy, avoiding all such as make two paupers where there was but one before, and those with any appearance of sham, where the managers derive pecuniary profit from the management.'...His widow, Mary, continued with philanthropic works, including the saving of the Old South Meeting House of Boston as an historical landmark."<sup>8</sup>

*Continued on page 20*





## Blue Hills history *Continued from page 19*

How much land did the Hemenways own? Well, as Mrs. Hemenway gave the land for the Eustis Estate we know they owned that area east of what is now Rt. 138 and north of Great Blue. They owned more.

“[Augustus] Hemenway Jr. owned the land from Brush Hill Road in Milton to Royal Street in Canton and called it Hemenway Farm. This land includes the current Green Street, Green Lane and Hemenway Drive. The area has

one of the little hills that is part of the Blue Hills. For this reason most residents in the area belong to a neighborhood group called Friends of Little Blue.



As Hemenway’s family grew and new generations were born, parcels were given or sold modestly to various family members. Eventually a trust was formed that donated land for conservation, created covenants, documented shared rights of way, and added restrictive land-use language to deeds. These efforts continued through the generations and the language is still in place for many of the current property owners, most of whom have no relation to the Hemenways. The intention was to

preserve wildlife, nature and open space—something all seemed to agree on.”<sup>9</sup>

Since it used to be his land, we can thus understand why the Hemenway bench is located on Little Blue...

As Paul Harvey would have said “And now you know...The rest of the story.” (Or at least more of it.)

Until next time...

<sup>1</sup> <http://mixcement.blogspot.com/2012/03/hemenway-hill-hancock-hill-in-blue.html>

<sup>2</sup> 1995 AMC Massachusetts and Rhode Island Trail Guide.

<sup>3</sup> Google Maps 2020.

<sup>4</sup> <https://www.historicnewengland.org/property/eustis-estate-museum-study-center/>

<sup>5</sup> Ibid.

<sup>6</sup> [https://en.wikipedia.org/wiki/Augustus\\_Hemenway](https://en.wikipedia.org/wiki/Augustus_Hemenway)

<sup>7</sup> <https://halperns.wordpress.com/2012/12/23/littlebluehill/>

<sup>8</sup> [https://en.wikipedia.org/wiki/Edward\\_Augustus\\_Holyoke\\_Hemenway](https://en.wikipedia.org/wiki/Edward_Augustus_Holyoke_Hemenway)

<sup>9</sup> <https://www.thecantoncitizen.com/2013/03/01/milton-canton-40b-part-1/>

## Discovering Nature scrapbook

By Chad Wohlers *Continued from page 13*



**Dwarf Cinquefoil (*Potentilla Canadensis*)** generally described as a Perennial Forb or herb. We found ours mixed in with the grass near Houghton’s front parking lot. A very small flower, indeed.



**Wikipedia:** “Eastern Skunk Cabbage, Clubfoot Cabbage, ... Polecat Weed, or Swamp Cabbage (*Simplocarpus foetidus*) is a low-growing, foul-smelling plant that prefers wetlands.” I think it’s a nice, healthy-looking plant. (:=)

**Pepperbush (*Clethra*):** Common names are Sweet Pepperbush, Summer Sweet. Ours just showing leaves and remnants of last year’s flowers.



**Canada Mayflower or False Lily-of-the-Valley (*Maianthemum canadense*).** Photo by Erin Heep <http://www.fed.us/wildflowers/eastern/EchoLake/index.shtml>



**Maple Leaved Viburnum or Caprifoliaceae (*Viburnum acerifolium*)** An upright suckering shrub that often grows in dense clumps and reaches up to 5 feet tall. Photo by Joe Keogh 5/7/09 RLBH hike shows some of last year’s berries not found by birds.

**Poison Ivy:** The poison ivy was just coming out. If you don’t recognize poison ivy in all its forms, and throughout the year, check out this site: Photo from <http://www.poison-ivy.org>





## Activities

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

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**Look for new trip postings after June 22 on the [Outdoors.org](#) trip listing system.**

## Volunteer Opportunities

**Ongoing. Vice Chair, Trails Committee.** The AMC-SEM Executive Board is seeking a Trails Committee Vice Chair to assist the Chair in planning, coordinating and leading trail maintenance events. The Vice Chair will assist the Chair in: • Running trail committee meetings and planning trail work events • Participating in trail maintenance & building events • Coordinating and participating on trail work education programs and workshops • Caring for and maintaining chapter trail work tools and equipment. The Trails Vice Chair position which will become vacant when current occupant steps down in November. L Leonard Ulbricht (781-344-0611, [lenu44@gmail.com](mailto:lenu44@gmail.com))([skip.maysles@outlook.com](mailto:skip.maysles@outlook.com)) CL alan greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com)) CL skip maysles ([skip.maysles@outlook.com](mailto:skip.maysles@outlook.com))

**Ongoing. Secretary, Southeastern Mass Chapter.** The AMC-SEM Executive Board is seeking to fill the position of Secretary to the Executive Board when the current occupant steps down in November. The Secretary's responsibilities are to: • Record, prepare and distribute the minutes of the monthly Executive Board meetings for review and approval. • Assist Chapter Chair with chapter administration as needed • Conduct correspondence on behalf of the chapter • File with AMC Club headquarters copies of Chapter documents. Proficient writing, listening, and proofreading skills appropriate to a recording secretary are desirable. L Leonard Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com)) CL Alan Greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com))

**Ongoing. Membership Chair, Southeastern Mass Chapter.** The AMC-SEM Executive Board is seeking to fill the Membership Chair position which will become vacant when current occupant steps down in November. The Membership Chair's primary responsibilities are: • Welcomes new members and provides information about the Chapter • Promotes and organizes events for new members • Provides information about the club to prospective members. • Assists with major event registrations and public opportunities to promote the Chapter • Coordinates membership services with the Club's Membership Services personnel at headquarters. Good social skills are an attribute. Activity leader status not required but helpful. L Leonard Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com)) CL Alan Greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com))

## Be Online With AMC

**Thur. June 25, 1-2 pm. The Transportation & Climate Initiative: Opportunities For Improving Public Health Equity & Investing In Clean Transportation.** Transportations systems across the Northeast and Mid-Atlantic need serious work. They are old, broken, congested, polluting, and in need of revenue. These issues not only stifle economic growth, but they also aggravate public health risks. We also know higher exposure levels to particulate matter increase risks of asthma and cardiovascular disease among other illnesses. [Registration required here.](#)

**Thur. June 25, 6:30-8 pm. The Routeburn Track: A Great Walk In New Zealand With Nancy Rickerson.** Take a vicarious journey along New Zealand's famous Routeburn Track! Join Nancy Rickerson on her hike earlier this year on the Routeburn Track and other highlights of New Zealand's South Island. [Registration required here.](#)

**Thur., June 25, 7-8:30 pm. 5 Peaks In 10 Days | Hood, South Sister, Shasta, Whitney, And Rainier.** Join Mikhail Nitko as he describes his journey of doing 5 high altitude peaks (Hood, South Sister, Shasta, Whitney, and Rainier) in 10 days! Mikhail will be doing a presentation and sharing it with us over Zoom. Add your name to the Google Doc sheet to be emailed an invitation. [Registration required here.](#)

**Tues., June 30, 2-4 pm. Special Event For Testing Porpoises.** This features a live presentation of a sea kayak trip off Cape Henlopen where we will be interviewing and testing porpoises. [Registration required here.](#)

**Tues., July 7, 12-1 pm. Home & Trail: An Introduction To Drying Food With Chef Glenn Mcallister.** Have some fun and try something new, or expand your existing backcountry culinary skills at this Tuesday Lunch & Learn. Learn the basics about dehydrating food from Chef Glenn McAllister. When you keep a supply of dehydrated meals on hand - for adventure, work, and travel - you're automatically prepared for emergencies! [Registration required here.](#)



## Activities

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

**Wed., July 15, 7-9 pm. Third Wednesday Speaker Series: AMC's Net Zero Goal.** Join the Worcester Chapter to hear a presentation by David Publicover, AMC Senior Staff Scientist/Assistant Director of Research entitled, "The Best Thing AMC has Done for the Climate: the Maine Woods Initiative, Forest Carbon, and AMC's Net Zero Goal." [Get Zoom details here.](#)

**Thur., July 16, 6:30-8 pm. In Search Of Hannibal, 2017 With James Dyer.** In June 2017 James Dyer FRGS decided to go in search of the route of the legendary Hannibal across Spain/ France/ Italy - James followed the route of Hannibal's infamous crossing of the Alps by bicycle! [Registration required here.](#)

**Tues., July 28, 7-9 pm. Monthly AMC Boston Hiking/Backpacking Committee Meeting.** Are you an experienced AMC hiker and curious about how volunteer-led AMC hiking and backpacking activities are governed? Interested guests are welcome to sit in. For the particulars, contact Elizabeth Ryan, the chairperson, at [chair@hb.amcboston.org](mailto:chair@hb.amcboston.org).

**Wed., Oct. 21, 7-9 pm. 3rd Wednesday Speaker Series: Search & Rescue In The White Mountains.** Sandy Stott, author of *Critical Hours: Search and Rescue in the White Mountains*. Learn how commamd of self and others gets challenged, lost, rediscovered and transmitted, and how each us can become her/his own first-rescuer. [Get Zoom details here.](#)



*Happy Trails!*



# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | September 2020

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

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Or call 1-800-372-1758

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



The first Red Line the Blue Hills hike of the season! So good to see familiar faces. 😊  
*Photo by hike leader Walt Granda*

## Returning outdoors in the time of COVID-19

By Skip Maysles, Hike Leader

July 16th was a beautiful Thursday night to restart our traditional Red Line the Blue Hills series of hikes! For approx. ninety minutes, nine hikers and our leader Paul Brookes explored the green dot trail starting at the east end at Shea Skating Rink parking lot in Quincy. We followed all Covid-19 requirements including wearing masks when appropriate, minimum of 6 feet separation and limit of 10 people.

We hike every Thursday night (weather permitting) from mid-April through mid-September. If you would like to join us, please register on the [AMC activities web page](#)! Get outdoors and explore!

*(More hike photos on page 3)*

Circling up in the parking lot for a Green Dot hike. Who's who behind those masks? *Photo by Skip Maysles*





## View from the Chair: Green Shoots under the COVID Cloud

After three-and-one-half months of the COVID-19-induced shutdown, the restart of volunteer-led trips is underway. The term *restart* reminds me of the green shoots that pop up after a natural disaster, such as a devastating forest fire or volcanic eruption. I am seeing green shoots.



In the seven weeks (July 1 to August 20) since volunteer trips restarted, 13 hikes had been posted (same day RLBH hikes counted as one), all north of the canal. Green shoots. During the same period last year, there were 45 hikes, bike rides, and paddles offered — more than three times as many. Still, hats off to the volunteers who have begun the restart process. The change over to the new on-line trip registration system, including the electronic waiver sign-in, is working. Could it be better? Yes, but, on the good side, leaders no longer have to deal with paper waivers, and the registration system provides a list of registrants automatically. Green shoot. We are also learning to use video conferencing for our committee meetings. Certainly we all miss the socializing that goes with in-person meetings, but for some unable to travel a distance to meetings, attending is no longer an issue. We can reach a wider audience. Green shoot.

So where do we go from here? Reports so far indicate our green shoot trip leaders and participants have maintained social distancing without difficulty, and the resumption of trips has been well attended. Hopefully the COVID risk will remain low and we will see more trips grow with time. Your executive board's monthly meetings have switched to video conferencing. It will be used more and more to help run the chapter. Our 2020 annual meeting and dinner will be converted to a video webinar, as well — sans dinner, of course! We are likely to see an even greater chapter use of webinars for training and topical learning events. They can be recorded and repeated for future use. As webinars multiply throughout AMC, there will be ever greater opportunities for on-line learning. Even as the COVID cloud continues, there will be more green shoots. The new normal is coming.

*Len*

*Len Ulbricht, AMC-SEM Chapter Chair*

### 2020 Executive Board

Chapter Chair .....	Len Ulbricht	Communications Chair.....	Nichole Nelson	Membership Vice Chair .....	Sandi Santilli
Vice Chair .....	Diane Simms	Communications Vice Chair.....	OPEN	Paddling Chair .....	Ed Foster
Secretary .....	Ann McSweeney	Conservation Chair .....	Joanne Newton	Paddling Vice Chair.....	Joe Keogh
Treasurer .....	David Yampanis	Conservation Vice Chair .....	Bill Cannon	Regional Director.....	Joe Princi
Past Chapter Chair .....	Barry Young	Education Chair .....	Doug Griffiths	Skiing Chair .....	Jeannine Audet
Biking Chair .....	Bernie Meggison	Education Vice Chair .....	Sue Svelnis	Skiing Vice Chair .....	Dia Prantis
Biking Vice Chair .....	Peter Linhares	Hiking Chair .....	George Danis	Trails Chair .....	Skip Maysles
Cape Hiking Chair.....	Jane Harding	Hiking Vice Chair.....	Paul Brookes	Trails Vice Chair .....	Pete Tierney
Cape Hiking Vice Chair ....	Robin McIntyre	Membership Chair.....	Ellen Thompson	Young Members Chair.....	Sue Schobel

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator.....	OPEN	The Breeze Editor.....	Mo Walsh
Webmistress.....	Cheryl Lathrop	Blast Editor.....	Marie Hopkins
Nominating Committee Chair.....	Alan Greenstein		

Contact [chair@amcsem.org](mailto:chair@amcsem.org)  
if you are interested in any  
OPEN position



## Here's your chance to recognize a Totally Awesome SEM Volunteer!

by Paul Miller, 2020 DSA Committee Coordinator

Every year since 2001, the AMC Southeastern Mass. Chapter has presented one of its members with a Distinguished Service Award (DSA) to recognize his or her outstanding contributions to the chapter. While a committee composed of past award recipients selects the ultimate recipient, we encourage all SEM chapter members to make DSA nominations. To see a list of past recipients, [just click here](#).

### Do you know someone who:

- ...has been an AMC-SEM chapter member and actively involved in and contributing to the chapter for at least five years?
- ...and has distinguished her or himself through an exceptionally high level of volunteer service?
- ...and has contributed significantly to more than one committee within the chapter?
- ...and has also contributed in some AMC club-wide capacity (such as during the recent AMC Fall Gathering hosted by our chapter)?
- ...but has not previously received the DSA award?

If so, please complete a [DSA Nomination Form](#) and forward it to me, the 2020 DSA Committee Coordinator, at [paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net). Or, if you prefer, just email me that person's name, along with a brief explanation of why you think he or she deserves to receive this prestigious annual award based on the above criteria.

**IMPORTANT: All nominations must be received by October 1, 2020, so don't procrastinate on this one!**

Thanks, and stay well!

## Leading Hikes Again

by Maureen Kelly, Hike Leader

The evening of Thursday, August 20th, I led my first hike since Covid-19 entered our world, with Barry Young as my coleader. I wanted to support the 'Red Line the Blue Hills' hikes because they have been so important to our chapter. I also wanted to help bring back hiking as a way to exercise, socialize and reduce some of the anxiety that we are all feeling.

All hikes at the Blue Hills are limited to 9 people total so we had a small group, much smaller than some of the Red Line hikes in the past! But smaller can also be nice. We were happy to welcome 3 new hikers to the program and since hikers need to register before the hike, we knew who was coming. When everyone was there, we could begin the hike.

We started at the Donovan School in Randolph and headed towards the horse bridge that crosses Rt. 24. We met a family hiking the same trails over to Ponkapoag Pond. One of the hikers said he always likes to see what graffiti art is on the bridge. We took a picture of some of the hikers social-distancing on the horse bridge and some of the graffiti art.

*(Continued on page 4)*



Maureen Kelly (far right) and RLBH hikers on the "horse bridge" crossing Route 24 in the Blue Hills Reservation. Several new hikers to AMC-SEM are taking advantage of hiking Thursday evenings in the Blue Hills this year. *Photo by Barry Young*





## Leading hikes again (Continued from page 3)

After walking out to the small, lily pad-covered Duck Pond, we re-crossed the horse bridge and turned left to hike the woods close to the highway. It was unusual to be in such a natural wooded setting and hear the loud traffic because we were so close to the highway. I'm not complaining; I appreciate the fact that the Blue Hills Reservation conserves so much land close to Boston. Imagine what that land would be worth to a developer!

Smith Trail is a pretty, narrow trail that was taking us from the Pipe Line Trail to High Street near Lombardo's Function Room in Randolph. (I had my prom there many years ago; did you?) Along the trail there was a large glacial erratic rock. I asked Francis Hammel to stand beside it for perspective on his height.

As we hiked, we enjoyed the scent of sweet pepperbush shrubs that are native to southeastern Massachusetts. At one intersection we found two stalks of purple flowers blooming by themselves. One hiker used her identification app "Picture This" to identify the flowers as garden phlox. Maybe they escaped from a local garden or maybe there was a house in that location in the past.



The glacial erratic on Smith Trail, looms over Francis Hammel. *Photo by Maureen Kelly*



A fragrant sweet pepperbush.

*Photo by Maureen Kelly*

We all tried to keep six feet of distance between us as we hiked. When we wanted to talk, we put on our masks and moved a little closer. Everyone seemed to feel comfortable with the Covid-19 requirements.

We hiked 5.2 miles in a little over 2 hours. It felt good to be leading hikes again; participants were at least as appreciative as they were before Covid-19 and as one participant said, "It's just so nice to be outside again."

I understand that not all leaders or hikers are comfortable hiking in groups just now, but if you do feel comfortable, come and join us some Thursday night. We would really enjoy hiking with you.

*Editor's Note:* At this time, all AMC hikes are limited to 10 people to make social distancing easier, and masks must be worn when social distancing is not possible. AMC-SEM also will be running our Thursday morning hikes and Cape hikes very soon. Check out our [AMC-SEM website](#)

and click on the **Schedules** tab at the top of the page, then choose *Quick-Clicks* and *Hiking* or *Cape Hiking*.



Lovely garden phlox on the trail. *Photo by Maureen Kelly*





## Goodbye & Thanks to Volunteer Christine Racine

By Nichole L. Nelson, Communications Chair

Each month the 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 we say a reluctant goodbye to one of our most stalwart all-around volunteers, Christine Racine, Social Media Administrator.

The AMC-SEM executive board and Communications Committee would like to thank Christine for her excellent service in many capacities. Christine is returning to her home state of Maine and becoming involved with the Maine chapter, where she will continue to gift her talents towards the AMC goal of making the outdoors accessible and enjoyable for everyone.

While she was with us here in the Southeast Massachusetts chapter, she was a hike leader, Chapter Vice Chair, and Social Media coordinator/administrator. As social media administrator, she grew [our Facebook page](#) followers from basically two to 200—and more! During these past months, that page has been particularly valuable as a means of keeping us all in touch.

Christine, we will miss you and wish you all the best “Down East.” Thank you from all of us at AMC-SEM!

Christine will receive a certificate and a \$50 gift card.

If you are interested in the Open position of Social Media Chair, please email [chair@amcsem.org](mailto:chair@amcsem.org).

## Leave No Trace Principle #1: Plan ahead and prepare

By the AMC-SEM Conservation Committee

This is the first in a series of information sheets prepared by members of the AMC-SEM Conservation Committee, which reminds us: “Founded in 1876, the Appalachian Mountain Club promotes the **protection**, enjoyment, and understanding of the mountains, forests, waters, and trails of America’s Northeast and Mid-Atlantic regions.

### Leave No Trace Guidelines:

- ❖ Know the regulations and special concerns for the area you’ll visit.
- ❖ Prepare for extreme weather, hazards, and emergencies.
- ❖ Schedule your trip to avoid times of high use.
- ❖ Visit in small groups. Split larger parties into smaller groups.
- ❖ Repackage food to minimize waste.
- ❖ Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

### Questions to help you prepare for your trip:

- Where are we going? What is our departure time and meeting place?
- What are the specific rules and regulations of the area we are visiting?
- What are the goals and expectations of the leaders and the group?
- What clothing and gear are required and what could also be beneficial to bring?
- What is in everyone’s packs: could duplicates be eliminated and are all necessary supplies packed?
- What is the level of experience of the group and what are their specific skills?
- Does anyone have any medical conditions that the leaders should be aware of?
- What is the weather immediately preceding the trip? Do plans need to be altered?
- What wildlife may be encountered and are you prepared for that situation?
- What is your Emergency Action Plan, to include information on the nearest hospital and police phone number?

Enjoy your world. Leave No Trace.





## RLBH: 'This is my kind of hiking!'

By Maureen Yachimski

I well remember joining that first Red Line the Blue Hills adventure. I had been a member of the AMC for a few years and had looked through the magazine faithfully, but never ventured further than reading the articles and noting all the hikes listed.

I am not sure what I was waiting for or what I was afraid of, but when I saw the notice about the Red Line hikes I thought: *I can try this one. It is not too far to drive. It's starting at the end of the day, so won't go on for hours and hours. Plus, I always wanted to explore the Blue Hills more. Even better, I can park nearby close to the start time and check out the crowd. If it looks like an "all 20-something crowd" that might look askance at a middle aged "need to start hiking again" woman, I can pretend to be gazing at the scenery and drive off. No one knows me there anyway!*

I took a chance and showed up that evening. It turned out to be a great mixture of ages and genders. The enthusiasm was contagious, the friendliness both sincere and warm. Things only improved when the hiking started. We hiked part of old Rte 128 and stopped by a classic New England puddingstone rock where Bob Vogel read a poem: "The Dorchester Giant," by Oliver Wendell Holmes. Suddenly I realized, *This is my kind of hiking!*

I eventually did Red Line all the trails then on the printed map—one hike and one trail at a time. [Editor's note: Finisher #5, 10/1/2007] I met some wonderful people and made some great memories. One of the favorite memories etched in my mind is the night we hiked a little too long and darkness crept in before we ended our hike. I don't remember what trail we were on, but we had a slight hill to descend. We all turned on our headlamps as we made our way back. Quite sure we must have looked like a bunch of miners as we hiked down that hill together.

And I never drove under the horse bridge in later years without remembering the time I hiked over it with the Red Line Group. Eventually, I joined the SEM chapter of AMC in hiking some of the 4,000-footers in New Hampshire and even accompanied a group on my first (and so far only) overnight backpacking adventure on Mt. Cabot. That was something that was always on my bucket list!

So, thank you for all those long-ago hikes and all these ever-present memories of rambling adventures on the trails of New England. May we meet again on the trail one of these days. Until then, stay safe and be well.



Masks are always handy, as hikers on the Green Dot Trail display above. *Photo by Skip Maysles*

Masks aren't often needed with strict social distancing, maintained by RLBH hikers below. *Photo by Diane Simms*



### Save the Date!

**AMC-SEM Annual Meeting Webinar**  
**Saturday, November 7, 2020**  
**5:00 to 7:00 pm**

Registration via Activity Database Posting opens on October 1st.

Please visit the [amcsem.org](http://amcsem.org) Home Page for links to the Slate of Officers and an Amendment to the Bylaws to be voted on at this meeting.



## Insights from 2019 graduates from AMC Trip Leader training

By Diane Simms, Chapter Vice Chair

My first SEM activity was a Red Line hike. The goal of this series, started by Bob Vogel in 2006, is to hike every inch of the 100+ miles of trails in the Blue Hills, and I do mean every inch. That summer evening, we hiked a little offshoot and then did an about-face, continued down the trail, and then did that again. And again. And again. At one road spur, the group gathered by a parked car. Paul Brookes and Sue Svelnis were being awarded Red Line patches for hiking every trail. We all benefited because the custom is that new patch honorees bring cookies. Even better, on this night the two had planned ahead. In addition to chocolate chip cookies, there was a tub of ice cream in a freezer bag to make ice cream cookies. This was a hiking club I wanted to be part of!

I kept coming back, enjoying the friendly welcomes and marveling at how the trip leaders would wind us through the Blue Hills for two-plus hours, miraculously returning us to our cars at dusk or later. People talked about Trip Leader training. Could I possibly learn how to lead other hikers? I took the Trip Leader training in April 2019 after hiking with SEM for about two years. This training is the first step to qualify to be a Level 1 leader of local trips. I checked in recently with a few other hikers who also took the training last year. They shared their thoughts about the training and our Southeastern Massachusetts AMC chapter. Part 1 below. Part 2 will appear in the next issue of the *Breeze*.

### Part 1: Insights from Diane Hartley and Tom Graefe

**“The people I’ve met through AMC have become my close friends.”**

Diane Hartley took the trip leader training to become a more informed hiker. “I had been hiking only a little bit when I took the training. I’d just joined AMC that March after I retired. When I joined the AMC, it was to get out there and hike. Becoming a leader wasn’t even a remote thought.”

Diane made friends while hiking. “I met Cathy when she was the leader on a hike I did. We both did Len’s conditioning series in the Blue Hills and became friends. We did the White Lining series this year, carpooling together from the Cape. After leader training, she mentored me.” Diane adds, “The people I’ve met through the AMC have become my close friends. They’re the people I spend time with now. This all in a year.

Joining AMC was transformational for me. “To become a hike leader, you need to co-lead hikes with two different leaders. Diane says, “In each one I learned something different. What I learned from Cathy is how to screen. Hikes on the Cape can be rugged and there’s no bail out so it can be a long 10-mile hike. If you have someone who is not prepared, it’s a bummer. Someone has to walk them back and you may not get to finish the hike. Screening is very important to make sure they can do the hike you have planned.” Diane has led a couple of local hikes. Now, Diane is training to be a level 2 leader, which will qualify her to lead hikes in the White Mountains.

Diane promotes trip leader training. “You’ll understand a lot more when you go on an AMC hike. It makes you a communal hiker with an understanding of responsibility, safety, and looking out for each other.”

**“The group needs people all the time willing to run activities.”**

Tom Graefe started being involved with the 2019 White Lining series, followed by the Conditioning series. That led him to take the trip leader training. “In doing White Lining, I was interested in the people running it and seeing what leaders were doing. I thought it would be interesting to know them better. A way to do that was to take the training, co-lead, and then lead. I wanted to share the experience. Leaders have an interesting vantage point on activities.”

Tom recognizes that AMC SEM is run by volunteers. “The group needs people all the time willing to run activities. I enjoy planning hikes and finding something interesting. I’m not a big club person generally but I made a personal commitment to reach out more than I normally would. I would never have done it had I not felt welcomed into the group and encouraged by leaders to do leads. I thought it was pretty wonderful the way everyone was encouraged. I could see all the other graduates being encouraged and given the opportunity - new member, old member, male, female—all having fun together.”

Tom is an experienced hiker and group leader, but he still learned from the SEM leader training. “I got a different perspective on how groups work. What I learned was the AMC method with groups of people coming together who you don’t know. The hikes are lightly organized, light touch, and often semi-random groups of strangers. Leaders bring a little bit of order to an activity in which people don’t want too much order.” *Continued on page 8*





## Trip Leader training *Continued from page 7*

Tom likes being a hike leader. “I love looking at maps and the process of imagining a hike to design something that’s fun. It’s fun to see how groups, in a span of several hours, come together even with lousy weather.” The course and his leading experience continue to teach him. “This made me concentrate on being better about being a leader, to think about what it means to hike with a group. When you pay attention to the group, you see there are different ways people delight in nature. What is it that people like about hiking? What’s been fun on a lot of hikes, particularly if it’s a familiar area, is to see what people notice, and share those moments of joy.”

Tom spoke for many of us when he said, “It’s been an interesting time when all these hikes got cut in the Spring. It made me appreciate the opportunities they afforded to get out and get to know people.”

**“When you pay attention to the group, you see there are different ways people delight in nature.”**

After leader training, I co-led hikes with six different leaders learning something from each of them about making participants feel welcome. I led my first hike at Moose Hill in February and was looking forward to leading my next hike when activities were cancelled. During the stay at home advisory, I enjoyed solo walks at a nearby state forest but I craved sharing nature with others. When AMC resumed activities, I started leading local hikes, following AMC and state guidance on social distancing.

We all have a role in AMC SEM group activities. The leader, of course, plans and leads the hike. But the rest of us also contribute to the group having a fun and safe outing - the person who tells us an interesting nature fact, the experienced hiker who helps change the route on the fly, the quieter hiker who comments on something beautiful others have overlooked... We all contribute.

Hear from more trip leader training graduates in Part 2, to be published in the October Breeze. Although the Spring SEM trip leader training was cancelled, the SEM Board is mentoring new co-leaders who completed online training. Interested in learning more about leading? Talk to a trip leader or email an activity Chair or Vice Chair. Email addresses are available here:

<http://amcsem.org/officers.html>

## Friday hike at F. Gilbert State Forest

Photos from AMC-SEM’s Facebook Page







Bob Vogel, left, checks the map *again* with Dexter Robinson. AMC-SEM Archive Photo

## ‘The Lost Trail’ and more of my favorite Red-Lining memories

By Bob Vogel, RLBH Hike Creator & Leader

**April 6, 2006.** The first night of RLBH! And the first night we couldn't find that one, still-lost, trail.

For those who don't know the history, in the early 2000s SEM ran "Wednesday Evening Hikes" for several years. We would go to a different location each Wednesday and hike from 6 to 8 PM all summer. In 2005 I was laid off and then accepted a job in Randolph. The job "required" that I stay until 5 PM, which made it impossible to make 6 PM hikes at places like Wampatuck, never mind the Cape Cod canal. So for 2006 I decided to hike at the Blue Hills every week. So as not to conflict with the Wednesday hikes, I chose Thursday evenings. I had no idea if anyone would show up; however, folks did show up. A few names you might have heard: Cheryl Lathrop, Ellen Correia, Muriel Guenthner, Carol Roupenian, Maureen Yachimski, Dick Carnes, Erika Bloom, and my son Bobby. A couple of names you might think go back to that first hike actually missed Week 1 and didn't start until Week 2. I'm thinking of Maureen Kelly and Jerry Yos. :-)

That first night—Heck, that whole first year!—was really a learning experience. Unlike recent history, there were no maps published ahead. I was just winging it, trying to hike as far as we could before it got dark. We hiked out old Rte 128. (I'd advertised the hike as going "down the middle of Rte 128". :-) We worked our way all the way to Rte 28 and then started back. At some point it started to get a bit less bright—Civil Twilight was 7:44—and I encouraged

everyone to walk a bit faster. We got back before it was "really" dark, but I think at least one person had turned on a headlamp. It was the first, but certainly not the last, escape just before dark.

### From that first "Poop Sheet":

"Anyone not there at the start time will be assumed to have had to cancel that night. Otherwise we'd wait 15 or 20 minutes of our two-hour hike each week." :-)  
Historically, hikes had always waited 10 to 15 minutes for stragglers. With a short time before dark, RLBH began with a warning: Be there on time. :-)

"**Raincoat required** (Please bring it **every** week, if only to appease the sun gods." :-) A statement that is still around in some trip Info sheets.

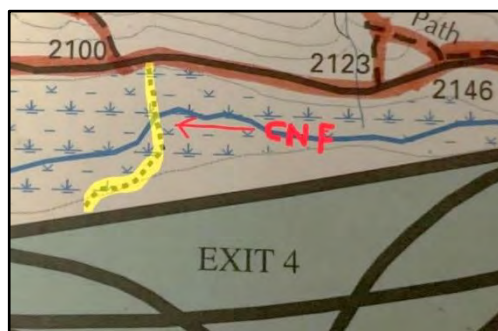
Other highlights from other trips? Sooo many! I remember the evening I finished Red-Lining. I led the hike over Hawk Hill and the old (now closed) Hemlock Bound Trail toward the Great Cedar Swamp. Fred Wason and his wife Michelle were there, and I'll never forget the look she gave me at the end of the hike. She had been expecting a "moderate" hike, and I had been a bit overly optimistic when I planned that hike. It ran late and did involve quite a bit of Up, and then near the end we came down the steep section of Hawk Hill. I think she forgave me...a few years later. :-)

And I remember Maureen Kelly finishing her Red Line map at some intersection at the top of a hill in the Chickatawbut section, as I recall.

And of course, I'll always remember this year with Maria Sestina and Joanne Newton finishing, and getting to present them with their patches at the RLBH circle-up. And, of course, cookies. Lots of cookies. :-)

In my 70+ years, I've had a lot of ideas. RLBH turned out to be near the top of the list. :-) Thank you all for participating and making RLBH the great series it has always been. And a special thank you to Joe Keogh! Without Joe running things these past so-many years, I

don't know that RLBH would have made it.



Map showing the "CNF Trail," the only place it may exist. Note: CNF means Could Not Find. :-) It's still lost!





## 1,000-Milers reach new milestones in second quarter of 2020

By Paul Currier, Thousand Milers Registrar

NAME	Q1 Miles	Q2 Miles
Ed Nelson	1,384—Holed up in Longboat Key in Florida	2,697
Robyn Saur	578	2,400
Susan Eliason		1,948—Self-designed, self-supported Cape Cod Century hit the road June 28!
Grtz JC Castelein	.639	1,912
Mike Garrity		1,490
Bernie Meggison	736—Many miles in Florida, including 100+ from Key Largo to Key West	1,348—Now keeping the CCRT safe and orderly.
Joe Balboni		846
Larry Decker		810
Mark Gurnee	425	754
Jim Kipela	217	711
Richard Beaudoin	176	655
Lou Outor		538
Lee Eckhart	52—Outside	521
Alan Greenstein	165	486
Geoffrey Lenck	95	295
Peter Linhares	137	270
Lawton Gaines	138	206
Joe Tavilla		217
Paul Currier	42	167—Second quarter surge bolted me into 3 figures!
Barbara Gaughan	144	166

Notes: Our newest member, Susan Eliason, jumped right in to #3 after completing a century in June!

Jim Doherty is recovering from Covid19. We all wish him a safe and speedy recovery and hope to see him back with us this year!!



Back on the Red Line this summer. Photos from AMC-SEM's [Facebook page](#). Keep posting!





# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Borderland State Forest hikers, left, and RLBH hikers on Buck Hill, right. *Photos from the AMC-SEM Facebook page*



## AMC-SEM Trail Crew cleans up on Buck Hill

A group of eight AMC-Southeastern MASS volunteers hiked up to Buck Hill the weekend of Sept. 11-12 and cleared the water bars, cleaned the stairs, removed loose rocks, and picked up some trash! Everyone had a great time and we got a lot accomplished! Also, a special thank you to all the hikers who passed us and thanked us for doing this work! *Photos by Skip Maysles*





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

In order to set up a digest you'll first need to create a user account on outdoors.org. If you are an AMC leader or volunteer you may already have an AMC Account, in which case you can use that. Start at the My Outdoors homepage by clicking on the link for "Manage Activity Digests." This link can be found within the second white section of the page under the "Personalize Your Communications" title.

For complete illustrated instructions, visit

<https://www.outdoors.org/wp-content/uploads/2018/04/Activities-Digest-Manual-042518.pdf>.

## AMC Trip Policy

**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 "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.**

**Group size is limited to 10 people including leader(s). You must bring and be willing to wear a mask whenever we cannot socially distance. Please have your mask on when we circle up. Anyone who does not register or does not bring a mask will not be allowed to join the hike. Bring water and snacks. Insect repellent is recommended. Must have hiked similar distances recently and be able to maintain a moderate pace.**

**Do not come on the hike if you are experiencing any symptoms of COVID-19. Please cancel your registration as soon as possible if you can no longer attend.**

**This policy applies to ALL hikes. No exceptions.**

### CAPE HIKES

**Thu., Sep. 24. Hike--Wareham, MA.** This pre-registered hike with a limit of 10 hikers is a 4 mile, 1 3/4 hour hike will take place in Wareham. The trails are relatively level but require negotiating roots and rocks. There may be trees to step over on the trails during hiking. [AMC Trip Policy](#). L Robin McIntyre (508-789-8252, [robinm McIntyre@comcast.net](mailto:robinm McIntyre@comcast.net), Robin is a 5th year Level I SEM/Cape hike leader with previous WFA training) CL Susan Jilson

**Sat., Sep. 26. Hike Falmouth, MA.** An approximately 2-hour 5-mile moderate hike around a large pond with 2 leaders and 8 participants. There are some hilly areas, and the trail varies from very wide to a bit overgrown. The route passes through deciduous forest primarily, but there are some stands of pine trees. This hike has been offered regularly but this time we will travel partly along 2 trail sections not done before. No dogs please, and rain cancels the hike. [AMC Trip Policy](#). L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net)) L Catherine Giordano ([cmgiordan@msn.com](mailto:cmgiordan@msn.com))



## Activities

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

### CAPE HIKING

**Thu., Oct. 1. Hike in Sandwich, MA.** Hike on flat wooded trails in an area that has history dating back to early pilgrims. Sturdy footwear required. Hike will be a little over 4 miles and take about 2 hours. [AMC Trip Policy](#) L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Thu., Oct. 8. Hike Eastham, MA.** 2 hour hike. Visit light houses, salt marshes, sea shore beach. [AMC Trip Policy](#). L Richard Kaiser (508-432-3277 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Oct. 18. Hike--Bourne, MA.** This 2 hour approximately 4 mile hike is in Bourne. The terrain is wooded pathways with frequent moderate rolling hills throughout the hike. More details and directions to the trailhead will be supplied to registered participants. Social distancing guidelines will be followed. [AMC Trip Policy](#). L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a fifth year SEM/AMC Level 1 hike leader with previous WFA training.)

**Sat., Oct. 24. Hike North Falmouth, MA.** A moderately difficult hike over a hilly terrain, with some long views across Buzzards Bay. It is 5.25 miles long lasting just under 3 hours. There will be a brief stop for lunch or a snack, This hike was last offered 13 years ago and will be a new one for most. [AMC Trip Policy](#). L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net)) L Catherine Giordano ([cmgiordan@msn.com](mailto:cmgiordan@msn.com))

**Sun., Oct. 25. Hike in Dennis, MA.** Due to Covid19 restrictions this hike requires pre-registration, click on Register button. This will be approximately a 4 mile hike through saltmarsh, along a beach and on paved roads through an historic neighborhood. [AMC Trip Policy](#). L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Four years of experience leading hikes on Cape, currently Cape Hike Chair for AMCSEM.) CL Margaret Christen ([margaret@mchristen.net](mailto:margaret@mchristen.net), SEM leader in training)

**Thu., Nov. 5. Hike Sandwich/W. Barnstable, MA.** This hike is very hilly with over 800ft of rise and fall. Good boots and poles are strongly suggested. Bring water and an energy snack. This hike should have some great views and wonderful foliage. It is about 5 miles and should be about 2 hours but could very well go over the time depending on the speed of the slowest person. This is NOT an "easy" hike. [AMC Trip Policy](#). L David Selfe (508-771-0620 before 8 pm, [kdsselfe@comcast.net](mailto:kdsselfe@comcast.net)) CL Kathleen Selfe

**Thu., Nov. 19. Hike--Wareham, MA.** This pre-registered hike with a limit of 9 hikers is a 4 mile, 2 hour hike is on wooded trails with several gentle hills and wet areas. [AMC Trip Policy](#) <http://www.outdoors.org/volunteer/volunteer-resources/trip-policy>. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level I SEM/Cape hike leader with prior WFA training)

**Sun., Dec. 20. Hike--Bourne, MA.** This pre-registered hike with a limit of 9 hikers is 2 hours, approximately 4.5 mile hike. The terrain is wooded pathways, fire roads, and trails with several moderate hills. It is a loop so does not offer easy bail-out points. This is not a novice hike. [AMC Trip Policy](#) L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a fifth year Level 1 SEM/Cape hike leader with previous WFA training)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Membership Chair, Southeastern Mass Chapter.** The AMC-SEM Executive Board is seeking to fill the Membership Chair position which will become vacant when current occupant steps down in November. The Membership Chair's primary responsibilities are: • Welcomes new members and provides information about the Chapter • Promotes and organizes events for new members • Provides information about the club to prospective members. • Assists with major event registrations and public opportunities to promote the Chapter • Coordinates membership services with the Club's Membership Services personnel at headquarters. Good social skills are an attribute. Activity leader status not required but helpful. L Leonard Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com)) CL Alan Greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com))





## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Social Media,, Southeastern Mass Chapter.** The AMC-SEM Executive Board is seeking to fill the position of Social Media Administrator. The administrator's primary responsibilities are to monitor and update the AMC-SEM chapter Facebook page and chapter Twitter account. L Leonard Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com)) CL Alan Greenstein ([alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com))

**Sat., Nov. 7. SEM 2020 Annual Meeting Webinar, MA.** The SEM Annual Meeting webinar will held from 5-7 pm on Saturday November 7. There will be a report to the membership, election of your 2021 Executive Board, a vote on a bylaw amendment, and presentation of the Distinguished Service Award. L Leonard Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))

### HIKING

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

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

**Sat., Sep. 26. Blue Hills East Side Loop, Blue Hills Reservation, MA.** Join us for for a pleasant early fall loop hike, starting at 9:00 am on the Skyline Trail, and coming back on flatter trails around the hills. The hike will be about 6 miles long, with about 700 feet of total elevation. We will hike at a moderate pace. We may run a second hike if we have enough interest, so if this hike fills up and you would like to join us, please add yourself to the wait list and we will contact you. The hikers will practice social distancing and wear masks when they cannot. Everyone must register for the hike through the ActDB system. Non AMC members are welcome; they just need to create a profile to sign up. L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

**Sat., Sep. 26. Blue Hills East Loop Skyline Hike Number 2, Milton, MA.** DUE TO POPULAR DEMAND, THIS IS AN ADDITIONAL HIKE OFFERING. Join us for a pleasant early fall loop hike, starting at 9:15 am on the Skyline Trail, and coming back on flatter trails around the hills. The hike will be about 6 miles long, with about 700 feet of total elevation. We will hike at a moderate pace. The hikers will practice social distancing and wear masks when they cannot. Everyone must register for the hike through the ActDB system. Non AMC members are welcome; they just need to create a profile to sign up. L Barry Young (508-339-3089 Before 9 PM, [barry.young@comcast.net](mailto:barry.young@comcast.net)) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net))

**Tue., Sep. 29. Tuesday Morning Blue Hills Hike, Blue Hills, MA.** Enjoy early autumn weather on a 5-6 mile moderate hike in the Chickatawbut/Cedar Swamp section of the Blue Hills. We'll hike well-maintained trails on mixed terrain, passing streams and ponds, with a jaunt on the Skyline. Rendezvous location and exact morning start time will be sent after your registration is confirmed. Bring rain gear, water and snacks. Must have walked/hiked similar distances recently and be able to maintain a moderate pace. Group size is limited to 7 people. Contact via email preferred. L Thomas Graefe (781-659-2441 Before 9:00 PM, [tmgraefe@comcast.net](mailto:tmgraefe@comcast.net))

### HIKING

**Thu., Oct. 1. Thursday Morning Hike - Sharon, MA.** Join us for a 5-6 mile moderate hike in Sharon. This hike will have a variety of terrain including several great hills. Must have recently hiked a comparable distance. Details will be emailed after your registration is confirmed. Please cancel your registration as soon as possible if you can no longer attend so that your spot can be given to someone on waitlist. Group size is limited to 10 people. [AMC Trip Policy](#). L Diane Simms ([dianesimms@comcast.net](mailto:dianesimms@comcast.net))



## Activities

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

### HIKING

**Wed., Oct. 7. Blue Hills Morning Hike, MA.** Join us for a 4.5 mile moderate hike in the ever-popular Blue Hills Reservation. This hike through some of the Reservation's wooded areas includes a few uphill climbs but nothing too arduous. We are planning on a morning start and spending about 3 hours on the trails. We will email you the address after your registration is confirmed. [AMC Trip Policy](#). L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) CL Sandy Johnson

### BEONLINE WITH AMC

**Tues., Sept. 29, 5:30-6:30 pm. Black in Nature.** AMC Staff & guest panelists discuss the realities and inequities individuals in the Black community face when participating in outdoor recreational activities and exploring public lands. and explore concrete ways to help make outdoor spaces more accessible and inclusive for our entire community. [Register & get Zoom details here.](#)

**Fri., Oct. 2, 7-8 pm, Conservation Conversations: The Greening of Hillsboro, OR.** Learn about the development of Hillsboro's first comprehensive sustainability plans for city operations and the broader community. [Register here.](#)

**Wed., Oct. 14, 7-8:15 pm. Beyond The 48 - The Winter Edition.** Michael Blair as he shares stories, pictures, and tips of his journey to explore high peak challenges in winter, including Adirondack 46, the New England 67, the Northeast 115, and even the Trailwrights 72. [Register here.](#)

**Wed., Oct. 21, 7-9 pm. 3rd Wednesday Speaker Series: Search & Rescue In The White Mountains.** Sandy Stott, author of *Critical Hours: Search and Rescue in the White Mountains*. Learn how command of self and others gets challenged, lost, rediscovered and transmitted, and how each us can become her/his own first-rescuer. [Get Zoom details here.](#)

**Fri., Oct. 28, 7-8 pm. Conservation Conversations: Down On The Farm And Out In The Woods—What Is Conservation Worth?** Steven Wallander, PhD, gives an overview of how environmental economists evaluate conservation programs. No math required - just a willingness to broaden your perspective. [Register here.](#)

# Happy Trails!





**THE END**

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | October 2020

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

Sign up for the AMC Activity Digest. Sign into your Outdoors account and [follow these instructions](#)

Or call 1-800-372-1758

Find past issues of *The Southeast Breeze* on our [website](#).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



**Taking a lunch break on the ledges at Moose Hill in Sharon. What a great group, what a great hike! Photo by Diane Simms**

## Insights from 2019 Trip Leader Training graduates

*Diane Hartley and Tom Graefe shared their thoughts in the September Breeze about leadership training and our Southeastern Massachusetts AMC chapter. This month, we hear from two more graduates.*

### Part 2: Insights from Johanna Stamm and Karen Foley

Johanna Stamm does not lead hikes but got a lot out of the training. "I regretted not taking it the year before after hearing people talking about it. I was encouraged that even if you didn't want to be a leader, you were welcome. I like learning and courses and love learning more about hiking."

Johanna started hiking with the AMC about six years ago. She appreciates AMC as a group with experience that knows how to hike safely. She acknowledged, "It can be somewhat intimidating to join a new group at first. The group was so nice to me." She adds, "I really like my leaders."

Continued on page 4





## View from the Chair: My Last View

Looking ahead I see more green shoots rising. Cape hikes have restarted and planning is underway for our yearly winter workshop. It will meet soon, but in a non-traditional distance learning format. Our annual meeting is going electronic, too. This event will be our first experience running a webinar, and it may be the forerunner of how to reach many more chapter members with exciting content going forward. Yet, the cloud of COVID will be with us for many more months. It will take time for our green shoots to become the forest we once had.

In recent months, despite the changes COVID has brought to our chapter, successful recruiting efforts have identified several talented and enthusiastic candidates to fill openings on your executive board for the year ahead. Let me encourage you to vote in support of the nominees at the November 7 annual meeting. In doing so, I am confident our tradition of developing strong capable leadership for the chapter will continue. Thank you, Nominating Committee.

Lastly, this phase of my life as SEM chapter chair is coming to a close, ending officially November 7. During these past two years we experienced the highlight of highlights, the now legendary 2019 club wide Fall Gathering, and the lowest of lows, COVID-19's suspension of trips and its lingering aftermath. In between these extremes there were many positive enjoyable experiences, too many to be listed here. Best of all has been working with the fine bunch of executive board volunteers serving on your behalf. I have been honored to work with them. They are the greatest.

Thank you for the opportunity to serve our chapter. Be safe and **Be Outside**.

Thanks!

*Len Ulbricht,  
AMC-SEM Chapter Chair*



### 2020 Executive Board

Chapter Chair ..... Len Ulbricht  
Vice Chair ..... Diane Simms  
Secretary ..... Ann McSweeney  
Treasurer ..... David Yampanis  
Past Chapter Chair ..... Barry Young  
Biking Chair ..... Bernie Meggison  
Biking Vice Chair ..... Peter Linhares  
Cape Hiking Chair..... Jane Harding  
Cape Hiking Vice Chair .... Robin McIntyre

Communications Chair..... Nichole Nelson  
Communications Vice Chair... Alanna Halloran  
Conservation Chair ..... Joanne Newton  
Conservation Vice Chair ..... Bill Cannon  
Education Chair ..... Doug Griffiths  
Education Vice Chair ..... Sue Svelnis  
Hiking Chair ..... George Danis  
Hiking Vice Chair..... Paul Brookes  
Membership Chair..... Ellen Thompson

Membership Vice Chair ..... Sandi Santilli  
Paddling Chair ..... Ed Foster  
Paddling Vice Chair..... Joe Keogh  
Regional Director..... John Mullens  
Skiing Chair ..... Jeannine Audet  
Skiing Vice Chair ..... Dia Prantis  
Trails Chair ..... Skip Maysles  
Trails Vice Chair ..... Pete Tierney  
Young Members Chair..... Sue Schobel  
Young Members Vice Chair..... OPEN

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator..... Leah Brodsky  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org)  
if you are interested in any  
OPEN position



# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



This determined group braved the heat to explore the surrounding landscape and ascend Noon Hill in Medfield.

*Photo by Peggy Qvicklund*

## Noon Hill Hike on August 12

By Peggy Qvicklund, Hike Leader

*(This article was inadvertently left out of the September issue of the Breeze.)*

There was really no need to check the pre-hike weather forecast. What else but hazy, hot, and humid! With an earlier start time and an option to shorten the route if needed, the hike was a go.

I was thrilled to see folks I'd hiked with in the past and new "faces" (under masks) to get to know.

The trails were shaded, but the heat seemed to put the forest to sleep. We heard only an occasional bird song. There was not a breeze in the air. Even the significantly low Charles River seemed asleep, without a ripple on the surface.

Meandering back through the forest with huge white pines and stone walls everywhere, signs of former pastureland, we reached the top of Noon Hill close to noon. Time for a final rest, snack, and photo before heading back to our cars.

A great morning spent with interesting people. Thanks to everyone!



## Save the Date!

**AMC-SEM Annual Meeting Webinar**  
**Saturday, November 7, 2020**  
**5:00 to 7:00 pm**

Registration via Activity Database Posting is now open. Please visit the [amcsem.org](http://amcsem.org) Home Page for [Registration link](#) and links to the Slate of Officers (listed below) and an [Amendment to the Bylaws](#) to be voted on at this meeting.

### 2021 Nomination Slate

Chair	Diane Simms
Vice-Chair	OPEN
Secretary	Natalie Halloran
Treasurer	David Yampanis
Biking Chair	Bernie Meggison
Cape Hiking Chair	Jane Harding
Communications Chair	Nichole Nelson
Conservation Chair	Joanne Newton
Education Chair	Sue Svelnis
Hiking Chair	Paul Brookes
Membership Chair	Samantha Fisher
Paddling Chair	Ed Foster
Past Chapter Chair	Len Ulbricht
Skiing Chair	Jeannine Audet
Trails Chair	Skip Maysles

Names in **black** are continuing in their current post; names in **green** are new to the position.

#### The Nominating Committee

Alan Greenstein, Hingham  
[alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com)  
Diane Hartley, Plymouth  
[dhartleyplymouth@gmail.com](mailto:dhartleyplymouth@gmail.com)  
Cathy Giordano, Plymouth  
[cmgiordan@msn.com](mailto:cmgiordan@msn.com)





## Trip Leader Training Continued from page 1



Karen Foley celebrates reaching the next trail marker as she completes Redlining the Blue Hills. *Photo by Joanne Newton*

Johanna loved the training. “I came home raving about it. I let the information sink in. I was not a newbie but not one of the old pros either. I realized I have come along way in learning.” She elaborated on the role playing exercises. “One I loved the best was where we had to pick the order of the most important items to bring in an emergency scenario and then do that again as a group, to see how the contribution of the group makes the final score better. I knew I’d be a better informed participant if I was needed, in any little helpful way.”

**“I feel confident enough to speak up.”**

The training paid off on one of her hikes. “We were heading out and the weather kept changing. We had delays. Because I was aware of the time and how it’s all planned, I knew what should be part of the leader’s decision making. I felt confident enough to speak up. We had a group meeting, and the day’s plan was changed. These are the scenarios they talked about in training. Any mishap is a series of decisions that didn’t go well. It’s one little thing, then another little thing, then another. The leader listened to the input from the group.”

Karen Foley starts off, “I had no intention of taking the course. I just started hiking two years ago. I started with the Red Lining series. I didn’t want to stop, so when that ended, I joined the White Lining series. I heard people talking about the trip leader training. They said you didn’t have to lead; take it to become a more informed hiker.”

Karen took the training. “I had it in my head I wouldn’t be a leader. How can I be responsible for 20 people if something goes wrong? But I picked up a lot of little tips about how to be better prepared for myself. And then I continued to take classes. I took Wilderness First Aid and then Map & Compass. I kept slowly educating myself.”

The course planted the seed for Karen to become a leader. “I’d pay attention to the leader on trips I was on. I’d observe things like whether we should take a break for water, change the pace, and other things I learned from the class. I thought, ‘How would I do it?’ Leading was in the back of my mind. One leader who knew I’d taken it asked if I wanted to do a trial co-lead. That went pretty well and led to other co-leads. The good thing about co-leading was the great support from the leader as well as other leaders who happened to be on the hike. Everyone is so kind and fun. Everyone wants to help each other.”

**“Everyone wants to help each other.”**

Karen learned the support did not stop when she became a full leader. “I’m still not alone. I still have the support of other leaders who might be hiking. I don’t feel I’m the lone person responsible because it’s such a supportive and knowledgeable group. You know you can get support from other people. I have the comfort that if I need help, someone will help me out. They’re team hikes. We’re all in this together. We want to be safe but have a fun time.”

Karen took it a step further by partnering with another leader (Joanne Newton, who also took the 2019 leader training) to create a monthly series. “We thought we’d do something fun. We thought of a series of hikes exploring southeast Mass. We wanted to get new people involved. We thought maybe most of the people who don’t hike with us during the week are working.” (*Note: This series has been put on hold during the pandemic.*)

Karen, who just started hiking two years ago, started tracking her AMC hiking miles January 2019. She was awarded the 500 mile patch at the March Hike Leader meeting. Next goal, the 1,000-mile patch! Learn about recording your AMC [hikes mileage here](#).





Richard Kaiser led a wonderful hike from Doane Rock, through the woods to the Three Sisters lighthouses, then to Nauset Light. We then walked one mile down the beach to Coast Guard Light. Had a wonderful view across Nauset Marsh and then back to Doane Rock. Wonderful day!!!

*Photos by Dave Selfe*

## AMC & SEM Leader Training Planned

Although the in-person Spring SEM trip leader training was cancelled, SEM is mentoring new co-leaders who completed online training this summer.

Another online training series will be run by AMC on Monday 11/30, Wednesday 12/2, Monday 12/7, and Wednesday 12/9, all from 7 to 9 pm. That will be followed by two SEM-sponsored sessions to round out the training.

Potential leaders who complete all six sessions will be paired with mentors to complete the SEM leader certification. Potential hike leaders will need to co-lead two hikes with an SEM leader.

Interested in learning more about leading? Talk to a trip leader or email an activity Chair or Vice Chair at the [addresses here](#).

## Help AMC-SEM's conservation efforts

By Joanne Newton, Conservation vice Chair

The Conservation Committee, which plans and organizes outdoor conservation work in Southeastern Massachusetts and communicates to our members on conservation topics, is now recruiting new members to help with planning, organizing, and running new conservation projects such as:

>Working with DCR and Friends of the Blue Hills to remove invasive species.

>Collaborating with the other SEM Committees—Hiking, Paddling, Biking, Trails and Skiing—to identify and work on areas of interest.

>Starting a monthly speaker series. (These may start as Zoom meetings but, when feasible, become in-person seminars.)

>Communicating ideas as to how each of us can improve conservation measures in our daily lives.

We would very much like to hear from you with your ideas. Please contact Joanne Newton at [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org).



Tree pose at Balance Rock. Diane Simms led a terrific day hike at Wachusett Mountain on Oct. 14. *Photo by Paul Brookes*





## AMC-SEM hiking in the 1980s

By Bruce Dunham

*Introduction from the Communications Committee Chair:*

Bruce Dunham was one of six people who helped get hiking started in SEM in the 1980s. He was an off-Cape hiking coordinator from 1983 to 1986 and Hiking Chair from 1987 to 1990. He was also the *Breeze* editor for four years and designed several mastheads, including the first. Read in our archived [1982 Southeast Breeze](#) how the newsletter unveiled a new, "brighter" format: Bruce Dunham designed the logo and typeset of that version of the newsletter. The logo was used until 1986.

Bruce originally proposed this article to Susie Schobel, who will be voted in as Young Members Chair, if the Young Members Committee is formed at the Annual Meeting on November 7. He thought it was important to communicate to younger members especially just how much time and effort went into the creation of what we now know and perhaps take for granted: the SEM Chapter as it smoothly runs today. But we quickly realized that we can all appreciate his perspective, that what is now "old" was once new, and change can be hard, but good. (Just note the fact that it took *ten years* of debate to finalize the leadership guidelines!) And we also realized that we needed to honor and thank Bruce, and others, for their legacy of making SEM activities safer, more expansive, and more local/communal!

\* \* \*

When I joined the Southeastern Massachusetts Chapter in November 1980, the Appalachian Mountain Club existed under a different set of club by-laws. Instead of an AMC Board of Directors, there was an AMC Council. The Executive Director (now the CEO and President) did not have a vote. The chapter looked different, as well: There were fewer committees, and the leadership guidelines that SEM hike leaders use today did not exist until 1996.

My first SEM hike was in Wellfleet on a Great Island Hike on a Sunday in January 1981. It was four hours spent with a small group of ten hikers. It was led by retired

Colonel John Dalton. John Dalton was the Founder of the Cape Hikes. John organized about 35 Sunday Cape hikes from the first Sunday after Labor Day until the last Sunday before Memorial Day Weekend. Hikes were scheduled every Sunday starting at 11 am and ending about 3 pm. The hikes were nine to eleven miles in different areas of the Cape. Attendance at Cape Hikes gradually increased in numbers to 20 or more SEM Cape hikers.

Unfortunately, Colonel Dalton died in December 1982. He was succeeded by Harry Dombrosk, a retired bank treasurer, who continued the schedule of Sunday Hikes. Harry organized a schedule of Thursday and Sunday Cape Hikes over the next eight years.

### Hikes expand off-Cape

In 1983, in response to SEM members, the Executive Board voted at the February Board meeting to create a second *ad-hoc* committee to provide a schedule of hikes for members in Plymouth and Bristol Counties. These members wanted local hikes and/or did not want to make a long drive to the Cape. I received a call from Vicki Fitzgerald, who was the chapter chair in 1983. She explained to me how the board voted to create an *ad-hoc* Off-Cape Committee with Joan Ramsey as Off-Cape Committee Chair. I was asked to lead that first hike and to assist Joan, since I was a more experienced hiker.

The first hike was in Fields Park in Brockton. Joan organized a schedule of hikes from the first weekend in spring until the first weekend in June. Local hikes resumed the weekend after Labor Day and ended at the Annual Meeting in November. Joan organized a schedule of hikes through phone calls to people that she knew.

In January 1985, Joan Ramsey called me to say that she was resigning from her position as Off-Cape Committee Chair and would mail me what information she had about the hikes. I organized hikes on Saturdays with the off-Cape leaders who were available that year. I led hikes for beginners at Borderland State Park in Easton and in the Blue Hills. Day hikes for experienced hikers to the Wapack Trail and Mt. Monadnock were also scheduled. Attendance was good with 10 to 25 hikers on hikes.

At the 1985 chapter Annual Meeting, Walter Morin was elected to the position of Hiking Chair. I was elected as Hiking Vice Chair. Walter scheduled a committee meeting in February 1986 at Bridgewater College. Walter came to the meeting with a schedule of hikes from the first weekend in spring until the Annual Meeting. It was the only meeting of the year.

Continued on page 7



## Hiking in the 1980s Continued from page 6

At the 1985 chapter Annual Meeting, Walter Morin was nominated and elected to the position of Hiking Chair. I was nominated and elected as hiking vice-chair. Walter scheduled a hiking committee meeting in February 1986 at an available Room at Bridgewater College. Walter came to the meeting with a schedule of hikes from the first weekend in spring until the Annual Meeting. It was the only meeting of the year.

At the November 1986 annual meeting, I was elected to be the Hiking Chair, starting in 1987. The first hiking committee meeting of the year was in February 1987 at the home of Claire Braye in Easton. I had prepared an agenda that included hike leader guides and a hike rating system. There were about 15 people present.

The first order of business was discussion of using a rating system for SEM hikes. The committee discussed using the Connecticut or Delaware hike rating system. A motion was made to adopt the use of the Connecticut rating for SEM hikes. The vote was unanimous to approve the Connecticut System. (Check out that system here: [http://www.amcsem.org/assets/newsletters/archive/breeze\\_87\\_may.pdf](http://www.amcsem.org/assets/newsletters/archive/breeze_87_may.pdf))

The next order of business was leader qualifications. In 1987, there was no Outdoor Management Committee with the leader guidelines that members are familiar with today. Each chapter had its own set of guidelines. Club-wide guidelines were not approved by the Outdoor Management Committee until September 1996.

The final order of business was sign-up sheets for hikes. Blank pieces of paper to register hikers had been used up until then. The committee discussed and voted to use the new sign-up sheets. The committee also agreed to have three meetings a year.

At a spring 1987 executive board meeting, the board discussed and voted to award leaders recognition patches. Each committee chair determined the criteria and who would receive the leader patches. As hiking chair, I gave out 30 hike leader patches (for 15 on-Cape leaders and 15 off-Cape leaders).

In 1988, I worked on making changes to the Excursions Committee by-law. I asked the chapter in early 1988 to put on the board agenda a discussion of making changes to the Excursions Committee by-law. The original Excursions by-law was open to any on- or off-Cape hike leader. The Excursion Chair was responsible for appointing ad-hoc coordinators for activities such as

hiking and skiing. The executive board voted to create a by-law committee. People on that committee were past chapter chairs Vicki Fitzgerald and Bob Bentley, current Chapter Chair Paul Murphy and me. The By-Law Committee discussed and voted to change the title of Excursions Chair to Hiking Chair. The By-Law Committee also discussed and voted to make skiing an separate standing committee of the executive board. The Chapter Executive Board voted to approve the changes and make them available for members to vote for approval or disapproval at the 1988 Annual Meeting.



**Nov. 3, 1983 on the Crawford Path: Bud Carter, left, Harry Dombrosk, Bruce Dunham, Pam Carte. Photo by Bruce Dunham**

The first meeting of the Hiking Committee in 1989 was in February. One item of business was making Chapter Hut Night an annual event. The 1988 Chapter Hut Night, which was led by Bob Bentley at Galehead Hut, celebrated the 100th Anniversary of the AMC hut system and was very successful. The members at this meeting voted to make Chapter Hut Night an annual event. Then a discussion followed as to which hut to choose. The committee voted to go to Zealand Hut. The hut was reserved for 40 Hikers and the event was scheduled for Columbus Day weekend. The Cost was \$47.00 which included a T-shirt.

My time as hiking chair ended at the October 1990 executive board meeting. At the 1990 Annual Meeting, Bob Benvissuto was voted to be the next hiking chair.

The 1980's were an interesting and challenging time for our Chapter. It was an experience that I enjoyed and one that I made many friends. I hope more members from the 1980's would come forward with their stories.





Wonderful hike around the Scorton Creek area in Sandwich on Oct. 1st. Could not have had a better day! Register online for [Cape hikes here](#).



Top: Clear water reflections.

Middle: Trailside benches to enjoy scenery.

Above: Beauty of the wetlands.

Left: David Selfe's selfie.

*Photos by David Selfe*

## Blue Hills among 'Best Fall Hikes'

*Condé Nast Traveler* has included the Blue Hills Reservation among "The Best Fall Hiking Trails in the U.S." The list named 26 best places "to chase fall foliage" from Maine to California, eight of them in the East.

"There's something magical about spotting fall colors in a city," writes Cassie Shortsleeve in the magazine's Oct. 8th issue. "Blue Hills Reservation...affords views of the city skyline...behind miles of yellows, oranges, and reds."

Read more about the Blue Hills and the other fall hiking trails on the [Condé Nast Traveler website](#).



Jane Harding led a wonderful hike in the Maple Swamp. The trees are just starting to change color. The hills were just great: 770 feet of rise and fall is not bad for Cape Cod. Gets the old heart pumping. *Photos by Dave Selfe*





## Blue Hills History #4: The AMC Camps & Cabins at Ponkapoag Pond

By Howard S. Whitley with notes from Bob Vogel, Hike Leader



Cabin at Mr. Rogers  
Camp at Ponkapoag  
Pond.(1927)

*Photos from the  
AMC Library.*

Thank you to Sandy  
Johnson!

[*Bob Vogel: Some excerpts about the creation of the AMC Cabins, from an article written by Howard S. Whitley, which is on the Ponkapoag Camp website. The full article is at: <https://ponkapoagcamp.org/history/>. With additional notes and pictures added for your enjoyment.*]

If the members of the AMC had come to Ponkapoag immediately upon the retreat of the glacier, they would have seen the pond at twice its present size, and in a terrain bleak and desolate. By waiting, they gave the trees a chance to grow, oak and pine and flowering dogwood; and what they lost of the pond they gained in a marsh dear to the hearts of bird lovers, botanists, and naturalists generally. They waited patiently until the close of World War I.

With the end of that war came a period of restlessness. To both military and civilian, life had begun getting stuffy. People were tired of restriction and regimentation, of crowded trains and restaurants, of planned entertainment and spectator sports, of waiting in line and being told what to do. They wanted to be where they could do as they pleased, where each could go his own gait and wander as he chose. Some sought freedom on the hills, in the woods, or by the lonely dunes.

The members of the AMC were casting about for new sites on which to pitch their tents. For nearly two decades they had maintained a camp at Three Mile Island with swimming, canoeing, and tennis close at hand, and hills not far away. Now, unsatisfied, they were establishing two new camps, one at Cold River in 1919 and one at Echo Lake in 1922. In the meantime they were aware of the need of a camp near Boston, a camp which could serve them summer and winter and which would be accessible not only to a limited group, but to the entire membership. The widespread demand for a camp within commuting distance of Boston prompted the Council, in June of 1920, to send out a questionnaire asking for suggestions.

President Kelsey, at a corporate meeting held in January 12, 1921, commented on the favorable response to this questionnaire and on the number of additional pleas for such a camp. He suggested that the proposed camp "should be in the wilds, on water, and should provide boating, fishing, snowshoeing and all similar outdoor recreation."

Continued on page 10





Building a Cabin (1925) Photo from the AMC Library

## Ponkapoag Camps Continued from page 9

In the following April he appointed a 'committee on Camp near Boston: Mr. Fred Tucker, Chairman Messrs. Harland A. Perkins and William F. Rogers.'

The Members of this Committee had started work even before their appointment. Various sites, including beaches on the South Shore and a wooded spot on the Ipswich River, were considered by them; but all these sites were found unsuitable.

One day Mr. Will Rogers was driving along Randolph Street, just south of Ponkapoag Pond. He gazed from time to time at Great Blue Hill with its observatory tower, and at its image mirrored in the water. Suddenly the thought came to him, "This is the place." From that moment there was no longer any question where the new camp was to be.

Will Rogers called upon his friend Mr. Arthur H. Tucker of Milton and described to him the advantages of Ponkapoag as a location for the proposed camp. Mr. Tucker's family had lived for generations in Milton and had given their name to Tucker Hill. Mr. Tucker, himself, had been closely associated with Mr. Rogers in exploration and trail cutting in the Blue Hills. He had much to do with the development of Ponkapoag, first as a volunteer helper to Mr. Rogers, and later as chairman of the committee.

Will Rodgers and Arthur Tucker, having agreed upon Ponkapoag as the most suitable locality, began prospecting for a campsite. Tramping in along an old cart path that has since been made into the present motor road, they selected the high knolls at the eastern end of the pond as the most suitable spot. This land, even then, was part of the Blue Hills Reservation, and negotiations

were begun at once with the Metropolitan District Commission for the privilege of establishing an AMC camp there. A report of the committee, published in the Bulletin for May 1921, the Secretary of the Metropolitan District Commission issued a formal document granting 'the Appalachian Mountain Club permission to use a portion of the Blue Hills Reservation on the northeast side of Ponkapoag Pond for the use of members of the club and their guests.'

The June 1921 Bulletin carried [this] announcement:

"There is a strong demand for an A.M.C. weekend camp near Boston. What seems a very satisfactory site on Ponkapoag Pond, Blue Hills Reservation, has been offered the Club by the Park Commissioners with free use of the land. This is a wild spot, little visited, with good tramping country all about, and has the advantage of being protected by the Park police."

This announcement then discussed the problem of financing the new camp, and suggested the purchase by members of shares at ten dollars each in return for the privilege of putting up their tents on private sites.

The Ponkapoag group began to lie [sic] out the camp. Their first problem was the transportation of equipment, for the only road to the campsite was an almost impassable cart path. At the far end of the pond, however, was an excellent road, Maple Avenue, leading through the golf grounds to the water's edge. Mr. Dean Peabody remembers bringing tents over this road and ferrying them across the pond in rowboats. It was a good fellowship, everyone helping everyone else to clear tent sites, set up board floors, cut kindling wood, carry water, cook meals, and do all the odd jobs familiar to August Campers. The main building was erected in portable sections by the E.F. Hodgson Company.



AMC tent campsite with wooden platforms

Photo from AMC Library

Continued on page 11



## Ponkapoag Cabins Continued from page 10

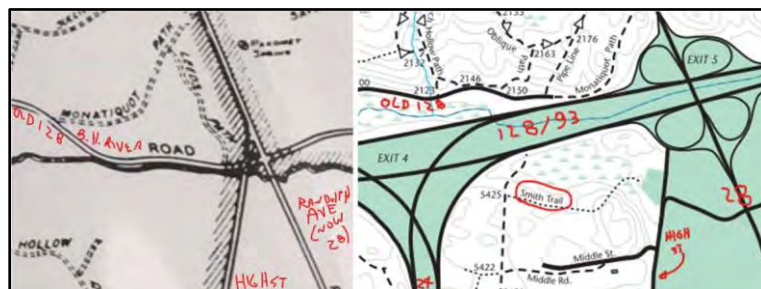
The Camp, thus established in July, 1921, is described in the December issue of *Appalachia*, 1922, as consisting of the main building and twenty-nine tents, six of which were owned by the Club and the remainder by individual members. The resident caretakers, Mr. and Mrs. L.A. Springer, served meals on the porch of the main building. Two rowboats were available for the use of the members; there was also a pier and sandy beach for bathing. During the four months that the camp had been open, there had been eleven hundred registrations.

Until Captain Joseph P.F. Rooney of the Park Administration directed the rebuilding of the old cart path, in August of 1922, to make the present motor road into Camp, members had to park their cars near Houghton Pond and walk in over the wagon track; or else they had to park at Mr. Bowley's on High Street, a mile or so south of Blue Hill River Road, and walk in over a large tract of land owned by Mr. Ellerton James.

The many visitors who did not come by car took the Brockton trolley at Mattapan Square, got out at High Street, and walked along the new Blue Hill River Road and thence by trail into Camp. To shorten the traveling time for these people, Fred Tucker, in the early part of 1923, presented the Camp with a new ten-passenger auto bus. The installation of a telephone at Camp enabled pedestrians to call the camp manager in advance and arrange for transportation directly to into Camp. This bus was used until it became practically unserviceable; it was sold in 1929. By that time the increasing use of private cars and laying out of a new foot trail had rendered it unnecessary.

This new trail was the work of George M. Smith and it is known in his honor as the Blue Smith Trail. It is the most direct and also the most picturesque path into Camp from Randolph Avenue bus line. Since Mr. Smith had planned this path for the use of A.M.C. members, purposely refrained from marking the entrance conspicuously enough to attract the general public. It can be found, however, by anyone who looks for it, leading from the west side of High Street just behind Howard Johnson's. It is linked by a connecting trail, also made by Mr. Smith, to the Fern Spring Trail in the Blue Hills."

[*Bob Vogel Note: This trail, the remaining portion now just called "Smith Trail" on the DCR map, was cut off from the cabins by the construction of Rt. 24. Also note that back then 'New' 128 and related cloverleafs had not been built, so the whole street layout was different.*]



Before construction of Smith Trail, left, and today.

Ponkapoag was still, so far as living quarters were concerned, a tent colony. The main building served as a meeting place and refuge for out of season activities. Dances and skating parties were held there, and groups would gather by outdoor fires in the evening. It was recognized from the beginning, however, that suitable winter housing would be necessary if Ponkapoag were to serve its purpose as an all year camp. With this end in view, Will Rogers got busy and set his fellow members an example. An experienced woodsman, he selected the sound timber from chestnut trees that had been killed by the blight and built a log cabin for himself. The North Cabin, built for the Camp Master's living quarters, and the South Cabin "to be used for social gatherings," both built of chestnut logs, are also mentioned in the Annual Report for 1926. Russ Palmer and Bob Clough announced a housewarming for February 5, 1928, to celebrate the opening of their new cabin, with coffee, doughnuts, and hot dogs. Most of the cabins erected later were of the portable-house type.



Bob Vogel: "Internet says this was the Randolph Howard Johnson ice cream stand c. 1932. I can't confirm exactly where it was (however, it sounds like the west side of Randolph Ave, south of Blue Hill River Road), but as noted above the whole area has changed. The Ho-Jos was in the way of the new 128/RT. 28 cloverleaf...so it's long gone."<sup>1</sup>

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## Ponkapoag Cabins Continued from page 11

[Bob note: “More than a century ago, nearly four billion American chestnut trees were growing in the eastern U.S. They were among the largest, tallest, and fastest-growing trees. The wood was rot-resistant, straight-grained, and suitable for furniture, fencing, and building. The nuts fed billions of wildlife, people and their livestock. It was almost a perfect tree, that is, until a blight fungus killed it more than a century ago. The chestnut blight has been called the greatest ecological disaster to strike the world’s forests in all of history.”<sup>2</sup>]

Mr. Wallace W. Morse, in his Annual Report for 1929, states that: “this past season we have used the Bryant Cabin as well as the South Cabin for overnight use by members.” Mr. Bryant had died shortly after putting up his cabin, and in his will he left the cabin to the Camp. Mr. Irving Meredith reports in 1930: “In June a new cabin was built at a cost of \$155.00, which holds four people comfortably. In the six months in which this cabin has been available it has brought in as rent \$45.50.” Mr. Meredith shortly after this, erected a similar cabin for himself.

Gradually, over a period of years, all the tents were replaced by cabins until there are now, in addition to the main building, twenty three cabins owned by members and six cabins held by the Club for the use of members at a nominal rent.

At the time the A.M.C. Camp was established much of the pond shore lay within the Blue Hills Reservation. Mr. Rogers, however, was concerned by the fact that a considerable stretch along the western portion of the south shore was privately owned.

On one of his off-season visits to the pond he saw a lone skater approaching the shore. Hailing the stranger, Will explained to him the desirability of having all of the land bordering the pond brought into the reservation. The skater happened to be Mr. Augustus Hemenway, owner of a parcel of land bordering the pond. As a result of Mr. Roger’s eloquence, Mr. Hemenway offered not only to give his own land, assessed at \$21,500, to the Reservation, but to do his best in the way of persuading the other land owners to give theirs. Mr. Rogers, with his fellow members of the Ponkapoag Committee, then visited Mr. James Bailey of the Metropolitan District Commission to urge the acquisition for the reservation of the remaining shore frontage. Mr. Bailey told them to go ahead and do what they could do to obtain the land; the



Bob Vogel: Red area shows lands added to Blue Hills 1928-1938. Note Little Blue and a section of Fowl Meadow are also included (we will come back to those sometime later), as well as the land on the southern and eastern side of Ponkapoag. The red area added includes land later taken for ‘New Rt 128’ and Rt. 24. The white rectangle in the red is the Duck Pond. *Friends of the Blue Hills*

Commission would cooperate. Will Rogers, with the help of Mr. Hemenway, worked hard to carry out the project. In 1928, Will himself was appointed to the Metropolitan District Commission, and as Associate Commissioner he continued his efforts. His success is recorded in the Boston Transcript for October 31, 1934, in an article announcing that all of Ponkapoag Pond had been brought into the Reservation

“What completed the commission’s link around the pond was the acquisition just announced by William F. Rogers, Associate Commissioner, of a strip on the southwest shore about 1800 feet long which constituted the waterfront of the estate owned by Mrs. Robert Saltonstall. This strip is 200 feet wide in places and is heavily wooded down to the water’s edge...Property owners around the shore have been in sympathy with the idea and have cooperated generously. Among those most helpful have been Mr. and Mrs. Robert Saltonstall, Augustus Hemenway, Jr., William Prescott Wolcott, Mrs. Ellerton James and Horatio Hathaway, who have released their possessions by gift or nominal purchase prices to complete the commission’s plan.”

With all of the shore frontage of the pond under its control the commission set about to build new paths. For this work they utilized the services of the young men of the newly formed Civilian Conservation Corps.

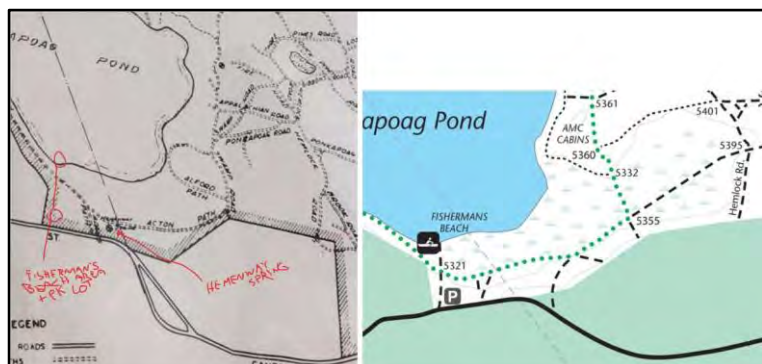
Continued on page 13



# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



The eastern end of Ponkapoag Pond then, left, and now.

## Ponkapoag Cabins Continued from page 12

Until now there had been no path leading all the way around the pond; such a path was completed adding connecting links between the old paths. One of these links, named “Acton Path” on the Reservation map, opened a new approach to the Camp. Less rugged than the Blue Smith Trail, it is a favorite route with snowshoes and with those who do their snowshoeing on skis. Running along the south shore of the pond, it connects the eastern end of Maple Avenue with the southern end of Swamp Road, the latter being an extension of the only motor road into camp.

The Acton Path, a woods road closed to motor vehicles, passes through a beautiful growth of mixed evergreens and under occasional arches of white birches. At a convenient resting place along this path, not far from the Camp, is a spring that has been cleaned out and walled up by the Reservation Administration. The water flowing from a pipe tinkles into a little pool; and here the walker often stops to fill his cup. This spring is designated on the Reservation map as the “Hemenway Spring” to commemorate the donor of the adjacent land.

To reach the camp by way of the Acton Path one takes the Canton or Stoughton bus to the Ponkapoag Golf Club, and walks along Maple Avenue through the golf grounds (also part of the Reservation) until he reaches the outlet of the pond, where the Acton Path begins.

Here by the dam, he may pause; a mile away, due east across the pond, he can see the cabins of the A.M.C. Camp; to his left is a wide expanse of marsh and, beyond it the broken sky line of the Blue Hills.

The marsh is one of the interesting features of Ponkapoag. A half mile across, it is bounded on the west and north by the Redman Farm path, known as “Pond Bank” to the early settlers, Bordering the watery edge of the marsh are cattails, pickerel-weed, sedges, black alder, button bush, laurel, sphagnum moss, High and low bush berries, and wild cranberries; Closer to the high ground are cedar and maple swamps. Mink, muskrat, and otter make their homes in this marsh; black ducks in winter seek its all year open spring; an occasional great blue heron rises from its ready margin.



Ponkapoag cabins—open—in winter. (1925) *Photo from the AMC Library*

Mr. William J.V. Babcock, Professor of Biology at the Eastern Nazarene College and director of the Rover Scout Camp on the North Shore of the pond (and also a member of the A.M.C.), has been studying the marsh. At one point he determined the position of the original shore line of the pond to an accuracy of six inches. By making a series of borings through the mud, he located the original pebbly bottom; in some places, he found it fifty feet below the surface. What is now the shallow end of the pond was once the deep end.

Continued on page 14



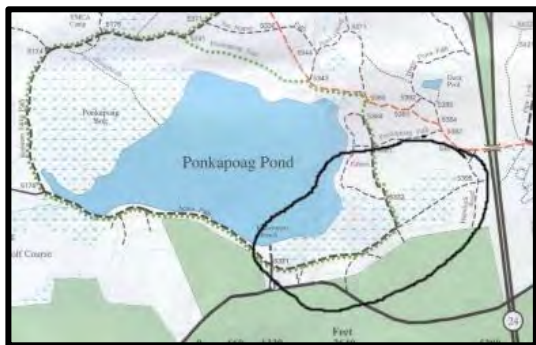
Cabin interior with plain bunk and wood stove. (1925) *Photo from the AMC Library*



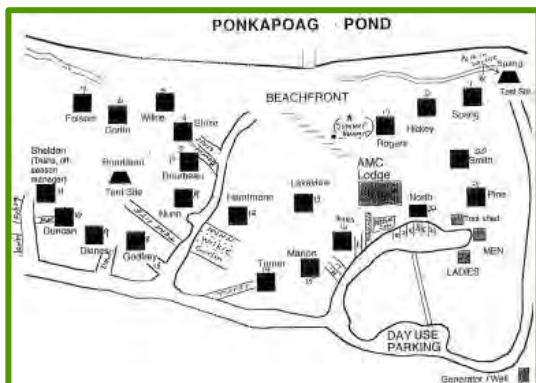
## Ponkapoag Cabins Continued from page 12

According to Mr. Babcock, the marsh was not formed by the deposit of silt because the pond is fed mainly by springs. It has been built up, through the ages, by gradual accumulation of organic material. Plants growing in the shallower portions of the pond die and their remains sink to the bottom, spreading, to some extent, into the adjacent deeper portions. As this material decays, the resulting bubbles of entrapped marsh gas render it buoyant and cause clumps of it to rise to the surface. These clumps, seeded by natural agencies, become floating islands of vegetation; many of them sink with the added material and repeat the process, and others attached to the edge of the marsh, extend to the shore at the expense of the pond. All this is going on now in much the same fashion as it did thousands of years ago.

*[Bob Vogel Note: Between 1911–1923 permission was granted for the Newsboy's Association, Boy Scouts of America, Appalachian Mountain Club, and the Young Men's Christian Association to establish camps. The AMC and YMCA camps continue today. We'll be back and learn about the others in the future. Until next time...]*



Map of Ponkapoag Pond showing AMC camp and cabin sites (circled) at the eastern end.



Present-day cabins and campsites available to AMC members by reservation.

## Long Pond in late September



The Cape Hikers are going strong! Here is group enjoying a hike in the woods around Long Pond in Falmouth on a September morning. Online registration is required for all hikes. *Photo credit David Selfe*



## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

### AMC Trip Policy

**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 "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.**

**Group size is limited to 10 people including leader(s). You must bring and be willing to wear a mask whenever we cannot socially distance. Please have your mask on when we circle up. Anyone who does not register or does not bring a mask will not be allowed to join the hike. Bring water and snacks. Insect repellent is recommended. Must have hiked similar distances recently and be able to maintain a moderate pace.**

**Do not come on the hike if you are experiencing any symptoms of COVID-19. Please cancel your registration as soon as possible if you can no longer attend.**

**This policy applies to ALL hikes. No exceptions.**

### CAPE HIKES

**Sat., Oct. 24. Hike North Falmouth, MA.** A moderately difficult hike over a hilly terrain, with some long views across Buzzards Bay. It is 5.25 miles long lasting just under 3 hours. There will be a brief stop for lunch or a snack. This hike was last offered 13 years ago and will be a new one for most. [See the AMC Trip Policy](#). L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net)) L Catherine Giordano ([cmgiordan@msn.com](mailto:cmgiordan@msn.com))

**Sun., Oct. 25. Hike in Dennis, MA.** Due to Covid19 restrictions this hike requires pre-registration, click on the Register button. This will be approximately a 4 mile hike through saltmarsh, along a beach and on paved roads through an historic neighborhood. [See the AMC Trip Policy](#). L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Four years of experience leading hikes on Cape, currently Cape Hike Chair for AMCSEM.) CL Margaret Christen ([margaret@mchristen.net](mailto:margaret@mchristen.net), SEM leader in training)

**Thu., Nov. 5. Hike Sandwich/W. Barnstable, MA.** This hike is very hilly with over 800ft of rise and fall. Good boots and poles are strongly suggested. Bring water and an energy snack. This hike should have some great views and wonderful foliage. It is about 5 miles and should be about 2 hours but could very well go over the time depending on the speed of the slowest person. This is NOT an "easy" hike. [See the AMC Trip Policy](#). L David Selfe (508-771-0620 before 8 pm, [kdsselfe@comcast.net](mailto:kdsselfe@comcast.net)) CL Kathleen Selfe

**Sun., Nov. 15. Corn Hill Historical Walk, Truro, MA** (meeting location will be sent to registrants). Two-three miles, mostly on sandy paths and roads, with a few hills. A few friendly, well-behaved dogs may be allowed with PRIOR approval of leader. Frequent stops to highlight points of interest on or near Corn Hill, including the first European summer vacation on the Cape (Martin Pring in 1603, with Foole and Gallant, his two enormous English mastiffs), the opening of the Cape Cod railroad from Boston to Ptown (1873), the loss of many of Truro's men at sea in the October Gale of 1841, the record-setting 1928-1929 German glider school atop Corn Hill, Margaret Sanger's summer move from Ptown to Truro in 1917 because Ptown had "become littered with easels and smocks", and of course, the Pilgrim's discovery and theft of Indian seed corn (400 years ago today!). An optional lunch meet before the walk may be included. [See the AMC Trip Policy](#). All Cape hikes this fall so far have had wait lists. Thank you. L Jay Vivian (508-858-4855, [jvivan0@comcast.net](mailto:jvivan0@comcast.net))





## Activities

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

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### CAPE HIKING

**Thu., Nov. 19. Hike--Wareham, MA.** This pre-registered hike with a limit of 9 hikers is a 4 mile, 2 hour hike is on wooded trails with several gentle hills and wet areas. [See the AMC Trip Policy.](#) L Robin McIntyre (508-789-8252, [robinmcityre@comcast.net](mailto:robinmcityre@comcast.net), Robin is a 5th year Level I SEM/Cape hike leader with prior WFA training)

**Sun., Dec. 20. Hike--Bourne, MA.** This pre-registered hike with a limit of 9 hikers is 2 hours, approximately 4.5 mile hike. The terrain is wooded pathways, fire roads, and trails with several moderate hills. It is a loop so does not offer easy bail-out points. This is not a novice hike. [See the AMC Trip Policy](#) L Robin McIntyre (508-789-8252, [robinmcityre@comcast.net](mailto:robinmcityre@comcast.net), Robin is a fifth year Level 1 SEM/Cape hike leader with previous WFA training)

### EXECUTIVE COMMITTEE

**Sat., Nov. 7. SEM 2020 Annual Meeting Webinar, MA.** The SEM Annual Meeting webinar will be held from 5-7 pm on Saturday November 7. There will be a report to the membership, election of your 2021 Executive Board, a vote on a bylaw amendment, and presentation of the Distinguished Service Award. L Leonard Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))

### HIKING

**Rating codes** (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

**Tue., Oct. 20. Blue Hills Hike, Blue Hills Reservation, MA.** Join us for a 4-5 mile moderate hike in the wooded and hilly areas of the Blue Hills Reservation. This hike is not on steep trails. We will maintain a moderate pace and spend 2-3 hours hiking. [See the AMC Trip Policy.](#) L Catherine Giordano (508-243-3884 before 9 pm, [cmgiordan@msn.com](mailto:cmgiordan@msn.com)) CL Sandra Johnson (617-645-1656, [sandrajohnson5@gmail.com](mailto:sandrajohnson5@gmail.com))

**Thu., Oct. 22. 4th Annual Autumn Peak Hike at the Arnold Arboretum, 125 Arborway; Jamaica Plain (Boston), MA.** Arnold Arboretum, including two vistas, bonsai exhibit, and "Explorer's Garden." We will explore this "tree museum" during a 4-5 mile hike at a moderate pace. Bring water, sturdy footwear, snack or lunch. Meet at the Visitors Center (Hunnewell Building) located at 125 Arborway at 9:45 am for a 10:00 start. Plenty of on-street parking along the opposite side of Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Steady rain cancels. Leashed dogs are OK. [See the AMC Trip Policy.](#) L Ken Cohen (Before 7:00 pm, 508-942-1536) [k-cohen@comcast.net](mailto:k-cohen@comcast.net). Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**Thu., Oct. 29. Thursday Morning hike Blue Hills Reservation, Blue Hills, MA.** Online registration is required and limited to 9 participants. This is a two part Blue Hills hike. The first section is a moderate 5-mile hike on mostly flat trails with a few rolling hills and a visit to a historic site. The second optional hike is located south of the parking area. This 2-mile hike is over hilly terrain providing us with a more challenging hike. Weather, pace or trail conditions may shorten the hike. Bring snacks/lunch, rain jacket and at least one liter of water. Heavy rain will cancel. [See the AMC Trip Policy.](#) After you register, the hike leader will send you detailed information on meeting location and start time. L Walt Granda (508-971-6444 before 9 PM, [wlggranda@aol.com](mailto:wlggranda@aol.com))

**(NM) Sat., Oct. 31. New Members hike, Borderland State Park, Easton, MA.** Come join us for an enjoyable New Members Hike, not too long...not too short...just right! [See the AMC Trip Policy.](#) L Samantha Fisher (508-243-7594 after 8am until 9pm, [sahavah@yahoo.com](mailto:sahavah@yahoo.com), Level 1 hike leader) CL Ellen Thompson (781-974-9154, [ethompson1111@aol.com](mailto:ethompson1111@aol.com)) CL Robert Branczewski (508-577-9253 before 9pm, [lv2cook@hotmail.com](mailto:lv2cook@hotmail.com), Level 1 hike leader)

## Activities

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

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### HIKING

**Thu., Nov. 5. Thursday Morning Hike- Ponkapoag Pond Loop, Canton, MA.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond. Please arrive by 9:45 am for a 10:00 am start. Bring warm/waterproof hiking shoes, sunscreen, snacks/lunch and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Well behaved dogs on leash O.K. [See the AMC Trip Policy.](#) L Ken Cohen , [k-cohen@comcast.net](mailto:k-cohen@comcast.net), (508-942-1536 Before 7:00 pm) Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

**Tue., Nov. 10. Winter Hiking Workshop, Zoom, MA.** SEM's popular winter hiking workshop zooms to your device! If you ever thought about extending your hiking season to the winter. Join us for a presentation on clothing, footwear, traction devices, nutrition & hydration, and all things winter! Learn the basics about how to safely enjoy hiking during the colder weather. After the workshop join us on a local hike or one of the winter series hikes. We will post the hikes in the ActDB and registration is required. [See the AMC Trip Policy.](#) Note that we will have a 10-15 break halfway through the presentation. L George Danis ([danisdad51@outlook.com](mailto:danisdad51@outlook.com))

**Thu., Nov. 12. Thursday Morning Hike - F. Gilbert Hills - Stone Sites, Foxboro, MA.** Online registration is required for this hike and limited to 9 participants. [See the AMC Trip Policy.](#) If this hike is waitlisted, please sign up on the waitlist as this hike will be offered again and we will notify waitlisted people of the additional date. This approximate five mile moderately paced hike will encompass parts of the Acorn Trail, Warner Trail, Megley Trail, and fire roads. In order to see some of the "stone sites," part of the hike will be off trail requiring minor bush-whacking. During the hike you will see a standing stone, dolmen, aligned boulders, prayer seat, and a perched boulder. These stone sites are unique man made stone structures that clearly give evidence of cultures from another time period, possibly thousands of years ago. Guesses as to the origins of these structures have ranged from local Algonquin culture, to Celtic travelers predating Columbus, to even prehistoric tribal cultures having a strong knowledge of solar and seasonal calendars. You must wear "Hunter Orange" as this is archery deer season and we will be off trail for part of the hike to view the stone sites. After you register and receive a confirmation notice, the hike leader will send out a few days before the hike a detailed information sheet on meeting time, location, and what to bring. L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))

**Sat., Nov. 14. Winter Hiking Introduction - Hike #1, Blue Hill, Milton, MA.** This late fall morning hike is an opportunity to try out your winter clothing layers, hydration and nutrition choices (and maybe even traction devices!). We will follow a variety of trails through the Blue Hills, including a section of the Skyline Trail. Our route will give us approx. 800 ft el.gain, and 5-6 miles. Plan on 3 hours, with intermittent stops. Registration preference to those who attended the online Winter Workshop Nov. 10. Registration for this hike opens at the end of that online session. [See the AMC Trip Policy.](#) [More info here.](#) When registering, please use cell phone number if possible. Leaders will have winter hiking clothing, boots and gear that were discussed during the workshop. Plan to arrive a bit early if you are interested in taking a look. Start time and location will be sent to participants after registration. Group size limited, social distancing will be practiced, face masks required when gathered. L Peggy Qvicklund (774-893-3011 please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with like minded folks.)

**(FT) (NM) Thu., Nov. 19. Noon Hill/Shattuck Reservation, MA.** This is a repeat of a hike that took place in August this year. I doubt it will be 90 degrees this time! Meet at gravel parking area on Noon Hill Rd at 09:30 for 09:45 am start. The trails wander through old growth pines as well as hardwoods which have overtaken former pastureland as witnessed by the many stone walls throughout the property. Holt Pond was created in 1764! One loop will take us along the Charles River and marshland, another loop will bring us up Noon Hill, with views toward Gillette Stadium in Foxborough. On mainly level trails, with good footing, we will cover approx. 6 miles. [See the AMC Trip Policy.](#) L Peggy Qvicklund (774-893-3011 Please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.)



## Activities

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

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### HIKING

**Thu., Dec. 3. Thurs. Morn. Hike, Noanet Woodlands, Dover, MA.** We will follow a network of trails across a preserve that features woodlands and ponds, a former mill site, and Noanet Peak, which offers views of the Boston skyline. The hike will be about 5 miles with several short ups and downs and a climb of Noanet Peak (387 ft). Total hiking time will be about 4 hours. Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. Bring a lunch to eat on the trail. Rain cancels. Please note the leader (Paul Brookes) may have his well-behaved Labrador Retriever Sunny with him if the weather permits. If you have a non-reactive dog you would like to bring, please contact Paul for screening and approval. No more than two dogs total will be on the hike. Details including trailhead location and precise starting time will be emailed after your registration is confirmed. [See the AMC Trip Policy.](#) L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

### BEONLINE WITH AMC

**Mon., Oct. 19, 7:30-9 pm. Q&A with Record Breaking Hiker Philip Carcia.** Spend an evening with the AMC and Philip Carcia, the record holder of the Fastest Known Time for the White Mountains Redline (a comprehensive list of 652 trails described in the official White Mountains Guidebook). [Register here.](#)

**Tues., Oct. 20, 12-1 pm. Plant Invasive Species Of New York State.** Join us for a 3-part series on Invasive Species in New York State with experts from the Department of Conservation! Our first session focuses on insects. Future sessions will discuss plant species and aquatics. [Details here.](#)

**Wed., Oct. 21, 7-9 pm. Conservation Conversations: What's New On The New England Trail.** This 215-mile long-distance hiking trail runs from the Long Island Sound in CT to the MA/NH borders. Join AMC's NET Planner Bridget Likely and learn about the latest trail improvement projects, our 2020 Hike Challenge, and our brand new website! [Register here.](#)

**Wed., Oct. 21, 7-9 pm. 3rd Wednesday Speaker Series: Search & Rescue In The White Mountains.** Sandy Stott, author of *Critical Hours: Search and Rescue in the White Mountains*. Learn how command of self and others gets challenged, lost, rediscovered, and transmitted, and how each of us can become her/his own first-rescuer. [Get Zoom details here.](#)

**Thurs., Oct 22, 7-8 pm. Miserable Joy, Stories from an Appalachian Trail Journey.** Join Charlie Arsenault to hear about his 2017 thru-hike of the Appalachian Trail. Charlie will share highlights, low lights, and lessons learned while walking the 2,189 mile white blazed path from Georgia to Maine. [Register here.](#)

**Fri., Oct 23, 7-8 pm, Conservation Conversations: Down On The Farm And Out In The Woods-What Is Conservation Worth?** Steven Wallander, PhD, gives an overview of how environmental economists evaluate conservation programs. No math required - just a willingness to broaden your perspective. [Register here.](#)

**Mon., Oct 26, 6-7 pm, ClimbOm Yoga Series.** Stressed? Stiff? Sore? Restless? Connect with AMC for an evening of yoga and community. Join AMC co-leader Amber Carr for a virtual Vinyasa yoga practice. [RSVP here.](#)

**Tues., Oct 27, 12-1 pm. Riding the Wave: Aquatic Invasive Species in New York State.** Research Scientist Catherine McGlynn will provide a brief overview of the Aquatic Invasive Species program, information about some invasive plants and animals. Invasive aquatics affect our ecosystems and economy. Learn what steps you can take to be part of the solution! [Details here.](#)

**Wed., Oct 28, 7-8:30 pm. Conservation Conversations: Nature Based Placemaking.** Nature based placemaking is about the connection and collaboration among the areas of community, tourism and business to focus is on education and emotion; hospitality and guest services; and shopping and entertainment. [Register here.](#)

**Thurs., Oct 29, 7-8 pm. The History of Lewis Mountain in Shenandoah National Park.** The smallest campground in Shenandoah, Lewis Mountain offers quiet campsites, cozy cabins and a camp store, but was once a segregated campground in accordance with Jim Crow laws in Virginia. Join Ranger Claire Comer to hear the complex stories of Lewis Mountain and the desegregation of Shenandoah National Park. [Register here.](#)

**Tues., Nov. 3, 12-1 pm. Insect Invasive Species of New York.** Rescheduled. More info to come. [Details here.](#)

## Activities

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

### BEONLINE WITH AMC

**Wed., Nov. 4, 7-8:30 pm. Conservation Conversations: UMAINE Graduate Students Share their Summer Collaborations on AMC Conservation Projects.** Graduate interns in the NSF National Research Traineeship Program worked on components of larger projects such as focusing on enhancing capacity for stream habitat restoration in the Maine Woods Initiative as well as engaging in active science communication to share how growing degree days can be a useful tool to monitor trends in vegetative phenology and climate. [Register here.](#)

**Wed., Nov. 11, 7-8:30 pm. Conservation Conversations: Getting AMC to Net Zero.** AMC Senior Staff Scientist David Publicover and Research Fellow Arcadia Lee will discuss how we are working to better understand our carbon footprint, the development of a strategic plan to meet this ambitious goal, the issues and challenges that need to be addressed, and the role that members and guests can play in this effort. [Register here.](#)

**Wed., Nov. 18, 7-8:15 pm. 3rd Wednesday Speaker Series - The Surprising, Secret Life of Beavers and Why they Matter.** Ben Goldfarb, author of *Eager: Secret Life of Beavers*, will discuss the history of this world-changing species; how beavers can help us fight drought, flooding, wildfire, and climate change; and how we can coexist with this important but challenging species. Register here. [Details here.](#)

**Wed., Nov. 18, 7-8:15 pm. You Can Always Take One Step: Climbing Aconcagua.** Join Maury Eldridge for a discussion and photographs of his climb of Aconcagua in 2007, when he was 56: a 15-day trek and climb in the spectacular Argentinian Andes to the highest point in South America. [Register here.](#)

**Wed., Dec. 2, 7-8:30 pm. Intro to Winter Hiking Webinar Workshop.** Experienced Maine AMC winter hiking leaders will discuss clothing, gear, snow travel, and other essential knowledge and techniques to prepare you for outdoor outings in the winter. This event is intended as an introductory course for new and experienced three-season hikers and a refresher for experienced winter adventurers. [Register here.](#)

**Wed., Dec. 16, 7-8:30 pm. 3rd Wednesday Speaker Series: Paddling Trails on the Blackstone River in RI.** Speaker Keith Hainley is River Restoration Coordinator. Blackstone River Watershed Council/Friends of the Blackstone. His talk will take you from the MA/RI border to the Seekonk River. He will show options available for round-trip outings to all-day downriver trips. Cold Springs Park, covering Blackstone to Thundermist Dam. River Island Park to Riversedge Recreation Area/Manville Dam. Central Falls to Slaters Mill. [Details here.](#)

**Wed., Jan. 20, 7-8:30 pm. 3rd Wednesday Speaker Series: Multi Day Treks/Hikes Around The World.** Ken Curchin will discuss how he transitioned from day hiker to long trekker/day hiker. How easy is it to get started? Average cost, picking a trek, finding out where and how to book hotels and huts, plus/minuses of a "do it yourself trip," hiring a company to arrange your trip (Norway), or paying for a guide to take you (Machu Picchu & Patagonia). [Details here.](#)



*Happy  
Trails!*



**THE END**

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | November 2020

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

Sign up for the AMC Activity Digest. Sign into your Outdoors account and [follow these instructions](#).

Or call 1-800-372-1758

Find past issues of *The Southeast Breeze* on our [website](#).

Like us on [Facebook](#).

Follow us on [Twitter](#).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



The lucky limited group of AMC-SEM members posed on The Terraces during the fourth annual fall trip to the Arnold Arboretum. *Photo by Ken Cohen*

## It's the Diamond in the Emerald Necklace!

By Ken Cohen, Hike Leader

The splendor of autumn colors, at the "tree museum" known as the Arnold Arboretum, was indeed a series of sights to behold! The warm 70-degree day in late October, 2020, with its minimal breeze, afforded our group of ten the opportunity for many fabulous photo opportunities.

The Arnold Arboretum is a great place to hike and walk amongst its 281 acres on quiet roads and hidden trails. There are approximately 15,000 trees, shrubs, and other plants in the park, mostly native to eastern Asia, Europe, and North America. The Arboretum is owned and maintained by Harvard University. It was founded in 1872 (the oldest public arboretum in North America). It's part of what's known as "The Emerald Necklace," a 1,100-acre chain of parks, linked by parkways and waterways, in Boston and Brookline Massachusetts. The Necklace gets its name from the way the planned chain of parks appears to hang from the "neck" of the Boston peninsula. It was designed by the "father of landscape architecture" Frederick Law Olmstead, Sr., in 1870.

Continued on page 4





## View from the Chair: My First View

We are a chapter powered by volunteers: the Executive Board, prior Board members, and Activity Leaders. As I take on the role of Chapter Chair, I am supported first and foremost by our now former Chapter Chair, Len Ulbricht. Len has spent endless hours answering my questions, describing board processes, and providing advice. Just as important, I have learned so much from observing how Len interacts with the Executive Board, AMC Headquarters, and fellow Chapter Chairs. Fortunately for me and our chapter, Len continues on the SEM Executive Board in the official position of Past Chapter Chair. In addition to Len, past Chapter Chairs Barry Young, Maureen Kelly, and Cheryl Lathrop have volunteered to be resources for me. I have already taken advantage of their counsel and will continue to do so. Providing years of service, they continue to support our chapter.



Our chapter benefits from the experience and commitment of our continuing Executive Board members. They provide the continuity and knowledge for our chapter to run effectively. I was part of the interview process for our new Board members, including new Vice Chairs. Impressive! Some are fairly new to the chapter and others have been active with the chapter for years. They share a passion to serve the chapter. I look forward to working with them all. Space doesn't permit me to elaborate on the many other behind-the-scenes volunteers that provide crucial service to our chapter. Thank you.

The face of our chapter is our activity leaders. Since SEM resumed activities in early July, 28 leaders have stepped up. Our leaders took on the extra work of AMC COVID training and discussing precautions with their groups. With this pandemic, it is understandable that many of our current leaders don't want to lead yet. We look forward to the day we can all Be Outdoors again together.

Thank you for your confidence and support in electing me Chair of your Executive Board. It is an honor to serve this chapter and work with such great people.

*Diane Simms, AMC-SEM Chapter Chair*

### 2021 Executive Board

Chapter Chair .....Diane Simms  
Vice Chair.....OPEN  
Secretary .....Natalie Halloran  
Treasurer .....David Yampanis  
Past Chapter Chair .....Len Ulbricht  
Biking Chair .....Bernie Meggison  
Biking Vice Chair .....Peter Linhares  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
Communications Vice Chair... Alanna Halloran  
Conservation Chair .....Joanne Newton  
Conservation Vice Chair .....Bill Cannon  
Education Chair .....Sue Svelnis  
Education Vice Chair .....Sarah Vendetti  
Hiking Chair .....Paul Brookes  
Hiking Vice Chair.....OPEN  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Sandi Santilli

Padding Chair .....Ed Foster  
Padding Vice Chair .....Joe Keogh  
Regional Director.....John Mullins  
Skiing Chair .....Jeannine Audet  
Skiing Vice Chair .....Dia Prantis  
Trails Chair .....Skip Maysles  
Trails Vice Chair .....Pete Tierney  
20s & 30s Chair.....Sue Schobel  
20s & 30s Vice Chair.....OPEN

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah Brodsky  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position



## Free online Leadership Training and 'Refresher' Nov. 30–Dec. 9

Train to become an AMC activity leader or refresh your leadership skills.

An online training series will be run by AMC on Monday 11/30, Wednesday 12/2, Monday 12/7, and Wednesday 12/9, from 7 to 9 PM each day of the training. These will be followed (dates TBA) by two chapter specific sessions. Potential leaders who complete all six sessions will be paired with mentors to complete chapter leader certification. Potential hike leaders will co-lead two hikes with an SEM leader.

If you've not yet taken leader training—or even if you're already a Leader—consider registering for this four-part virtual course. Participants are welcome to join for a single session or the full series.

This series will cover all of AMC's Recommended Elements of Leadership Training as outlined in the organizational Leadership Requirements & Guidelines. Designed to train new Leaders or refresh existing Leaders, the sessions are hosted by the Leadership Training Department in partnership with AMC's Center for Outdoor Learning & Leadership (COLL) faculty. Join us!

Please connect with your [Chapter Chair](#) to identify how virtual leadership training fits into your chapter's path to leadership.

### Virtual Leadership Training

7 to 9 PM Online

Monday, 11/30

Introduction & Community Building  
Leadership Styles

Wednesday, 12/2

Trip Planning  
Participant Screening

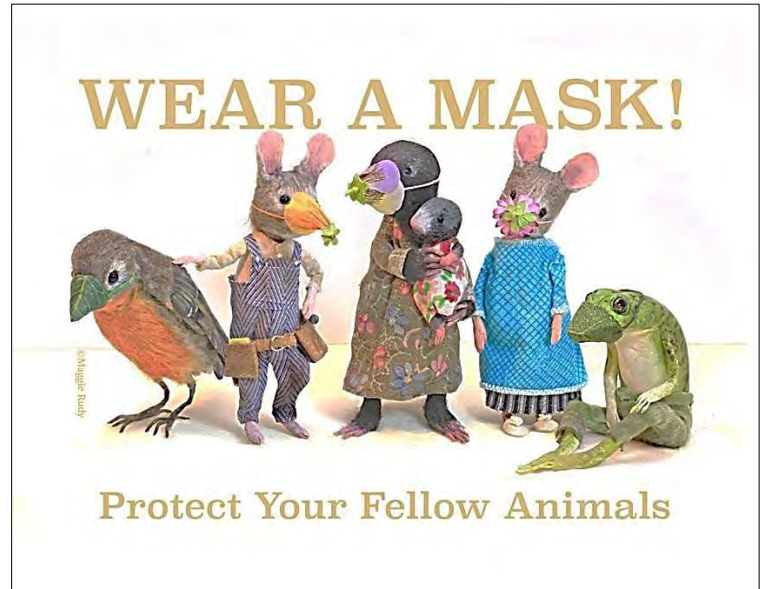
Monday, 12/7

Risk Management, Leader Liability, and  
AMC's Leadership Requirements & Guidelines

Wednesday, 12/9

Conservation at AMC  
Closure

[Register here.](#) Chapter-specific training will follow on two dates to be announced.



Free poster illustration from children's author Maggie Rudy. Alternate text: "Protect Your Friends." Download at [magierudy.com/wear-a-mask-poster](http://magierudy.com/wear-a-mask-poster)

### Remember: Masks On at All Times!

With the unfortunate upturn in COVID-19 cases, Governor Baker has updated Executive Order 54, now requiring that face coverings must be worn at all times when outside in public, **even if socially distanced**. This means face covering must be worn at all times during in-person AMC activities. If you are going to participate in SEM in-person events, you must be prepared to fully comply with this condition.



The Red-Lining the Blue Hills group held its end-of-season social online through Zoom. Screenshot by Paul Brookes.





AMC-SEM group ascending Peters Hill at the Arnold Arboretum. *Photos by Ken Cohen*

## ‘Diamond in the Emerald Necklace’

By Ken Cohen, Hike Leader

Continued from page 1

In the Arboretum (the “diamond” in the emerald necklace, in my opinion), there are three hills to summit: Bussey with its excellent view of the Blue Hills Reservation; Hemlock (hundreds of healthy young ones are coming back); and Peters with its birds eye view of the entire City of Boston. One of the trails heading to the top really gets the heart pumping!

Within 15 minutes of our three-hour trek, in a section of the park known as “The Ponds”, a huge snapping turtle came out of the water to sun itself and greet our arrival. This guy (perhaps a girl) was about 1-1/2 to 2 feet in length, nose to tip of the tail.

This was the fourth consecutive year that I’ve had the pleasure of leading this AMC-SEM hike. Many of the “tree-huggers” from prior years’ treks were interested in doing it again. Unfortunately, with the official AMC limit of ten participants, a number of enthusiasts will have to wait till next year. For those who were not able to attend, I hope that the accompanying photos will convey a good feeling for what might be in store for the “5th Annual Autumn Peak Hike” in 2021! Photos continued on page 6



*Photos by Ken Cohen*

**From top left:**

- \*A welcoming seat.
- \*Layers of colorful leaves.
- \*Skip Maysles & city view.
- \*A natural mosaic.
- \*Tree on fire!

**From top above:**

- \*Paul Brookes inspecting a giant sequoia.
- \*Floating ginkgo tree leaves.
- \*Susan & Lawrence Rollins in an unusual dawn redwood tree.





Winter hiking footwear displayed at the 2019 Winter Hiking Workshop. *Photo by Ken Carson*

## Winter hiking series workshop

By George Danis, Hiking Leader

Seventy-five “hardy” participants attended the first virtual SEM Winter Hiking Workshop on Tuesday, November 10. The webinar, expertly managed by Susan Schobel, was a COVID-19-required departure from our traditional in-person gathering.

The group consisted of both people with some experience hiking in the winter and those who were new (and intrigued) by the idea of trying something different. Our sign-up roster included people from New Jersey, Rhode Island, Connecticut, the SEM and Boston chapters. This program is a staple of the hiking committee and generally attracts a large audience, but this year’s program set a record for attendees. The participants represented a good mix of experienced and curious people who attentively listened to and engaged the presenters with questions and discussions about clothing, food, hydration, etc.

The presenters were all experienced SEM winter hike leaders who were eager to share their knowledge with the group. Although meeting in person provides the best opportunity to build relationships with your fellow hikers, a nice benefit of the online format is presenters being able to show their equipment, clothing, food, and hydration systems up close to the camera. As the presentations unfolded, participants submitted questions to the moderator and these were answered at the end of the session.

An integral part of the program is a series of four winter hikes; classroom participants are given priority placement. The hikes are designed to introduce newcomers to the joys and issues associated with hiking in the winter. As the series progresses, the hikes become increasingly more challenging in terms of altitude and likely conditions. The goal is to make people comfortable with their knowledge, equipment, and ability to enjoy winter hiking in a variety of conditions. The issues associated with hiking include proper clothing, food, and hydration, as well as equipment needed to safely enjoy a day outside when weather conditions may include snow, ice, wind, and arctic temperatures. In true SEM tradition, the prospect of being outside under these conditions was warmly embraced by the attendees!

Many thanks to our presenters: Paul Miller, Maureen Kelly, Anne Duggan, Eva Borsody-Das, Barry Young, Jeannine Audet, Susan Schobel, and Paul Brookes. Their enthusiastic and knowledgeable presentations thoroughly engaged the audience.

If you are interested in Winter Hiking, but were unable to attend the webinar, you can view the [entire presentation](#) on the [SEM chapter website](#) or [Facebook Page](#).

### 50 Year Members

Robert Smith  
Suzanne Smith

### 25 Year Members

Donald Abbott	Maureen Kelliher
Rick Barnes	Kevin McNatt
Ronald DeLano	Paul Miller
Anne Duduch	Dianne Miller
Christopher Duduch	Robert Morin
Lee Eckhart	Lillis Palmer
Judith Engster	Harry Peper
William Engster	Roger Poulin
Paul Fenton	Steve Roehm
John Flannagan	Diane Roehm
Stanley Grass	Max Sarazin
Juliana Hart	Lori Scala
Richard Hart	Stephen Scala
Douglas Hembdt	Janet Spriggs
James Kelliher	Eugene Spriggs





Sandy Johnson, kneeling, has completed online Leadership Training and co-led two SEM hikes to become a Level 1 local leader. *Photo by Diane Simms*

## AMC-SEM Welcomes A New Leader

by Cathy Giordano and Diane Simms

Sandy Johnson has had the unique experience of becoming the first new leader to complete AMC's online leader training series!

Leadership Training took place through four Zoom sessions run by AMC. Participants who completed all four were invited to two Zoom sessions run by SEM Education Vice Chair Sue Svelnis. The SEM training provided more information specific to SEM activities and allowed more involvement by the participants.

When asked about the training experience Sandy replied favorably, although adding, "I have nothing to compare it with! It was well-organized and informative. You actually got to see other AMC people face to face. NO MASKS NECESSARY. This was also a highlight for me!" Sandy emphasized that the COVID training was key to establishing a personal comfort level while leading a group of hikers. Overall, she said, the Leadership Training was well done. Since completing Leadership Training, Sandy met the SEM hike leader requirement to co-lead two AMC-SEM hikes and is now a Level 1 local hike leader!

Sandy held her first co-lead with Diane Simms. Sandy pre-hiked the route. She warmly greeted the participants and gave a good trailhead talk, including the COVID warnings and a sense of the hike. She used her map and an app to negotiate the route when some roadwork caused a minor glitch. She checked in with participants several times.

We had several appropriate breaks; but Sandy made a point of not having a long break because the forecast was for high winds. Smart move. We finished just short of three hours, just as planned.

Sandy co-led her second hike with Cathy Giordano. Expectations for a second co-lead include handling all aspects of the hike. Sandy chose a moderately hilly portion of the Blue Hills, which we pre-hiked twice. She mapped out the route, wrote the hike description and the information sheet, and she developed screening questions. We collaborated every step of the way.

Well done, Sandy! Congratulations, and thank you for becoming a leader! AMC has scheduled another round of online leader training. [Register for leader training here.](#)

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## Arnold Arboretum

Continued from page 4  
*Photos by Ken Cohen*



European tortuosa beech



The forest floor



A place to contemplate



Colorful pathways



Wildlife photo op!



Snapping turtle 18"-24" long greets us at The Ponds.





## Volunteer of the Month: Walt Granda

By Paul Brookes, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Hiking Committee recognizes Walt Granda for his numerous contributions.

The Volunteer of the Month goes to longtime SEM leader Walt Granada for being one of the first to start leading hikes during COVID-19 after events were restarted in July. Walt led one of the Red Lining the Blue Hills hikes each week during the month of July, as well as the first hike in August. We also wish to recognize his ongoing engagement in the Thursday morning hikes for the last many years, both leading Thursday morning hikes and coordinating the Thursday morning leader sign-up list.

Thank you, Walt, for all you do!

Walt will receive a Volunteer of the Month Certificate and a \$50 gift card.

## Help ensure the vibrant continuity of our AMC-SEM chapter!

By Nichole Nelson, Communications Chair

Thank you for attending and voting at our annual meeting! Thank you to Len Ulbricht, past Chapter Chair, and the rest of the board of directors for a wonderful two years. Welcome, new members!

Your AMC Chapter still has three positions open:

- Chapter Vice Chair
- Hiking Vice Chair
- 20s & 30s Vice Chair

Do you have past experience as a chapter activity leader? The above positions are opportunities for you to be challenged, have FUN, and be recognized. Being on the chapter board requires creativity, enthusiasm, and effective communication for event planning. It does not require that you be in-person for our current activities.

Even if you are not personally interested in any of these positions, please contact Nominating Committee Chair [Alan Greenstein](#) anyway! Simply lead us to someone else within the chapter who may be interested or knows someone who is.

A description of the Chapter Vice Chair can be found on [our website](#). The Hiking Vice Chair assists the Hiking Chair. A description of the 20s & 30s Vice Chair position can be found below:

“The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email [Susie Schobel](#) for more information.”

Join Our Conservation Committee! The conservation committee, which plans and organizes outdoor conservation work in Southeastern MA and communicates to our members on conservation topics, is recruiting new members to help with planning, organizing, and running new conservation projects such as:

- Working with DCR and Friends of the Blue Hills to remove invasive species.
- Identifying and working on areas of interest with other SEM committees.
- Starting a monthly speaker series.
- Communicating conservation improvements in our daily lives.

Please contact [Joanne Newton](#) at with your ideas!







## New DCR Blue Hills Reservation Trail Map and Guide available

By Bill Cannon, Conservation Vice Chair

The Department of Conservation and Recreation, in cooperation with Mass. Audubon's Blue Hills Trailside Museum, has released a new and improved Blue Hills Reservation Trail Map and Guide. Features of the new map and guide include:

- Four color contour map measuring 26" x 18."
- Information compiled from GPS field data and geographic data sources.
- Added icons showing public transportation locations.
- Highlights of the Blue Hills natural and cultural history, including color photos.
- Recreational activities guide to enjoying the reservation.
- List of important park contacts and rules and regulations.

The trail map and guide is available for free [download here](#). Maps will be sold at the Blue Hills Trailside Museum when it reopens. For additional information on map sales, email the museum staff at [bluehills@Massaudubon.org](mailto:bluehills@Massaudubon.org)

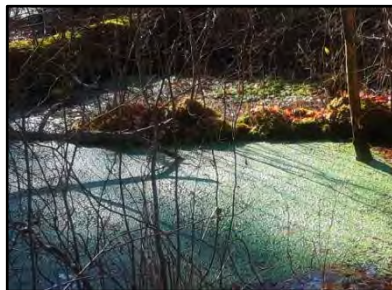
Thank you for your interest. Happy Trails to you!



Above: Nichole Nelson, left, Diane Simms, and Natalie Halloran enjoy an outing to Moose Hill, wearing AMC's GAOA celebration bandanas.

Left: A verdant pool defies 2020 drought

Photos by Mo Walsh



## Conservation starts at home: tips for conserving water

By Bill Cannon, Conservation Vice Chair

- ◆ When you shower, wash and condition your hair first. That way, while you are waiting for the conditioner to take hold, you can be washing the rest of yourself.
- ◆ Repair all water leaks immediately; be especially alert for leaks in toilets and faucets.
- ◆ Avoid flushing the toilet unnecessarily – do not use toilets as wastebaskets or ashtrays.
- ◆ While waiting for running water to warm or cool, collect it and use it later on plants, for your pets, or for cleaning.
- ◆ Limit showers to 5 minutes. Not all of your parts need to be soaped and rinsed every day.
- ◆ Turn off water while shaving and brushing teeth. Reduce the shower flow while lathering up.
- ◆ Start to [compost](#) as an alternate method of disposing of food waste – kitchen sink disposals use a lot of water.
- ◆ Rather than running the tap for cool drinking water, keep a container of cold water in the refrigerator.
- ◆ To thaw frozen food, skip the running tap water, instead use the microwave, a bowl of water, or the refrigerator overnight.
- ◆ Reduce your irrigation consumption by planting drought resistant plants and let that clover take over your lawn.
- ◆ Install and maintain flow restrictors (aerators) on faucets.

### With your support , the GAOA passed!

The Great American Outdoors Act (GAOA) to permanently and fully fund the Land & Water Conservation Fund and to help fund the backlog of maintenance projects on federal lands, including national parks and national forests.

The AMC was an active advocate for this measure which passed by bipartisan majorities in both Houses of Congress. Our legislators from the Northeast were pivotal in securing this victory. Thank them by sending a letter today.

You will see some of our chapter leaders wearing the AMC's special bandana celebrating this victory for the environment.



## AMC-SEM Thousand-Mile Cyclers

What a dynamite group of cyclers! We have and will have some first-time 1,000 milers, 2K Milers, 3K Milers, 4K milers and of course our usual 5K milers.

To join the Thousand Milers, or to add miles to your record, send me an email [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net)

NAME	Q1-3 MILES
Robyn Saur	4,876
Ed Nelson	4,222 Q1-Holed up in Longboat Key in Florida
Grtz J.C. Castelein	3,451
Mike Garrity	2,493
Glenn Mathieu	2,030
Susan Eliason*	1,948
*Incomplete grade for Q3	Self-designed self-supported Cape Cod Century–June 28!
Richard Beaudoin	1,418
Bernie Meggison	3,789 Many miles in FL. MD. NC. CCRT.
Bill Cook	1,331
Lee Eckhart	1,251
Jim Kilpela	1,240
Larry Decker	1,155
Alan Greenstein	935
Paul Currier	891
Joe Balboni	846
Patty Williams	803
Barbara Gaughan	799
Peter Linhares	640
Lou Outor	538
Geoffrey Lenk	295
Lawton Gaines	272

## Attention AMC-SEM bike leaders

By Bernie Meggison, Biking Chair

Let's all get together to start listing new rides on the AMC-SEM activity site.

There are [new conditions](#) that will need to be followed.

Our AMC-SEM website has these changes spelled out pretty clearly.

Paul Currier and Barbara Gaughan will list Full Moon rides into the new year.

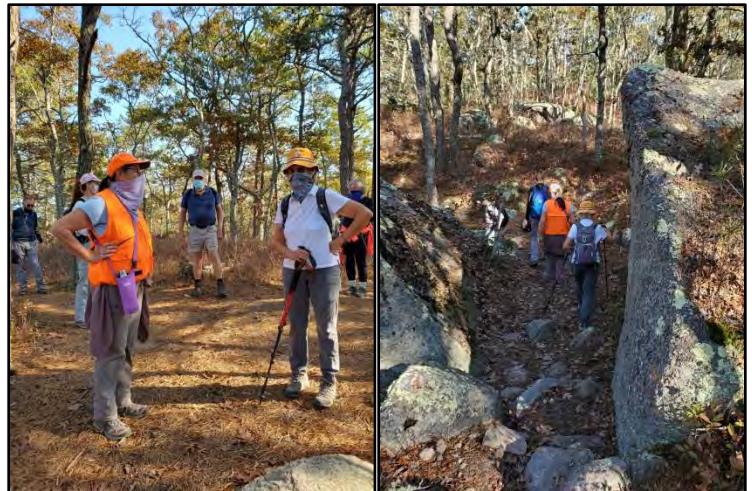
Paul Currier will list his New Year's Day ride for the 17th consecutive time.

Please consider listing rides as soon as you can.

If you have any questions about entering rides with the new conditions, please let me know ASAP, I'll either do it for you, or assist your efforts via phone, etc.

Our bike Vice Chair Peter Linhares will also assist as needed.

*Bernie Meggison, Bike Chair*  
*Peter Linhares, Bike Vice Chair*



A hike in North Falmouth passed a forest obstacle course. Leaders were John Gould & photographer Cathy Giordano.





The last AMC-SEM group to stay at Little House for the Mount Cardigan weekend, November 1991. *Photo courtesy of Bruce Dunham*

### *Hiking in the 1980s*

## **Cardigan ‘Little House’ Weekends**

**By Bruce Dunham**

The Cardigan Little House weekend was popular in the 1980s. First led by Vicki Fitzgerald and Barbara Spake (1977-1982), usually on the first or second weekend of November, “Little House” was an old farmhouse located next to Cardigan Lodge. It was a two-story house with room for 22. On the second floor was a shower and two 10-person bunkrooms. On the first floor was a room for Leaders, a kitchen, living room, and bathroom.

In 1987, when I was Hiking Chair, I revived the “Little House” trip and led the trip together with Vicki Fitzgerald (1987-1992). Community cooking was part of the trip. Vicki would plan the dinner and I would plan two breakfasts and Happy Hour. Vicki wrote a column for the Quincy Patriot Ledger called “Thought for Food” and always planned a great dinner. Vicki was Chapter Chair (1982-1983) and also volunteered as a Regional Director on the AMC Council representing the Eastern Region.

The trip started with Little House being opened around 5 pm on Friday afternoon. One of the Leaders would stop at Buzzi’s Market in Bristol, New Hampshire, to pick up a key to open Little House. Bristol was just a few miles from Cardigan Lodge. As participants arrived during the evening, each would be asked to sign up for one food preparation and one cleanup.

Saturday was a day for hiking. Participants had a choice of a 5- or 10-mile hike. Hikers participating in the 10-mile hike to the summit of Cardigan (3,121 feet) would meet at the flag pole outside of Little House at 9 am. Most of the group participated in the longer hike. As the Leader of the longer hike, I had to plan the trip carefully, as sunset was early in November. I planned the hike for miles and hours, trying to start at 9 am and finish about 4 pm.

Happy Hour with wine and cheese would start soon after the hike finished. The weather was cold, but manageable, with some ice on the upper portion of the trails. After dinner, we would gather in the living room and enjoy slides from past AMC trips.

On Sunday morning after breakfast, each member of the group would help with the kitchen cleanup or a chore such as cleaning the ashes out of the fireplace. A short hike would be planned on Sunday, with everyone back at the Little House in time for lunch. Afterwards people would pack up and head home.

Little House was always a fun trip, usually costing about \$43.00, which included two nights lodging, two breakfasts, dinner, and Happy Hour. November 1991 proved to be the last year for a Southeastern Mass. Chapter group to stay at Little House. In November 1992, three days before the trip, Vicki and I got word from the Cardigan caretaker that Little House would be closed for the season, and our group would be put up at Cardigan Lodge instead.

For the Leaders, it was a very busy weekend of buying food, planning, and organizing hikes for 22. This was a fun and enjoyable weekend for all that can never be duplicated again. Little House was eventually torn down. Solar panels now stand in its place.



Little House in its heyday. *Photo by Bruce Dunham*





Two RLBH badges earned by the author despite COVID-19 restrictions. *Photo by Ken Cohen*

## The Pandemic’s ‘Silver Lining’ to Red-Lining the Blue Hills

Experiences and photo by: Ken Cohen

Until this year I had been pursuing my first “Red-Lining the Blue Hills Patch” (the red map) for the past three years. Most of the trails I covered during that time were as a participant, or a Level 1 Hike Leader, for our AMC Southeastern Massachusetts Chapter and occasionally the Boston Chapter too.

When COVID-19 brought all AMC activities to a grinding halt this past March, I realized that one of the few benefits might be to find a couple of fellow AMC-SEM Red-Lining pursuers who might like to join me in completing our current maps. Both Stephanie Cavallaro and Patty Everett (along with her husband Paul on occasion) were very interested in creating our “pod” of COVID-responsible hikers. By May 17, 2020, my red map was complete!

Now here’s the real Silver Lining: Thanks to my “pod” of hiking friends (Stephanie, Patty, and Paul), my second Red-Lining Map (the blue one) was completed in slightly more than 4-1/2 months on October 5, 2020! We’re all still out there on the trails, two to four times each week, in pursuit of the next patch.

Recently I’ve been scheduled to lead two hikes for our chapter this October, and have joined a few hikes as a participant, both with AMC-SEM and the Boston Chapter.

Of course I miss the camaraderie that exists within our more frequent, larger pre-COVID hiking groups. However, I believe at this time next year we’ll be much closer to that norm. In the meantime I encourage everyone to “Be Outdoors” as often as possible for the holistic experiences that can be found in our great Blue Hills Reservation!

## A Leader to Remember

By Bruce Dunham

*Editor’s Note: Bruce Dunham’s article on “Hiking in the 1980s” is on page 6-7 of The Breeze for October 2020. He sent this addition.*

In my effort to remember back 40 years, I neglected to mention Bob Bentley, one of six important Leaders who played a very important part in getting the Chapter started and the hiking program established.

Bob led a Beginner Backpacking series. It started with a Backpacking workshop at the old Bourne Community building and included a hike in the Blue Hills, continued with three hikes in the White Mountains, and ended with a Labor Day weekend hike at Baxter State Park in Maine.

Bob also served as Chapter Chair for four years, 1977-1981.

*Correction:* In the October *Breeze*, that was Pam Carter pictured in the 1983 photo taken on Crawford Path.



Bob leading a Beginner Backpack group down the Garfield Ridge trail. *Photo by Bruce Dunham*





Illustration of a Massachusett village in the Blue Hills from the DCR Blue Hills Reservation Trail Map and Guide.

### *History of the Blue Hills*

## **Archaeology & Native Americans**

**By Bob Vogel, Hike Leader**

Most of this excerpt is quotes from a keynote speech given by Joe Bagley, who is the Boston City Archaeologist, at the Friends of the Blue Hills Annual Celebration in 2014.

As you may remember from Part 1 (*The Breeze*, April 2020), 600 million years ago the Blue Hills were a volcano. Then... well 600 million years of erosion, and glaciers. Think about that... 600 MILLION years. We all see rain come down and wash a bit of dirt down the trail. We see the results of water freezing in a crack and breaking off a piece of a ledge, or splitting a large rock. But try to imagine what can happen over 600 MILLION years. (You can't, as that timeframe is really beyond what we can comprehend!) But, all we have to do is look at the Blue Hills, and we can see the results.

And a "mere" 10,000 years ago the Blue Hills were mostly like they are today. What made the Blue Hills special to the people living here back then were the rocks. To most of us hikers, all rocks look pretty much alike. If we are observant, we might notice some are smoother, while other places the rock seems rougher. One thing we do notice is conglomerate, AKA "Puddingstone," that mixture of old, smooth, rounded rocks which have been turned into inclusions in the newer stone. Conglomerate is "pretty," but pretty wasn't what the inhabitants were interested in 10,000 years ago.

They lived by making stone tools and spear points. If you wanted to kill an animal, having a sharp rock on the end of your spear was very helpful. (They hadn't invented the bow and arrow 10,000 years ago, so arrowheads came much later.)

If you start reading these excerpts, and find this story interesting, stop and go read the whole speech by Joe Bagley at: <https://friendsofthebluehills.org/keynote/>. It isn't that long, and what better things are there to do right now than learn? (Then, if you wish, you can return here and read my additions, which are in italics. And look at Rob MacDonald's picture below.) And now, to the excerpts from Mr. Bagley's talk...

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"That volcano is directly responsible for producing half dozen outcrops of stone used by Native Americans for thousands of years.

"The slate that formed in the low lying areas of Boston was cooked by the rising plumes of granitic lava that would go on to make the Quincy granite, melting and restructuring the platy material into a glassy dense black stone beloved by Native Americans for its color and smooth texture. The lava from the original volcano formed massive formations of stone across the Blue Hills ranging in size from large boulders to entire mountains."

The inhabitants searched out "outcrops of blue hills rhyolite, Braintree slate, and Massachusetts hornfels" because each material had different, special properties. Where they found it they worked for thousands of years quarrying it.

"... what we find is workshops surrounding these outcrops of stone where people dug out or broke off portions of the rhyolite, slate, and hornfels occurring here, and nowhere else in the world, and roughly broke down these angular fragments into "preforms," which are essentially partially-made stone tools. These preforms were much easier, and lighter, to transport throughout the region, but also economically sensible as the larger rough stones did not need to be carried, nor were the far more fragile and delicate finished tools needed to be transported back to camps and villages where they were more likely to break during transportation.

*Bob note: We'll come back to this in a later issue, when we discuss two archaeological dig sites at the Blue Hills.]*

Continued on page 13



## Blue Hills Archaeology Continued from page 12

“Over thousands of years, these workshops form piles of stone fragments, each representing moments in time—seconds in a person’s life who lived here thousands of years ago.

“Wompatuck Hill, one of the many that make up the ridges of the Blue Hills, is made entirely out of a material called rhyolite. Essentially this hill represents a portion of the lava column located within the volcano that solidified so quickly that it’s silica (or glass)- rich magma turned into a crystalline fine grained blue rock with tiny flecks of quartz. It is the natural blue color of the stones of the Blue Hills that gave the area its name, and it is this one particular type of blue stone that brought Native people from the surrounding area to Wompatuck to mine and work its natural stone.

“As you walk the Sawcut Notch path along the northern boundary of the park, you will pass Great Dome and Little Dome. These two small hills are made out of Braintree slate and Massachusetts hornfels. Keep an eye open for scoop-like marks in the stone where thousands of years before a Massachusetts Native person was standing exactly where you are striking the slate to remove portions of it to turn into tools. Turn around and behind you will be small mounds of stone fragments.

“These mounds are not natural deposits, but heaps of stone waste, each the result of stone striking stone working raw slate down to a spear preform or perhaps a stone adz. These are all viewable from the path and artifacts lie within the path itself.”

*[Bob note: I recently took a walk in that area. I’m not a trained archaeologist, so I didn’t “see” as much. But it was still interesting to just walk along and think back 10,000 years and think about what was going on there at that time. Gives you a lot to think about when walking along those trails. More than just “How much further are we going?” When we get back out hiking, there will be many places for us to stop and talk about this history.]*



“Blue rocks” from the Blue Hills.

*Wikicommons photo by Ben Frantz Dale*



Archaeologist Joe Bagley conducts field research. *Photo courtesy of Joe Bagley*

“Further west, by the pipeline building, I came upon another quarry site. Again, these are not new discoveries I have made, these quarries were published decades ago. The terraced hills seemed to trace the erosional record of the past few million years exposing large areas of Braintree slate. As I walked through the area, I found it difficult to find the quarry that was written about in the documents I had read. About half-way up the hill I noticed some Braintree flakes at my feet, indicating that I had finally found the quarry area. That said, I was at least 40 feet from the nearest outcrop. As I began to search the ground around me, I had the adrenaline-inducing realization that while I had been climbing up this terraced hillside of rocks looking for a quarry, I had completely missed it simply because I had utterly underestimated the scale of what I would find.

“The natural hillside was not in fact natural, it was, and IS, a quarry of truly monumental proportions. The terraces I had walked were not simply erosional, but were in fact carved into the raw rock by Massachusetts Native people quarrying stone from the hillside for thousands of years, and the mounds and pathways I had been climbing over were mountains of stone debris consisting of millions upon millions of stone flakes each individually struck by human hands.

Continued on page 14





## Blue Hills Archaeology Continued from page 13

"I literally stood there for several minutes in complete silence not quite able to grasp the scale of the place, and floored by the simple fact that the hillside, these terraces, and the heaps of stone surrounding me are not only one of the most significant archaeological and historical features of New England, but are essentially unchanged from the moment they were made thousands upon thousands of years ago.



**Quincy quarry dwarfs human figures at the base of the works.**

*Photo from the Thomas Crane Library collection*

"This is a truly sacred landscape to the Massachusetts People. The prominence of Great Blue Hill, the tallest hill within 10 miles of the Atlantic Coast south of Maine, was a landmark that all on the eastern side of Massachusetts could see. The surrounding hills were life givers in the sense that Native people could harvest raw stone from the ground, transform them into tools, and use those tools to hunt animals, process their food, cut down trees for structures, and hollow out large trunks for canoes. The fresh water of Ponkapoag Pond lies adjacent to one of the largest Archaic Massachusetts village site, dating to between 3,000 and 8,000 years old where those preforms I discussed earlier were brought in great quantity to process into ulus, ground adzes, spear points, and other tools. The rivers and streams provided fresh water for hundreds of people and some of the very same paths you walk today were first blazed by the feet of Massachusetts people 8,000. 10,000. 12,000 years ago.

"Nowhere in Massachusetts can you so clearly walk in the footsteps of the ancient past along trails that are older than we can truly comprehend, past sites and places that have been sacred to the many Native and non-native people who have visited this place for so many years."<sup>1</sup>

Thank you Joe Bagley, and FBH for having him as your speaker (and publishing his speech for all to read).

So, as you walk through the Blue Hills, try to take some time each week and think back. Think back and try to imagine the whole place as a volcano. Think about 600 million years of erosion and freeze/thaw cycles. 600 million years! Think about the glaciers, ice up to 2 miles thick sliding over this whole area. (And pushing ahead of it the debris that would become Cape Cod and the islands!)

Then think back 10,000 years to the people who lived here then. Who came to the Blue Hills to quarry the best stone for tools and spear points. Think what their lives would have been like. Chipping stones, carrying them back to their villages along the shores of Ponkapoag Pond, or the Neponset River. Making those spear points and then hunting supper through these woods. Think of the changes that happened over the next 9600 years, before Europeans arrived. Think what the Blue Hills were like through all those thousands of years. We aren't the first ones to think of the Blue Hills as a special place.



**Stone points made by the Massachusetts people for hunting game in the Blue Hills. Photo by Rob MacDonald**

And here is a picture from Rob MacDonald: "...[B]oth of them were found within what's now the Blue Hills Cemetery," he told me. "In fact, when we do that one section of the RLBH that is off of West Street in Braintree, you're pretty much at the Blue Hills Cemetery. I can even remember what section I was in when I found them. There had been some Harvard archeological explorations out there in the past," Rob said, "so I know there must have been some Native American activity. Because of that, I always kept my eye open for artifacts when digging."

<sup>1</sup> Quotes from <https://friendsofthebluehills.org/keynote/> Joe Bagley, Boston City Archaeologist Friends of the Blue Hills Keynote, Annual Celebration, October 9, 2014



## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.amc.org/outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

### AMC Trip Policy

**You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. Per MA executive order (<https://www.mass.gov/doc/covid-19-order-55/download>), a face covering must be worn for the entire activity. Please have your face covering on when we circle up. Anyone who does not register or does not bring a face covering will not be allowed to join the activity.**

**Group size is limited and activities are often waitlisted, 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 "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.**

**This policy applies to ALL activities. No exceptions.**

## BICYCLING

**Mon., Nov. 30. Bike Cape Cod, MA. Full Beaver Moon biking.** 22+/- miles. 13-15 mph. The November full moon has also been called the Frost Moon and the Freezing Moon so take your cues for how to dress! Required: helmet, road bike in good working condition, spare tube, face mask, water, snack. Recommended: night riding lights, piece of reflective clothing, hand & toe warmers. **See AMC Trip Policy, p. 15.** Registered participants will be sent START time and location. L Barbara Gaughan ([barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), Level 1 hike & bike leader.) CL Paul Currier

## CAPE HIKES

**Thu., Dec. 3. Hike Wellfleet, Wellfleet, MA.** 2.5 hour easy hike. Visit National Seashore woods trails, sea shore beach views, and ponds. Must have hiked similar distances recently and be able to maintain a moderate pace. Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well. **See AMC Trip Policy, p. 15.** L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Dec. 6. Hike Falmouth, MA.** An approximately 2-hour 5-mile moderate hike around a large pond. There are some hilly areas, and the trail varies from very wide to a bit overgrown. The route passes through deciduous forest primarily, but there are some stands of pine trees. This loop hike has been offered regularly but this time we will travel in the reverse direction for a different perspective. No dogs per policy, and rain cancels the hike. **See AMC Trip Policy, p. 15.** L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

**Sun., Dec. 20. Hike--Bourne, MA.** This pre-registered hike with a limit of 9 hikers is 2 hours, approximately 4.5 mile hike. The terrain is wooded pathways, fire roads, and trails with several moderate hills. It is a loop so does not offer easy bail-out points. This is not a novice hike. **See AMC Trip Policy, p. 15.** L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a fifth year Level 1 SEM/Cape hike leader with previous WFA training)



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. SEM Chapter Vice Chair.** The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education, and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets, and special events, maintenance of SEM continuity plan, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. This position will be available November 2020. Email chapter chair Diane Simms [chair@amcsem.org](mailto:chair@amcsem.org) for more information.

**Ongoing. SEM Hiking Vice Chair.** Do you want to support SEM hiking? We need a Hiking Vice Chair to assist the SEM Hiking Chair. Responsibilities include helping to coordinate hiking activities, encouraging new hiking leaders, and participating in hiking education programs. Email the chapter chair Diane Simms [chair@amcsem.org](mailto:chair@amcsem.org) or hiking chair Paul Brookes [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org) for more information.

**Ongoing, SEM 20s & 30s Vice Chair.** The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel [youngmemberschair@amcsem.org](mailto:youngmemberschair@amcsem.org) for more information.

**Ongoing. Conservation Committee Member, MA.** The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

### HIKING

**Rating codes** (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

**Thu., Dec. 3. Thurs. Morn. Hike, Noanet Woodlands, Dover, MA,** We will Follow a network of trails across a preserve that features woodlands and ponds, a former mill site, and Noanet Peak, which offers views of the Boston skyline. The hike will be about 5 miles with several short ups and downs and a climb of Noanet Peak (387 ft). Total hiking time will be about 4 hours. Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. Bring a lunch to eat on the trail. Rain cancels. Please note the leader (Paul Brookes) may have his well-behaved Labrador Retriever Sunny with him if the weather permits. If you have a non-reactive dog you would like to bring, please contact Paul for screening and approval. No more than two dogs total will be on the hike. Details including trail-head location and precise starting time will be emailed after your registration is confirmed. [See the AMC Trip Policy](#). L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)



## Activities

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

### HIKING

**Sat., Dec. 5. Winter Hiking Series #1 Mt. Wachusett (Group A), Princeton, MA.** Join us for a hike to the summit of Mt Wachusett. This is hike #1 of the Winter Hiking Series. The hike will run into the middle of the afternoon. At a little over two thousand feet, the summit of Wachusett Mountain is the highest point in MA east of the Connecticut River. On a clear day, the summit offers views of the Boston skyline to the east, views to the west of the Berkshire Hills including Mt. Greylock the highest peak in MA, and views of Mt. Monadnock in southern NH. The first part of the hike will largely follow the Midstate Trail (including portions of the Balance Rock, Old Indian, Semuhenna, and West Side Trails) up to the summit and we'll return via the Harrington, Semuhenna, and Balance Rock Trails. Proper winter clothing & gear are required (which may require snowshoes/traction), as well as previous winter hiking experience or participation in the SEM Winter Hiking Workshop. Group size is limited due to COVID, so we are providing multiple instances of the same hike. We will have Group A, Group B and Group C hikes. All hikes are all of the same difficulty and duration; they will start 15 minutes apart. **See the AMC Trip Policy, p. 15.** L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Maureen Kelly (617-943-4288 3- 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Sat., Dec. 5. Winter Hiking Series #1 Mt. Wachusett (Group B), Princeton, MA.** We will have Group A, Group B, and Group C hikes. All hikes are all of the same difficulty and duration; they will start 15 minutes apart. **See the AMC Trip Policy, p. 15.** L George Danis ([danisdad51@outlook.com](mailto:danisdad51@outlook.com)) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 1 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties, but her true passion lies in higher peaks, particularly the White Mountains of NH.)

**Sat., Dec. 5. Winter Hiking Series #1 Mt. Wachusett (Group C), Princeton, MA.** We will have Group A, Group B, and Group C hikes. All hikes are all of the same difficulty and duration; they will start 15 minutes apart. **See the AMC Trip Policy, p. 15.** L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

**Thu., Dec. 10. Blue Hills Thursday Morning Hike- Ponkapoag Pond - Canton, Ma,** Blue Hills Ponkapoag Pond Loop, MA. Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond including a few in-and-outs for Red-Liners. Bring warm/waterproof hiking shoes, MICROspikes and/or snowshoes if necessary, sunscreen, snacks/lunch and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Well behaved dogs on leash O.K. **See AMC Trip Policy p. 15.** L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

**Sun., Dec. 20. Snowshoe #1, Franconia Notch, NH, NH.** Snowshoe #1 series. Explore Franconia Notch in the snow with 2 hikes in a single day! First we will climb through pristine woods to enjoy the lovely views a top Mount Pemigawasset. This 3.4 miles hike with 1210 ft of elevation gain will get your "snowshoe legs" warmed up and get your heart pumping for a great winter season in the woods. After returning to the parking lot we will cross the Pemi Covered bridge (built in 1886) and explore the natural wonders of "The Flume" and the Pool. Before returning to the parking lot, we will cross the Sentinel Pine Bridge. The Flume hike will add 3 miles and 500 ft of elevation gain (Total 6.4 miles/ 1750 EG). **See AMC Trip Policy p. 15.** L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com)) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Sat., Jan. 16-17. Southeastern MA Snowshoe Series 2, New Hampshire, MA.** SEM Snowshoe series- 1/2 day Saturday hike followed by a full day hike on Sunday (no accommodations provided). Location TBA - We will be chasing snow. **See AMC Trip Policy p. 15.** L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com)) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) CL Diane Hartley ([dihartleyplymouth@gmail.com](mailto:dihartleyplymouth@gmail.com))





## Activities

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

### HIKING

**Sat., Feb. 20-21. Southeastern MA Snowshoe Series 3, TBA, MA.** SEM Snowshoe 3 - 1/2 day Saturday and full day Sunday snowshoe (No accommodations included). We will be chasing snow **See AMC Trip Policy p. 15.** L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com)) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) CL Diane Hartley ([dihartleyplymouth@gmail.com](mailto:dihartleyplymouth@gmail.com)).

### SKIING

**Sun., Dec. 13. Cross Country Skiing in the White Mountains, NH.** Join us for a day of cross country skiing at one of the xc ski resorts in the beautiful White Mountains of NH. We welcome skiers of different experience levels. Participants will be notified of the location approximately one to two weeks before, as leader determines the best ski conditions. Participants should bring their own skiing gear, or arrive early if rentals are needed. **See AMC Trip Policy p. 15.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [milmod@aol.com](mailto:milmod@aol.com))

**Sun., Jan. 10. Cross Country Skiing in Waterville Valley, Waterville Valley Resort Adventure Center, NH.** Join us for a day of cross country skiing at the beautiful Waterville Valley Resort. Skiers of different experience levels are welcome. Participants should bring their own ski gear or arrive early if need to rent. **See AMC Trip Policy p. 15.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [milmod@aol.com](mailto:milmod@aol.com))

### BEONLINE WITH AMC

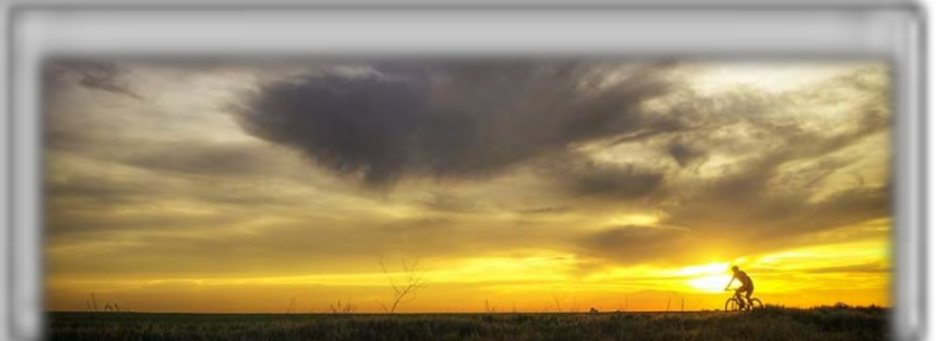
**Dec. 1, 2, 8, 10, 15. Winter Hiking Webinar Series.** Join experienced winter hiking leaders for one or more webinars designed to educate new winter hikers on gear and clothing selection. All sessions will be via a Zoom meeting and registration is required. Please see customized links for each session to register. Registration is open for up to 100 people. The format will include slides, videos and discussion to describe the topic followed by a Q&A session. [Details here.](#)

**Wed., Dec. 2. 7-8:30 pm. Intro to Winter Hiking Webinar Workshop.** Experienced Maine AMC winter hiking leaders will discuss clothing, gear, snow travel, and other essential knowledge and techniques to prepare you for outdoor outings in the winter. This event is intended as an introductory course for new and experienced three-season hikers and a refresher for experienced winter adventurers. [Register here.](#)

**Wed., Dec. 16, 7-8:30 pm. 3rd Wednesday Speaker Series: Paddling Trails on the Blackstone River in RI.** Speaker Keith Hainley is River Restoration Coordinator. Blackstone River Watershed Council/Friends of the Blackstone. His talk will take you from the MA/RI border to the Seekonk River. He will show options available for round-trip outings to all-day down river trips. Cold Springs Park covering Blackstone to Thundermist Dam. River Island Park to Riversedge Recreation Area/Manville Dam. Central falls to Slaters Mill. [Details here.](#)

**Wed., Jan. 20, 7-8:30 pm. 3rd Wednesday Speaker Series: Multi Day Treks/Hikes Around The World.** Ken Curchin will discuss how he transitioned from day hiker to long trekker/day hiker. How easy is it to get started?.Average cost, picking a trek, finding out where and how to book hotels and huts, plus/minuses of a "do it yourself trip," hiring a company to arrange your trip (Norway), or paying for a guide to take you (Machu Picchu & Patagonia). [Details here.](#)

*Happy  
Trails!*







# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | December 2020

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

Sign up for the AMC Activity Digest. Sign into your Outdoors account and [follow these instructions](#).

Or call 1-800-372-1758.

Find past issues of *The Southeast Breeze* on our [website](#).

Like us on [Facebook](#).

Follow us on [Twitter](#).

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

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

Please send photos as separate attachments, including the name of each photographer. Identify main subjects. Include the words "Breeze Article" in the subject line.

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

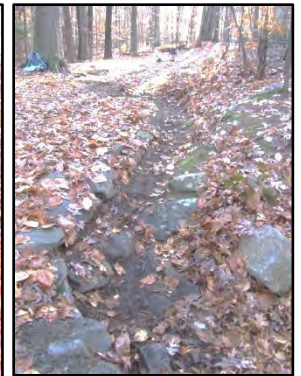


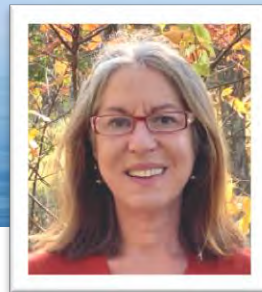
AMC-SEM volunteers meet for fall clean-up in the Blue Hills. *Photo by Skip Maysles*

## Trailwork crew improves safety & access for all

By Skip Maysles, Trails Chair

It does not get any better than this! It was a beautiful Saturday morning for some trail work in the Blue Hills! On November 14, a group of eight volunteers walked the trails and cleaned many water bars, raked some leaves, cut some small trees and branches that were blocking the trails, cut back some over-grown vegetation, and removed some rocks. We got outdoors, got a little dirty, and had FUN! Plus, we made the trails safer for ALL to use!





## View from the Chair: What SEM Offers Us

Why are you an AMC member?

Twenty years ago I wanted to start hiking but wasn't sure how to begin and certainly didn't want to tramp the Blue Hills alone. A friend told me about AMC. Perfect! I started with local hikes and soon took an introductory hiking workshop to learn about clothing, footwear, nutrition, and planning. I avidly read Outdoors magazine (now [online articles](#)) and learned about the organization. AMC wasn't just about local hikes. AMC offered education, supported lodging and huts, protected open spaces, maintained trails, offered opportunities to underserved communities, and advocated for conservation at the local and federal level. I am proud to be a member.

AMC generally and our SEM chapter specifically continue to offer so much to me, and I hope also to you.

I continue to learn about AMC's [Conservation](#) efforts. Do you have ideas for SEM conservation webinars or are you willing to give a Zoom presentation? Contact Conservation Chair Joanne Newton at [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org).

With winter upon us, I was glad to have a refresher on winter hiking by watching SEM's [Winter Workshop video](#). Very useful advice even for local hikes. I learned about micro-spikes in my first Winter Workshop - a game changer in being confident while hiking in the winter.

Many of us are hiking with a few friends because we don't want to hike with a group right now. How to plan a route and avoid the crowds? I use the [RLBH maps](#) on [AMCSEM.org](#). This has Red Line hike routes going back to 2006! Most Red Line hikes are 4-6 miles. (Note, DCR issued a new [Blue Hills map](#) this year. Check your planned route by reviewing the current map.)

We crave connection. Our 20s and 30s committee is offering online social opportunities including a [Trivia Night](#). Do you want to help plan future events? Contact 20s 30s Chair Susie Schobel at [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org).

Sometimes I just want to curl up on the couch and watch a video. AMC chapters have loaded their free online content to <https://vimeo.com/showcase/7668907>. The Mt. Everest Base Camp video took me to a place I'll never likely be in person. Do you have ideas for a video? Email our communication chair Nichole Nelson at [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org).

I welcome your ideas. Email me at [chair@amcsem.org](mailto:chair@amcsem.org)



*Diane Simms, AMC-SEM Chapter Chair*

### 2021 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair** .....**OPEN**  
 Secretary .....Natalie Halloran  
 Treasurer .....David Yampanis  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair .....Bernie Meggison  
 Biking Vice Chair .....Peter Linhares  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Joanne Newton  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Sue Svelnis  
 Education Vice Chair .....Sarah Vendetti  
 Hiking Chair .....Paul Brookes  
**Hiking Vice Chair.....OPEN**  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Sandi Santilli

Paddling Chair .....Ed Foster  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....John Mullins  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Pete Tierney  
 20s & 30s Chair.....Sue Schobel  
**20s & 30s Vice Chair.....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah Brodsky  
 Webmistress..... Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position





*Conservation Corner*

## Principle #6: Respect wildlife

By Bill Cannon, Conservation Vice Chair

### Leave No Trace Guidelines:

- ❖ Observe wildlife from a distance. Do not follow or approach them.
- ❖ Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- ❖ Protect wildlife and your food by storing rations and trash securely.
- ❖ Control pets at all times, or leave them at home.
- ❖ Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

### Never Feed Animals:

Whether it's an apple core thrown from the window of a moving car, or an orange peel casually left on the side of a trail, our food waste attracts wildlife to areas with high human activity. Food thrown alongside roads draws wildlife nearer to roadways and increases the likelihood they will end up as road kill. Scraps tossed on the trail bring wildlife closer to the trail corridor as they seek out food.

One apple core will not completely disrupt the local ecosystem, but cumulatively, we know that feeding wildlife damages their health, alters their natural behaviors and exposes them to predators and other dangers. This is because when an animal finds or receives human food consistently over time by campers and visitors, they no longer seek their own food in nature. This is extremely dangerous because, like humans, animals need a varied diet to get all the nutrients to be healthy, strong, and in good reproductive health. When going to the campground or trail is an easy meal of fruit or human processed foods, they eat and get full on single food items instead of a range of food items that all provide different nutrients. So when that squirrel or deer or bird, which looks so hungry, comes up to eat trail mix out of your hand, know that you're putting the animal at risk of a healthy life, a prolonged existence, and the opportunity for healthy offspring.

Thank you for all that you do!

Enjoy your world. Leave No Trace.

Leaders, please consider sharing this information at your activity gatherings. Conservation is a huge part of the AMC's Mission.



Hiker points to one of three stones the dolmen rests on. Barry points to carving which can drain off the dolmen. What do you think it would have drained? *Photos by Diane Simms*

## Hike to mysterious stone formations

By Diane Simms, Chapter Chair

Terrific hike at F. Gilbert Hills! Barry Young led the group to interesting and mysterious stone structures, including a dolmen, prayer seat, standing stone, and large astronomically-arranged rocks. Who arranged them? Why?



Barry prayed for the rains to hold off and they did. 😊





Diane Hartley has an impressive record of hikes & climbs!  
Photo by Anne Duggan

## New SEM Level 2 hike leader racks up some serious trail miles

By Paul Miller, Level 4 Hike Leader

As Diane Hartley commented in a recent email, “Becoming an AMC member in 2019 really has been transformational for me.” Here’s why: Almost immediately upon joining, Diane started hitting the myriad trails in the Blue Hills with the chapter on a weekly basis. In April 2019, Diane was an active participant in our largest-ever SEM Leader Training workshop at the Wildlands Trust in Plymouth and then quickly racked up enough co-leads to earn her SEM Level 1 hike leader status.

In September 2019, Diane participated in the SEM’s two-day, in-person Wilderness First Aid certification program, also at the Wildlands Trust. WFA certification is a prerequisite for leading Level 2 hikes (and a good idea for all activity leaders). Then last December she joined Pam Johnson’s Blue Hills White-Lining group, co-led our snow-blessed first Winter Series hike at Mt. Wachusett, and joined the chapter for other winter adventures.

When COVID struck this past spring, Diane hit some of the trails on the Cape in a big way; hiking 10 to 12 miles several times a week with Cathy Giordano. You have to work really hard to rack up serious elevation gain on the Cape, but this apparently was enough to help Diane get in shape for a very full summer season of rugged hiking. This included multi-day Appalachian Trail section hikes in Massachusetts and New Jersey with Anne Duggan and

Leslie Carson, as well as several backpacking trips in the White Mountains (one with Dexter Robinson).

Oh, yeah, Diane also summited Mt. Carrigain in mid-September with Anne, Leslie, and several friends to complete her 48th New Hampshire 4,000 footer and qualify for membership in the [AMC 4,000 Footer Club](#)! I’m getting tired just writing down all Diane’s exploits.

Anne’s enthusiastic recommendation note for Diane does a nice job of expressing her qualifications to lead hikes up in the Whites: *“I give my highest recommendation to Diane Hartley as a Level 2 hike leader. Since meeting her last fall at a hiker leader’s meeting, I have been impressed with her hiking ability, organizational skills, and eagerness to hike with others.*

*“Diane is a tireless hiker. She bounds up any trail at breakneck speed. This summer we tackled Mount Washington, Mount Jefferson, Mount Adams, Mount Madison, and Mount Moriah.*

*“As a leader. Diane is organized, thorough, and promotes safety. On October 28th Diane co-lead a trip to Mount Tecumseh. Diane planned the trip, screened participants, wrote up the information sheet, and led the way up the mountain. She did an excellent job and exceeded all my expectations.”*

Congratulations, Diane! We need more hike leaders like you. (She is now working on her Level 4.)

## SEM supports Blue Hills trailwork

The AMC-SEM Chapter was able to make a donation to the Friends of the Blue Hills for 2020 in the amount of \$250, which will support the maintenance of 125 miles of trails in the Blue Hills Reservation. In her letter acknowledging the chapter’s donation, executive director Judy Lehrer Jacobs wrote:

*“Thanks to you, the Reservation’s diverse ecosystems will remain healthy, its scenic vistas will thrill and inspire, and its 125+ miles of well-maintained trails will allow for easy access for all. Visitors will explore the Reservation, feel a sense of ownership of our natural treasure, and be inspired to work to protect it.”*

At the foot of the letter, the Friends list all 16 hills in the Blue Hills Reservation. Can you? See the answer below.

Answer: Kitham skin Hill, Chickatawbut Hill, Fox Hill, Wampuck Hill, Rattlesnake Hill, Little Blue Hill, Great Blue Hill, Wadcott Hill, Hemerway Hills, Houghton Hill, Hancock Hill, Tucker Hill, Boyce Hill, Buck Hill, Hawk Hill, Nahanton Hill





## Short Notice Email List (SNEL) procedures have changed


by Diane Simms, Chapter Chair

Do you receive SNEL emails? Do you want to continue receiving them? You don't even know what SNEL is? Read on!

Leaders in the AMC-SEM chapter have been using the Short Notice Email List (SNEL) for almost 20 years. SNEL was started when activities were listed via print, including [outdoors.org](http://www.outdoors.org) and the *Southeast Breeze*. But how could we let our members know about last-minute activities and changes? SNEL was born.

SNEL was the brainchild of Erika Bloom, who has been supporting it all these years with help from other dedicated leaders. Thank you, Erika!

After AMC implemented an online database of activities, known as ActDB, activities were much easier to find. But even after ActDB, AMC-SEM leaders found SNEL helpful.

<p><b>Short Notice Email List (SNEL)</b></p>  <p>Receive an email about SEM:</p> <ul style="list-style-type: none"> <li>activities</li> <li>cancellations</li> <li>changes</li> <li>announcements</li> </ul>	<p><b>Access Activities:</b></p> <p>SNEL participant: <a href="#">Signup</a>  SNEL leader: <a href="#">Posting</a>  SNEL admin:  <a href="mailto:sneladmin@amcsem.org">sneladmin@amcsem.org</a></p> <p>ActDB participant: <a href="#">search</a>  ActDB leader: <a href="#">login</a></p>
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Look for this box near the bottom of the home page at [amcsem.org](http://www.amcsem.org).

SNEL is now used for notifying the email group of activities which have not been filled or of changes to "Show and Go" activities. A surprise snow, for example, might inspire an impromptu snowshoe hike.

Of course, in this time of COVID-19, activities fill quickly and AMC does not permit "Show and Go" activities, so we have sent few SNELs. When we get back to normal, we expect to continue using SNEL.

SEM used the Yahoo Groups service to manage the SNEL emails. Yahoo Groups is terminating support December 2020. SEM will be using Google Groups to manage SNEL. We are **NOT** automatically converting previous SNEL users to Google Groups. There are over 1,000 users, some with multiple email addresses, dating back to the early 2000s. To get SNEL emails, you must register with Google Groups.

Do you want to sign up for SNEL? Sign up procedures are located on the AMC-SEM website home page. Sign up anytime. Here's the link:

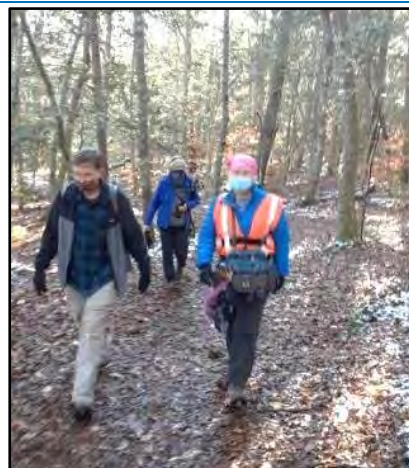
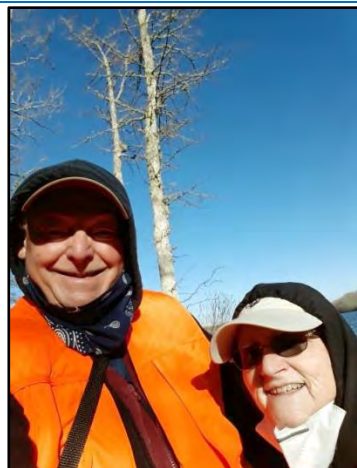
<http://www.amcsem.org/assets/chapter/snel.signup.procedures.participants.pdf>

Are you a leader who uses SNEL to alert people to updates in your activities? Updated procedures for initiating a SNEL are located on the AMC-SEM website home page. Here's the link:

<http://www.amcsem.org/assets/chapter/snel.post.procedures.leaders.pdf>

## Lowell-Holly/Ryder Conservation Area Hike *Photos by Dave Selfe*

Continued on page 6







## Volunteer of the Month: Bob Vogel

By Skip Maysles, Trails Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have so many people give their time, energy, and resources to make our chapter one of the best! Bob Vogel is December's Trails Volunteer of the Month.

Bob has been an SEM member for over 20 years! Of the many volunteer positions he has held, I believe Bob loves the trail work the most. He hikes in the Blue Hills (and beyond) several times a week. On every hike, he carries the tools either in his backpack or attached to his belt. Bob is always in trail maintenance mode, clearing downed twigs from the trail with his hiking poles as he walks along, clipping low-hanging branches that whack him in the face (he's tall), and stopping to saw trees that have fallen across the path.

The virus did not stop Bob this year. He formed a "pod" of friends to continue his hiking and trail work. In addition, Bob took on the responsibility of reporting downed trees in the Blue Hills to Friends of the Blue Hills (FoBH) and to the DCR.

Whether he is participating in a formal trail maintenance event or out on his own, Bob epitomizes devotion to keeping our trails in good shape for the enjoyment of all hikers/dog walkers/runners/bikers.

Congratulations to Bob, and thank you for a job well done!

Bob will receive a Volunteer of the Month certificate and a \$50 REI gift card.

## Addition to 1,000-Miler Q3 results\*

Susan Eliason	July	810.3
	August	643.7
	September	543.7
	October	414.6
	November	224.8
	December	
	To Date	4.603.5

\*See other results in November 2020 issue of the *Breeze*.

## Lowell-Holly/Ryder

Photos by Dave Selfe

Continued from page 5







GREAT BLUE HILL FROM THE SOUTH.

Great Blue Hill from the South. Photo by A. Lawrence Rotch, 1887—Hathi Trust<sup>4</sup>

### Blue Hills History

## The Evolution of the Reservation

By Bob Vogel, Hike Leader

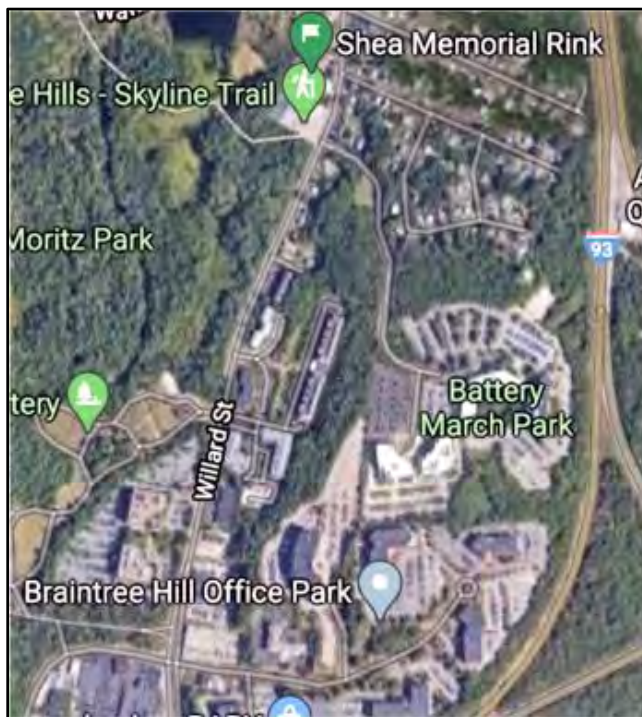
When we think of the creation of the Blue Hills, most of us probably think they were “preserved.” This isn’t quite accurate. While the Blue Hills, when the Europeans arrived c.1620, looked somewhat like they look today (although they were “old-growth” vs. today’s “second-growth” forests), by the time they were “preserved” in 1893 things had changed, and not for the better. Eastern Massachusetts had “grown up.” All of the good land had been converted to farms, which involved clearcutting most of the trees. Most of the Blue Hills were too hilly to easily develop into a farm or a town. It is said that even the sheep farmers never took their stone walls above the 200’ elevation. However, I’ve never personally tried to verify that.<sup>1</sup> Less productive land, like many of the actual Blue Hills “hills,” was used for woodlots. Fortunately (for us), the granite that existed in most of the Blue Hills was inferior to the Quincy Granite quarried in the area near Ricciuti Drive, so the rest of the Blue Hills were never quarried.<sup>2</sup>

“Two hundred years of continuous cropping and burns had resulted in a sort of dried-out chaparral of oak and chestnut sucker growth littered with ashes and bristling with gray-white, fire-killed skeletons waiting to fall down. Every fifteen or twenty years the cutters came in and chopped the suckers from the stumps. They left the trimmings where they fell;

the sun baked them dry; the next burn charred them black. Fires occurred every year — ground fires in the spring, maybe some hot ones in the fall. A few cart tracks wandered through this interminable thicket of bleached sticks and brown, clinging leaves. There was no shade in it, no depth, no relief.”<sup>3</sup> (*Landscape with Reptile* by Thomas Palmer)

The reality is that the Blue Hills were not “preserved” because of how nice they were—they were set aside because they were the open space that was still available at the time. And they were only available because no one had yet found an economically viable use for them.

**Aside:** The one hill not included in the Blue Hills Reservation was Pine Hill. It is located to the East of Willard Street, across from Wood Road and Shea Rink. Over time, as land has become more valuable, Pine Hill has been developed, and today is home to Battery March Park (a four-building, 50-acre office park<sup>5</sup>) and the Braintree Hill Office Park. (“...situated on the Braintree/Quincy line in a highly visible 40-acre campus setting. The building’s hillside setting offers excellent highway visibility, coupled with panoramic views of the Boston skyline, Quincy Bay, and the 7,000-acre Blue Hills Reservation.”<sup>6</sup>) This is what the whole Blue Hills might have looked like if it hadn’t been “preserved” in 1893. Whew!



Continued on page 8



**Charles Eliot**



**Born** November 1, 1859  
Cambridge, Massachusetts, US

**Died** March 25, 1897 (aged 37)  
Brookline, Massachusetts, US

**Resting place** Mount Auburn Cemetery

12

## Blue Hills Evolution Continued from page 7

Charles Eliot, who was the Landscape Architect to the Metropolitan Park Commission (predecessor to today's DCR) had a vision. He saw the Blue Hills as part of a green belt surrounding Boston.<sup>7</sup> (Everything from the Fens, to the Esplanade,<sup>8</sup> to...public beaches. Maybe we'll come back one week and look at all these other, related, places that tie in to the Blue Hills as just the southern terminus.)

As for the Blue Hills. he saw them as a park. He envisioned folks riding their, or in provided, carriages down the paths, and coming around corners to reveal scenic vistas. He was a landscape architect after all. He didn't just want woods he wanted a place "affording widespread panoramic prospects in all directions."<sup>9</sup>

He then set out to "restore" them and create the reservation he imagined. He provided instructions:

"Late in the year, after the first snow, send gangs of men to all parts of the Reservation. Have them cut all dead wood, cart away that which is salable, and burn the rest in heaps.

"From February through April, when the danger of ground fires is greatest, divide the Reservation into hundred-acre parcels and assign one man to each. Equip him with water cans and a Johnson pump. Put out all fires.

"In late summer, send men with hatchets throughout the Reservation to chop sprouts and suckers from all fire- and ax-killed stumps. Do not harm seedling trees.

"After several years, when all the stumps have stopped sprouting and seedling trees are established, thin the seedlings. Continue to burn dead wood and suppress fires."

While his plan worked, and the results can be seen today, Charles Eliot didn't live to see the results. He died from spinal meningitis at age 37. Eliot Tower on Great Blue, and the "bridge" next to it are named for, and a memorial to, him.

In 1883 Eliot had become an apprentice for Frederick Law Olmsted and Company, where he worked on designs for Franklin Park (1884), the Arnold Arboretum (1885), and the Fens (1883) in Boston, among other projects. In 1886, Eliot had opened his own office.

On March 5, 1890, Eliot published an article entitled "Waverly Oaks" to defend a stand of virgin trees in Belmont, Massachusetts. In the process, he made a plea for preservation of the oaks and outlined a strategy for conserving other areas of scenic beauty in the same way, he said, that the Boston Public Library held books and the Museum of Fine Arts pictures. This article resulted in a conference held at the Massachusetts Institute of Technology in 1890 on Preservation of Scenic Beauty, and led to the enactment of Massachusetts legislation creating The Trustees of Reservations in 1891. It was the world's first organization created to "acquire, hold, protect, and administer, for the benefit of the public, beautiful and historical places."

After the death of their partner Henry Sargent Codman, Olmsted's son Frederick Law Olmsted, Jr., and stepson John Charles Olmsted asked Eliot to become a full partner in their firm. In March 1893, the firm's name was changed to Olmsted, Olmsted and Eliot. Within a few months, Eliot assumed the leadership role as the elder Olmsted's health continued to fail.

Continued on page 9





## Blue Hills Evolution Continued from page 8

### The Gypsy Moths

The gypsy moth was accidentally introduced into Massachusetts from France in 1869 and appeared in the Blue Hills in 1904. At first the MDC responded by painting the nests with creosote. This seemed to work for a period of time, but then the moths came back again. The MDC responded by spraying with lead arsenate. By 1938, 30,000 pounds of lead arsenate was being sprayed throughout the Blue Hills.

Eventually this, too, stopped being effective, and, belatedly, it was also learned that lead was a hazardous substance, which built up in the soil.

So they progressed to the next “solution”—DDT. (And we all know how that one played out.) It wasn’t until 1962 when Rachel Carson’s book *Silent Spring* showed the environmental effects of DDT that the public began to take an interest and eventually were galvanized to action. DDT was finally, in 1972, banned from agricultural use in the US.<sup>13</sup>

### The Chestnut Blight

In the 1800s the American Chestnut was among the largest, tallest, and fastest-growing trees in America. It could grow to over 100’ tall, and could be 7’ in diameter. The wood was rot resistant, so good for fence posts and the lower logs of log cabins. And it was straight grained and easily worked, making it a good wood for furniture construction.<sup>14</sup> We are all familiar with...

*“Under a spreading chestnut-tree  
The village smithy stands...”*

“The Village Blacksmith”  
by Henry Wadsworth Longfellow

And...

*“Chestnuts roasting on an open fire...”*



Left: Majestic American Chestnut. Above: Leaf, husks, and nuts from cultivated tree.



**The Eliot Tower and connecting Bridge in the Blue Hills.**

You’re probably singing the Nat King Cole version right now.

**Aside:** Why roast chestnuts on an open fire? To enhance the flavor and creamy texture.<sup>15</sup>

Chestnuts were a food source for people, as well as were used to feed livestock. And wild animals ate them, of course.

In 1900 nearly four billion American Chestnuts were growing along the eastern seaboard. And then, about 1904, when some Japanese Chestnut trees were imported, *Cryphonectria parasitica*, a parasitic fungus was accidentally imported with them. It spread to the American Chestnut, which had no resistance to it, and they started dying.<sup>16</sup> Eventually all of the mature trees died. Because their roots survived, the stumps would, and some still do, send up suckers, which grow for a while, but eventually they too succumb.

**Aside:** The American Chestnut Foundation is working to develop a resistant American Chestnut. You can find, and support, them at:

<https://www.acf.org/the-american-chestnut/history-american-chestnut/>.

It would be nice if the Chestnut tree could make as good a comeback as the turkeys and deer.

The loss of the Chestnut tree left a tremendous void in all of the woods. It is probably one of the factors that led to...

Continued on page 10



Plaque dedicated to Charles Eliot is installed above a stone seat between the tower and bridge named for him on Great Blue.

## Blue Hills Evolution Continued from page 9

### White Pine and Other Planted Trees

Between 1904 and 1938 more than two million white pine seedlings were set out in the Blue Hills. Thousands of other trees were started in the same period—mostly hemlock, red pine, and spruce.<sup>17i</sup>

### A comparison of the Blue Hills to the recovery of other “neglected” land.

The conditions in the Blue Hills in 1893 weren’t that far removed from much of New England. Maps of that era show most of the land had been clear-cut, with small areas of woods—woodlots for the adjacent homes. However, after the Civil War much of the farming ended in New England, as farmers moved westward to less rocky soil. Walk through many wooded areas around our homes today and we see stone walls. People once farmed these fields and kept animals on this land.



Inscription on the plaque dedicated to Charles Eliot:

*“By ample knowledge, intelligent perseverance and eloquent teaching he created and inspired*

*organizations capable of accomplishing his great purpose—the preservation of our historical and beautiful places.”*

Once the interior of the country opened up and farmers moved on to better land (Connecticut River Valley, then the Mid-West), the fields were abandoned and the trees grew back up. (There is a lot to “forest succession,” and perhaps we will come back to that one week.) But after 100+ years, most areas are back to a mix of trees, based on what grows best in that area and what other trees were around to provide starter seeds. My own five-acre yard, crisscrossed with old stone walls, is now a mix of hardwood and white pine. I expect that, had they just been left alone these past 130 years, the Blue Hills might not look that different from the way they look today.

I think sometimes all that is needed is for us to stop trying to improve things.

#### References:

- <sup>1</sup> [Landscape with Reptile](#) by Thomas Palmer, p. 23
- <sup>2</sup> [Ibid.](#)
- <sup>3</sup> [Ibid.](#)
- <sup>4</sup> <https://babel.hathitrust.org/cgi/pt?id=uc2.ark:/13960/t6j09xd1v&view=1up&seq=15>
- <sup>5</sup> <http://www.batterymarchpark.com/overview.html>
- <sup>6</sup> <http://www.flatleyco.com/properties/braintree-hill-office-park/>
- <sup>7</sup> [Milton: A Compendium](#), Anthony Mitchell Sammarco
- <sup>8</sup> <https://friendsofthebluehills.org/3-historic-sites/>
- <sup>9</sup> [https://books.google.com/books?id=nDJJAAAMAAJ&pg=PA497&lpg=PA497&dq=charles+eliot+vision+for+blue+hills&source=bl&ots=SIOVhhzPeT&sig=ACfU3U2EKD2a0CNU\\_L\\_tWUZQwF094jpU4rA&hl=en&sa=X&ved=2ahUKEwji\\_K0qDpAhXTj3IEHUNUB-oQ6AEwAXoECCAQAQ#v=onepage&q=charles%20eliot%20vision%20for%20blue%20hills&f=false](https://books.google.com/books?id=nDJJAAAMAAJ&pg=PA497&lpg=PA497&dq=charles+eliot+vision+for+blue+hills&source=bl&ots=SIOVhhzPeT&sig=ACfU3U2EKD2a0CNU_L_tWUZQwF094jpU4rA&hl=en&sa=X&ved=2ahUKEwji_K0qDpAhXTj3IEHUNUB-oQ6AEwAXoECCAQAQ#v=onepage&q=charles%20eliot%20vision%20for%20blue%20hills&f=false)
- <sup>10</sup> <https://www.hikingproject.com/photo/7005195/the-great-blue-hill-observation-tower> Ron Birk
- <sup>11</sup> [https://en.wikipedia.org/wiki/Eliot\\_Memorial\\_Bridge#/media/File:Eliot\\_Bridge\\_Milton\\_MA\\_01.jpg](https://en.wikipedia.org/wiki/Eliot_Memorial_Bridge#/media/File:Eliot_Bridge_Milton_MA_01.jpg)
- <sup>12</sup> [https://en.wikipedia.org/wiki/Charles\\_Eliot\\_\(landscape\\_architect\)](https://en.wikipedia.org/wiki/Charles_Eliot_(landscape_architect))
- <sup>13</sup> <https://en.wikipedia.org/wiki/DDT>
- <sup>14</sup> <https://www.acf.org/the-american-chestnut/history-american-chestnut/>
- <sup>15</sup> [https://www.google.com/search?xsrf=ALeKk02f9UXfokrQHBWplwWldpBjk0FKjA:1589334148201&q=Why+do+you+roast+chestnuts+on+an+open+fire%3F&sa=X&ved=2ahUKEw9SK26\\_pAhWJg-AKHetiAgsQzmd6BAgYEAw&biw=853&bih=588](https://www.google.com/search?xsrf=ALeKk02f9UXfokrQHBWplwWldpBjk0FKjA:1589334148201&q=Why+do+you+roast+chestnuts+on+an+open+fire%3F&sa=X&ved=2ahUKEw9SK26_pAhWJg-AKHetiAgsQzmd6BAgYEAw&biw=853&bih=588)
- <sup>17</sup> [https://en.wikipedia.org/wiki/Chestnut\\_blight](https://en.wikipedia.org/wiki/Chestnut_blight)
- <sup>18</sup> [Landscape with Reptile](#), p. 39





## New members join SEM board, vice chair positions still open

Welcome to the newest members on the AMC-SEM chapter board of directors!

- Chair.....Diane Simms
- Secretary.....Natalie Halloran
- Treasurer.....David Yampanis
- Biking Chair.....Bernie Meggison
- Cape Hiking Chair.....Jane Harding
- Communications Chair.....Nichole Nelson
- Conservation Chair.....Joanne Newton
- Education Chair.....Sue Svelnis
- Hiking Chair.....Paul Brookes
- Membership Chair.....Samantha Fisher
- Paddling Chair.....Ed Foster

We look forward to the next two years with these volunteers. Then, will it be YOUR turn? Or maybe you would like to help now in the following positions.

- Chapter Vice Chair.....OPEN
- Hiking Vice Chair.....OPEN
- 20s & 30s Vice Chair.....OPEN
- Conservation Committee Members Wanted!

For more information, contact Alan Greenstein at [nominatingcom@amcsem.org](mailto:nominatingcom@amcsem.org).

Details are also available in the Activities Listings in this issue of the *Breeze* under Executive Committee Volunteer Opportunities and at [outdoors.org](http://outdoors.org) [here](#).



Article information and photo from [www.greatergood.com](http://www.greatergood.com).

## Caring for reusable cloth masks

The outbreak of COVID-19 has made it essential for everyone to wear a mask when they're out in public. A reusable cloth mask is an inexpensive, responsible, and sustainable choice, but requires proper care.

Wash your mask regularly so you're less likely to contract or spread COVID-19 or other illnesses. A dirty mask can also cause rashes or breakouts.

Wash your mask after every use, if possible, or if it is damp or soiled or if you've been near other people, especially anyone who may have COVID-19 or another illness. Wash it often for cleanliness and safety.

Have more than one cloth mask so you'll always have a backup if one becomes soiled or is in the wash.

Machine wash masks with your laundry on hot or warm and machine dry on a hot setting. You can also hand wash with hot, soapy water or water and bleach, then machine or air dry. Don't use strongly scented detergents if you're sensitive to smells, and avoid bleach if your skin or nose reacts to it. Store clean masks so they stay clean until you're ready to use them.

Taking care of your cloth mask is important, but all masks will wear out. Dispose of your cloth mask (or recycle it properly) when: it does not fit snugly over your nose and mouth, its ties have been stretched or damaged, it does not stay on your face on its own, it has holes or tears in the fabric, or it is wearing thin.





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.amc.org/outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

### **AMC Trip Policy**

**You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. Per MA executive order (<https://www.mass.gov/doc/covid-19-order-55/download>), a face covering must be worn for the entire activity. Please have your face covering on when we circle up. Anyone who does not register or does not bring a face covering will not be allowed to join the activity.**

**Group size is limited and activities are often waitlisted, 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 "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.**

**This policy applies to ALL activities. No exceptions.**

## CAPE HIKES

**Thu., Dec. 17. Hike the trails of West Barnstable, MA.** Rugged hills, some very steep, Good hiking shoes recommended, poles if you use them. Bring a snack and water. You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. **See the AMC Trip Policy on page 12.** L David Selfe (508-771-0620 before 5pm, [kdselke@comcast.net](mailto:kdselke@comcast.net))

**Sun., Dec. 20. Hike--Bourne, MA.** This pre-registered hike with a limit of 9 hikers is 2 hours, approximately 4.5 mile hike. The terrain is wooded pathways, fire roads, and trails with several moderate hills. It is a loop so does not offer easy bail-out points. This is not a novice hike. **See AMC Trip Policy on page 12.** L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a fifth year Level 1 SEM/Cape hike leader with previous WFA training)

## EXECUTIVE COMMITTEE

### Volunteer Opportunities

**Ongoing. SEM Chapter Vice Chair.** The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education, and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets, and special events, maintenance of SEM continuity plan, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. This position will be available November 2020. Email chapter chair Diane Simms [chair@amcsem.org](mailto:chair@amcsem.org) for more information.





## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. SEM Hiking Vice Chair.** Do you want to support SEM hiking? We need a Hiking Vice Chair to assist the SEM Hiking Chair. Responsibilities include helping to coordinate hiking activities, encouraging new hiking leaders, and participating in hiking education programs. Email the chapter chair Diane Simms [chair@amcsem.org](mailto:chair@amcsem.org) or hiking chair Paul Brookes [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org) for more information.

**Ongoing, SEM 20s & 30s Vice Chair.** The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org) for more information.

**Ongoing. Conservation Committee Member, MA.** The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

### HIKING

**Rating codes** (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

**Sun., Dec. 20. Snowshoe/Hike #1, Myles Standish State forest, Carver, MA.** THIS ACTIVITY WAS UPDATED DEC 2 WITH A NEW LOCATION IN MA. CONFIRMED PARTICIPANTS WERE NOTIFIED PRIOR TO THE CHANGE. The hike is 8 - 9 miles with less than 500 feet of elevation gain. It winds down a forest road through cranberry bogs, over rolling hills of deforested areas to a scrub pine and oak forest to a circle of Charge Pond before returning to Headquarters. Starting at Reservation Headquarters at the end of Cranberry Road in Carver. We will follow Southwest Line Road to Sasemine Way to the Charge Pond Loop Trail and return the same way. **See AMC Trip Policy on page 12.** L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com)) L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

**Sun., Dec. 20. Snowshoe 1 Group 2, Myles Standish State Forest, Carver, MA.** L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 2 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties, but her true passion lies in higher peaks, particularly the White Mountains of NH.) **See AMC Trip Policy on page 12.** L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**FT) (NM) Thu., Dec. 31. Ring out 2020 with a walk at Rocky Woods, Rocky Woods Trustees of Reservations, MA.** Let's say goodbye to 2020 with a walk at Rocky Woods, a Trustees property. The trails have gentle ups and downs, with one moderate climb to Lookout Point, the site of a former fire tower. Dress in sturdy footwear, layers such as fleece or down and bring a wind/rain jacket, hat and gloves. May need traction for boots. Please no cotton clothing. Pack a lunch or snack that can be eaten on the go as it most likely will be too cold for a lunch stop. Heavy rain cancels. Contact leader with any questions. Please include cell phone # on registration. Ticket kiosk, free for Trustee members with membership number, \$5 with credit card for nonmembers. **See AMC Trip Policy on page 12.** L Peggy Qvicklund (774-893-3011 until 9pm., [qvickan@comcast.net](mailto:qvickan@comcast.net))



## Activities

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

### SOCIALS

**Wed., Dec. 16. SEM 20s & 30s Trivia Night on Zoom.** Come join us for our first 20s & 30s Virtual Trivia Night via Zoom! Gather a group of friends to make a team, or join a team of other independent players. We will test your knowledge of AMC, Massachusetts, geography, nature, and outdoor activities. Please register by filling out your name and email address on the Google Document via the Registration. If you have any questions, please contact L Susan Schobel at [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org).

### BEONLINE WITH AMC

**Dec. 15. Winter Hiking Webinar Series.** Join experienced winter hiking leaders for this final webinar of the series designed to educate new winter hikers on gear and clothing selection. Session will be via a Zoom meeting and registration is required. Please see customized link for this session to register. Registration is open for up to 100 people. The format will include slides, videos and discussion to describe the topic followed by a Q&A session. [Details here.](#)

**Wed., Dec. 16, 7-8:30 pm. 3rd Wednesday Speaker Series: Paddling Trails on the Blackstone River in RI.** Speaker Keith Hainley is River Restoration Coordinator. Blackstone River Watershed Council/Friends of the Blackstone. His talk will take you from the MA/RI border to the Seekonk River. He will show options available for round-trip outings to all-day down river trips. Cold Springs Park covering Blackstone to Thundermist Dam. River Island Park to Riversedge Recreation Area/Manville Dam. Central falls to Slaters Mill. [Details here.](#)

**Wed., Jan. 20, 7-8:30 pm. 3rd Wednesday Speaker Series: Multi Day Treks/Hikes Around The World.** Ken Curchin will discuss how he transitioned from day hiker to long trekker/day hiker. How easy is it to get started?.Average cost, picking a trek, finding out where and how to book hotels and huts, plus/minuses of a "do it yourself trip," hiring a company to arrange your trip (Norway), or paying for a guide to take you (Machu Picchu & Patagonia). [Details here.](#)



Photo by [Erik Karits](#) from [Pixabay](#).



**THE END**

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | January 2021

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

Sign up for the AMC Activity Digest. Sign into your Outdoors account and [follow these instructions](#).

Or call 1-800-372-1758.

Find past issues of *The Southeast Breeze* on our [website](#).

Like us on [Facebook](#).

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

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

Please send photos as separate attachments, including the name of each photographer. Identify main subjects. Include the words "Breeze Article" in the subject line.

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Our members accept many outdoors challenges, including hikes to the summit of Mount Washington, where they are greeted by the ultimate Hiking Guide. *TripAdvisor Photo*

## Challenge your limits—don't limit your challenges!

By Alan Greenstein, Nominating Chair

If it's one thing our members aren't shy of, it's a challenge! Challenges can take many forms— social, physical, time, you name it. They can look different and exist in varying degrees for everyone. But does that stop us? No! We know from hiking, biking, paddling, etc. that sometimes we just need to make some modifications.

In 2021, **challenge your limits—don't limit your challenges!** Consider volunteering as Chapter Vice Chair, Hiking Vice Chair, or 20s & 30s Vice Chair.

When you volunteer with us, you learn, you grow, and you **have fun!** **The following opportunities are a fit into your New Year's resolution** to gain an exciting, invigorating challenge **to wake you up out of your quarantine rut—from home!** \*

\*All of our planning and social meetings have been virtual since March. You are also welcome to join our in-person activities, which are adapted to include distancing, masks, and online registration. In-person hiking is required for the Hiking Vice Chair.

Continued on page 3





## View from the Chair: New SEM Board Members

At our November Annual Meeting, we voted in the slate of Executive Board members for 2021. This month, I want to introduce you to three of our new Board members. They are also chairs of SEM committees. Some of our board members have been active with SEM for years, while others are newer to the chapter. They all want to contribute to the chapter in a meaningful way.

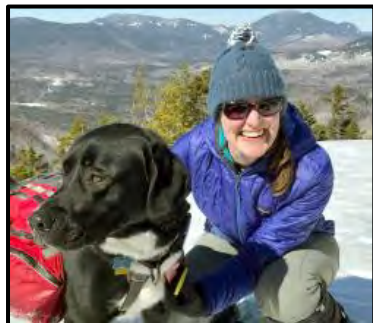
**Paul Brookes, Hiking Committee Chair**, has already contributed so much to our chapter. Paul has led or co-led almost 200 hikes since he started with SEM in 2015! He started the White Line the Blue Hills series, runs our popular two-day Map & Compass workshop, organizes an annual Noble View weekend, and has recently been helping lead some of the Winter Hiking Series hikes. You'll often see Paul on the trails with his dog Sunny. Prior to the holidays, Paul was very busy digitizing family photos and memorabilia to share with his family in Britain.

**Susie Schobel** chairs our new **20s 30s Committee**. Susie started this as an ad hoc committee in 2018, brainstorming with other 20s 30s committees in AMC for ideas on running activities and engaging members. Susie was the Zoom master running the show for the well-attended Winter Workshop webinar. She recently ran a very fun online Trivia Night. Susie is also a Level 4 hike leader, and she loves winter hiking with her dog, Duke. Susie is juggling her SEM role with her full time job as a teacher.

**Sue Svelnis, Education Chair**, held our first ever SEM online leader training in August and is planning our next training early this year. Sue has been active in our chapter since 2016. She is a hike leader and the registrar for our very popular Red Line Blue Hills series. She also volunteers at the Quincy Animal shelter and has kept very busy this year fostering kittens and hiking with her dog, Danny Boy.



Paul Brookes



Susie Schobel



Sue Svelnis

I will introduce you to more of our Board members next month. Paul and Susie are looking for vice-chairs. Do you want to get more involved with our chapter? Email me at [chair@amcsem.org](mailto:chair@amcsem.org).



Diane Simms  
AMC-SEM Chapter Chair

### 2021 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary .....Natalie Halloran  
 Treasurer .....David Yampanis  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair .....Bernie Meggison  
 Biking Vice Chair .....Peter Linhares  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Joanne Newton  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Sue Svelnis  
 Education Vice Chair .....Sarah Vendetti.  
 Hiking Chair .....Paul Brookes  
**Hiking Vice Chair.....OPEN**  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Sandi Santilli

Padding Chair .....Ed Foster  
 Padding Vice Chair .....Joe Keogh  
 Regional Director.....John Mullins  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Pete Tierney  
 20s & 30s Chair.....Susie Schobel  
**20s & 30s Vice Chair.....OPEN.**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah Brodsky  
 Webmistress..... Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position

## Challenge your limits! Continued from page 1

### Chapter Vice Chair

The Chapter Vice Chair position is *essential* to our chapter leadership continuity, as it is intended to lead to the Chapter Chair position after two years. You will shadow and assist the Southeastern Massachusetts Chapter Chair, learning how to support the AMC mission; conservation, education, and recreation in Southeastern Massachusetts; and our wonderful volunteers! You will develop and track goals and budgets, coordinate events, maintain a continuity plan, participate at meetings, and work closely with the Chapter Chair. Email Chapter Chair [Diane Simms](#) for more information.

### Hiking Vice Chair

Hiking is our most popular activity, and our busy hiking chair could really use an assistant! You will support SEM hiking by helping to coordinate hiking series and workshops; leading hikes and participating in other leaders' hikes; recruiting new hike leaders and ensuring they receive the proper mentoring. To apply for this position you must be a hike leader with the SEM chapter already actively leading hikes. Email [Paul Brookes](#) for more information.

***The Vice Chair position  
is **ESSENTIAL**  
to chapter continuity.***

### 20s & 30s Vice Chair

We all need to be more intentional about social connections these days. Meet new people and share your passion with other outdoors lovers!

Volunteer to assist our 20s & 30s Chair in the development of a committee to build involvement in the chapter from folks in their 20s and 30s. Help coordinate and host social events, network with members through social media, and lead activities geared toward members in their 20s and 30s. Email [Susie Schobel](#) for more information.

### Requirements/More Information

Do you have a passion for the outdoors? Do you have past experience as a chapter activity participant or leader? Then these positions are for you!



Cyclists take on the challenge of a long stretch uphill. Enjoy the satisfaction of a challenging chapter role well done!  
*Photo by [Martin Magnemyr](#) on [Unsplash](#).*

While the pandemic has provided an extra challenge to last year's leadership, we've gotten most of those kinks worked out and are operating at a new normal, so no worries about that! Besides, these positions do not require that you be in-person for our current activities, which are limited in space anyway.

For more information, contact Alan Greenstein at [nominatingcom@amcsem.org](mailto:nominatingcom@amcsem.org). Details are also available in the Activities Listings below and at [outdoors.org](http://outdoors.org).

### Answer our Nominating Committee's challenge!

Even if you are not personally interested in any of these positions, please contact Nominating Committee Chair Alan Greenstein to assist in leading us to someone else within the chapter who may be interested—or, in turn, knows someone who *is*. Keep the Nominating Committee busy!







## White Lining Tips!

By Bob Vogel, Hike Leader

1. Some of the “single dot” trails are rather difficult to find in the winter. You might want to concentrate on those quickly when there is bare ground.
2. Caution: Those “single dot” trails, and even some of the wider trails, can have a lot of small trees bowed over into them. (See: <https://youtu.be/WImQ7FU5kls> if you want to see what it can be like.)
3. There are LOTS of people out using the Blue Hills now. I was out the day after the snow storm (see video above), and broke trail on lots of trails. I was back Sunday, two days later, and only found two “less used” trails that were not broken out. So, if you don’t have snowshoes, wait a couple days and the trails will be packed for you. ☺ If you *do* have snowshoes, get out and enjoy that fresh snow quickly!
4. The Boardwalk is best done when dry or frozen. (As can be attested to by those who were there last March wading in ice water!) Learn from my poor planning!
5. Ditto for “Indian Path,” the trail along the Neponset River. You wouldn’t want to fall through the ice, and moving water doesn’t always freeze very thick. Take care!

### AMC’s 145th Annual Summit ONLINE Saturday, January 23rd

Fee \$20. Attend any combination of sessions you choose. After you register, AMC will send an email on how to network and socialize during this virtual event. Schedule includes:

- ▶ Interactive workshops and presentations with AMC experts and outdoor pros
- ▶ Committee business meetings
- ▶ AMC’s 145th Annual Business Meeting
- ▶ Presentation of AMC’s annual volunteer awards
- ▶ Updates on AMC’s work in conservation, recreation, and education

Information & Registration [Here](#)

Registration closes at 11:59pm (EST) on Thursday, January 21, 2021.



Photo by  
Karen Foley

## Volunteer of the Month: Ken Cohen

By Paul Brookes, Hiking Chair

Each month the AMC-SEM recognizes one of the amazing people who give their time, energy, and resources to make our chapter one of the best! Ken Cohen is January’s hiking volunteer of the month.

Ken has been a SEM member for fourteen years and a local Hike Leader for four years. He has created several annual hikes that are eagerly-awaited and well-attended. The virus did not stop Ken from leading these hikes this year. His 2020 hikes included the 3rd Annual Spring into Spring hike at the Arnold Arboretum; 4th Annual Wilson Mountain hike, and 4th Annual Autumn Peak hike—again at the Arnold Arboretum.

Ken’s Arnold Arboretum hikes are especially interesting: He stops at strategic points and regales us with fascinating information about the collection we’re passing or the tree we’ve stopped by. On his Wilson Mountain hike, we all hope to run into a sea of the perennial Lady Slippers. This year he also led three hikes in the Blue Hills around Ponkapoag Pond.

Ken maintains an active social presence with a large group of SEM hikers who will often receive some encouraging email or forwarded pertinent information. This is especially valued by those who cannot attend group hikes at this time, as it helps them stay connected. Ken is also an excellent amateur photographer, and he has a passion for outdoor photography, including close-ups of flowers. Many issues of the *Breeze* have benefited from a photo or two provided by Ken.

With respect to our SEM partners, Ken is on the board of the Friends of the Blue Hills as a Trustee at Large.

Thank you Ken for all you do for the chapter! Ken will receive a Volunteer of the Month certificate and a \$50 REI gift card.



## How to find winter hikes close to home and safety tips to follow

Diane Simms, Chapter Chair and  
Mansfield Conservation Commissioner

Winter is a great time to hike. If you don't already know this to be true, read some of these [quotes](#). In these times, you may want to keep it simple and closer to home. Because of COVID-19, our outdoor excursions may be different this winter for several reasons. We can't readily travel out of state to the big mountains; we may find it difficult to sign up for group hikes limited in size; we may choose to hike with people in our household or a friend until the risk is lower. This winter, the perfect places for hikes may be in our own towns.

Many towns have conservation properties. Some towns also have non-profit land trust organizations that manage conservation property. These properties often have trail systems.

### How do you find these local trails?

- Check your town's website. You may have to hunt around a bit on the website, but generally towns will have trail maps for their conservation properties. Start by searching under the Conservation department, Natural Resources, or Open Space. [Sandwich](#) partnered with Americorps and installed visible trail markers at its Maple Swamp property and uploaded it on an App called Avenza with instructions for using the app at the trailhead.
- Google "my town" land trust conservation. In my town of Mansfield, as well as other towns, the land trust is [Natural Resources Trust](#) so I'd use that as part of my search. Similarly, some of the Cape towns, such as [Harwich](#), [Bourne](#), and [Falmouth](#) have a Conservation Trust so I'd use that as my search criteria.
- The websites you find should have addresses, availability, basic trail maps, and other information.
- [Mass Audubon](#), the [Trustees of Reservations](#), and [DCR state parks](#) also have multiple properties in Southeast Massachusetts.
- Don't forget that we have a National Park in our region—the Cape Cod National Seashore Park. There are multiple trails in addition to beach walking.

Many thanks to Cape Hiking Chair Jane Harding and Cape Hiking Vice Chair Robin McIntyre for their help with this article.



Explore local parks and preserves. *Photo by Diane Simms*

### Once you have identified a location, be sensible.

- Print a trail map. There may not be a kiosk with a map at the trailhead. These trail maps may not list every trail at the property and the trails may not all be well marked. You could also use an app such as AllTrails, Back Country Navigator or Maplets, but don't rely solely on a phone for navigation.
- Take appropriate winter precautions, including sturdy footwear ideally hiking boots; poles for supporting balance; fluid for hydration; and traction devices for snow or ice. You may not have any snow in your neighborhood, but a trail may have packed ice and snow. For more tips, watch the [Winter Hiking Workshop video](#).
- Many towns are under financial stress so may not be maintaining the parking area and trails as well as they were. If you start on the trail but there are more obstacles than you are comfortable with, turn back.
- Confirm that the property is open and if there are time restrictions. Note, some of the Trustees and Mass Audubon properties currently require reservations.
- At some locations, pets may be welcome (but they should be leashed). However, at some wildlife refuges, pets are prohibited. Check this before you bring your furry partner.
- You are safer hiking with someone. If you are hiking alone, follow your normal precautions.

Embrace the outdoors this winter!





To enjoy the outdoors in winter, learn how to dress to stay warm and dry. Photo by [Kelly Sikkema](#) on [Unsplash](#)

## Staying warm in winter, Part 1

By Dexter Robinson, Hike Leader

Doing outdoor winter activities is not about being cold; it is about being warm in a cold place.

This article will explore how to stay warm in winter to enjoy outdoor activities. It will focus on layering with clothing that is currently available.

**THE KEY TO BEING WARM IN WINTER IS TO STAY DRY.** The basic strategy for dressing for the outdoors in winter hasn't changed much in the last few decades. **IT IS ALL ABOUT LAYERING.**

You should wear multiple layers rather than one thick bulky layer so that when you get warm, you can slowly begin to adjust or remove layers. If you wear a bulky jacket or parka for all your insulation and then start sweating into it, you will be completely exposed when you take it off. It is better to wear a couple of insulating layers and a shell on the outside to regulate your body temperature and avoid sweating. What clothing we select and how we manage our layers have the common goal of keeping us as dry as possible.

## WISE layering system

The Wilderness Education Association invented an acronym for this layering system called WISE. It stands for wicking, insulation, sheltering, and extremities/extra.

This first article will focus on the base layer which needs to move moisture away from the skin. A wicking layer of wool, polyester, silk, nylon, spandex, or other synthetics should draw sweat into the fabric moving water through fibers away from skin. It should be quick drying, odor resistant, and handle extremes of physical activity. Your base layer should be in close contact with your body and fit snugly and comfortably. In addition to wicking away moisture the base layer helps to protect your skin from extreme cold by reducing the speed at which you lose body heat.

For your upper body you want to wear a thin, long sleeve shirt—the thinner the better. For your lower body you want a layer similar to your upper body, that is, thin long underwear similar in thickness to the upper body.



On one of my first summer hiking trips in the Whites, I planned to meet the rest of a group at a trail junction on the Carter Ridge. The air was moist with clouds blowing thru and I perspired as I climbed to the ridge. While I was waiting to meet the others I started to get cold and shiver, so I added a sweater layer, but I was still cold. I then walked fast up and down the trail to generate heat but I was still shivering. Adding a rain jacket also had no effect. Finally I changed my base layer T-shirt. Once I did that it was like flipping a switch. I immediately warmed up so much that I had to remove a layer. Keeping the base layer dry is critical for staying warm no matter what time of year. The other layers may do little to warm you once the base layer becomes wet. Fabric choices and layer management are also important in keeping you dry and warm.

Continued on page 7



**Staying warm in winter** Continued from page 6

	<b>Polyester</b>	<b>Merino Wool</b>	<b>Nylon</b>	<b>Silk</b>	<b>Cotton</b>
<b>Fabric type</b>	Synthetic	Natural	Synthetic	Natural	Natural
<b>Breathability</b>	Decent	Excellent	Poor	Decent	Excellent
<b>Water absorption performance</b>	Excellent (Absorbs up to 0.4% of its own weight in water)	Decent (Absorbs up to 33% of its own weight in water)	Excellent (Absorbs more than Polyester but less than Merino wool)	Decent (Absorbs up to 30% of its own weight in water)	Poor (Absorbs up to 2500% of its own weight in water)
<b>Durability</b>	Good	Decent	Excellent	Excellent	Good
<b>Moisture-wicking performance</b>	Excellent	Good	Excellent	Good	Poor
<b>Drying time</b>	Excellent	Decent	Excellent	Excellent	Poor
<b>Weight</b>	Excellent	Decent	Excellent	Excellent	Decent
<b>Feels</b>	Synthetic	Soft, non itchy	Synthetic	Soft non itchy	Soft, non itchy
<b>Warmth when wet</b>	Poor	Excellent	Poor	Good	Poor
<b>Odor-resistance</b>	Poor	Excellent	Poor	Good	Decent
<b>Non-allergenic</b>	No	Yes	No	Hypoallergenic	Hypoallergenic
<b>Price</b>	Excellent	Decent	Excellent	Poor	Excellent

Table from [besthiking.net](http://besthiking.net)

**Base layer fabrics**

There are two categories of base layer clothing: synthetics and natural fabrics. The most common base layer fabrics for winter outdoor sports are polyester, merino wool, nylon, and silk.

The chart shows their basic characteristics. Note that these characteristics depend greatly on the thickness and porosity of the fabric. Cotton is included for comparison.

The chart illustrates why cotton is a poor choice for outdoor winter activities. If you wear a cotton base layer it will likely get wet from perspiration, melting snow, or a cold rain, resulting in a significant loss of heat. According to the US Search & Rescue Task force, "Water conducts heat away from the body 25 times faster than air because it has greater density." Having wet clothing in winter can be dangerous. It often leads to hypothermia.

***"Wetness is the enemy of warmth. People caught in bad weather with wet clothes might as well be naked."***

— Dr. Murray Hamlet, retired director of the Cold Research Division for the US Army Research Institute of Environmental Medicine in Natick, MA.

Current examples of synthetic base layers include:

- Helly Hansen Lifa Stripe Crew, material: 100% polypropylene
- Arc'teryx Rho LT Zip-Neck, materials: 84% polyester, 16% elastane
- REI Co-op Lightweight Base Layer Half-Zip Top, materials: 92% polyester, 8% spandex
- Patagonia Capilene Cool Lightweight, materials: 37% polyester, 63% recycled polyester

And some natural fabric base layers:

- **Smartwool Merino 150 Crew, materials:** 87% merino wool, 13% nylon
- **Black Diamond Solution 150 Merino Crew, materials:** 78% merino, 22% polyester
- REI Merino Midweight Half-Zip, **material:** 100% merino wool
- Icebreaker Oasis Crewe, **material:** 100% merino wool

For more base layers and a comparison chart of some current base layers, check out:

[Best Baselayers of 2020-2021](#) and [Is Merino Wool Better than Synthetic.](#) In the next article we will explore the insulation layer.





## Trail Snack Ideas

By Leah Brodsky, Social Media Administrator & Blogger

One of the fun parts of hiking is the snacks. In fact, we have a little tradition within our chapter of bringing cookies after completing the Redlining the Blue Hills challenge (where you trek each and every single trail of the Blue Hills and mark it in red on your map.) But which snacks are best to bring? Snacks with a lot of protein are good because they give you energy. My go-to snack is GORP (good ol' raisins and peanuts).

### **GORP Recipe:**

- ¼ cup of raisins
- ¼ cup of almonds
- ¼ cup of peanuts
- ¼ cup of M&M's
- ¼ cup of milk chocolate Raisinets

Another good snack is protein breakfast bars, because they're easy to eat while on the move.

Throughout the different seasons, be mindful of bringing appropriate snacks. For instance, in the winter, you can bring chocolate, but shouldn't in the summer because it will melt.

### **Summer Snacks**

In the summer, dried fruit, such as dried apricots or dried mangos, and nuts, such as almonds or cashews, are delicious, easy, and lightweight. Apples and peanut butter are also refreshing on hot hikes and full of protein.

### **Winter Snacks**

Any of the summer snacks, plus, as I mentioned, chocolate! Snicker's Bars are a good choice because they contain peanuts, but remember to carry out your trash. Larger bars are better than something with a lot of wrappers (like Hershey's Kisses), but cut them up or keep them close to your body to prevent freezing.

What's your favorite trail snack? Share your recipe by emailing [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org) and we might feature your recipe in a future issue!

## Leave No Trace Principle #7:

### Be considerate of other visitors

By Bill Cannon, Conservation Vice Chair

#### Leave No Trace Guidelines:

- ❖ Respect other visitors and protect the quality of their experience.
- ❖ Be courteous. Yield to other users on the trail.
- ❖ Step to the downhill side of the trail when encountering pack stock.
- ❖ Take breaks and camp away from trails and other visitors.
- ❖ Let nature's sounds prevail. Avoid loud voices and noises.

#### Allow others to enjoy what you are enjoying:

We come to the outdoors to enjoy nature, get some exercise, and enjoy the company of our fellow participants. We don't want to do anything that will take away from the natural appeal of the outdoors or anyone's enjoyment of it.

We always ask people to silence their phones before the activity begins.

The general assumption on a narrow trail is that hikers headed downhill will step aside to allow an uphill foot traveler to easily pass. In many places, there's an expectation that hikers will yield to equestrians, and that bicyclists will yield to both hikers and equestrians on trails. Although mountain bikers are technically supposed to yield to hikers, it's better to be safe than right. Pay attention to other trail users and you'll avoid unnecessary injury. Stay in control when mountain biking. Before passing others, politely announce your presence and proceed with caution.



Keep pets under control at all times—Bowser is not in the wildlife category. Please pick up dog feces from camps and trails and dispose of them when you return home. Some areas prohibit dogs or require them to be on a leash at all times. Be sure to check the area rules or the hike posting to discern if dogs are allowed or whether you need prior approval from the leader before you bring your dog to a hike.



March 2015: Rime-encased trees below the Observatory illustrate extreme weather on the summit of Big Blue.  
*Photo from The Daily Mail (UK)*

## The Blue Hills Observatory

By Bob Vogel, Hike Leader

We see the Observatory when we hike, but did you ever wonder how it came to be there? What it actually does? (And has done over the years?) Let's take a look, and we'll start by going back to 1884.



Abbot Rotch<sup>1</sup> (1861–1912) was Harvard's first professor of meteorology, and he built the original Blue Hills Observatory, with his own funds, in 1884. (It was designed by his brother.) The original observatory had a two-story stone tower. It was built of stones from near the summit of Great Blue. The original structure consisted of the tower and a two-story unit containing two bedrooms, a kitchen, and a dining room.

Starting February 1, 1885 the Blue Hill Observatory was occupied and has recorded atmospheric temperature readings continuously ever since. These written records, as opposed to just anecdotal stories, provide the kind of long-term data needed to allow evaluation of climate change. The Blue Hills Observatory "is the foremost structure associated with the history of weather observations in the United States."<sup>3</sup>

In 1890 an east wing addition was added to house additional research space and a library.

During the 1880 and 90s they flew kites to carry weather instruments into the sky and collect data on wind and clouds, the first time that had been done. On October 8, 1896, a record of 8740 feet (2,665 m) was achieved for a weather kite.



Original Observatory, in 1887, with two of the kites that were used to raise instruments into the sky.<sup>2</sup>

Those of us who hike in New Hampshire know that as you go up in altitude the temperature drops. Experiments such as these helped prove that, and quantify the effect of altitude on temperature.

In 1902 a west wing addition was also added. In 1908 the original tower was removed and replaced, as the vibrations from the instruments on the roof, combined with the high winds the tower endured, had led to it developing leaks. It was replaced by a three-story concrete tower.

During the hurricane of 1938, they recorded the highest wind speed ever directly measured during a hurricane at 186 mph.<sup>4</sup>

In 1980, the Observatory was listed in the National Register of Historic Places as "Great Blue Hill Weather Observatory." On 12/20/1989 it was declared a National Historic Landmark.

February 1, 1885	
<b>Precipitation</b>	
Kind	None
Time of beginning	56
Direction of wind at beginning	56
Time of ending	1:40 PM
Direction of wind at ending	56
Direction of wind at ending	56
Amount of snow	None
Amount of wetted snow by gage	0.7 in.
Amount of wetted snow by gage	0.7 in.
Estimated depth of snow	12 in.
<b>Self Registering Thermometer</b>	
At 8 AM	18.5
Maximum thermometer	19.1
Corrected maximum	17.7 by exposure
Minimum thermometer	11.9 by exposure
Corrected minimum	11.7
At 11 PM	11.9
Maximum thermometer	11.7
Minimum thermometer	11.7
Maximum after setting	11.7
Minimum after setting	11.7
<b>Wind</b>	
Maximum velocity	36
Time of maximum velocity	7:30 PM
Direction of maximum velocity	SE
Time of minimum velocity	7:30 PM
Direction of minimum velocity	SE
Change in direction	SE every 6 H
Number of shifts in direction	4
<b>Miscellaneous</b>	
Wind velocity of 36 miles per hour at 7:30 PM	

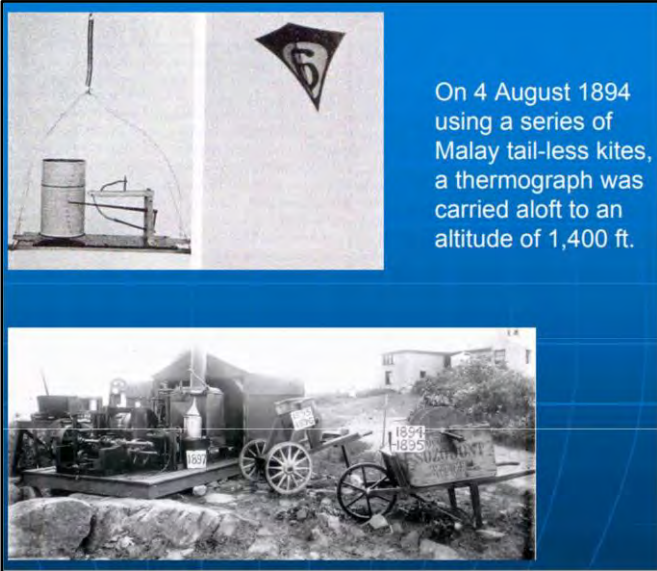
First weather data record, Feb 1, 1885

Continued on page 10





**Blue Hills Observatory** Continued from page 9



On 4 August 1894 using a series of Malay tail-less kites, a thermograph was carried aloft to an altitude of 1,400 ft.

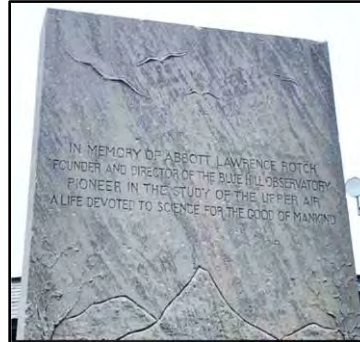
Harvard operated the Observatory until 1959, when it was turned over to the National Weather Service.<sup>5</sup> While the National Weather Service continues to operate automated equipment at the summit, the Observatory itself has been turned over to the “Blue Hills Observatory and Science Center,” a non-profit which currently operates it.<sup>6</sup> Their Mission? “The mission of the Blue Hill Observatory and Science Center is to foster public understanding of, and appreciation for, atmospheric science, while continuing to maintain a meticulous record of weather observations and long-term study of climate.” You can find them at [bluehill.org](http://bluehill.org). When things settle down, they will again be open for tours.



Interior of the original Observatory building with observer.

Next to the Observatory is the Rotch Memorial, an engraved stone marker that was donated in 1914 in honor of Abbot Lawrence Rotch by his widow.

The memorial was originally located at the junction of the summit and the circumferential roads, and was moved to the current site in 1968.<sup>7</sup>



Left: “In Memory of Abbot Lawrence Rotch, Founder and Director of the Blue Hills Observatory, Pioneer in the Study of the Upper Air, A Life Devoted to Science for the Good of Mankind”<sup>9</sup>



Bonus 1 (Above): Flagpole plaque at the Observatory.<sup>10</sup>

I don't know the connection between James and the Redman Farmhouse at the Ponkapoag Golf Course, but I would guess there is one.

Left: Climatological Data 1885-1984 recorded at the summit.<sup>8</sup>

The Observatory wall, a poured concrete wall with capped piers and segments that connects to an iron fence to make a complete enclosure around these three resources, was constructed in 1905.



The Blue Hills Observatory enclosure today.





## Blue Hills Observatory Continued from page 10

### Bonus 2: Summit Road.

The summit of Great Blue Hill is reached by Summit Road, constructed sometime between 1871 and 1884.<sup>11</sup> While as hikers we tend to avoid the road, it is frequently used by both runners and bikers, as in the greater Boston area it's a good place to get some elevation (about 400') and if you do multiples it adds up. "Everesting" is a thing (<https://29029everesting.com/>), and if you are really committed you can ride or run up and down the road 70 times (equaling 29,029' of elevation gain) like Jim Purtell from Somerset did on his bike in 2015. See:

<https://www.southcoasttoday.com/article/20150605/news/150609544?template=ampart>

### Bonus 3: Pumphouse

On Accord Path, more or less across from Brookwood Farm, is a small stone building. If you've hiked past it, you might have wondered what it was. I say "was," because looking at its present condition you can quickly tell it doesn't do anything useful anymore. Looking inside, you may have figured it out; there are all the clues you need. This pumphouse was constructed to provide water to the Observatory.<sup>12</sup>



Pumphouse built in 1913 with disused electrical panel.



Interior, left, old pipes, pump, and motor, right.

### Bonus 4: WGBH Building/Tower

Not everything on the summit is associated with the observatory. The WGBH building and tower are located there, too. ("W Great Blue Hill," in case you never thought about where those initials came from.) WGBH FM signed on in October 1951 and from 1955 to 1960 WGBH-TV also broadcast from there. If this subject interests you, and you want more information, Scott Fybush has "all the info" you could ever want at: <https://www.fybush.com/site-of-the-week-8242012-wgbh-fm-boston/>.



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<sup>1</sup>[http://www.bluehill.org/history/History\\_of\\_Blue\\_Hill.pdf](http://www.bluehill.org/history/History_of_Blue_Hill.pdf)

<sup>2</sup>[https://en.wikipedia.org/wiki/Blue\\_Hill\\_Meteorological\\_Observatory#/media/File:Bho\\_summit01.jpg](https://en.wikipedia.org/wiki/Blue_Hill_Meteorological_Observatory#/media/File:Bho_summit01.jpg)

<sup>3</sup>[https://en.wikipedia.org/wiki/Blue\\_Hill\\_Meteorological\\_Observatory](https://en.wikipedia.org/wiki/Blue_Hill_Meteorological_Observatory)

<sup>4</sup>Ibid.

<sup>5</sup>[http://www.canton.org/canton/Canton%20Mass\\_%20Historical%20Society,%20Canton%20Bicentennial%20Book,%20Chapter%201.htm](http://www.canton.org/canton/Canton%20Mass_%20Historical%20Society,%20Canton%20Bicentennial%20Book,%20Chapter%201.htm)

<sup>6</sup><https://bluehill.org/observatory/about-us/history/>

<sup>7</sup><https://www.mass.gov/files/documents/2016/08/mz/sections1-4.pdf> p. 40

<sup>8</sup><https://bluehill.org/observatory/2013/03/blue-hill-observatory-roth-memorial-monument/>

<sup>9</sup>Bob Vogel photo

<sup>10</sup>Bob Vogel photo

<sup>11</sup><https://www.mass.gov/files/documents/2016/08/mz/sections1-4.pdf> p. 40

<sup>12</sup><https://www.mass.gov/files/documents/2016/10/mz/section-2-blue-hills-reservation.pdf> P. 2-19

<sup>13</sup><https://www.fybush.com/site-of-the-week-8242012-wgbh-fm-boston/>





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.amc.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

### AMC Trip Policy

**You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. Per MA executive order (<https://www.mass.gov/doc/covid-19-order-55/download>), a face covering must be worn for the entire activity. Please have your face covering on when we circle up. Anyone who does not register or does not bring a face covering will not be allowed to join the activity. Group size is limited and activities are often waitlisted, 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 "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.**

**This policy applies to ALL activities. No exceptions.**

### CAPE HIKES

**Sun., Jan. 17. Hike in Dennis, MA.** Hike along wooded trails relatively flat with stretches of pavement. You should wear sturdy footwear preferably hiking boots, dress in layers and bring fluid for hydration. If the ground has snow or ice you should also use traction devices. Hiking poles helpful for balance. **See AMC Trip Policy on page 12.** L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net)) CL Margaret Christen (832-443-7321 Before 8PM, [margaret@mchristen.net](mailto:margaret@mchristen.net))

**Thu., Jan. 21. Hike--Wareham A, MA.** This pre-registered hike with a limit of 9 participants is 3.5 miles in Wareham. The terrain is relatively flat with roots and rocks to negotiate. Waterproof hiking shoes/boots are needed, with microspikes/Yak Trax and poles if snowy/icy. Start location will be send to registered participants. **See AMC Trip Policy on page 12.** L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net). Robin is a 5th year Level 1 SEM/Cape Hikes leader.)

**Sun., Jan. 24. Hike- Along a Stream Part II, East Falmouth, MA.** A fairly easy hike mainly along a stream restored from old cranberry bogs. We will also pass through some adjacent woods. This hike is downstream form a hike 2 weeks ago at the origin of the same stream, About 2 hours, 4 miles. **See AMC Trip Policy on page 12.** L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

**Sun., Feb. 28. Hike--Wareham S, Wareham S, MA.** This pre-registered hike with a limit of 9 participants is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Waterproof hiking shoes/boots are required and microspikes/Yak Trax and poles if snowy/icy. Start location will be send to registered participants. **See AMC Trip Policy on page 12.** L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level 1 SEM/Cape Hike Leader)

**Thu., Mar. 25. Hike--Bourne, Bourne, MA.** This pre-registered hike with a limit of 9 participants, 4+ miles, 2 hours, will take place in Bourne. The wooded trails have frequent rolling hills with leaves, rocks, and roots to negotiate. Waterproof hiking shoes/boots are required with microspikes/Yak Trax and poles if icy/snowy. Bring water. Start location will be send to registered participants. **See AMC Trip Policy on page 12.** L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level 1 SEM/Cape Hike leader)



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. SEM Chapter Vice Chair.** The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education, and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets, and special events, maintenance of SEM continuity plan, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. This position will be available November 2020. Email chapter chair Diane Simms [chair@amcsem.org](mailto:chair@amcsem.org) for more information.

**Ongoing. SEM Hiking Vice Chair.** Do you want to support SEM hiking? We need a Hiking Vice Chair to assist the SEM Hiking Chair. Responsibilities include helping to coordinate hiking series and workshops; leading hikes and participating in other leaders' hikes; recruiting new hike leaders and ensuring they receive the proper mentoring. To apply for this position you must be a hike leader with the SEM chapter already actively leading hikes. Email Paul Brookes for more information. Email the chapter chair Diane Simms [chair@amcsem.org](mailto:chair@amcsem.org) or hiking chair Paul Brookes [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org) for more information.

**Ongoing, SEM 20s & 30s Vice Chair.** The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org) for more information.

**Ongoing. Conservation Committee Member, MA.** The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

### HIKING

**Rating codes** (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

**Sat., Jan. 16-17. Southeastern MA Snowshoe Series 2, MA.** - 1/2 day Saturday hike followed by a full day hike on Sunday (no accommodations provided). Location TBA - We will be chasing snow. **See AMC Trip Policy on page 12.** L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com)) CL Diane Hartley ([dihartleyplymouth@gmail.com](mailto:dihartleyplymouth@gmail.com))

### BEONLINE WITH AMC

**Fri., Jan. 15, 6:30-8:45 pm. Banff Mountain Film Festival Virtual Watch Party.** Join us for a virtual watch party of some of this year's Banff Mountain Film Festival movies! We'll hang out on Discord and enjoy the films together(ish). The Festival is an international film competition and annual presentation of short films and documentaries about mountain culture, sports, and the environment. Rent the program (\$15) [here](#), in advance of the watch party. [Details here.](#)





## Activities

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

### BEONLINE WITH AMC

**Tues., Jan. 19, 7-8:30 pm. Exploring Antarctica: Hiking, Kayaking, and Camping on the Frozen Continent.** Join us on January 19 at 7pm for a presentation by Jeff Noonan about his experiences visiting Antarctica. Learn how to get there, where to go, and what to bring. Sign up now and we'll (virtually) see you there! [Register here.](#)

**Wed., Jan. 20, 7-8:30 pm. 3rd Wednesday Speaker Series: Multi Day Treks/Hikes Around The World.** Ken Curchin will discuss how he transitioned from day hiker to long trekker/day hiker. How easy is it to get started? Average cost, picking a trek, finding out where and how to book hotels and huts, plus/minuses of a "do it yourself trip," hiring a company to arrange your trip (Norway), or paying for a guide to take you (Machu Picchu & Patagonia). [Details here.](#)

**Thurs., Jan. 21, 6:30-8 pm. Appalachian Trail Adventures with Dan "Pa" Gallogly.** Dan has run marathons and done triathlons, long-distance bike races, a 50-mile walk/run, and hiked more than a 1,000 miles, 500 of them on the Appalachian Trail. All after turning 60 years of age. Dan, who is also an AMC member, will share his adventures and knowledge gained while section hiking the Appalachian Trail. [Register required.](#)

**Thurs., Jan. 28, 6-8 pm. Watch Party: *Virunga*.** A powerful combination of investigative journalism and nature documentary, *Virunga* is the incredible true story of a group of courageous people risking their lives to build a better future in the Congo, one of the most bio-diverse places on Earth and home to the planet's last remaining mountain gorillas. You'll need a Netflix subscription and the Teleparty browser extension in Chrome. [Registration required.](#)

**Wed., Feb. 17, 7-8:15 pm. An Adventure in the Mountains of the Moon.** In March 2019, Katie Bartel climbed Margherita Peak in Uganda's stunning and remote Mountains of the Moon (Rwenzori Mountains). Her talk will cover a brief history of these little-known mountains, her experience, logistics, and what to expect if you want to hike there before the glaciers melt! [Registration required.](#)

**Wed., Feb. 17, 7-8:30 pm. 3rd Wednesday Speaker Series - Rescue of the Bounty.** Mike J. Tougias, co-author of *Rescue of the Bounty*, will give a dramatic visual presentation about this event. The tall ship *Bounty*, featured in the Marlon Brando movie *Mutiny on the Bounty*, sank during Superstorm Sandy in 2012. The captain and a crewmember perished in the accident but the Coast Guard performed harrowing helicopter rescues to save the other fourteen sailors. [Registration required.](#)





# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | February 2021

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

Sign up for the AMC Activity Digest. Sign into your Outdoors account and [follow these instructions](#).

Or call 1-800-372-1758.

Find past issues of *The Southeast Breeze* on our [website](#).

Like us on [Facebook](#).

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

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

Please send photos as separate attachments, including the name of each photographer. Identify main subjects. Include the words "Breeze Article" in the subject line.

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Who were those masked men? Volunteers from AMC-SEM who helped to replace the old split plywood with a sturdy new Romeri Bridge. *Photos by Skip Maysles*

## Romeri Bridge project completed in the Blue Hills

By Skip Maysles, Trails Chair

WOW! It is always great when three like-minded organizations collaborate and successfully complete a project! Personnel from the Department of Conservation and Recreation, Friends of the Blue Hills, and the AMC-SEM Chapter worked together to rebuild the Romeri Bridge located near marker #3174 adjacent to Wood Road in the Blue Hills. Personnel from these groups were involved in many hours of planning, environmental permitting, approving, site visits, and construction.

Finally, on Saturday, January 9, with sunny weather and temps in the low 40s, a small crew of five removed the old bridge and assembled the new bridge. Thank you to our Saturday trail work volunteers: Bill Doherty, Bob Flagg, Steve Scala, Skip Maysles, and another frequent SEM volunteer.

A special thank you to all individuals who assisted behind the scenes and who supported this project!





## View from the Chair: New Board Members and COVID Update

The SEM Executive Board works hard to plan activities, educate leaders and members, maintain trails, and more. In last month's View, I introduced you to three of our new Executive Board members. This month, I'd like you to meet two more. They join our existing Executive Board members to support our chapter. We keep SEM vibrant by rotating board positions regularly.

**Samantha Fisher, Membership Chair**, is a 4+ year member of SEM. She is a level 1 hike leader. She completed leader training in 2019 and continued her training with Wilderness First Aid and CPR. Sam did overnight backpacking trips to New Hampshire last year and hopes to become a Level 2 hike leader when restrictions ease up. (Level 2 is leading hikes in the big mountains.) She is a Retail Manager with 15+ years of experience ensuring smooth operations and excellent customer service. Sam received her BA in Communications from Bridgewater State.

**Natalie Halloran, Secretary**, is also involved with SEM's 20s & 30s Committee. She joined SEM in 2017 and has been a regular on the Red Line Blue Hills series. She took leader training in 2017 and started leading some of those hikes. She has a Bachelor Science in Mathematics and taught high school math for a year before moving to technology positions. Hawaii is Natalie's favorite place for outdoor activities. On her last trip she went hiking, kayaking, e-biking, waterfall rappelling, and snorkeling. She found the e-biking terrifying!

COVID-19 continues to impact all aspects of our lives. Our leaders have been posting activities following the AMC guidelines to comply with current state requirements. The guidelines were formulated to help ensure the safety of you, our members, and our dedicated activity leaders. Guidelines include a **limit of group size to ten people** and required **registration** for activities. Because [MA Executive Order 55](#) requires face coverings in a public location, **face coverings are required** during our activities. MA also has a strict Travel Order, so SEM is not offering activities in other states and is not accepting participants from other states at this time.

With the risks of COVID-19 and the requirements for our activities, there have been less trips planned but with additional activity leaders (see Sue Svlenis' article on leadership training, page 6), we hope to see a few more activities posted in our database soon. Trips fill up quickly and we are so grateful to have an enthusiastic response! We appreciate your understanding and patience as we create compliant, safe trips for as many as possible. Meanwhile, we are offering more and more virtual gatherings (see activity listings to hop on board our photo scavenger hunt) and continue to educate online. Feel free to reach out to any of us ([see officer list](#)) with your questions about the outdoors. We are still here to support you so we can all BeOutdoors safely.



Far Left:  
Samantha Fisher

Near Left:  
Natalie Halloran



Diane Simms  
AMC-SEM Chapter Chair

### 2021 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary .....Natalie Halloran  
 Treasurer .....David Yampanis  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair .....Bernie Meggison  
 Biking Vice Chair .....Peter Linhares  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Joanne Newton  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Sue Svlenis  
**Education Vice Chair .....OPEN**  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....Pamela Johnson  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Sandy Santilli

Paddling Chair .....Ed Foster  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....John Mullens  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20s & 30s Chair.....Susie Schobel  
**20s & 30s Vice Chair.....OPEN.**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah Brodsky  
 Webmistress..... Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if  
 you are interested in any  
 OPEN position

## 2021 AMC Annual Summit

By Skip Maysles, Trails Chair

WOW! Happy 145th birthday! Not to us, but to the AMC organization!

On Saturday, January 23, volunteers, friends, and supporters from Maine to Virginia joined in the first-ever virtual Annual Summit! Due to COVID-19, it was a much different event than past meetings. I missed seeing my old friends from SEM, other trail committee members, and the Bay Circuit Trail leaders.

The themes for 2021 were highlighted by John Judge, president and CEO:

- Telling AMC's Story
- Advancing Diversity, Equity, and Inclusion (DEI)
- Digital Transformation

I will briefly discuss the second two items.

**DEI:** For our organization to evolve in the future, we need to attract a diverse group of people. An organization is made stronger by diversity. As an organization, AMC can no longer wait for people to find us, but rather we must seek out and proactively invite them into this organization.

**Digital Transformation:** Good news! In the next few months, AMC plans to release a revised website which will make life easier for all of us! Stay tuned for more info!

More than 15 presentations/events scheduled included:



AT Thru-Hiker Derick

A repeat presentation by Derick Lugo, author of *"The Unlikely Thru-Hiker, An Appalachian Trail Journey,"* a story of a young black man setting off from the city with an extremely overweight pack and a willfully can-do attitude.

He learns lessons on preparation, humility, race relations, and nature's wild unpredictability. I met Derick, trail name Mr. Fabulous, at the 2020 Annual Summit, and read his book. I highly recommend it!

**Conservation Impact Through Advocacy.** Almost everything we experience outdoors is impacted by decisions made by federal, state, and local elected officials. So it is up to all of us as individuals to lobby our

elected officials and let them know what is important to us. You can do this by first doing some research to understand the issues. The more knowledge you have about an issue, the more you will be able to express your ideas and concerns. Next, contact your local officials. Be passionate about the issues that are important to you!

You can email, call, or use social media to connect with them. If your officials have Town Hall meetings, attend the meetings and engage them in a discussion! Lastly, remember that many different voices can speak louder together! Sign on-line petitions and recruit others with similar ideas and passions. Use your voice to protect the outdoors!!

This was my favorite presentation: Understanding that I (we) have the power to make a positive impact on the environment is awesome!

**Putting Your Best Foot Forward** discussed special techniques for lacing your boots—to address fit issues, foot care before and during a hike, and treating a few common foot injuries.

Evacuation Decisions in the Wilderness explained how to safely evacuate those in need of medical attention from the wilderness. Patient assessment, treatment capabilities and limitations, and mode/speed of evacuation were discussed.

Developing a Pathway to Net Zero Carbon Emissions: The AMC has adopted a goal of achieving "net zero" carbon emissions from its facilities and operations by 2050. This event discussed the science behind this goal, what AMC has already done, how it is developing a strategic plan to achieve this goal, and the challenges involved. Participants also learned how they can track and reduce their own personal "carbon footprints."

Protect the View: A group used a science-based campaign and call to action to preserve scenic trail experiences in Philadelphia. This in-depth research identified ten scenic views which were deemed significant, yet vulnerable to development pressure. With other stakeholders, the team was able to protect these great views for all to see!

This is a short list of events, but as you can see there was truly something for everyone! A full list of videos of the 2021 Annual Summit can be viewed [here](#).

Overall and given the circumstances, this was another great Annual Summit! If you have never attended a summit, what are you waiting for? You have my personal invitation to join us in 2022!





Bob Vogel with Certificate of Appreciation presented to him in October 2019 by members of his hiking group. *Photo by Claire MacDonald*

## Contributions earn Bob Vogel the AMC Volunteer Leadership Award

**Editor's Note:** Bob Vogel of the Southeastern Massachusetts Chapter is a recipient of the AMC's 2021 Volunteer Leadership Award. Nominated by multiple members of our chapter, Bob was recognized with the following citation at the Annual AMC Summit:

Bob is known for introducing people to the outdoors. He's led many trips to the Blue Hills Reservation and created a Tuesday Morning Hiking Series to get people out weekly close to home. When the series was interrupted in March, Bob helped people continue to get out by providing weekly hike recommendations. He designed these as educational experiences to help hikers learn about how to lead and plan, how to read maps, and how to decipher trail intersections.

Bob also designed an Introduction to Backpacking series. This step-by-step experience started in his backyard where he set up a variety of tents and other equipment so people could compare and learn. He then organized progressively more challenging experiences in New Hampshire, starting with a beginner trip—the first time some had slept in a tent in the woods. Subsequent trips increased participants' knowledge and skills through experiential learning. While on these trips, Bob helped everyone with what they needed, made sure they were well prepared, and even loaned out equipment.

When outdoor activities were cancelled in March, Bob wrote weekly articles on the "History of the Blue Hills,"

now published in the Chapter Newsletter. Like everything he does, these articles are accurate, educational, and sprinkled with Bob's sense of humor and fun.

Bob was awarded "Volunteer of the Month" by his Chapter, and we are pleased to further recognize his work, dedication, and commitment with the 2021 Volunteer Leadership Award. Thank you for all your work, and congratulations, Bob!

### See Bob's acceptance on video!

*As some of you know, as part of the AMC (virtual) Summit last Saturday I received a Volunteer Award. I thought of writing a "Thank you" note, but it didn't seem quite sufficient. You can see the end result [on video] at: <https://youtu.be/9hdcEwa32TM>*

*For anyone, or anything, I missed, it wasn't on purpose. 20+ years is a long time, and my memory, especially for names, was never great and gets worse all the time.*

*I hope that this brings back some (hopefully fond!) memories. Enjoy.*

Bob

## Hike the Blue Hills with Bob on video By Paul Brookes, Hiking Chair

On Wednesday Jan 27 (at 11am) Bob Vogel completed his third White Line the Blue Hills series. Bob said on the day he completed, "As we had snow today, I can say that I hiked in the snow to earn this. Until today, however, the most snow I'd see was a dozen flakes in the air one day." I would say that hiking all 125 miles of trails in the Blue Hills is an accomplishment in any season.

Bob logged 183 miles in 103 hours. He says, "This did not include the time stopped sawing tress and removing blowdown." Indeed, I thought, since anyone who sees Bob on the trail sees a hand saw sticking out of his backpack. "If you appreciate the trails you should show your appreciation by doing your part to maintain them."

Bob completed his final hike with his friends Joanne Newton and Karen Foley. He recorded it on his GoPro. The video is worth watching just to see how even a little snow can transform the Blue Hills into a winter wonderland. He completed the series at intersection marker 6102, which is 7 minutes 40 seconds into the video at <https://youtu.be/pNyWu2wy9Ys>.

Congratulations to Bob and all those that have completed a White Line series this season. For a complete list of finishers see page 5.



## SEM Distinguished Service Award presented to Jeannine Audet

Jeannine Audet received the AMC-SEM Chapter's Distinguished Volunteer Award at the Annual Meeting in November 2020. A chapter member for 15 years, Jeannine has served multiple terms as SEM Skiing Committee Chair, a position she currently holds.

She is a Winter Workshop Instructor and Winter Hike Leader, and she helps to plan and organize the annual Noble View Weekend trip.

Jeanine is a versatile volunteer for our chapter—a Skiing Leader, Class 4 Hiking Leader, and Biking Leader. She is an organizer and leader of our chapter Family Hikes, and she led Bike Trips at the 2019 AMC Fall Gathering hosted by AMC-SEM on Cape Cod.



In addition, Jeannine is a regular article and photo contributor to the SEM chapter's *Southeast Breeze* newsletter. Her name will be inscribed on the AMC-SEM plaque of Distinguished Service Award recipients.

Thank you, Jeannine, for your many contributions!

A facsimile of the DSA plaque with names of recipients 2001-2020.



Every quarter we acknowledge the hikers who completed a series in the prior three months. With each completion of a series, the hiker achieves a new "color" title. Please congratulate the following who completed a series sometime during the months of October, November or December of 2020:

### Third Quarter 2020

Cathy Giordano 10/27/2020	Red Line the Blue Hills series 1st time <b>Red Liner</b>
Laurie Gaynor 11/27/2020	Red Line the Blue Hills series 1st time <b>Red Liner</b>
Lisa Habboub 11/29/2020	Red Line the Blue Hills series 1st time <b>Red Liner</b>
Ken Cohen 10/05/2020	Red Line the Blue Hills series 2nd time <b>Blue Liner</b>
Sandy Johnson 10/27/2020	Red Line the Blue Hills series 2nd time <b>Blue Liner</b>
Joanne Newton 10/14/2020	Red Line the Blue Hills series 3rd time <b>Green Liner</b>
Bill Belben 10/27/2020	Red Line the Blue Hills series 3rd time <b>Green Liner</b>
Bill Belben 12/15/2020	Red Line the Blue Hills series 4th time <b>Orange Liner</b>
Linda Douglas 11/20/2020	Red Line the Blue Hills series 7th time <b>Pink Liner</b>
Bob Vogel 10/14/2020	Red Line the Blue Hills series 8th time <b>Bronze Liner</b>
Bill Doherty 11/29/2020	Red Line the Blue Hills series 10th time <b>Gold Liner</b>





## Volunteer of the Month: John Gould

By Robin McIntyre, Cape Hiking Vice Chair

Each month the SEM chapter 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, Cape Hikes recognizes John Gould.

John embodies many of the qualities that AMC looks for in a leader—a love of the outdoors, preparedness, good interpersonal skills, and a welcoming nature. John has been involved with AMC and the Falmouth 300 Committee for many years, working both on trail clearing and as a hike leader. A retired physician from the Upper Cape community, John has enjoyed a retirement split between two areas—here and New Mexico. This year, with our travel restrictions, John has been a full-time Cape resident and we have been the beneficiary of his time and energies. He has scheduled multiple hikes this season and is always interested in scouting new areas. He has a particular interest in the geology of our area and the fascinating glacial movement which formed the Cape. He has taught many of us how to use an analog watch as a compass when hiking and shares tidbits about the history of the areas that we are hiking in. Congratulations, John, and thank you from all of us at AMC-SEM!

John will receive a Volunteer of the Month Certificate and a \$50 gift card.

## Sign up for Leadership Training, the online pandemic version

By Sue Svelnis, Education Chair

One of the disappointments of this pandemic was having to cancel our in-person Leadership Training workshop. This event, held every spring, was our opportunity to graduate new SEM activity leaders. But we are still graduating new leaders: We are just doing it virtually.

AMC offered a virtual Leadership Training class on Zoom last spring. It was so successful that another one was held in December, and two more sessions are scheduled at the beginning of April and the beginning of May.

Our chapter requires a supplemental class to this training to become an SEM leader. In this two-hour Zoom class, we cover the requirements for the leaders in various categories, how to screen participants prior to an activity, and how to create an activity on the AMC database. We discuss some group management scenarios.

In January we graduated seven new leaders for our chapter. Please welcome Claire Milligan, Dan Slavins, Robert Akie, Bill Belben, Jessica May, Patty Everett, and Bill Doherty. All seven have an interest in hiking, and some will also be pursuing leadership in other activities, such as kayaking, backpacking, and trail work.



SEM would like to congratulate and thank these individuals for completing this training. To become Level 1 hike leaders, they will each need to co-lead two hikes with a Level 1 or higher SEM Leader. The hikes will be listed on our activity database under Hiking or Cape Hikes. We hope you will get the chance to join a hike and thank them in person for their contributions to our chapter.

If you would like to join our chapter's growing family of activity leaders, please consider taking the Leadership Training class virtually this year. If you have any questions on the process, please feel free to contact me, Sue Svelnis, Education Chair for SEM ([educationchair@amcsem.org](mailto:educationchair@amcsem.org)). Thank you!



Email [Susie Schobel](mailto:Susie.Schobel@amcsem.org) for more information on the 20s & 30s Vice Chair position.

Email [Sue Svelnis](mailto:Sue.Svelnis@amcsem.org) for more information on the Education Vice Chair position.



## You can still join AMC-SEM's virtual Photo Scavenger Hunt

Our Activity committees are collaborating to bring you something new—a Photo Scavenger Hunt! If you missed the Zoom explanation session on Feb. 8, you can still hop in at any time and share your findings before we share and discuss everyone's findings and close the event with a second Zoom session on March 1.

Once you [register here](#), we will supply a link to the checklist of items to look for while hiking with friends, family, or on your own in Southeast Mass (or wherever you may be!) in February. You will have three weeks to hike and identify as many items as you can. Photos of each item are encouraged so that they can be shared with the group. Your registration includes details on where you can submit your photos and completed list.

We all miss the camaraderie of hiking in large groups as we did pre-Covid. This activity has been created to help nurture that spirit, encourage hikers to explore new trails, and let you socialize online. And while you are doing this, you might learn something new from Nature.

You may choose to do this on your own or you can create your own teams.

The second session will be on March 1st from 7-8:30 PM. If you are unable to join the Zoom session, you are still welcome to join in this Scavenger Hunt.

If you have any questions, please reach out to [Sue Svelnis](#).



## Design the Conservation patch coming to a backpack near you!

By Joanne Newton, Conservation Chair

The Southeastern Massachusetts Chapter (SEM) Conservation Committee is excited to announce a new Conservation Activity Patch. We have created a way for members and friends to participate in a personal challenge with conservation in mind—a way to educate and get you more involved in Conservation through AMC.

The committee will soon have the activity rules posted on our [SEM Conservation webpage](#), but in the meantime we need a new patch design. This is where you come in. We want members to submit an original design in color and no larger than 3.5" round, square, or rectangular. Electronic submission is preferred, but contact the Conservation Chair if you need help with this.



We will then ask our SEM members to vote for the winning patch. All submissions are due by April 15th—easy date to remember. The Conservation Committee will select the top three designs that best represent the activities that are required to obtain the patch. A \$50.00 gift certificate to REI will be awarded to the winner. The real prize is you can say “That’s the patch I designed!” as you see someone’s pack with your patch on it.

Think of the outdoors activities that you do and try to think of images that will convey the beauty of the natural resources in the mountains, forests, waters, and trails that we love and need to protect. What speaks to you and represents the reason why we should engage in these conservation activities to ensure that future generations will be able to enjoy what we do now?

We will set up a Zoom session and post the date and time on the SEM ActDB so we can tell you more about this program and help answer any questions you may have about creating a patch or completing the activities.

Please send all entries by April 15th to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org). Good luck and we hope to hear from you!





**Our new Cape Hikes leader is a New Englander turned seasonal visitor.**

*Photo by Jane Harding*

## Welcome Margaret Christen, new Level 1 Cape Hikes Leader

By Jane Harding, Cape Hiking Leader

Margaret Christen is a seasonal resident of Cape Cod, but she has strong roots in Massachusetts: She was born and raised in Quincy. In her adult life she planted new roots in St. Croix, USVI, and Austin, TX, which she claims as her permanent residence. But Margaret never lost her affinity for New England, and she owns a second home in Dennis, where she spends most of the spring and fall. She started hiking with different groups on the Cape and, fortunately AMC-SEM was one of the groups. Margaret attended Leadership Training in the Spring of 2019.

In October, Margaret stepped up to co-lead the Crowe's Pasture hike when the original leader was sidelined. The hike takes participants through historic Quivet Neck on quaint Cape roads. This area was settled by colonials. The route then proceeds to a wooded trail, which takes us to a salt marsh and which we follow to the beach. Our first sight on the beach is not only the water, with views to Provincetown, but an example of a large oyster farm. We walk the beach to Sesuit Harbor and back to our cars.

Margaret was prepared to do the AMC-SEM introduction to hikers, as well as to provide a succinct description of the hike. This hike must be done around low tide for the group to enjoy the portion along the salt marsh that surrounds Quivet Creek. How we proceed to do the hike is often predicated on wind direction. The beach portion is more enjoyable with the wind at your back.

In January, Margaret scouted a hike in the Indian Lands Conservation Area in Dennis. It was a challenge to forge a route of slightly over four miles. We started in the Cape Rail Trail parking lot, which is the start of the new Cape Bike Rail Trail extension to Yarmouth. We walked over

the new bike bridge, which spans Rte. 134, and went to the site of the old town hall. There we stopped to see one of 16 historical cemeteries in Dennis, and Margaret shared some historical tidbits. We proceeded into the Indian Lands Conservation Area. We hiked along wooded trails with spectacular views of Bass River, the largest river on the Cape. It marks the boundaries of Dennis and Yarmouth. We then walked on the second of three bridges constructed as part of the Rail Trail extension. This bridge replaced an old rail bridge. We reversed direction and made our way back to the start.

Margaret greeted hikers, did the SEM intro talk which included key elements of the waivers, leave no trace policy, and a brief description of the hike. She had everyone introduce themselves, assigned a sweep, and started the hike. She set a comfortable pace and checked periodically that the group was staying together, but socially distanced. Covid guidelines were maintained throughout the activity.

Cape Hikes welcomes Margaret as a leader and, to be transparent, I will confess that she is my sister.

## SEM Cycling 1,000-Milers 2020

Robyn Saur	7,206
Ed Nelson	5,520
Paul Corriveau	4,669
Susan Eliason	4,604
Bernie Meggison	4,100
Jean-Claude Castelein	4,025
Patty Johnson	3,500
Jean Orser	3,435
Leonard Johnson	3,100
Richard Beaudon	2,241
Glenn Mathieu	2,200
John F. Sullivan	2,037
Joe Tavilla	2,024
Bill Cook	1,829
Jim Kilpela	1,445
Lee Eckart	1,398
Larry Decker	1,330
Barbara Gaughan	1,246
Paul Currier	1,116
Alan Greenstein	1,115
Patty Williams	1,096
Lawton Gaines	306

**TOTAL 59,542**



## Staying Warm in Winter Part 2

By Dexter Robinson

In the first article, the WISE layering system was introduced, followed by a discussion of the **W**icking or base layer.

This article continues exploring the layering system by discussing the Insulating or middle layer.

- Traps warmth, loose fit, breathable
- Fabric choices
- Must stay dry
- May have more than one
- Ventilation options
- Ease of adding or removing

Insulating layers vary widely. Their role is to trap and retain warmth against the body, creating a comfortable airspace between the wicking layer and the exterior shell. The more air space, or loft, the warmer you are, just like the down comforter on your bed. Unlike the base layer, it should fit **LOOSELY** to help create air space. It should also be breathable, so as to transfer any moisture from the base layer.

For thousands of years wool has been an insulating layer, since one could stay warm when it got wet. When serious mountaineering began in the 18th century, wool was typically used for heavy coats, hats, and socks. The use of wool for mountaineering continued right into the 20th century, with tweed jackets. But the downside of wool was that it could be bulky, itchy, and took a long time to dry.



Mount Everest explorer George Mallory, right, in stylish, layered jacket, c. 1924. *Photo from The Filson Journal*

Mountaineer George Mallory disappeared 800 feet from Everest's summit in 1924. His body was discovered in 1999 and revealed clothing made of gabardine, wool, cotton, and silk. A recent project replicated Mallory's clothing and tested the outfit on Everest. Researchers found the gear "highly effective at providing protection at high altitude...excellent at trapping air next to the skin," and "lighter than modern gear." Most telling was that, while it was being tested, "all the other climbers thought the (replica) jacket was stylish and wanted to know where they could buy their own versions of the clothes!" ("Evolution of Mountaineering Gear" by Pete Takeda, [The Filson Journal](#) )



Edmund Hillary, left, summited Everest (with Tenzing Norgay, right) wearing a mid-layer of a custom Shetland wool sweater providing "great insulation, breathability, and warmth" between synthetic long underwear and an outer layer of "a lightweight and windproof 'cotton wrap, nylon weft' blend." ("Undressing Everest") *Photo Royal Geographic Society*

As technology advanced in the 20th century, people began to search for new fabric options. The goal was to improve on the limitations of the natural fabrics like wool, silk, cotton, and linen. There was a migration to synthetic fabrics such as nylon, polyester, acrylic, and rayon.

Nylon, the first fully synthetic fiber, was developed in the 1930s at DuPont by American researcher Wallace Carothers. It had a sensational debut as a replacement fabric for women's silk stockings. Nylon is usually found paired with other fabrics that are natural or semi-synthetic.

In 1941 a group of British scientists applied Carothers' work with synthetic fibers to create the first commercial polyester fiber called Terylene, marketed in the U.S. as Dacron.

Continued on page 10





## Staying warm Continued from page 9

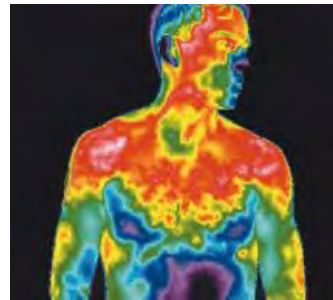
Your choice of insulation should depend on the exertion range of your winter activities as well as how your body reacts to cold temperatures, changing weather, and activity location.

### Common Insulation Types

- **Wool** is a traditional mid layer material with good insulation even when damp. It absorbs and transfers moisture but does not feel wet even when it holds significant moisture. A wool shirt or light weight wool jacket can be significantly less expensive than other choices. The downside of wool is that it takes longer to dry compared to other choices. A merino wool blend is another option. A traditional wool example is the L.L. Bean Maine Guide Zip-Front Jac-Shirt.
- **Fleece** became available in 1979 thanks to Malden Mills and Patagonia. It was a new, light, strong pile fabric meant to mimic, and in some ways surpass, wool. Polyester fleece serves the same purpose by maintaining its insulating properties when damp, with the added advantages of being lighter and drying more quickly than wool. It comes in multiple weights: 100, 200, and 300 grams per square meter (GSM). Examples are the Columbia Fast Trek™ II Full Zip Fleece and the Patagonia R1 Fleece 1/2-Zip Pullover.
- **Down** has several variations. Natural down utilizes plumules from ducks and geese to provide the most warmth for the least weight and bulk, provided it doesn't get wet. Down jackets are ultralight, ultra-warm and ultra-packable. Down is rated on fill power ranging from about 450 to 900. Fill power is the volume in cubic inches that one ounce of the down fills up. Higher quality down has a higher fill number, indicating a warmer down. The downside of down is its cost and the special care required to clean it. An example is the Marmot Hype Down Jacket.
- **Water-Resistant Down** treated with a polymer helps down handle dampness. Like down, it is ultralight, ultra-warm and ultra-packable. Unfortunately it is costly and its wet performance lags behind synthetics. An example is the Rab Microlight Alpine Down Jacket.
- **Down/Synthetic Insulation** combines the performance benefits of two types of insulation. Some designs blend the down and synthetic fills together and use that blend throughout the jacket, while others put down in certain areas, like the core, and the synthetics in other areas, like the arms or sides.

Another benefit of this jacket is that it costs less than a down jacket. An example is the Arc'teryx Thorium AR Down Hoodie.

- **Synthetic Fiberfill** such as polyester fiber is used similarly to down, but does not have as good warmth:weight ratio. However, it is less expensive, provides better insulation when wet, dries quickly, and absorbs very little moisture. There are brands of very fine fiberfill like Thinsulate, PrimaLoft, or Thermolite that provide higher warmth for a given thickness. An example is the REI Co-op Revelcloud Insulated Hoodie
- **Wool/Synthetic Insulation** combines wool with a synthetic material to create sheets of insulating fill. Jackets that use this blend benefit from wool's ability to insulate when damp and its resistance to odor. An example is the Icebreaker Tropos Insulated Jacket.



**Mid layers help to trap and retain body heat.**

The same layering rules apply with insulating layers—with the exception of wool or fleece, they must stay dry in order to be effective. Multiple thin layers rather than one thick layer work better for breathability and layer management. For example, you can put a fleece vest over a thin wool sweater that sits on the base layer. Consider a hoody which significantly increases warmth while adding little in weight or bulk.

When evaluating layers, consider how well it can ventilate. A thin jacket style layer with a full or quarter zip provides more ventilation options than a pullover sweater. Also consider how easily and quickly you can change the layer. This becomes important in a group-led activity, when stops tend to be short, to avoid cooling down.

Down is generally put on when standing around for a period of time. For high exertion activities like mountain climbing, most people find down too hot to wear. Since everyone's metabolism is different, you need to experiment with different insulating layer combinations to find what works best for you.

Some links for further reading:

[Winter Hiking Insulating Layers](#)

[What is Merino Wool](#)

[Synthetic vs. Natural Fabrics in Clothing](#)



Note the ski jumper in the air. This hill, although not the jump itself, is still there in the Blue Hills, just southwest of 4205. The tower height was 14m (46'), and the hill's steepest point was at 30m (98').<sup>2</sup>

## Blue Hills History: Winter Sports

By Bob Vogel, Hike Leader

When we think of winter sports at the Blue Hills most of us *hikers* think snowshoeing. Or *maybe* XC skiing. Some might think of downhill skiing at the slope on Great Blue Hill. Most probably don't think of outdoor skating...or ski jumping...or a toboggan run, but they *were* options at one point. This week we take a look at the history of outdoor winter sports at the Blue Hills.

### The origins of large-scale winter sports at the Blue Hills: The St. Moritz Carnival

The "St. Moritz of the South Shore"—named after the 1928 Winter Olympics in St. Moritz, Switzerland—was dedicated in Quincy on January 27, 1929, with a ceremony attended by 15,000 people. The facility included outdoor skating ponds, a toboggan run, a ski jump, and a warming house. The "Winter Carnival" was held from 1929 through 1937. In 1931, between 50,000 and 75,000 spectators attended.<sup>1</sup>



CROWD ATTENDING ST. MORITZ WINTER CARNIVAL

### Downhill Skiing

<sup>3</sup>Downhill skiing got its start in 1935, when the Civilian Conservation Corps cut two trails on Great Blue Hill. These trails were laid out by Arthur Shurcliff, a landscape architect working as a consultant for the Metropolitan District Commission.<sup>4</sup> Skiing in 1935 wasn't the advanced sport we know today. If you wanted to ski down Great Blue Hill, you started, not by buying a lift ticket, but by *walking up* with your skis. You see, while the CCC had recently cut the trails to ski down, no one had installed any mechanized method for getting you to the top.



SKI RUN ON THE WESTERLY SIDE OF BLUE HILL

As for "grooming the trails," again there was no mechanization; if you wanted work done on the trail, *someone* did it. To this end, the CCC helped out as well.

It wasn't until 1949 that the Blue Hills ski area began the transformation into the ski area we know today. That year major improvements were made, including the addition of two rope tows to get skiers back up to the top after they skied down. A third rope tow was installed in the new practice area, an open area located at the bottom between the two main ski trails. Mt. Cranmore's Hannes Schneider was brought in to oversee the construction. The tow lines were built by Walter Stadig.<sup>5</sup>

Of course, now there have been many improvements made, such as installing lights to allow night skiing.

And installing snow making capabilities. Did you know that during the ski season they put 16,000,000 gallons of water on the slopes in the form of snow? That is done with a combination of fan guns and stick guns. They use nineteen fan guns that they can move around to the ski area to make snow where needed. They also have twenty stick guns that are permanently mounted along the race course on Big Blue.<sup>8</sup>

Whatever *your* favorite winter activity is... Get to the Blue Hills and do it!

Continued on page 12





6

## Blue Hills: Winter Sports

Continued from page 11

<sup>1</sup><https://www.newenglandskihistory.com/Massachusetts/bluehills.php>

<sup>2</sup><http://www.skisprungschanzen.com/EN/Ski+Jumps/USA-United+States/MA-Massachusetts/Quincy/2080>

<sup>3</sup><https://archive.org/details/annualreportofme1935mass/page/6/mode/2up>

<sup>4</sup><https://www.newenglandskihistory.com/Massachusetts/bluehills.php>

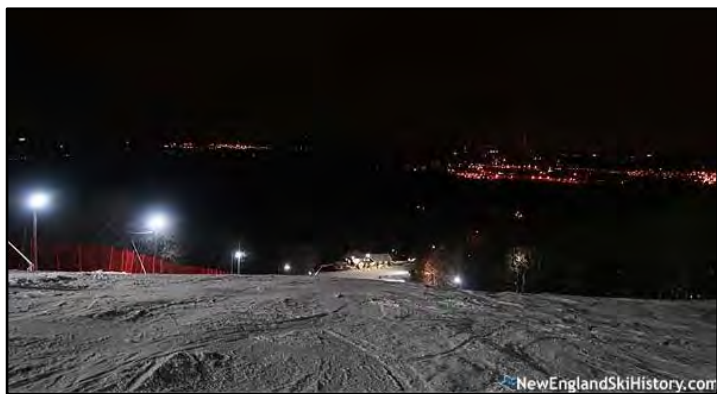
<sup>5</sup><https://www.newenglandskihistory.com/cccskitrails/Massachusetts/greatbluehill.php>

<sup>6</sup><https://catalog.archives.gov/id/550017>

<sup>7</sup><https://www.newenglandskihistory.com/Massachusetts/bluehills.php>

<sup>8</sup><https://www.bluehillsboston.com/snowmaking-101>

7



NewEnglandSkiHistory.com



Eight hikers enjoying the trails at Great Neck Audubon Sanctuary in Wareham on an AMC-SEM January 21st hike.

*Photo by Robin McIntyre*

## Join the AMC's winter challenge!

By Nina Paus-Weiler, AMC *Outdoors* Staff

Many outdoor enthusiasts have long known that time outside makes you feel good. In fact, spending 120 minutes a week in green spaces boosts your well-being, according to a 2019 study published in the journal *Nature*. Whether you decide to walk around your neighborhood for 20 minutes a day, take up birdwatching in a local park for an afternoon, or spend a weekend skiing in the backcountry, time spent outside is good for us. This winter, we challenge you to try to lift your spirits, improve your health, and have fun by spending two hours every week outdoors. But don't go it alone; consider AMC your expert guide for squeezing the most out of this winter, whether you're completing a backyard scavenger hunt or layering up for a frosty hike above treeline. Here you will find a [list of resources](#)—written and compiled by AMC experts and guides—to help you recreate outside safely and responsibly in the coming months.



AMC-SEM hikers at Coonamesset River on January 21st hike.

*Photo by Robin McIntyre*





## ‘Hiking with Kids’ series, Part 1

By Sarah Vendetti

There is nothing more rewarding than sharing something you love with your child, except maybe seeing them start to value it as much as you do. For me, the experience I have most enjoyed sharing with my son, Tommy, has been hiking. From the earliest toddles on the beach to the mountains we have summited together, hiking and backpacking has become something special that is forging an extraordinary bond between us, mother and son.

Thanks to my parents, I started my own adventures outdoors as soon as I could walk. Living in a relatively rural town south of Boston, my first memories of the outdoors were in the dry and sandy pine barrens and cranberry bogs of southeastern Massachusetts. Here I found dusty trails to explore, pine glades to play in, and snapping turtles bigger than me! I remember the beach, too. Wooded paths to rocky shores, and all the secret wonders held within the tide pools. As soon as I was old enough, my parents brought me to the mountains, and I fell in love.



**The author  
hiking in  
western  
Massachusetts  
in 1988.**

My father, Tom, a skilled educator, took a child-centered approach to hiking with me at a young age. I remember his simple core philosophy around hiking with kids: “Parents should do what it takes for kids to enjoy hiking so they want to do it again!” Hiking is challenging for little bodies, and in the summer it is hot, and the work of climbing mountains is hard. How, then, do we make it enjoyable to the youngest among us so they want to do it again?

The first, and probably most obvious way to make hiking a hit with kids, is with snacks! Packing plenty to eat is key. Packing snacks that are fun and rewarding is even better! What works for Tommy and me on the trail is “GORP Plus.” (Good Old Raisins and Peanuts, plus a little something extra).



**Tommy in 2020, off the summit of Mt. Cardigan in New Hampshire.**

Traditional GORP, common in trail lunches provided by AMC huts and lodges, is an ideal trail snack because it is easy to pack and store. It’s also nutritious, providing a quick energy boost from the simple carbohydrates in the cereal and dried fruit, as well as sustained energy from fats in the nuts. Adding something fun, like M&Ms or another candy, makes it more fun for kids.

Besides “GORP Plus,” remember to pack PLENTY of water for thirsty kids, and thirsty adults, too! (Enough for at least 1 liter of water per person for each hour hiking on a hot day.)

### **Tommy’s GORP Plus recipe:**

- 3 Cups of Honey Nut Oatmeal Squares Cereal (any cereal will do, I like these because they do not crush easily in my pack)
- 1 ½ Cups of raisins/craisins (or any dried fruit)
- ½ Cup of peanuts
- ½ Cup of almonds
- ½ Cup of M&M candies
- ½ Cup of any other fun candy (we do mini Swedish Fish!)

Mix together, and store in an airtight container until you’re ready to hit the trails! Enjoy!





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.amc.org/outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

### **AMC Trip Policy**

**You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. Per MA executive order (<https://www.mass.gov/doc/covid-19-order-55/download>), a face covering must be worn for the entire activity. Please have your face covering on when we circle up. Anyone who does not register or does not bring a face covering will not be allowed to join the activity. Group size is limited and activities are often waitlisted, 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 "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.**

**This policy applies to ALL activities. No exceptions.**

## CAPE HIKING

**Sun., Feb. 14. Hike Centerville, MA.** This hike will take place on paved walkways and sandy beach. It can be a very cold walk based on weather forecast. If there is snow on the ground I would recommend traction devices for your shoes. Wear sturdy footwear and warm clothing and bring hydration fluid. **See AMC Trip Policy on page 14.** L Jane Harding (508-833-2864, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Sun., Feb. 21. Hike West Falmouth, MA.** This is a relatively easy hike across an old farm and through its adjacent woods. Along the way we will pass a tidal stream and cranberry bog. There are a few hills and the hike is four miles long and will take two hours. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), For 17 years has been a Level 1 SEM/Cape Hikes leader.) **See AMC Trip Policy on page 14.** L Cindy Tobey

**Thu., Feb. 25. Hike Brewster, MA.** 2.5 hour easy hike with hilly, wooded trails and pond views. Bring water and snacks. Boot traction devices and poles may be required if icy conditions. Must have hiked similar distances recently and be able to maintain a moderate pace. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net)) **See AMC Trip Policy on page 14.** CL Robert Akie

**Sun., Feb. 28. Hike--S, Wareham, MA.** This pre-registered hike with a limit of 9 participants is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Waterproof hiking shoes/boots are required and microspikes/Yak Trax and poles if snowy/icy. Start location will be sent to registered participants. **See AMC Trip Policy on page 14.** L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level 1 SEM/Cape Hike Leader)

**Sun., Mar. 7. Hike Falmouth, MA.** This hike covers a varied terrain of rolling woods, two ponds, stone walls, and an old farm with sheep. There are some hills as the area is part of the moraine which makes it moderately difficult. The 4.5 miles will take about 2 hours. **See AMC Trip Policy on page 14.** L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), For 17 years has been a Level 1 SEM/Cape Hikes leader.) L Cindy Tobey



## Activities

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

**Thu., Mar. 18. Hike Brewster, MA.** 2.5 hour easy hike with hilly, wooded trails and pond views. Bring water and snacks. Boot traction devices and poles may be required in icy conditions. Must have hiked similar distances recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 14.** L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Mar. 25. Hike--Bourne, MA.** This pre-registered hike with a limit of 9 participants, 4+ miles, 2 hours, will take place in Bourne. The wooded trails have frequent rolling hills with leaves, rocks, and roots to negotiate. Waterproof hiking shoes/boots are required with microspikes/Yak Trax and poles if icy/snowy. Bring water. Start location will be send to registered participants. **See AMC Trip Policy on page 14.** L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level 1 SEM/Cape Hike leader)

**Sat., Mar. 27. Hike North Falmouth, MA.** This moderately difficult hike has a lot of hills but rewards with some nice views of Buzzards Bay. We will cover 6 miles or so over 3 1/2 hours, which includes a stop for lunch. **See AMC Trip Policy on page 14.** L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), For 17 years has been a Level 1 SEM/Cape Hikes leader.) L Cindy Tobey

## EXECUTIVE COMMITTEE

### Volunteer Opportunities

**Ongoing, SEM 20s & 30s Vice Chair.** The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org) for more information.

**Ongoing. SEM Education Vice Chair.** The role of the Education Vice Chair is to work with the Education Chair and Education Committee Members to coordinate and supervise programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training, Wilderness First Aid, and Map & Compass. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The position requires you to be available for meetings online several evenings a month, and to be present for any in person training classes (when they resume) supported by the Education Committee. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email [educationchair@amcsem.org](mailto:educationchair@amcsem.org) for more information. L Susan Svelnis ([educationchair@amcsem.org](mailto:educationchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Conservation Committee Member, MA.** The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

## HIKING

**Rating codes** (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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





## Activities

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

### HIKING

**Tue., Feb. 16. Blue Hills Winter Conditioning Series 2021--Hike #4, Blue Hills, MA.** This posting is for the fourth hike of the series. This series will take place in various locations within the Blue Hills and focus on building/maintaining conditioning across 3 hikes occurring every other week. We will add mileage and/or elevation across sessions and as conditions determine, mix in tools of the winter trade (aka snowshoes etc.) Participants are expected to have prior winter hiking experience and be able to hike at a strong (enthusiastic) moderate pace carrying & using winter gear. This is not intended to be an introduction to winter hiking. All participants will need winter clothing, snowshoes, micro spikes, optionally crampons etc. There are two (2) remaining open spots and five waiting list spots remaining for the series. If you registered successfully for previous hikes you will not be rescreened but you must register for this Hike #4. If you did not register previously you must register, after which you will be screened prior to confirmation. We would like participants to commit to remaining hikes in the series. Per above as this is a series, once participants are screened they will not be 'rescreened' subsequently, but participants will need to register for each session when it is posted. Hikes will only be cancelled in the event of inclement weather (e.g., heavy rain) or weather that makes travel hazardous. Rendezvous location and exact morning start time will be sent to confirmed participants the Sunday before each hike. Planned dates: 2/16, 3/2, 3/16 Note: Email contact preferred AMC Trip Policy. **See AMC Trip Policy on page 14.** L Thomas Graefe (781-659-2441 Before 9:00 PM, [tmgraefe@comcast.net](mailto:tmgraefe@comcast.net))

**Sat., Feb. 20-21. Snowshoe 3, Mount Greylock, MA.** - Join us for two beautiful hikes of moderate to strenuous terrain in the Mohawk Trail State Park and on Mount Greylock. Starting on Saturday with a 1/2 snowshoe at Mohawk Trail State Park ( 4 mile loop / 1100 ft elevation gain) in Charlemont, MA. On Sunday we will return to Mount Greylock and climb the Hopper Trail, visit March Cataract Falls (time and weather permitting) proceeding to the summit of Mount Greylock (8 miles/ 1800 ft elevation gain). Participants choosing to stay overnight are expected to make their own accommodations. Snowshoes with traction and micro spikes are required. L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne is a 4 season hike leader who enjoys making every hike an adventure.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)). **See AMC Trip Policy on page 14.** L Jeannine Audet CL Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 2 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties, but her true passion lies in higher peaks, particularly the White Mountains of NH.)

**Mon., Mar. 1. Photo Scavenger Hunt REVIEW, MA.** This is a follow up Zoom meeting to our Photo Scavenger Hunt that kicked off on February 8th. We will be sharing our experiences from the hunt. If you haven't already, please send your pictures to [communicationvicechair@amcsem.org](mailto:communicationvicechair@amcsem.org). You do not need to have attended the Feb. 8th meeting. Here is the link to the Scavenger Items: [http://amcsem.org/edu\\_2021.winter.scavenger.hunt.pdf](http://amcsem.org/edu_2021.winter.scavenger.hunt.pdf). **See AMC Trip Policy on page 14.** L Susan Svelnis ([suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

### BEONLINE WITH AMC

**Wed., Feb. 17, 7-8:15 pm. An Adventure in the Mountains of the Moon.** In March 2019, Katie Bartel climbed Margherita Peak in Uganda's stunning and remote Mountains of the Moon (Rwenzori Mountains). Her talk will cover a brief history of these little-known mountains, her experience, logistics, and what to expect if you want to hike there before the glaciers melt! [Registration required.](#)

**Wed., Feb. 17, 7-8:30 pm. 3rd Wednesday Speaker Series - Rescue of the Bounty.** Mike J. Tougias, co-author of *Rescue of the Bounty*, will give a dramatic visual presentation about this event. The tall ship Bounty, featured in the Marlon Brando movie Mutiny on the Bounty, sank during Superstorm Sandy in 2012. The captain and a crewmember perished in the accident but the Coast Guard performed harrowing helicopter rescues to save the other fourteen sailors. [Registration required.](#)

**Thurs., Feb. 18, 7-8 pm. The History of Lewis Mountain in Shenandoah National Park.** Join Ranger Claire Comer to hear the complex stories of Lewis Mountain and the desegregation of Shenandoah National Park. As the smallest campground in Shenandoah, Lewis Mountain offers quiet campsites, cozy cabins and a camp store. [Registration required.](#)

**Sun., Feb. 21, 2021, 4-5 pm. Mountains and Music Re-Zoom-Ion!** Past participants at AMC Mountains and Music weekends will reconnect with old friends . . . interested new participants will hear how our love of classical music and the outdoors melds into a weekend of music-playing and outdoor activities. [Registration required.](#)



## Activities

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

### BEONLINE WITH AMC

**Thurs., Feb. 25, 12-1 pm. The Nature Gap: Confronting Racial and Economic Disparities in the American Outdoors.** Nationwide, communities of color are three times more likely than mostly white ones to be deprived of nearby nature; in the Northeast, it's nine times. This webinar will look at recent research that affirms this and at how the conservation and outdoors movement can rethink and remake itself to be more just, inclusive, and effective at guaranteeing nature as a right to all. [Registration required.](#)

**Thurs., Feb. 25, 6:30-8 pm. Wilderness First Aid: What Every Hiker Needs to Know.** This is not a Wilderness First Aid Certification Course. For that, be sure to sign up for the full 16-hour course offered by your AMC chapters and many other organizations. But this session will ensure you are prepared for most hiking accidents. Hosts are Richard Dabal, the NY-NoJ Chapter's Wilderness First Aid Committee Chair and Instructor and Ingrid Strauch, former NY-NoJ Chapter Hike Committee Chair. [Registration required.](#)

**Thurs., Feb. 25, 6:30-8 pm. Justice, Diversity, Equity, and Inclusion Speaker Series.** Juan Michael Porter II is an arts & culture journalist whose coverage focuses on the intersection of Black lives, media criticism, and sexual health advocacy. Juan Michael will speak to his experiences addressing racism in the outdoors and everyday life. Afterwards there will be a Q/A and discussion. [Registration required.](#)

**Tues., March 9, 7:30-8:30 pm. Conservation Conversation: Building the Environmentally-Friendly Way.** Learn about the overarching concepts of green building, its history, and how buildings affect the environment. Discuss things you can do in your own home to help mitigate climate change and improve the natural world. [Registration required.](#)

**Thurs., March 11, 6:30PM-8 pm. Your Compost Lifestyle With Earth Matter.** Save the date. Details to come [here.](#)

**Tues., March 16, 7:30-8:15 pm. Horse Trekking in Mongolia.** If you've ever been curious about Mongolia, about traveling on horseback, or if you simply enjoy seeing beautiful scenery, please join us! Jess Halvorsen and Pam Wilmot pictorially recount an experience of a lifetime: a horse-packing trip to northernmost Mongolia that they led in August 2019 for AMC's Adventure Travel Committee. [Registration required.](#)



Image by [Ales Krivec](#) from [Pixabay](#)



THE END

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | March 2021

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

Sign up for the AMC Activity Digest. Sign into your Outdoors account and [follow these instructions](#).

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

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

Please send photos as separate attachments, including the name of each photographer. Identify main subjects. Include the words "Breeze Article" in the subject line.

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



The snowshoeing group tackled Mount Greylock in the Berkshires, the highest point in Massachusetts. *Photo by Maureen Kelly*

## Snowshoers cover 32 miles in five winter outings

By Anne Duggan, Hike Leader

The 2021 Snowshoe Series kicked off on December 20, 2020, with a rare gift of early season snow in Myles Standish State Park. Led by Eva Borsody Das, Diane Hartley, Paul Brookes, and myself, twenty participants divided into two groups of ten hiked over forest roads, deforested dunes, and scrub pines to peaceful Charge Pond. This nine-mile trek along mostly flat terrain allowed us to warm up our snowshoeing muscles, test out any new gear, and get ready for the season ahead (9 miles, 300 ft. elevation).

The remainder of our series was designed as monthly weekend experiences, beginning with a shorter hike on Saturday afternoons and a full-day adventure on Sundays.

In January a group of ten participants traveled west, meeting in Great Barrington for a Saturday afternoon hike to the top of Monument Mountain. Although the views were obscured by clouds, we enjoyed a robust hike up and around the snow-capped, foggy mountain (2.7 miles, 760 ft. elevation).

Continued on page 3





## View from the Chair: Spring Looks Bright

At this time last year, we prepared to hunker down, not knowing for how long. Would it be six weeks, two months, until summer? Who could have imagined what the year would bring? Now we have signs of hope. This hope inspires us to plan for the future while also supporting our members who aren't yet ready for group activities.

Our Hiking Chair, Paul Brookes, and Hiking Vice Chair, Pamela Johnson, recently held the March Hike Leaders meeting. The robust attendance showed that we are eager to increase our outdoor activities. As part of our spring planning, we are introducing a new hike series in the Fall River Bioreserve. This nature oasis is in the heart of SEM's geographical region and an easy drive from some of our region's largest cities: Fall River, New Bedford, and Taunton. I am excited that we are increasing our activities in this area. [Fall River Bioreserve hikes are posted here.](#)



Not ready to hike with groups yet, but miss the social camaraderie? Join our [SEM online events](#). SEM's Education Chair, Sue Svelnis, and Communications Vice Chair, Alanna Halloran, recently held a [Winter Scavenger Hunt](#). People hiked on their own or in small groups, looking for items on the list, such as frozen waterfalls, bird's nests, animal tracks, and more. They submitted pictures which were shared on a fun Zoom session. Sue and Alanna have already posted a follow-up Spring Scavenger Hunt and a Winter Tracking Detectives Group. Show off your photos!

Do you want to lead activities? The more leaders we have, the more activities we can run. We can always use more hiking, biking, ski, and paddling leaders. The leader training is online, followed by co-leading with an experienced SEM leader when you are ready. [Register for online leader training here.](#)

I'm always interested in your input. Email me at [chair@amcsem.org](mailto:chair@amcsem.org).

*Diane Simms, AMC-SEM Chapter Chair*

### 2021 Executive Board

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**Vice Chair .....OPEN**  
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Treasurer .....David Yampanis  
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### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah Brodsky  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

The Breeze Editor.....Mo Walsh  
Assistant Editor..... Laura Lamar  
Blast Editor.....Marie Hopkins

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position



On the trail on a perfect day. *Photo by Rima Tamule*

## **Snowshoe Series** Continued from page 1

Sunday's hike found us at Mount Greylock for a new adventure. We began on the Hopper Trail, then diverted onto the Money Brook Trail. Enjoying scenery of snow-laced birch, elm, and fir trees, the group traversed along the banks of Money Brook to the towering frozen falls. After reversing direction to the Prospect Trail, we hiked to a viewpoint on Prospect Mountain with views of the farmland and fields of Williamstown and "the hopper" (a grain hopper shaped valley). Two intrepid hikers even climbed to summit Mount Prospect. Again, we reversed our direction, returning to Hopper Road to disperse (6.1-7.3 miles, 1400 ft. elevation).

February brought more snow and more challenging hikes. This time, our group of ten, met at noon in Charlemont at the Mohawk Trail State Forest. We hiked the Indian Trail to the summit of Mount Todd, taking in stunning views of the hills and valleys of the Mohawk Trail and Northern Berkshires. Once replete with visual summit treats, we descended on the steep, snowy slopes of the Mohawk Mohican Trail, returning to forest headquarters by late afternoon (5.7 miles, 1100 ft. elevation).

Our Sunday began bright and early once again at the Hopper Trailhead of Mount Greylock in abundant snow, brisk temps, and glorious sunshine. Ascending the steep and steady incline of the Hopper Trail, hikers took turns breaking trail on the steeper grades. After a short jaunt up Sperry Road, we again broke trail through deep snow heading towards March Cataract Falls. The descent to the falls proved to be too treacherous, and after a glimpse of the distant falls, we were forced to turn back.

Basking in the sun, we enjoyed a much-deserved lunch break at the Sperry Road Campground. We then continued our ascent of the Hopper Trail towards Greylock's summit, where leafless trees provided spectacular views toward the west. After enjoying the scenery of the Overlook Trail, we reversed direction down the Hopper Trail, then along Sperry Road to relish the expansive views of Greylock's summit from Stoney Ledge. Although we had glimpsed the radio tower on Mount Greylock during most of the hike, we were finally able to see Veterans' War Monument!

Satiated with sunshine and scenery, we descended through the lovely winding, wooded Haley Farm Trail to Hopper Road. At the end of the day, we had snowshoed nine miles, gaining 2,200 feet of elevation within 6.5 hours—what a wonderful way to culminate our 2021 series! Throughout this season's five hikes, we trekked more than 32 miles with 5,765 ft. of elevation gain!

I would like to thank all the leaders and snowshoers who helped make this series a reality.

My snowshoeing mentor, Eva Borsody Das, was only able to make our first snowshoe this year, but she has been a great teacher and inspiration to me over the last few years. Diane Hartley co-led all three hikes and provided a valuable sounding board and pre-hiking buddy along the way. Paul Brookes helped with our first snowshoe in Plymouth, and Jeannine Audet and Maureen Kelly both helped with our final snowshoe! I couldn't have planned such an ambitious itinerary without knowing that I had strong leadership behind me.

I would like to thank all the hikers who joined us during the series. Congratulations to the hikers who were able to join us for all three snowshoes: Doug Griffiths, Rima Tamule, Ute Anderson, and Sujatha Srinivasan.

### **Design our SEM Conservation Patch!**

Submit an original design in color and no larger than 3.5" round, square, or rectangular. Email submission to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) or contact the Conservation Chair at that address if you need help with this. All submissions are due by April 15th.

Our SEM members will vote for the winning patch. The Conservation Committee will select the top three designs that best represent the activities that are required to obtain the patch. A \$50.00 gift certificate to REI will be awarded to the winner.





Cape hikers at Bourne Farm in West Falmouth. *Photo by Kelly Kelly*

## Holiday weekend hike on the Cape

By Kelly Kelly

The West Falmouth Hike on February 21st was *wonderful!* Ten AMC-SEM hikers met to enjoy the snow and trails near Bourne Farm. Led by John Gould and Cindy Tobey, it was a delightful hike on a perfect day: Sunshine. Beautiful landscapes. Happy hikers enjoying conversation and exercise. Thank you to the AMC leaders who continue to share their favorite trails!



Hikers stop to admire a small waterfall along the trail. *Photo by Kelly Kelly*

## Be a winter tracks detective!

By Sue Svelnis, Education Chair

Have you ever wondered what creatures are sharing the trails with you? Winter is a perfect time to track their footprints. Even without snow, there are many ways to track wildlife by what they leave behind. On Tuesday evening March 30th, Pam Landry and Pat Liddle from the Northeast Wildlife Trackers group will join us on a Zoom call. They will help us review pictures and clues you find to identify the species and activity the animal was most likely engaged in.

Your assignment before then is to go out in nature and photograph evidence such as footprints that an animal has left behind. Then make your best guess as to what left the tracks. Just looking at tracks on a computer is not going to be very successful. You will need to explore like a detective.

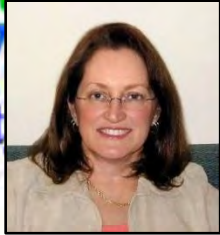
First, have a ruler or an obvious-sized object like a dollar bill in your picture to get a sense of the size. Next, evaluate and photograph the trail showing the pattern of movement on the landscape. Then document any backstory, which could include snow conditions (deep, icy, fluffy, depth); behavior (moving in a straight line, moving from tree to tree, moving in and out of the water, zig-zagging from tree to tree); and other signs (food, nests, dens, scat, quills, feathers, placement of urine). Look for anything else that may provide clues.



If there is no snow, you'll need to work a little harder but the evidence should be there. Images of chewed nuts, chewed bark, claw marks, scat, nests, digs, broken branches, cocoons, burrow, etc. The more evidence you find, the more likely we will get a good identification and story. The [Massachusetts Wildlife](http://MassachusettsWildlife.org) and [Northeast Trackers](http://NortheastTrackers.org) websites are great resources for this work.

Submit your pictures and details in advance of the Zoom call so our experts have time to review them. All photos and clues should be sent to [educationchair@amcsem.org](mailto:educationchair@amcsem.org). Whether you submit tracks or not, you are still invited to join this Zoom meeting on Tuesday, March 30th, at 7 pm. We can all learn from the process of identifying the evidence. Details will be provided upon [registration here](#).





## Volunteer of the Month: Cheryl Lathrop

By Diane Simms, Chapter Chair

Each month the SEM chapter recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month, the SEM Board recognizes one of our behind-the-scenes volunteers, Cheryl Lathrop.

Cheryl is the long-time webmistress of our SEM website, [amcsem.org](http://amcsem.org). With good humor and patience, she has worked closely with committee chairs to freshen their pages, including updating links, loading new content, and teaching technical skills for managing linked Google Docs. She quickly loaded new COVID-19 content for leaders, so they had access to key information. Each month, she loads the *Breeze* to the website, often on short notice, so the link can be emailed to our members.

In addition to all her work on the website, Cheryl is a keeper of chapter history, locating and storing important documents and photographs. She has self-initiated projects, such as loading Bob Vogel's Blue Hills history essays to the website. Cheryl is a past Chapter Chair and activity leader. She has been a valuable contributor to our chapter for years.



Congratulations, Cheryl, and thank you from all of us at AMC-SEM! Cheryl will receive a Volunteer of the Month Certificate and a \$50 gift card.

## Companion Planting limits need for chemicals in your garden

By Ellen Thompson

The Conservation Committee is offering a personal challenge for members and friends to participate in activities to earn a conservation patch. One of these activities is to practice companion planting.

What is companion planting? There was a time when the prevailing thought seemed to be whatever went wrong with a plant, it just needed to be sprayed or dusted with some chemical. This attitude is bad for the environment. Time honored wisdom says some plants, when grown together, improve each other's health and yields.

Companion planting is the practice of growing certain plants together to reduce or eliminate the need for pesticides, fungicides, insecticides, or other chemicals. The practice is usually used in the context of vegetable gardens, but can be useful in any garden. Following are some examples of beneficial Companion Plants:

Marigolds are like gold in the garden: They repel root nematodes, which attack many garden plants, and are especially helpful beside tomatoes.

Tomatoes and basil are like peanut butter and jelly out of the garden. Planted beside each other in the garden, the basil can protect from tomato horn worm. Some gardeners claim basil helps the tomato crop as a whole.



Nasturtiums add a beautiful color to your vegetable garden and your dinner plate, since they are edible. In fact, aphids like them so much they will leave the other garden plants alone.

Mint wards off ants and cabbage moths.

Carrots, dill, parsley, and parsnip attract beneficial insects, such as praying mantis, ladybugs, and spiders that eat insect pests.

Thyme keeps away cabbage worm, which is helpful to cabbage, broccoli, Brussels sprouts, and kale.

If you want to learn more about companion planting, there is a wealth of information on the internet.

Continued on page 6





**Companion Planting** Continued from page 5



**COMPANION PLANTING**



IN NATURAL ECOSYSTEMS, PLANTS PERFORM FUNCTIONS THAT CAN EITHER HELP OR PREVENT OTHER PLANTS TO GROW THE SAME WAY IS TRUE IN OUR GARDEN. CERTAIN PLANTS GIVE NUTRIENTS BACK TO THE SOIL, WHILE OTHERS NEED TO TAKE UP NUTRIENTS. PLANT ARDMAS AND FLOWERS CAN ATTRACT POLLINATORS OR DETER PESTS. BELOW IS A CHART TO HELP YOU UNDERSTAND WHICH PLANTS GROW WELL TOGETHER AND WHICH TO PLANT FAR APART!

PLANT	GOOD COMPANIONS	BAD COMPANIONS
BEANS	MAIZE, SUNFLOWERS, LAVENDER, CABBAGE, CUCUMBER, STRAWBERRIES, BRINJAL	ONIONS, GARLIC, FENNEL
BEETROOT	BEANS, ONIONS, GARLIC, LETTUCE, CABBAGE	
BRINJAL	CALENDULA, MARIGOLDS, MINT, PEAS	
BROCCOLI, CABBAGE, CAULIFLOWER, KALE	AROMATIC PLANTS, DILL, SAGE, ROSEMARY, POTATOES, BEETROOT, CELERY, GARLIC, ONIONS, GERANIUM	TOMATOES, POLE & RUNNER BEANS, PEPPERS
CARROTS	LETTUCE, CHIVES, LEEKS, ROSEMARY, SAGE, PEAS, WOODWOOD	STRAWBERRIES, FENNEL, CABBAGE
LETTUCE	CARROTS, RADISH, STRAWBERRIES, CUCUMBER, BEANS	CELERY, PARSLEY
MAIZE	SUNFLOWERS, AMARANTH, BEANS, PEAS, & OTHER LEGUMES, PUMPKIN, SQUASH, CUCUMBER, MELONS & OTHER CUCURBITS, PARSLEY	CABBAGE, TOMATO, CELERY
ONION/GARLIC	CARROTS, BEETROOT, STRAWBERRIES, TOMATOES, LETTUCE, CABBAGE	PEAS, BEANS, PARSLEY, LEEKS
PEAS	LAVENDER, CARROT, TURNIP, RADISH, CUCUMBER, MAIZE, BEANS, GROWS WELL WITH MOST VEGETABLES & HERBS	ONION, GARLIC
PEPPERS	TOMATOES, GERANIUM, BASIL, CARROT, ONION	BEANS, KALE, CABBAGE FAMILY
POTATOES	CORIANDER, MARIGOLD, BEANS, MAIZE, CABBAGE FAMILY, BRINJAL	PUMPKIN, CUCUMBER, SQUASH, MELONS, SUNFLOWERS, TOMATOES
SPINACH	STRAWBERRIES, BROAD BEANS, PEAS	
TOMATOES	BASIL, OREGANO, PARSLEY, CHIVES, NASTURIUM, ONIONS, CARROTS, CELERY, CALENDULA, GERANIUM, BORAGE	POTATOES, FENNEL, CABBAGE FAMILY
CALENDULA	TOMATOES - REPELS TOMATO WORM!	GENERAL PEST DETERENT, PLANT THROUGHOUT GARDEN
COMFREY	FAST-GROWING NUTRIENT ACCUMULATOR. PLANT ALONG THE EDGES & USE LEAVES FOR MULCH	COMPOST ACTIVATOR, USE LEAVES TO MAKE COMFREY TEA FERTILIZER!
CHILE PEPPER	CABBAGE, MAIZE	REPELS CABBAGE MOTH, PLANT ON BORDERS TO KEEP FLYING PEST AWAY!
MARIGOLD	PLANT FREELY THROUGHOUT THE GARDEN REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES & MANY MORE	USE MARIGOLD LEAVES TO MAKE AN ORGANIC GENERAL INSECTICIDE SPRAY!
NASTURIUM	TOMATOES - IMPROVES FLAVOR!	REPEL WHITE FLIES & SPIDER MITES
THYME	CABBAGE	DETERS CABBAGE WORMS
ROSEMARY	CARROTS, CABBAGE, SAGE, BEANS	DETERS CABBAGE MOTH, BEAN BEETLES & CARROT FLY!
WORMWOOD/ ARTEMESIA	AROUND GARDEN EDGES	KEEPS ANIMALS OUT! ALSO REPELS WHITE FLY
YARROW	PLANT FREELY THROUGHOUT THE GARDEN. REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES, AND MANY MORE!	PLANT NEAR AROMATIC HERBS TO ENHANCE ESSENTIAL OIL PRODUCTION

Chart courtesy of [Faith Filled Food for Moms](#)





Pete Tierney adding a BCT disk. Photos by Skip Maysles

## Bay Circuit Trail Maintenance

By Skip Maysles, SEM Trails Chair and Inter-Chapter Trails Committee Member

First, some fun facts of the Bay Circuit Trail (BCT). It is a 230+ mile trail that runs from Plum Island on the North Shore to Kingston/Duxbury on the South Shore and connects 37 towns. It is located between Routes 128/93/95 and 495 and forms the letter “C” around Boston. It offers many opportunities for hiking, biking, running, walking, etc. More info is available at <https://www.baycircuit.org>.

For the past several years, SEM Trails Committee members have been doing some work along the BCT in the southeast MA area. Under the supervision of the BCT management group, we are replacing old and broken 4” square plastic BCT trail markers and 2” x 6” blazes with the new 4” round aluminum disks. Also, we trim small trees/branches/weeds that may be blocking the trail signs in the near future. We carry a tool bag with a hammer, nail extractor, drill, aluminum nails, new trail signs, pruners, vice grips, and of course, a saw. We are a self-described trail troubleshooting crew.

Our philosophy for marking the trail is simple. Signs are used only when necessary, and do not over-mark or under-mark the trail. The goal is to keep the “wilderness” feel of the trail, but also keep hikers from getting lost! So, when approaching a junction, there will be a sign prior to the junction alerting you as to which way to go, a second sign at the junction showing the way, and a third sign past the junction as a confidence marker.

In addition, if you are on a part of the trail which does not have any junctions, you should feel comfortable hiking for a few minutes without seeing any markers.

Also, there is a different procedure for installing the new disks. The old disks were attached to the tree by nails at maximum depth which caused a very tight fit of the marker to the tree. As the tree grows and gets wider, it causes the old plastic markers to break. The preferred method is to allow approximately ½” space between the nailhead and tree which provides room for expansion.

Some of the nicer properties we have visited in the past years have been:

The Burrage Pond Wildlife Management Area, 382 Pleasant Street, Hanson: a 2,000+ acre property with ponds, marsh, swamps, retired cranberry bogs, and several miles of walking trails. Good variety of wildlife.

- Tubbs Meadow Conservation Area, 139 Monroe Street, Pembroke: a 106 acre property with many easy loops.
- Veterans Commemorative Town Forest, School Street, Pembroke: an 88 acre property, quiet and with a great water view of Silver Lake.
- Bay Farm Conservation Area, Bay Road, Duxbury/Kingston town line: an 80 acre property with many loops, open fields that attract a variety of birds, beautiful views of Kingston Bay, and, at the Duxbury terminus, a small beach to relax, soak your feet, and swim.

So, if you are looking for another challenge this year, consider hiking the Bay Circuit Trail.



Clockwise from far left:

1. New round aluminum blaze.
2. Old square plastic blaze.
3. New blaze vandalized with an axe.
4. Old marker with tree growth breakage .





Paul Brookes and Cathy MacCurtain in the winter of 2017/2018, on one of the coldest hikes in WLBH history.

## White Line the Blue Hills series creators honored with patches

By Pamela Johnson, Hiking vice Chair

A favorite hiking series, “White Line the Blue Hills,” was created by Paul Brookes and Cathy MacCurtain in 2015. Also known simply as “White Lining,” the challenge of this series is to hike all of the trails on the Blue Hills Reservation map between the official Winter Solstice and the Spring Equinox—not a minute before or after the official winter season. It may take years to complete a “White Line,” named for trails hopefully covered in snow, because winter conditions may make hikes impossible due to bad weather that affects both driving and hiking conditions.

In March 2020, current White Line leaders Pam Johnson, Claire MacDonald, and Craig MacDonald had planned to celebrate the end of the 2020 White Line series with a luncheon at the Blue Hills Grille. They planned to honor WLBH-series founders Cathy MacCurtain and Paul Brookes and to award them the first official “White Line the Blue Hills” finishers patch.

Sadly, due to COVID-19, the final hike and luncheon had to be cancelled. The celebration was rescheduled to December 21, 2020, (Winter Solstice) and again had to be cancelled. With hopes of gathering in person looking less likely, we decided to mail the new White Line patches to Paul and Cathy first, and then mail patches to the other White Line finishers.

The letter that went along with the patches to honor and thank Cathy and Paul and to celebrate all White Line finishers follows on page 9.



March 2019 photo of WLBH group on snowshoes, some for the first time! *Photo by Ken Cohen*

### White Line Finishers

- |                        |                     |
|------------------------|---------------------|
| Paul Brookes           | Cathy MacCurtain    |
| Len Ulbricht           | Linda Douglas       |
| Jodi Jensen            | Claire MacDonald    |
| Joe Keogh              | Craig MacDonald     |
| Pete Tierney (x 2)     | Stephanie Cavallaro |
| Bob Jabaily (x 3)      | Sandy Johnson       |
| Bill Doherty           | Karen Foley         |
| Bob Vogel (x 3)        | Joanne Newton       |
| Pam Johnson            | Ken Cohen           |
| Michael Schwartz (x 3) |                     |





**White Lining honors** Continued from page 8



The new AMC-SEM White Lining the Blue Hills patch designed by Pamela Johnson, Hiking Vice Chair.

**IT'S A CELEBRATION**

By Craig MacDonald

It's finally snowing. We've waited months for this to happen. The flakes fall and coat the trail in anticipation of our footsteps. They arrive at first in ones, twos, and tens of hundreds that spot jackets and melt on lips and tips of chilly noses. Flurries of thousands upon thousands, even millions of their kin, follow and mass in droves to pile up and soften our tread.

How will snowfall end this time – in a superficial thin coating that dusts and blows in the wind or in inches of accumulation that reaches our boot tops and aspires still higher? Will the snow melt and freeze and slip under foot or accumulate in staggering brawny drifts that impede our passage? With micro spikes and snowshoes at hand we embrace all outcomes, like partners ready to dance a light fandango or a ponderous polka. This is White Lining at its best. Now it's time to recognize two exceptional leaders who gave White Lining their best.

It was more than five years ago when Paul Brookes and Cathy MacCurtain started White Lining – really started it, as in actually invented the whole thing. They planned the weekly Tuesday hike to run from the Winter Solstice to the Spring Equinox. The hike was a big hit and wait-lists burgeoned. The hike became a regular AMC-SEM Chapter series. More than that, it became an institution.

Eager followers swelled the ranks leaving booted footprints in the snow on Blue Hills trails. The hikers' tracks mingled with those of deer and coyote, forest creatures that peered from daytime seclusion at the chatty color-clad hikers moving as a noisy conga line over numbered paths. Fun and light adventure for us, and possibly entertainment for wildlife, it was hard work for Paul and Cathy.

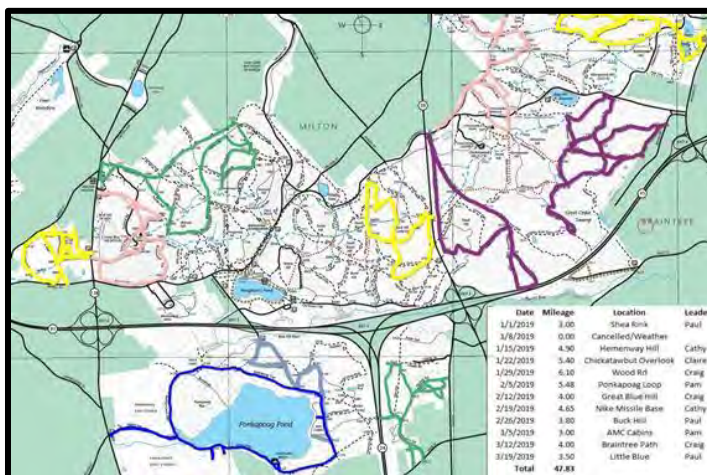
Trails hiked in summer may not be accessible in winter. Trails safe in summer may not be wise to traverse if icy. Parking at trailheads street-side in summer may not be plowed in winter. Weather forecasts today may deteriorate by the following week. To get the true sense of White Lining, Paul and Cathy planned hike routes over every mapped trail in the Blue Hills during the proscribed winter period. They performed these tasks with exceptional dedication and cheerful disposition. They offered help and encouragement to many of us over the several years often needed to complete this endeavor.

All of us listed below, all finishers of the White Line hiking series, applaud your pioneering effort, admire your relentless dedication and thank you greatly for making White Line happen. With this letter we want the two of you to be the first recipients of the new AMC-SEM Chapter White Line patch. This patch will be awarded to all White Line finishers now and into the future. Those listed below also received the patch mailed with this letter. In anticipation, we know we will see all of you on the trails again.

Sincerely,

White Line Leaders

Pam Johnson, Claire MacDonald, and Craig MacDonald



Trails map from 2018-2019, the last complete WLBH series.





Paul Brookes with hiking pal Sunny. *Photo by Ken Cohen*

## Navigation Tools: Interview with Hiking Chair Paul Brookes, Part 1

By Alanna Halloran, Communications Vice Chair

*Editor's Note: Video of the entire interview is [posted here](#).*

### **Alanna Halloran:**

I'm speaking with Paul Brookes, AMC-SEM Hiking Chair. Paul, what are the basic tools of navigation, and which would you recommend for beginners?

### **Paul Brookes:**

The most important tool is daylight. I usually try to hike in the morning, especially in an area I'm not familiar with. Another important navigation tool is a friend. Especially someone who's walked that trail before or knows the area. After that, making a plan. Downloading a map. Deciding where to go, how long to be out on the trails.

### **Alanna Halloran:**

Where do you get your maps?

### **Paul Brookes:**

A lot of local towns, forests, parks, reservations, have maps online. Download them. They won't be the traditional, topographical map, but that's good. It will show the trails clearly. Trail intersection markers, for example, will be marked on the map. Often they'll recommend trails and how long they'll take. That's the first place I go when I'm looking just for a nice, local hike.

If you're looking for something longer, or you want to go in the Whites (White Mountains), then there are some great books in [the AMC store](#). You can get a small discount from the store.

If you're in the Whites, I would recommend the [White Mountain Guide](#) by Stephen D. Smith. It's fantastic. As far as Massachusetts, one I think is rather good is the [Massachusetts Trail Guide](#) by John Burke.

I'll often be driving around, and I have a dog. If I see a trailhead, I'll just decide to get out and do a 20-minute walk. Often they'll have a small box which has some maps in it. If they don't, many will have one of those timber kiosks with a large map behind the glass. I'll take a picture of the map, and then carry that with me.

### **Alanna Halloran:**

Can you go through how to read a map, and what the most important features are?

### **Paul Brookes:**

The most important part is to look at, first, where are you? I'll put a big cross on the map where my car is. It's no good knowing exactly where you are if you've forgotten where your car is.

I'd say the next most important part of a map is the actual trails. I almost always stay on the trails. After that, I look for water: brooks that might cross the trail, where I expect to see maybe a small bridge or at least steps over a brook. That gives me an indication as to where I am versus where I think I am.

On a map you look for intersection markers. Read for descriptions on the bottom. Often it will tell you whether there are blazes on any particular trails and, if so, what colors they are.

There's more sophisticated stuff you can look for. But for 90 percent of all hikes, that pretty much does it.

### **Alanna Halloran:**

Sounds simple enough. How do you not get lost?

### **Paul Brookes:**

The first thing is, you have to actually have your map out. It's no good if it's in your backpack, or it's sitting in your pocket. I actually will hike with my map in my hand. I have one of these things you can carry your map in, and basically hang it around your neck. I also have one of these Tom Brady-type pouches which sits on your arm. You can open it up and look at your map directly that way. My map is always very accessible to me.

Continued on page 11



## Navigation Tools Continued from page 10



Paul Brookes is appropriately dressed for winter weather, hydrating, and keeping his map accessible on this 2016 winter hike.

Photo by Cathy MacCurtain

### Paul Brookes:

The main idea in not getting lost is awareness, always as you're hiking going, "This is where I think I am on my map." At certain points get confirmation that where you are is actually where you think you are. There's a concept called **point awareness**, which means you know precisely, exactly, what point you are at on the map. For example, when you're at the trailhead, you have point awareness. When you hit an intersection marker, you have point awareness. When we talked earlier, I mentioned looking for a brook crossing the trail. If it shows it crossing the trail on your map, you have point awareness. You know exactly where you are.

There's also a concept called **line awareness**, when you know you're on the trail, but you're not exactly sure how far along the trail you are. You have line awareness.

There's an idea called **area**. You might step off a trail for a bio break and, instead of walking back to a trail, you accidentally walk further into the woods. You then have **area awareness**. You know where you are roughly on the map. You're just not quite sure how to get back to a trail.

Point awareness is best. Then line, then area, and then lost is worst. It means you look at your map, and you've got no idea what side of a mountain you're on.

### Alanna Halloran:

If I do get lost, what should I do?

### Paul Brookes:

We all get lost. I've certainly gotten lost, either by myself or leading hikes, fortunately not yet in any dangerous situations. I'd say the first thing is to **stay calm**.

I'll actually just sit down on a log, and say, "This is a great opportunity to have a snack." If my dog's with me, I'll pet my dog. Do whatever you need to do to get that panic, which is starting to well up, get it out of your system.

Then consider what your resources are. If you've got your phone, **start your app** if you don't have it running. It will show you precisely where you are. That's helpful when you've stepped off of a trail and you just need to know what side of a trail you're on. If you're lost, but you're still on a trail, **backtracking** is always a very good idea. You very, very rarely want to leave a trail if you're on one.

**Don't bushwhack.** Once you've gotten back on a trail, or if you're not on a trail, **listen**. Perhaps you can hear some traffic, the babbling of a brook, or some other hikers in the distance. I always **carry a whistle**, so hopefully someone will come and find me. When you do find someone, don't let them go unless you are really comfortable that you can find your own way out. This is not the time to be prideful. This is the time to **get help**.

### Alanna Halloran:

My next question is, how can winter affect navigation?

### Paul Brookes:

Fundamentally, everything else takes longer and is more difficult. If it's very cold, you've got gloves on or mitts on. It's hard to open the map, which is why it's so important to have already pre-planned something and just carry it around your neck.

Your brain honestly thinks slower, so you have to do everything more carefully. It's even more important to be aware continually. "This is where I think I am right now. In a few minutes, I should be crossing a brook." Or, "Let's take my compass out, and just quickly check. At this intersection, I expect one trail to be going east, and one going north. Let's check that this is what's happening."

Plus, if something goes wrong, there are fewer people out there. You want to do more planning, to develop your route at home. I won't say don't hike solo. We all do. But at this point you want to have also taken a class or two.

The blazes and intersection markers may be covered in snow or frost. Snow might have covered the trail. You can see where a trail is by the lack of stuff, of trees, by where daylight's coming from. There's a skill to it. When people have hiked a trail, it can be a false flag, if you just follow them, but they've got themselves lost. You can follow someone's snowshoes and end up not where you want to be. It's a little bit harder in the winter, but the skills you learn and apply in the summer also apply in the winter.



## Scavenger Hunt a ‘wild success,’ new hunt kicks off March 22

By Sue Svelnis, Education Chair and  
Alanna Halloran, Communications Vice Chair

Did you see a frozen waterfall, a black capped chickadee, or a red squirrel this winter? These were only a few of the items on our Winter Scavenger Hunt list. If you saw a beaver this winter, we really wished you had joined us, since that was one of the items that none of us found.

In February we created a new kind of hiking experience to combat the sense of isolation many of us have been feeling due to the pandemic. We supplied a list of 21 items that you might expect to find while hiking, and asked participants to find and photograph as many as they could.

We kicked off the hunt with a Zoom session to review the list and share ideas for spotting the items. We also encouraged people to work in teams if they wished.

The hunt went on for three weeks and during that time many of the pictures were shared on the [AMC-SEM Facebook page](#). We wrapped up the hunt with a final zoom where we were able to view all the pics and share stories. It was so great to see many new and familiar faces and to know that although we did not physically hike together in person we were all hiking together in spirit with a common goal.

It was so fun we are launching a Spring Scavenger Hunt in the same format that will kick-off on March 22nd. [Register here](#).



Frozen waterfall. Photo by Diane Hartley



Black-capped chickadee. Photo by Peggy Qvicklund



Tracks in snow. Photo by Joanne Newton





## Scavenger Hunt Continued from page 14



Red fox. *Photo by Joanne Newton*



Beaver activity. *Photo by Marnie Bolstad*



Fish through water. *Photo by Bill Cannon*

### Join our chapter Spring Scavenger Hunt

The Virtual part of our Scavenger Hunt will be two Zoom sessions: On [March 22nd](#) from 7-8 pm, we will kick off the Hunt and review the list of Scavenger Items. On [April 26th](#) from 7-8 pm, we will close the Hunt and share and discuss everyone's findings.

You must register separately for each session--they are posted as two separate activities. Once you register, we will supply a link to the checklist of items to look for, as well as where you can submit your photos and completed list.

You will have 5 weeks to hike with friends, family, or on your own and identify as many items as you can. Photos of each item are encouraged so that they can be shared with the group.

Explore trails, connect online, and learn something new from Nature!





## Staying Warm in Winter, Part 3

By Dexter Robinson

### WISE layering system

The Wilderness Education Association invented an acronym for this layering system called WISE. It stands for wicking, insulation, sheltering, and extremities/extra.

This article continues exploring the WISE layering system by discussing the Sheltering or outer layer.

- Protection from the elements, handles sweat
- Soft and hard shell jackets
- Hard shell jacket features
- Soft and hard shell pants
- GORE-TEX® jackets
- Alternatives to GORE-TEX



Just as it sounds, this outer layer protects you from the wind and various forms of precipitation, like rain and snow. Sheltering clothes must not only offer protection from the elements; they must also handle sweat produced by our bodies. The sheltering layer should cover the entire body, usually with a hooded jacket for the upper half and pants for the lower half.

Sheltering layers can vary widely, from a simple wind-resistant nylon jacket to a multi-layer mountaineering shell parka. In general, sheltering layers fall into two categories: soft shell and hard shell. Soft shell jackets feature a good range of motion, breathability, and are wind and water resistant. They are made of woven nylon or polyester and are intended for highly aerobic activities, with more emphasis on breathability than protection from the elements. They fall in the middle ground between jackets that offer light insulation and waterproof hard shells. This makes soft shell jackets usable year round.

An example of a soft shell jacket is the Outdoor Research Ferrosi hooded jacket.

However, soft shell jackets are not suitable for continuous rain and snow conditions. In that case you need a hooded hard shell jacket that is lightweight, breathable, and waterproof for all-weather use. Typically a hard shell jacket is made of nylon with a polyurethane coating, a GORE-TEX membrane, or a GORE-TEX alternative. Similar to other layers, cotton should be avoided, since it absorbs and retains moisture.

Here is a list of features to look for in a hard shell jacket:

- Ventilation
- Adjustable hood
- Hip belt-compatible pockets
- Zippered pockets
- Two-way front zipper
- Adjustable wrist closures
- Draw cord hem closure
- Large enough to layer underneath

Ventilation features such as side zippers or pit zips to vent off perspiration are important. Pit zips are zippers near the arm pits. I recommend having pit zips on your hard shell, although they are becoming less common as manufacturers focus more on increasing breathability.

If it has front pockets, make sure they are high enough on your body to not interfere with the backpack hip belt.

Not all hard shells have pockets. It's great to have some zippered pockets, not just on the outside, but at least one on the inside for things like your phone and food that you don't want to freeze. Outer pockets are good for things like snacks, hats, and extra gloves. The more things that are accessible, the less often you will have to take off your pack to retrieve them. Unfortunately it has gotten more difficult to find a hard shell jacket that has all of these features, even ones that retail at over \$600.



*Pixabay photo by [Hans Braxmeier](#)*

Continued on page 17



## Staying Warm Continued from page 16

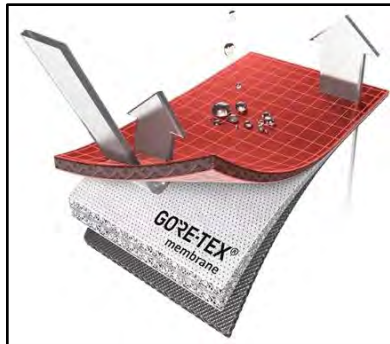
The choice of a sheltering layer depends on your outdoor activity, location, terrain, and weather. Waterproof, non-breathable shell jackets, e.g. coated nylon, are best suited for light or no physical activity. Otherwise you will likely perspire and saturate the other layers.

For pants, the simplest sheltering option is wind and waterproof nylon over a base layer, relying on the airspace between the two for additional insulation. Other options for pants include soft shell pants, hard shell or snow pants, wool pants, and even nylon or nylon-blend 3-season hiking pants. Depending on the weather and temperature, you may want to wear a long underwear base layer under your choice of pants.

For better control of your body temperature, avoid putting on a sheltering layer until conditions warrant it.

### **GORE-TEX®**

In 1969 William and Bob Gore discovered a way of producing a fabric that was impervious to precipitation but not perspiration. The GORE-TEX® membrane has about nine billion pores per square inch. Each pore is approximately 1/20,000 the size of a water droplet, making it impenetrable to liquid water, while still allowing the more volatile water vapor molecules from perspiration to pass through.



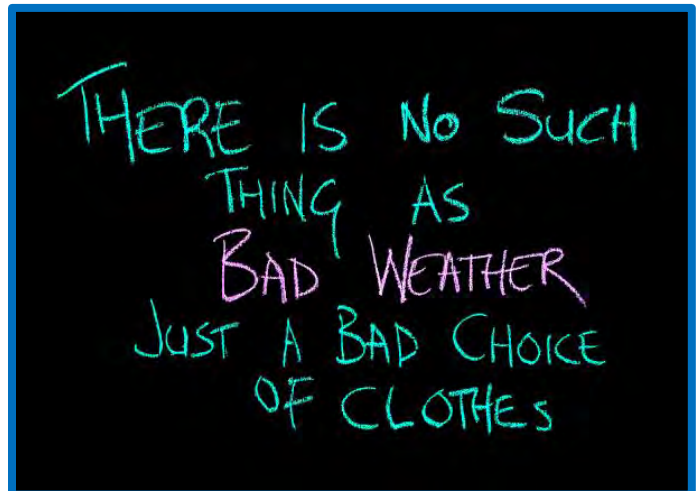
The outer layer of GORE-TEX fabric is coated on the outside with a Durable Water Repellent (DWR) treatment. The DWR prevents the main outer layer from becoming wet, which would reduce the breathability of the whole fabric. However, the DWR is not responsible for the jacket being waterproof. Without the DWR the outer layer would become soaked, preventing breathability. The wearer's sweat being produced on the inside would fail to evaporate, leading to dampness. This might give the false impression that the fabric is leaking. Wear and cleaning will reduce the performance of the GORE-TEX fabric by wearing away this DWR treatment, but the DWR can be restored.

A simple raincoat introduced in the early 1970s set off an outerwear revolution with a jacket that was lightweight, waterproof, and breathable for all-weather use.

GORE-TEX has become the standard to which all other similar fabrics are compared.

GORE-TEX today has multiple types:

1. GORE-TEX—a basic 2-layer version with durability designed for city, trail, and workplace use. There is a 3-layer version for more durability. Examples: the Patagonia Departeur Jacket with two layers and the Mountain Hardwear Boundary Ridge Jacket in three layers.
2. GORE-TEX with PACLITE—a lighter minimalistic fabric, less durable, one layer with the GORE-TEX membrane bonded directly to the outer shell, no lining. An example is the REI Co-op XeroDry GTX Jacket.
3. GORE-TEX with PACLITE PLUS—basically the PACLITE version (2) but double the layer. An example is the Mountain Hardwear Exposure/2™ GORE-TEX® PacLite® Plus Jacket.
4. GORE-TEX ACTIVE—minimalistic design, lightweight GORE-TEX membrane with fine denier performance textiles, and the light c-knit backer material. A lighter version of (1). An example is the REI Co-op Drypoint GTX Jacket.
5. GORE-TEX ACTIVE SHAKEDRY—removes the outer surface from Active Garments (4) to make the waterproof GORE-TEX membrane the other layer. It has one less layer of durability. The membrane is the outer layer, allowing one to shake off the water. It packs down small. An example is the Sitka Vapor SD Jacket.
6. GORE-TEX PRO—most rugged for extreme conditions—very dry, 3-layer construction, with a multi-layer membrane. An example is the Arc'teryx Alpha SV Jacket.



Pixabay image by Andrew Martin

Continued on page 18

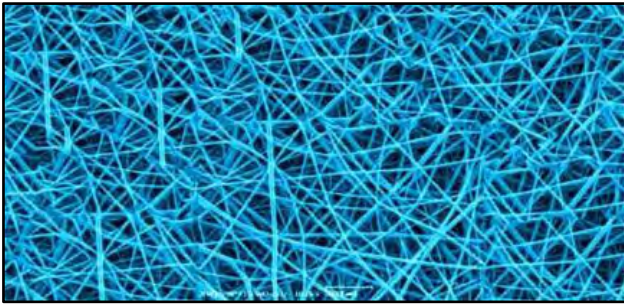




## Staying warm Continued from page 17

Currently GORE-TEX dominates the outerwear market. On one website (see link below) 14 of the 18 recommended hard shell jackets for 2020-2021 use GORE-TEX. Since GORE-TEX came on the market, a number of alternatives have been introduced. These include:

1. Ascentshell.™ Outdoor Research's exclusive proprietary 3-layer fabric, electric spun for a waterproof, breathable membrane that is soft to the touch. It consists of polymers that form a web that allows sweat vapors to escape, but prevents water from coming in.



An example that uses this fabric is their Interstellar jacket.

2. Pertex Shield:™ waterproof, windproof, breathable, lightweight and extremely packable. It comes in three laminate variants: 2, 2.5, and 3-layer, which vary in durability and resistance to the elements. An example using this fabric is Outdoor Research's Helium II rain jacket.

3. eVent®: waterproof and breathable but unlike GORE-TEX eVent is a "dry system" which makes it possible for moisture to get out in an instant, without it requiring excessive body heat or outside moisture. Unfortunately, in recent years, few if any, outdoor clothing manufacturers are using eVent fabric for hard shell jackets. However, Sea to Summit does use this fabric for one model of their winter gaiters.

When shopping for a shell, be sure to wear clothes similar to your base and middle layers, so you can get the appropriate size. You may have to buy a size larger to accommodate the layers underneath.

Some links for further reading:

[What is a softshell jacket?](#)

[Best Softshell Jackets of 2021](#)

[Best Hardshell Jackets for 2021](#)

[Best Hardshell Jackets for Women of 2021](#)

[Best Hardshell Jackets for Men of 2021](#)



Tommy at age 8 on the summit of Mt. Cardigan. *Photo by Sarah Vendetti*

## Hiking with Kids series, Part 2

By Sarah Vendetti

From toddlers to teenagers, hiking with your children can be a very rewarding experience. However, there is a fine line where the discomfort a youngster feels from physical exertion on the trail outweighs the rewards of a good hike. Knowing the needs of a child on the trail, and making sure these needs are being met, are the keys to an enjoyable experience for all.

When I was seven, my mom and dad decided it was a good time for me to tackle my first "big mountain." That summer, my family vacationed at Mount Cardigan Lodge, a well-known AMC facility in Alexandria, New Hampshire. It would be the first of many spring, summer, and fall visits: This season marked 32 years! Mount Cardigan Lodge was the perfect setting for our family. Nestled at the foot of Mt. Cardigan in Mount Cardigan State Park, the lodge offered (and still offers) comfortable bunkrooms, a swimming hole, hearty home-cooked meals and trail lunches to go, miles of well-traveled and marked trails, and excellent company. I remember being beside myself with joy, because of all the new friends I made at Cardigan that first summer!

One of the most important aspects of my first journey up Mt. Cardigan was our much-admired hike leader, Mary Conover. She was maybe 65 or 70 years old that summer of 1988, and she played the flute. We awoke each morning of our stay at Cardigan to the sounds of her playing "Somewhere over the Rainbow."

Continued on page 19



## Hiking with kids Continued from page 18

That week, Mary, along with my family and some other folks staying at the lodge, made the 2.5-mile trek to the summit of Cardigan. I remember it being very hard. And hot. Mary read my mood like a book, recommending to all that we take our time on the trail. For me, the group took frequent standing water breaks, sitting snack breaks, and little stops along the way to explore the wonders on the trail. As our group approached the summit of Cardigan, she insisted that I be the first in the group to reach the top. What Mary gave me that day was more than the encouragement I needed to achieve my first mountain; she instilled in me a life-long love of hiking.



The author at age 11 on the Franconia Ridge Trail.  
*Family photo*

When I am hiking with my eight year old son Tommy, I aspire to be with Tommy how Mary was with me. First, I recognize his needs on the trail, which are not always articulated, so I rely on indicators and signs to let me know when it is time to rest. Indicators for how Tommy is faring on the trail include his overall mood (chipper? grumpy? lethargic?); the color of his face (too red means rest and water are needed); and how he is walking (forging ahead or lagging behind?). Second, I provide ample opportunities for water and snacks. Third, I celebrate every achievement on the trail—including letting him get to the top first!

Another important aspect for success on the trail with kids is to prepare your pack well with all of the items in the checklist below, and have appropriate footwear for all. I make sure Tommy has comfortable, waterproof, and sturdy shoes with good non-cotton socks. SmartWool works well. Hiking boots with ankle support and good tread are just as important for kids as they are for adults on the trail. I love our hydration packs, as well: I use a larger pack with hydration (Osprey Tempest is my choice), while Tommy has a smaller kid-sized hydration pack from Coleman. Here is a quick, summer day-hiking checklist for a parent pack and a kid pack. Happy trails!

### Parent Pack

- Water, snacks & lunch (extra is better!)
- Sunscreen & SPF lip balm
- Bug spray
- Brimmed hat
- Raincoat (for you and kids)
- Sweatshirt (for you and kids)
- Extra socks (for you and kids)
- First aid kit to treat minor injuries with moleskin for blisters
- Flashlight/headlamp
- Jackknife or multi-tool for cutting moleskin or fixing a broken zipper
- Whistle for emergencies only to alert others to your location if lost
- Tissues/wipes
- Zip-lock bag to pack out waste
- A paper map - even if you have your smartphone!
- Compass

### Kid Pack

- Water & lunch
- Hat
- Whistle (usually on a neck lanyard)





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.amc.org/outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

### **AMC Trip Policy**

**You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. Per MA executive order (<https://www.mass.gov/doc/covid-19-order-55/download>), a face covering must be worn for the entire activity. Please have your face covering on when we circle up. Anyone who does not register or does not bring a face covering will not be allowed to join the activity. Group size is limited and activities are often waitlisted, 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 "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.**

**This policy applies to ALL activities. No exceptions.**

## CAPE HIKING

**Thu., Mar. 18. Hike Brewster, MA.** 2.5 hour easy hike with hilly, wooded trails and pond views. Bring water and snacks. Boot traction devices and poles may be required in icy conditions. Must have hiked similar distances recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 18.** L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Mar. 21. Hike Dennis - Group A, Dennis, MA.** This pre-registered hike with a limit of 9 participants is 4+ miles in Dennis. This is one of two hikes posted that will be socially distanced from each other, in accordance with MA Open Space policies. This is a soft sand beach walk, a wooded trail walk with limited elevations and a stretch through a historic neighborhood. Start location will be sent to registered participants. **See AMC Trip Policy on page 18.** L Margaret Christen (832-443-7321 Before 9PM, [margaret@mchristen.net](mailto:margaret@mchristen.net))

**Sun., Mar. 21. Hike Dennis - Group A, Dennis, MA.** This pre-registered hike with a limit of 9 participants is 4+ miles in Dennis. This is one of two hikes posted that will be socially distanced from each other, in accordance with MA Open Space policies. This is a soft sand beach walk, a wooded trail walk with limited elevations and a stretch through a historic neighborhood. Start location will be sent to registered participants. **See AMC Trip Policy on page 18.** L Deborah Hayden ([shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Thu., Mar. 25. Hike--Bourne, MA.** This pre-registered hike with a limit of 9 participants, 4+ miles, 2 hours, will take place in Bourne. The wooded trails have frequent rolling hills with leaves, rocks, and roots to negotiate. Waterproof hiking shoes/boots are required with microspikes/Yak Trax and poles if icy/snowy. Bring water. Start location will be sent to registered participants. **See AMC Trip Policy on page 18.** L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level 1 SEM/Cape Hike leader)

**Sat., Mar. 27. Hike North Falmouth, MA.** This moderately difficult hike has a lot of hills but rewards with some nice views of Buzzards Bay. We will cover 6 miles or so over 3 1/2 hours, which includes a stop for lunch. **See AMC Trip Policy on page 18.** L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), For 17 years has been a Level 1 SEM/Cape Hikes leader.) L Cindy Tobey



## Activities

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

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### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing, SEM 20s & 30s Vice Chair.** The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org) for more information.

**Ongoing, SEM Education Vice Chair.** The role of the Education Vice Chair is to work with the Education Chair and Education Committee Members to coordinate and supervise programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training, Wilderness First Aid, and Map & Compass. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The position requires you to be available for meetings online several evenings a month, and to be present for any in person training classes (when they resume) supported by the Education Committee. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email [educationchair@amcsem.org](mailto:educationchair@amcsem.org) for more information. L Susan Svelnis ([educationchair@amcsem.org](mailto:educationchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing, Conservation Committee Member, MA.** The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

### HIKING

**Rating codes** (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

**Tue., Mar. 16. Blue Hills Winter Conditioning Series 2021--Hike #6, Blue Hills, MA.** This posting is for the sixth and last hike of the series. This series will take place in various locations within the Blue Hills and focus on building/maintaining conditioning. We will add mileage and/or elevation across sessions and as conditions determine, mix in tools of the winter trade (aka snowshoes etc.) Participants are expected to have prior winter hiking experience and be able to hike at a strong (enthusiastic) moderate pace carrying & using winter gear. This is not intended to be an introduction to winter hiking. All participants will need winter clothing, snowshoes, micro spikes, etc. There are two (2) remaining open spots and five waiting list spots for the series. If you registered successfully for previous hikes you will not be rescreened, but you must register for this Hike #6. If you did not register previously you must register, after which you will be screened prior to confirmation. Hikes will only be cancelled in the event of inclement weather (e.g., heavy rain) or weather that makes travel hazardous. Rendezvous location and exact morning start time will be sent to confirmed participants the Sunday before each hike. **See AMC Trip Policy on page 18.** L Thomas Graefe. Note: Email contact preferred. (781-659-2441 Before 9:00 PM, [tmgraefe@comcast.net](mailto:tmgraefe@comcast.net))





## Activities

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

### HIKING

**Thu., Mar. 18. Blue Hills Thursday Morning Hike- Ponkapoag Pond Loop, Canton, MA.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond with perhaps a few in-and-outs for Red-Liners. Bring warm/waterproof hiking shoes, MICROspikes and/or snowshoes if necessary, sunscreen, snacks/lunch and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Well behaved dogs on leash OK. **See AMC Trip Policy on page 18.** L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

**Sat., Mar. 20. Hike Plymouth's Long Beach, Plymouth, MA.** Our barrier beaches are beautiful places in winter as well as summer. We'll walk at low tide to have room to spread out and see the expanse of shore and sandbars. Join us for this 6-mile hike as we walk at a moderate pace, sometimes in soft sand. Waterproof shoes, windproof jacket, and warm layers will be important to stay comfortable as the wind is usually strong. **See AMC Trip Policy on page 18.** L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Robin Melavalin ([robinoutdoors@gmail.com](mailto:robinoutdoors@gmail.com))

**Mon., Mar. 22. 7-8 pm. Spring Scavenger Hunt - Kickoff Meeting #BEONLINEWITHAMC, MA.** See article on page 13. Once you [register here](#) we will supply a link to the checklist of items, as well as where you can submit your photos and completed list. If you are unable to join the Zoom sessions you are still welcome to join in this Scavenger Hunt. L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com), is currently the Education Chair, RLBH registrar, and a class 1 hike leader for the SEM chapter.) CL Alanna Halloran ([communicationsvicechair@AMCSEM.org](mailto:communicationsvicechair@AMCSEM.org), is Communications Vice Chair and working to be a SEM hike leader.

**Sun., Mar. 28. Hike Fall River Bioreserve - Group A, MA.** Enjoy an easy to moderate 4-5 mile hike in 16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. There will be two groups which are kept socially distanced from each other, in line with state and AMC requirements. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 18.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) L Walt Granda ([wlggranda@aol.com](mailto:wlggranda@aol.com))

**Sun., Mar. 28. Hike Fall River Bioreserve - Group B, MA.** Enjoy an easy to moderate 4-5 mile hike in 16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. There will be two groups which are kept socially distanced from each other, in line with state and AMC requirements. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 18.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) L Walt Granda ([wlggranda@aol.com](mailto:wlggranda@aol.com))

**Tue., Mar. 30. 7-8:30 pm. Winter Trackers Detective Group #BeOnlineWithAMC, MA.** See article on page 4. More details will be provided upon [registration here](#). L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com), Sue is currently the Education Chair, RLBH registrar, and a class 1 hike leader for the SEM chapter.) L Joe Keogh ([jpkoe24@gmail.com](mailto:jpkoe24@gmail.com), Joe Keogh joined AMC in 2006 at the urging of his wife Ellen, so that he could join other hikers on trips and stop hiking alone. He started hiking with Bob Vogel in the Blue Hills Reservation on the Red Line the Blue Hills Series in the Spring of 2006 and he and Cheryl Lathrop took over the leadership of the series in 2009. He continues to hike and has moved into kayaking as well.)

**Sun., Apr. 11. Hike Fall River Bioreserve, Fall River, MA.** Enjoy an easy to moderate 4-5 mile hike in the Fall River Bioreserve - 16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 18.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) L Walt Granda ([wlggranda@aol.com](mailto:wlggranda@aol.com))



## Activities

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

### HIKING

**Sun., Apr. 25. Hike Fall River Bioreserve, Fall River, MA.** Enjoy an easy to moderate 4-5 mile hike in the Fall River Bioreserve - 16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 18.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Mon., Apr. 26. 7-8 pm. Spring Scavenger Hunt - Recap Meeting #BEONLINEWITHAMC, MA.** This is the Zoom session to recap the Scavenger Hunt and to share pictures and success stories. [Registration here.](#) Our Scavenger Hunt started on March 22nd but there is still plenty of time to join in the fun. See the March 22 listing. L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com), Sue is currently the Education Chair, RLBH registrar, and a class 1 hike leader for the SEM chapter.) CL Alanna Halloran ([communicationsvicechair@AMCSEM.org](mailto:communicationsvicechair@AMCSEM.org), Alanna is currently Communications Vice Chair and working to be a hike leader for the SEM chapter).

### BEONLINE WITH AMC

**Tues., March 16, 7:30-8:15 pm. Horse Trekking in Mongolia.** If you've ever been curious about Mongolia, about traveling on horseback, or if you simply enjoy seeing beautiful scenery, please join us! Jess Halvorsen and Pam Wilmot pictorially recount an experience of a lifetime: a horse-packing trip to northernmost Mongolia that they led in August 2019 for AMC's Adventure Travel Committee. [Registration required.](#)

**Wed., March 17, 7-9:30 pm. "Grand Canyon - Rim To Rim To Rim" Presentation.** Join AMC Boston Co-Leaders Nav and PT as they recap their epic 2020 adventure. They will tell you about getting to the park, gear requirements, reservations requirements, and much more to provide you a lot of information to potentially plan your own Grand Canyon adventure! The presentation will be followed by a short Q&A session. [Registration required.](#)

**Mon., Mar. 22. 7-8 pm. Spring Scavenger Hunt - Kickoff Meeting #BEONLINEWITHAMC, MA.** See listing under HIKING.

**Tue., Mar. 30. 7-8:30 pm. Winter Trackers Detective Group #BeOnlineWithAMC, MA.** See listing under HIKING.

**Wed., April 21, 7:30-8:30 pm. Conservation Conversation: How Healthy Is Chesapeake Bay After Three Decades Of Restoration Efforts?** Join us for a conversation with Rich Batiuk, former U.S. EPA Associate Director, who for 34 years helped lead the collaborative partnership working together to restore the nation's largest estuaries. [Registration required.](#)

**Mon., Apr. 26. 7-8 pm. Spring Scavenger Hunt - Recap Meeting #BEONLINEWITHAMC, MA.** See listing under HIKING.

*Happy Trails!*





**THE END**

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | April 2021

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

Sign up for the AMC Activity Digest. Sign you're your Outdoors account and [follow these instructions](#).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



AMC-SEM hikers reach the summit of Mt. Everett on the third outing of the Winter Hiking Series on Feb. 6. Alyson Tatum, left, Anne Duggan, Maureen Pena, Mike Butler, Carlos Pena, Paul Audet, Peggy Qvicklund. *Photo by Jeannine Audet*

## Winter Hiking Series explores home state heights

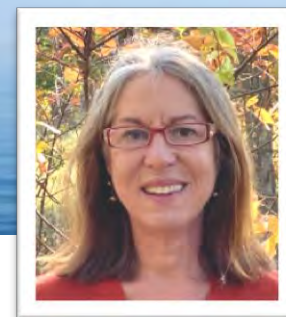
By Jeannine Audet, Hiking Chair

The 2020-2021 AMC SEM Winter Hiking Series ended with two spectacular hikes in the Berkshires. Due to COVID restrictions, the Series was held in Massachusetts this year, instead of our usual destinations in the White Mountains. While a departure from our routine, this allowed our leaders and participants to experience the beauty of the mountains in our home state. The Berkshires are "greener" & less rocky than the Whites, but offered a challenge and spectacular views.

On February 6, two groups hiked the challenging Race Brook Falls trail to the Appalachian Trail, to the summit of Mt. Everett at an elevation of 2,602 feet, the highest mountain in the south Taconic range. The Race Brook Falls were largely frozen over. We wore hiking spikes more than halfway to the summit, then changed to snowshoes at the Race Brook Campsite. Just past the old fire tower, we were greeted on this sunny brisk day to a beautiful view of the distant Catskills & Taconics. Our total trip was 5.4 miles, with 1,850 feet of elevation gain.

Continued on page 3





## View from the Chair:

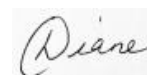
Our chapter has had over 130 outdoor, as well as online, activities since we restarted in early July. More than 45 leaders and co-leaders have kept our chapter active. Each week, more leaders are resuming posting activities, so by the time you read this View, I'm sure there will be additional names. Thank you, leaders:

Robert Akie \* Jeannine Audet \* Paul Audet \* Bill Belben \* Robert Branczewski \* Paul Brookes \* Margaret Christen \* Ken Cohen \* Paul Currier \* George Danis \* Eva Das \* Bill Doherty \* Anne Duggan \* Samantha Fisher \* Barbara Gaughan \* Cathy Giordano \* John Gould \* Tom Graefe \* Walt Granda \* Alanna Halloran \* Natalie Halloran \* Deborah Hayden \* Jane Harding \* Diane Hartley \* Jodi Jensen \* Susan Jilson \* Pamela Johnson \* Sandra Johnson \* Richard Kaiser \* Maureen Kelly \* Claire MacDonald \* Craig MacDonald \* Skip Maysles \* Robin McIntyre \* Robin Melavalin \* Paul Miller \* Joanne Newton \* Peggy Qvicklund \* Varma Saripalli \* Steve Scala \* Susie Schobel \* David Selfe \* Kathleen Selfe \* Diane Simms \* Sue Svelnis \* Ellen Thompson \* Pete Tierney \* Cindy Tobey \* Nancy Tutko \* Jay Vivian \* Barry Young

AMC's priority with COVID restrictions is safety of our leaders and participants. When considering when to ease restrictions, AMC will use a risk-based approach which considers daily new cases, infection rate, and positive test rate. The requirements for the next phase are being drafted. When Massachusetts risk allows implementation of the new phase, you will see the changes in our activity listings.

Over the past years, many people have participated in the Thursday evening Red Line the Blue Hills hiking series. A good number of our Hiking Committee leaders, as well as SEM Board members, including myself, became involved with the AMC-SEM chapter because of this series. Bob Vogel's article on page 5 describes the origin of the name and why we are changing it to Trail Trace the Blue Hills. Redlining also refers to a [discriminatory practice](#) that has harmed people for generations. The series was not named after this practice, but we will not keep using a name that is so hurtful. AMC-SEM wants all to feel welcome on our activities. Do we love the series because of the name? No. We love the series because of the camaraderie among hikers, feeling of belonging, friendships formed, partnership of leaders, and pride of accomplishment. We continue this beloved series with a name that describes what the series is. The Trail Trace the Blue Hills series will start April 29. We are in the process of designing new patches. For those of you who have completed all the trails, I encourage you to trade in your old patches for the new when they are available. I am in the process of Trail Tracing and am looking forward to adding the new patch to my pack.

I'm always interested in your input. Email me at [chair@amcsem.org](mailto:chair@amcsem.org).



*Diane Simms, AMC-SEM Chapter Chair*

### 2021 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary .....Natalie Halloran  
 Treasurer .....David Yampanis  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair .....OPEN  
 Biking Vice Chair .....Peter Linhares  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Joanne Newton  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Sue Svelnis  
**Education Vice Chair .....OPEN**  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....Pamela Johnson  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Sandy Santilli

Paddling Chair .....Ed Foster  
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 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20s & 30s Chair.....Susan Schobel  
**20s & 30s Vice Chair.....OPEN.**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah Brodsky  
 Webmistress..... Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

The Breeze Editor.....Mo Walsh  
 Assistant Editor.....Laura Lamar  
 Blast Editor.....Marie Hopkins

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if  
 you are interested in any  
**OPEN position**



## Winter Hiking Series Continued from page 1



On the way up Mt. Everett at a frozen Race Brook Falls. Peggy Qvicklund, left, Mike Butler, Carlos Pena, Anne Duggan, Maureen Pena, Paul Audet. *Photo by Jeannine Audet*

On March 6, two groups hiked the Gould Trail to the AT out & back, for a round trip of 6.8 miles to the summit of Mt. Greylock at 3,491 feet, the highest mountain in MA. We were treated to sunshine once again, but brisker temps, in the teens. The trails were packed down, & the snow more solid that on the previous hike, so hiking spikes were the traction wear of choice. Our group marveled at the views & the 100-foot tall war memorial at the summit. The breezy weather made our stay at the summit brief, & we were able to have our lunch on the way down at the Peck's Brook Shelter.



Summit of Mt. Greylock. *Photo by Rima Tamule*

Who knows? Maybe COVID will keep us local, to enjoy our home state a bit more on future winter hikes? I know I intend be out in the Berkshires year round to enjoy all that these mountains have to offer!



View past the summit of Mt. Everett. *Photo by Jeannine Audet*



Ascending Mt. Greylock via the Gould Trail. *Photo by Peggy Qvicklund*

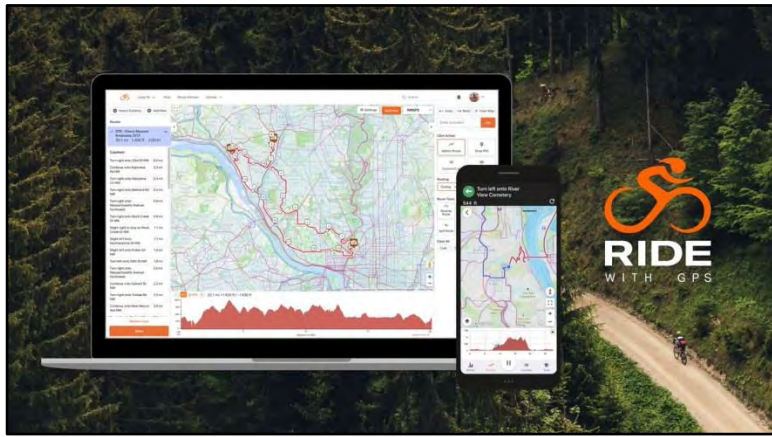


Left: War Memorial at the summit of Mt. Greylock.

Right: A tree-hugger descending Mt. Greylock. *Photos by Rima Tamule*







*Photo & logo courtesy of Ride With GPS.*

## Biking events ramping up; free smartphone app for members

*By Peter Linhares, Biking Vice Chair*

For many of us bikers here at AMC-SEM, we are waiting for regulations regarding the pandemic to be less strict and lifted here in Massachusetts, so that we can ramp up our biking events. Regardless, our hope is to continue with biking this spring and through the summer and beyond.

In addition, I'd like to remind those who are members of the AMC Southeastern Massachusetts chapter that you can have a free membership to the RideWithGPS app. You can download this to your smartphone and use to it track your miles, record, post, share your routes, or select other routes to follow with turn cues and more! Please follow this link for instructions on how to sign up. This link also provides some of the features and [phone app information](#):

Please follow this [link to sign up](#) within the AMC-SEM chapter on RideWithGPS.

For anyone who does sign up, I will be notified and will provide the approval. You do have to be a member of the AMC-SEM chapter in order to be approved.

Please remember to search for the SEM chapter once you log in to join.

This is an \$80/year value that is free to those who are members of AMC-SEM. This more than covers your AMC membership. Please promote this to your biking friends. Join AMC-SEM and get a free membership to RideWithGPS for free!

## Spring conditioning underway for Cape Cod hiking groups

*By Robin McIntyre, Cape Hiking Vice Chair*

Ten hikers enjoyed wooded trails, bog views, and swans in flight at the Bourne Sisters Woodland, Perry Woods, and the Leary Properties conservation area in Bourne on March 27. Robin McIntyre and co-leader-in-training Janis Delmonte shared information about the history of the area in the older section of Bourne. The region is part of the glacial moraine on the Cape, so it has rolling hills to work on our spring conditioning challenge! A beautiful place to live and hike!



Cape hikers mark the start of spring with a March 27 exploration of adjoining parks and woodlands in Bourne. *Photo by Robin McIntyre*



The group takes a break at the edge of a bog in the woodlands.

*Photo by Christine Thompson*



## ‘Trail Trace the Blue Hills’: A name whose time has come

By Bob Vogel, Hike Leader

In 2006 I decided to start a new series that would meet at the Blue Hills every week on Thursday. Bill Ruel had previously come on one of my hikes, and had been marking up his map with a red pen as we hiked. I joked that he didn't think I'd be able to find my way back to the cars, so he was keeping track of how to get back. He said that he had always wanted to hike all of the trails in the Blue Hills, so whenever he hiked there, he marked the trails he had hiked on his map. Thus, the name "Red Line the Blue Hills" was born.

For the past 15 years, "Red Line the Blue Hills" has grown exponentially from its humble beginnings. However, an unforeseen and regrettable result of "Red Line the Blue Hills" is that we now refer to what we do as "Redlining."

Redlining is a term that, to effectively all of us involved, has one simple meaning: Hiking every inch of every trail. However, to most Americans "redlining" has a different, and more sinister, meaning. Redlining, especially to those living in the inner cities, refers to the discriminatory practice of "redlining" neighborhoods on the map by racial demographics and denying those within those areas access to mortgages or home improvement loans. It is a significant part of the system which has restricted inner city residents from moving to suburban areas.

To us involved in the Blue Hills hiking series, "Redlining" represents years of fun and great friends. However, to many others "redlining" represents the pain of years of discriminatory housing practices that have restricted their ability to exit the inner cities or build equity by owning a home. While the term "Redlining" doesn't bother those of us who associate it with hiking, now more than ever is a time for empathy. It bothers many others, and is a term that must end. The only way for us to stop saying "Redlining" is to rename the series, and the process.



Changing the name won't immediately serve to remind us to change our vocabulary, but it is a necessary first step. I look forward to the opportunity to Trail Tracing with you some Thursday evening.



Photo by Nel Graefe

## Volunteer of the Month: Tom Graefe

By Paul Brookes, Hiking Chair

Each month the AMC-SEM recognizes one of the amazing people who give their time, energy, and resources to make our chapter one of the best! Tom Graefe is April's Volunteer of the Month.

Tom became an off-Cape hike leader for SEM in November 2019. This winter he decided to give back to SEM by becoming a Winter Hike Leader. Under the mentorship of some of our most experienced winter hike leaders, he helped plan and lead three out of the four Winter Hiking Series hikes, and in March he successfully advanced to become a Level 4 Winter Hike Leader.

This winter Tom also planned and ran a series of six Winter Conditioning Hikes based out of the Blue Hills, and now he is leading another series of six Conditioning Series hikes, again based out of the Blue Hills. Working with other leaders, he created his series as a complement to the Startup Conditioning Hikes.

As well as being active planning and leading hikes, Tom has involved himself in other areas of SEM. Specifically, last summer and fall he was actively involved in the annual committee tasked with updating all the public-facing documentation on the Hiking section of our SEM website. This small group of people—which also included George Danis, Joanne Newton, Bob Vogel, Paul Brookes and Diane Simms—performed a stellar job making our documents current, relevant, and COVID applicable.

Thank you, Tom, for all you do for the chapter! Tom will receive a Volunteer of the Month certificate and a \$50 REI gift card.





Anne Duggan, left, & Diane Hartley. *Photo by Nancy Tutko*

## Hike leaders earn Class 4 status

By Paul Brookes, Hiking Chair

I am pleased to announce that Diane Hartley and Tom Graefe have fulfilled all the requirements to become four-season hike leaders (Class 4).

Class 4 leader level allows Diane and Tom to lead day hikes during any season in areas such as the Berkshires or White Mountains. For a complete list of our leader levels click [here](#).

This winter Diane has worked closely with some of our most experienced winter hike leaders, co-leading hikes and snowshoes with Anne Duggan, Maureen Kelly, Jeannine Audet, Paul Miller and Peggy Qvicklund.

Anne Duggan says, “During this winter’s Snowshoe series, Diane was my ‘Right Hand Man.’ Diane helped me on all five hikes from start to finish. She showed strong winter skills, strong leadership skills, and a love of winter conditions. The series included hikes in Myles Standish State Forest, Monument Mountain, and Mt. Greylock.

“Diane was also a critical co-leader throughout the Winter Hiking Series, helping co-lead on the Mt. Wachusett, Mt. Everett, and Mt. Greylock Hikes.

“In all of these, she helped screen participants, pre-hike routes, edit communications; she led and swept and helped participants on difficult parts of the trail.”

Tom Graefe also worked closely with some of our most experienced winter hike leaders, co-leading hikes with Maureen Kelly, George Danis, Paul Miller, and Anne Duggan. He was an invaluable co-leader throughout the Winter Hiking Series, helping organize and co-lead the Mt. Wachusett, Seven-Sisters, and Mt. Greylock hikes.

George Danis, past hiking chair, says, “Tom was extensively involved in all aspects of planning the Seven Sisters hike. He worked effectively with the other group leaders on route selection (a tricky issue due to poorly marked trails in the area), the planned hiking distance, and the total planned hike time. On the day of the hike, Tom participated in the pre-hike talk, acted as sweep, provided guidance and instruction to participants, and assisted in navigation and route finding. He performed all his duties and responsibilities in an excellent manner.

“Tom is a strong hiker. This winter he created and led a Blue Hills Conditioning Series, and screened participants for that series. The Conditioning Series hikes averaged 7+ miles with elevation gains of 1,000+ feet, so thorough screening was a critical part of the success of the series.”

Please congratulate Diane and Tom when you see them. I look forward to joining them next winter on some of their hikes.

(See “Volunteer of the Month” on page 5 for more on Tom Graefe’s contributions to AMC-SEM—and his face!.)



Tom Graefe serving as “sweep” on a Winter Series hike, a critical role in making sure all hikers stay together and safe. *Photo by Maureen Kelly*

## Wanted: Print issues of the Breeze!

We are searching for old issues of the Southeast *Breeze*, particularly the first issue in 1979, up until 2000. We want to fill in gaps on [our website](#) and details in other records. These are important for remembering the hard work and dedication that made our chapter what it is today, and celebrating our upcoming milestone anniversary!

Thanks to all who helped with issues from the 80s and 90s, on our website [here](#). If you know anyone who might have a missing issue, please contact Nichole at [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org). We would love to complete our collection as best we can, and would especially prize the very first issue!



Paul Brookes, left, with Pam Johnson in December 2018 when she completed her first Trail Trace of the Blue Hills and he completed his 10th. *Photo by Pete Tierney*

## Hiking chair is now Class 4 leader

By George Danis, Hike Leader

It is with great pleasure that the SEM hiking community welcomes Paul Brookes as its newest Class 4 hike leader! In this new capacity Paul is certified to lead hikes in all four seasons and across all elevations. Paul is a longtime Class 1 leader well known for his Red and White Lining exploits. He is also developer and leader of the popular and extremely valuable course on how to successfully navigate using only a map and compass.

When Paul was elected Hiking Chair at the 2020 Annual Meeting, he decided to pursue Class 4 leader status. While his experience and knowledge were sufficient that many of us would consider him an ideal candidate to be elevated to Class 4 based on the “comparable experience and training” clause of the leader requirements, Paul insisted on following the regular path. He asked for an independent group to monitor his progress, and Maureen Kelly, Paul Miller, and I agreed to be his mentors.

When COVID-19 forced the Winter Series to substitute Massachusetts hikes for its planned New Hampshire ones, we agreed that, for this year, we would accept the Holyoke and Berkshire ranges as acceptable alternatives to the high peaks of the Granite State. (Mt. Greylock has always been considered comparable).

Paul achieved Class 4 status on the last hike of the Winter Series—a hike up Mt. Greylock that he planned, led, set expectations for, and monitored, communicating with all participants throughout the hike.

Please join with me in congratulating Paul Brookes on achieving level 4 hike leader status!



Every quarter we acknowledge the hikers who completed a series in the prior three months. With each completion of a series, the hiker achieves a new “color” title. Please congratulate the following who completed a series sometime during the months of January, February, or March of 2021:

### First Quarter 2021

Karen Foley 01/04/2021	White Line the Blue Hills series 1st time <b>White Liner</b>
Joanne Newton 01/04/2021 03/03/2021	White Line the Blue Hills series 1st time <b>White Liner</b> 2nd time <b>Blue Liner</b>
Pam Johnson 01/19/2021 02/19/2021	White Line the Blue Hills series 1st time <b>White Liner</b> 2nd time <b>Blue Liner</b>
Bob Vogel 01/27/2021 02/24/2021	White Line the Blue Hills 3rd time <b>Green Liner</b> 4th time <b>Orange Liner</b>
<i>Bob is the first to go around four times!</i>	
Ken Cohen 01/31/2021	White Line the Blue Hills 1st time <b>White Liner</b>
Tom Graefe 03/10/2021	White Line the Blue Hills 1st time <b>White Liner</b>

These finishers will receive a cool Winter Trail Trace the Blue Hills patch. Congratulations to the following finishers, who also will receive the fun 100-mile patch:

- Ken Cohen,
- Karen Foley
- Pam Johnson
- Joanne Newton

For 2021, personal hikes as well as AMC-sponsored hikes can count towards your 100-Mile Patch.





## Staying Warm in Winter, Part 4

By Dexter Robinson

The Wilderness Education Association invented the acronym **WISE** for this layering system. It stands for wicking, insulation, sheltering, and extremities/extra. This fourth and final article explores keeping the **Extremities** warm and what **Extra** items to carry. It concludes with how to manage the layers to stay warm and not perspire.

- Socks, boots, and gaiters
- Hand Protection
- Hats
- Face and neck protection
- Eye protection
- Extra
- Regulating your body temperature

### Socks, boots, and gaiters

Your feet are absolutely critical for enjoying outdoor winter activities. Some people wear liner socks under their winter socks to wick away moisture and prevent blisters. Winter socks are generally thicker than summer socks and like summer socks they should breathe. The preferred choice of socks these days are made of merino wool. Merino wool is breathable and adapts well to changing weather conditions, which keeps your feet more comfortable in winter as well as summer. Merino wool has evolved over time to be super lightweight, non-clammy, and has an incredible ability to resist odor. Top rated socks for winter activities include:

- Smartwool Medium Hiking Crew
- SealSkinz Trekking Thick Mid
- Falke TK2
- Darn Tough Hiker Boot Full-Cushion
- Icebreaker Hike Heavy Crew

Over the socks go your winter boots. Three season hiking boots are just not warm enough given the length of time one might be in contact with the cold air, ice and snow. You need boots with more insulation and waterproofing. The latest generation of winter hiking boots are lightweight, waterproof, and compatible with various traction devices. Some manufacturers publish the temperature range for their boots but these numbers can be misleading since it depends on the individual. A more useful unit of measure for warmth is the grams of insulation. For winter hiking in a variety of conditions and locations 400 grams of insulation is recommended.

An important item, actually a requirement, for your boots are winter gaiters. In addition to keeping your feet warm they prevent snow from entering your boots. Top rated gaiters for winter use include:

- Outdoor Research Crocodile
- Outdoor Research Verglas
- Black Diamond Apex GTX
- Rab Latok Alpine
- Sea to Summit Alpine eVent

### Hand protection

When it comes to the hands, there are many options. Modern gloves and mittens should follow the same basic principles as the rest of outerwear - employing some form of layering, with a lighter layer next to the skin, an insulation layer, and a shell that protects your hands from the elements on the outside. Mittens are warmer than gloves but gloves allow maximum dexterity, simplifying tasks like retrieving your snacks.

A popular combination is a pair of thin liner gloves of merino wool under a heavier and waterproof glove or mitten.



Far Left: Fox River Double Ragg Mittens

Middle: Smartwool Liner Gloves

Left: Marmot Expedition Mittens

In extremely cold conditions expedition mittens like [Outdoor Research's Alti Mitts](#) offer additional protection. They feature a shell mitten over a removable insulating mitten. A liner glove can be added to make a 3 layer system.

Having strings attached to mittens makes it easy to remove the mittens without the risk of them blowing away or falling into the snow.

Continued on page 9



## Staying Warm Continued from page 8

### Hats

Hats provide another layer of warmth under the hood of your shell. Winter hats come in all types and thicknesses.

I generally carry at least two different hats – one thin and one thick. Both are fleece. On some NH White Mountain trips I bring an additional heavy fleece Peruvian style hat which covers my ears.



Left: Balaclava

Right: Buff, or Neck Gaiter

### Face and neck protection

Further protection for your head can be accomplished with a balaclava, buff, or neck gaiter. All of these items come in varying thicknesses. Balaclavas vary in style with some covering part of your face and neck. A buff is simply a longer version of a neck gaiter. Buffs offer great versatility. All three insulate your neck which has major arteries close to the skin thus preventing a significant loss of heat from this area.

### Eye protection

On a cloudless day in treeless snow covered areas it can be extremely bright. Leaving your sunglasses at home or in your car can lead to snow blindness or sunburn of the eyes. For windy above tree-line or exposed summits ski goggles may be required.

### Extra

The “E” in the WISE acronym also stands for Extra. It is a good idea to bring along a change of socks, gloves, hats, and additional layers you can add if you find yourself getting too cold. At a minimum I always carry an extra base layer shirt just in case this layer gets damp. Also, I pack a highly compressible hooded down jacket for very cold summits, emergencies or standing around for a long time.

### Regulating your body temperature

While it is helpful to know about all the clothing available for layering it doesn't address the important topic of how to regulate your body temperature to avoid perspiring.

The goal of staying warm by avoiding perspiring is achieved by adjusting your layers so as to always feel just **SLIGHTLY ON THE COOL SIDE**. But mentally this is contrary to what we usually do by piling on layers when we feel the slightest bit cold.

That's fine if you are not generating heat but for hiking and other high exertion activities you want to be proactive in changing your layers so you won't overheat. It is a balancing act between heat production and heat loss.

Often people will begin an outdoor activity with too many layers and then remove layers when they find themselves perspiring. It works better to start out feeling a bit cold then adding layers, if needed, as your body adjusts to the environment and your level of heat production.

Everyone's metabolism is different so each of us may have different layers on and need to change them at different times. Consequently, if you are hiking with a group, there may be frequent stops to adjust layers. Similar to adding/removing upper body layers, adding/removing hats and face protection provides another excellent way to adjust your body temperature.

You also adjust layers based on the environment. If you are climbing a mountain the temperature drops about 3.5 degrees per 1000 feet. Changes in the current weather and wind can also affect the environment. It is best to adjust layers BEFORE an obvious change to heat production or loss happens, e.g. approaching a hill or reaching tree-line.

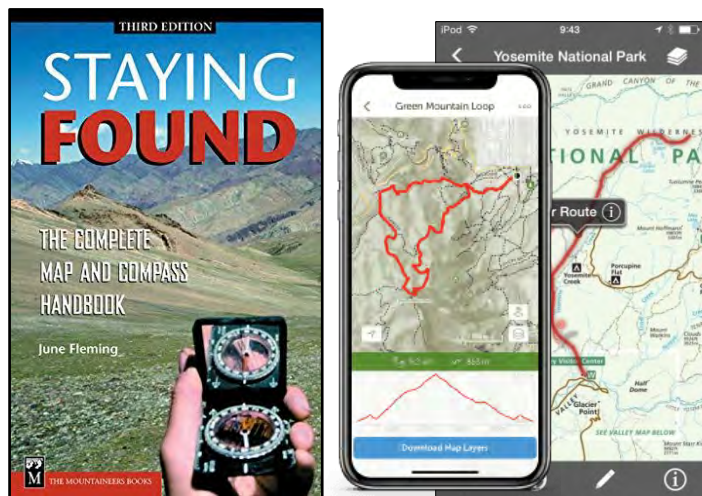
Under certain conditions wearing all 3 layers (base, insulating, and sheltering) may not be necessary. Wind, temperature and the level of exertion may be such that you might only need to wear your base layer or just your base and sheltering layers.

To summarize these four articles: The key to staying warm in winter is to stay dry by using a WISE layering system of carefully selected thin clothing that is proactively managed.

Some links for further reading:

- [What to Wear and How to Layer It](#)
- [Layering Hacks for Cold Weather and Winter Hiking](#)
- [Socks for winter activities](#)
- [Gaiters for winter activities](#)





Books, phone apps, and even YouTube videos can help you pre-plan your hike and navigate as you go.

## Navigation Tools: Interview with Hiking Chair Paul Brookes, Part 2

By Alanna Halloran, Communications Vice Chair

*Editor's Note: Video of the entire interview is [posted here](#).*

### Alanna Halloran:

I'm speaking with Paul Brookes, AMC Southeastern Massachusetts Chapter Hiking Chair. Do you use any navigation apps? If you do, which would you recommend?

### Paul Brookes:

I think navigation apps on your phone are fantastic. I love teaching map and compass, and the basic skills. You always want to know those, and have a backup. The apps are so convenient. They actually make the hike more interesting. They make it more fun. One I recommend is [All Trails](#). It shows you where you are and, if you record the trail, where you've come from. If you're lost, you can more easily backtrack along the trail.

Another one I use in local parks and reservations, where they have their own trail map, is [Maplets](#). It will actually show you what trail maps are locally available—for example, the Blue Hills or Borderland State Park. It will download their trail maps. You've got the stylized one, with the intersection markers on. It shows you a dot where you currently are. That's actually quite nice. All Trails tends to be more of a topographical map with contour lines. Those are two that I use.

### Alanna Halloran:

Is there anything, you would advise against, anything that could go wrong?

### Paul Brookes:

The apps are very convenient, but you do want to have a map in your pocket as a backup and know how to read it. Especially if you're in an area—you're hiking the Whites, or in the Berkshires—and you don't know the trails. You can fall, you can break your phone, and it just doesn't work. The battery can die. As often as not, I find, for some reason it doesn't detect your location. These things don't always work. It's software, and software has bugs in it. Plus in the winter, when it's very cold, your battery life can be minimal and not survive the length of a hike.

Actually, when it's extremely hot, I've found my phone turns itself off at times. Because it's overheating. You can't rely on the phone. But while it is working, it's a good idea, and it's quite nice. Especially for beginners. There are things you can do to extend your battery life, like turning Bluetooth off and wifi. I would say, have your apps running when you're on local hikes. But when you're further afield, and you need to not just rely on your phone, make sure you've done your planning ahead of time, and you've marked off the route on the map.

### Alanna Halloran:

You haven't mentioned a compass yet. Would you say they're needed?

### Paul Brookes:

It's absolutely no value to you if you don't have a map and actually know where you are. Plus, you're going to get a sense for directions. The sun rises in the east, sets in the west. Your map also can tell you where you are, just by looking at terrain features. A map is more important.

There are other things that are more important than a compass, actually. Good hiking boots. Food, so you keep your energy up. Water. But yes, a compass is important. It does help you know where you are in terms of direction.

The main use of a compass is when you've got to an intersection. The number one thing that people end up doing as a mistake is to actually be hiking the wrong direction along a trail. If a trail should be going north, I'll check that the needle's pointing north and not south. That's one very clear use.

However, there's a lot you can do with a compass. If you take some classes, and get some more experience with it, you can use it to bushwhack between trailheads. You can triangulate on mountaintops and find exactly where you are on a map. For most people, most of the time, especially beginners, the main use of a compass is to make sure you're actually going the right way on a trail.

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## Navigation Tools Continued from page 10

**Alanna Halloran:**

Are there any books or classes that you'd recommend?

**Paul Brookes:**

When it's not COVID time, REI and other organizations often have classes. They tend to be a bit expensive, and are usually only two or three hours. But that's one option. If you want a book, I actually used [this one] as part of a foundation for the class that I developed on map and compass. It's called [Staying Found](#) by June Fleming.

Also, YouTube has some pretty amazing videos, which are broken into ten-minute clips. Which go over the basics of how to use a compass to face in a particular direction. You use a compass to know if you're going the right way along a trail. If a trail goes north, it's easy, but if a trail's going east, how do you actually turn that dial and work out, "Am I going east?" These links talk about each of these different things:

[How to use a Compass](#)

I would recommend you start with:

[Wilderness Navigation #2 – Red in the Shed](#)

[Wilderness Navigation #3 – Taking a bearing](#)

[Wilderness Navigation #4 – Following a bearing](#)

Also, I provide a workshop to the Southeast Mass Chapter of the AMC. This time it might be within a weekend or two of each other, in late summer. This is for beginners. You don't need to have any prerequisite knowledge. But it does progress quickly, and it does end up with some more intermediate or advanced skills.

I'd recommend it to anybody. Especially if you're interested in becoming a hike leader, or you're a new hike leader and haven't yet taken it.

**Alanna Halloran:**

Any last thoughts you'd like to share with readers?

**Paul Brookes:**

First of all, I'd say AMC is a fantastic organization. One of the things I like about the AMC is that our hikes are organized. Leaders will have been trained. Many of us will have learned Wilderness First-Aid. That's one of the things that differentiates us from, for example, Meet-Ups, where you have no idea necessarily what sort of training a leader has. Or even what their level of commitment is to a group. If you're not fast enough, are they going to make sure that the group slows down to its slowest? Or are they going to just say, "We're leaving you. You're not fast enough"?

Meet-Up and AMC complement one another, but if you're looking for hikes which are a little safer and organized, look at [AMC hikes](#).

The other thing I'd share with you is AMC takes [Diversity Equity and Inclusion](#) seriously. Not to pick on Meet-Ups, but I know, a lot of times, people will immediately set their Meet-Up to be wait-listed, so they can select their friends. We do not do that on AMC hikes. It's first come-first served. As long as you have the equipment and the fitness level to do the hike, you will be invited on the hike.

I guess my last thought would be, wear a face mask. Get the vaccine when it's your turn. That's the way we're going to put all of these COVID restrictions behind us, and we'll be able to hike again, in larger groups, in the AMC. I'm looking forward to that, so [let's all do our part](#).

### April 15 deadline for patch designs!

Think of the outdoors activities you enjoy and think of images that will convey the beauty of the natural resources in the mountains, forests, waters, and trails that we love and need to protect.

Submit an original design for our Conservation Patch in color and no larger than 3.5" round, square, or rectangular. Email your submission to the committee at [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) or contact the Conservation Chair at that address if you need help. All submissions are due by April 15th.

The Conservation Committee will select the top three designs, and SEM members will vote for the winning patch. A \$50.00 gift certificate to REI will be awarded to the winner.

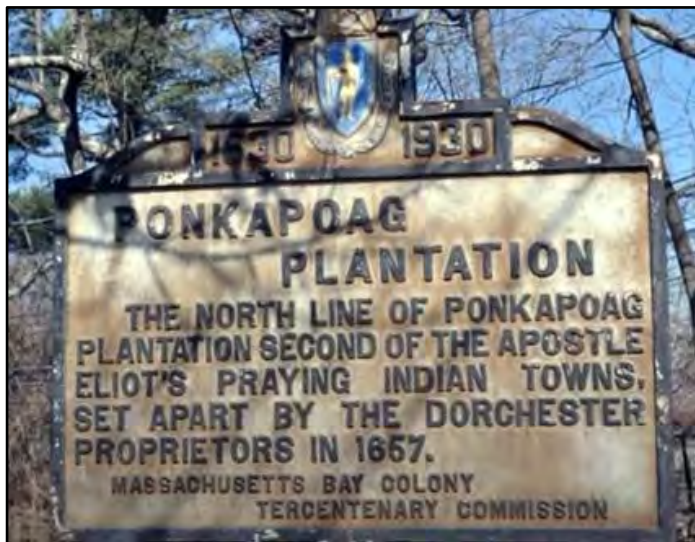
### Join our Spring Scavenger Hunt

We had an enthusiastic group register for the Spring Scavenger Hunt, and it's not too late to participate! On [April 26th](#), from 7-8 pm, we will close the Hunt and share and discuss everyone's findings.

If you want to join in, you must register for the April 26th Zoom session. Once you register, we will supply a link to the checklist of items to look for, as well as where you can submit your photos and completed list.

You still have more than two weeks to hike with friends, family, or on your own and identify as many items as you can. Photos of each item are encouraged so that they can be shared with the group.





## Ponkapoag's Indian Line Farm & Eliot's 'Praying Indian' towns

By Bob Vogel, Hike Leader

OK, today, before we get to "Blue Hills History" we need to take a look at the history of the Massachusetts area before, and during, the arrival of the Europeans. This will then let us talk about a specific Blue Hills History event to which we will all be able to more directly relate. So, back in time to when the first Europeans visited the area.

Before the Europeans arrived, there were multiple Native American tribes in southern New England. The Wampanoag tribe was in southeastern Massachusetts and part of Rhode Island. The Massachusett tribe inhabited valleys of the Charles and Neponset Rivers including what is now Boston and the suburbs. The Nipmuc tribe lived primarily in central Massachusetts and adjoining Rhode Island and Connecticut. These tribes competed with each other, and sometime fought among themselves.



<sup>2</sup> Map shows territories of the six Native American tribes when European pilgrims arrived in New England.

In the present pandemic situation, we can relate to the first bit of inter-continental history. Captain John Smith mentioned contact with the Native Americans when he explored the coast of New England in 1614. Europe had had many plagues over the years. Not so America, which had been isolated by the Atlantic Ocean. Apparently, some of Captain Smith's crew were sick, as after their visit there were multiple pandemics among the Native Americans between 1614 and 1617. Because none of the Native Americans had *any* immunity to this disease or diseases, and of course no idea of germs or how diseases were transmitted, this killed off 75% to 90% of all of the Native Americans.

Then came the Pilgrims. Most of us grew up hearing the story of Plymouth Plantation, and how the settlers arrived, and were helped by the Native Americans, who taught them how to plant corn (fertilizing it with a fish), and they had their first Thanksgiving, and everyone lived happily ever after. Well, that isn't quite the whole story. Let's look a bit more deeply at some of the things that happened.

## Squanto

**Tisquantum** (c. 1585 ±10 years to late November 1622), more commonly known by the diminutive variant **Squanto** was a member of the Patuxet tribe best known for being an early liaison between the Native American population in Southern New England and the *Mayflower* pilgrims who made their settlement at the site of Tisquantum's former summer village. The Patuxet tribe had lived on the western coast of Cape Cod Bay, but they were wiped out by an epidemic infection.

Tisquantum was kidnapped by English explorer Thomas Hunt who carried him to Spain, where Hunt sold Squanto in the city of Málaga. He was among a number of captives bought by local monks who focused on their education and evangelization. Tisquantum eventually traveled to England. He then returned to America in 1619 to his native village, only to find that his tribe had been wiped out by the epidemic infection; Tisquantum was the last of the Patuxets. When his tribe died, he went to live with the Wampanoags.

The *Mayflower* landed in Cape Cod Bay in 1620, and Tisquantum worked to broker peaceable relations between the Pilgrims and the local Pokanokets.<sup>3</sup>

Continued on page 21



## Indian Line Farm Continued from page 20

So, the only way the Pilgrims could work with the Native Americans was via one of them who had been kidnapped, taken to Europe, and luckily for him, was bought by monks and eventually got back to America. Sort of ironic, isn't it.

### Reluctant Neighbors

When the Pilgrims arrived in 1620, they found signs of occupation... but no inhabitants (because so many Native Americans had died recently from the pandemics). They did find buried corn, which, because they were short on food, they stole. (Eventually they did apologize and compensate the owner.) After a while they made contact with the reluctant Native Americans. (After what happened the last time they had interacted with the Europeans, can you blame them for being reluctant? They were just practicing "social distancing.")

Eventually they got together, and things went... "OK." Sometimes well, sometimes not so much. There were lots of differences. The Native Americans thought of this as 'their land', which belonged to all of them, to be used as needed. The Europeans thought of it as their "promised land," and didn't really want the Native Americans around. The Pilgrims believed in the individual ownership of land. And if the Native Americans were going to stay, they should at least become "civilized" like the Europeans. Toward that last goal...

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"In the 1640s Reverend John Eliot began his missionary work among the natives in the area. Eliot learned their language and began the momentous task of translating the entire Old and New Testaments into a phonetic version of the Massachusetts language, titled *Mamusse Wanneetupanatamwe Up-Biblum God*.

In 1646, the General Court of Massachusetts passed an "Act for the Propagation of the Gospel amongst the Indians." The new Christian converts were gathered into 14 villages of "Praying Indians" to serve as an outlying defense for the English colony. The Indians built a church and meeting house in Natick. Eliot ordained a Nipmuc named Daniel Takawambait as the first Native American preacher. Committed to strict rules of Puritan conduct, tribal traditions gradually started to die away."<sup>4</sup>

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**John Eliot**



**Born** 1604  
Widford, Hertfordshire, England

**Died** 21 May 1690 (aged 85–86)

**Occupation** Puritan missionary to Native Americans

**Signature**

**John Eliot** was a Puritan missionary to the American Indians who some called "the apostle to the Indians" and the founder of Roxbury Latin School in the Massachusetts Bay Colony in 1645.<sup>5</sup>

[Aside: The Roxbury Latin School, which was founded in the Roxbury neighborhood of Boston under a charter received from King Charles I of England, is the oldest school in continuous existence in North America. Since its founding in 1645, it has educated boys on a continuous basis.<sup>6</sup>]

Continued on page 22





Indian Line Farm became part of the Blue Hills Reservation in the 1980s. *Photo from Friends of the Blue Hills*

## Indian Line Farm Continued from page 21

### The Blue Hills connection

The one "Praying Indian" settlement related to the Blue Hills was at Ponkapoag, where in 1657, Canton town records show a committee was appointed to lay out a 6,000-acre Indian Plantation at Ponkapoag. This was the second of seven "praying Indian plantations" in Massachusetts.<sup>7</sup> This included the southern half of Ponkapoag Pond, although their land didn't extend to the Neponset River. Soon after this land was provided to the Praying Indians people started looking for ways to get their hands on it. It started with people leasing the land, but eventually the land was just taken away from the Praying Indians.

By the mid-1670s 1/5 of all the local Native Americans were living in Praying Towns. Then came King Philip's War, during which some of the Native Americans rebelled against what was happening to their world. Some of the Praying Indians joined Philip; others supported the English and worked as scouts. However, the English didn't trust those who remained in the Praying Towns, so they were rounded up and transferred to Deer Island in Boston Harbor. Approximately half of those died of disease and malnutrition before the war ended.<sup>8</sup>

King Philip's War resulted in many deaths on both sides. Those Native Americans who survived lost property rights and individual liberties, and many were sold into slavery. After the war no organized Massachusetts tribe is known to have survived. At the conclusion of the war in 1677, only seven of the original 14 praying villages and 300 Praying Indians survived.

### Indian Line Farm

Indian Line Farm. Founded by Albert Whittier in the 1920's, the name refers to the northern boundary of Ponkapoag Plantation which passes through the property.

Albert, brother of C.W. Whittier, a noted Boston realtor, developed Indian Line Farm into a state-of-art dairy, truly a show place of well-maintained barns, fields and stone walls. Upon Whittier's death in the 1940's, Tobe Deutschmann purchased the farm. About the same time, the MDC took a portion by eminent domain to expend the Ponkapoag Golf Course.

On August 22, 1957, the large dairy barn with its sixty-foot silo, burned to the ground in a spectacular blaze. Embers from this firestorm landed on homes over half a mile away. The barn and silo were not rebuilt.

Under Tobe's ownership, the Farm served a multitude of uses: the growing and selling of corn on site, the housing of an electronics manufacturing business in outbuildings, several large horse shows, even for a time in the 1950's, operation of a roadside restaurant. This restaurant is perhaps best remembered for its tall "Indian Line Farm" sign featuring an Indian in full neon war bonnet.

In the 1970s, a firestorm of another sort enveloped the farm as Tobe advanced various large scale development schemes for his property. These included a shopping mall and a business park. The Town defeated them all.

Tobe sold the Farm in the 1980's and almost immediately the MDC took it by eminent domain to include it in the Blue Hills Reservation. Today, as nature takes its inevitable course, it is hard to believe that this property was once a farming show place.

Immediately behind Indian Line Farm is the Ponkapoag Golf Course, Canton's largest course.<sup>9</sup>

<sup>1</sup><https://www.youtube.com/watch?v=b9qM3eTaJcw>

<sup>2</sup>[https://en.wikipedia.org/wiki/Massachusetts#/media/File:Tribal\\_Territories\\_Southern\\_New\\_England.png](https://en.wikipedia.org/wiki/Massachusetts#/media/File:Tribal_Territories_Southern_New_England.png)

<sup>3</sup><https://en.wikipedia.org/wiki/Squanto>

<sup>4</sup><https://www.patriotledger.com/article/20130610/NEWS/306109519>

<sup>5</sup>[https://en.wikipedia.org/wiki/John\\_Eliot\\_\(missionary\)](https://en.wikipedia.org/wiki/John_Eliot_(missionary))

<sup>6</sup>[https://en.wikipedia.org/wiki/Roxbury\\_Latin\\_School](https://en.wikipedia.org/wiki/Roxbury_Latin_School)

<sup>7</sup>[http://www.canton.org/canton/Canton%20Mass\\_%20Historical%20Society.%20Canton%20Bicentennial%20Book.%20Chapter%201.htm](http://www.canton.org/canton/Canton%20Mass_%20Historical%20Society.%20Canton%20Bicentennial%20Book.%20Chapter%201.htm)

<sup>8</sup><https://www.patriotledger.com/article/20130610/NEWS/306109519>

<sup>9</sup>[http://www.canton.org/canton/Canton%20Mass\\_%20Historical%20Society.%20Canton%20Bicentennial%20Book.%20Chapter%201.htm](http://www.canton.org/canton/Canton%20Mass_%20Historical%20Society.%20Canton%20Bicentennial%20Book.%20Chapter%201.htm)



## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.amc.org/outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox.

### **AMC Trip Policy**

**You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. Per MA executive order (<https://www.mass.gov/doc/covid-19-order-55/download>), a face covering must be worn for the entire activity. Please have your face covering on when we circle up. Anyone who does not register or does not bring a face covering will not be allowed to join the activity. Group size is limited and activities are often waitlisted, 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 "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.**

**This policy applies to ALL activities. No exceptions.**

## BICYCLING

**Sun., May 16. Cycling & Ice Cream, head of Town Landing Store in Westport, MA.** Join us for an approximately 25mi ride through beautiful Westport, MA. We will pass stone walls & farms, conservation areas, the Westport River, & the beach. There will be some hills. Pace will be moderate, approximately 12 mph. Bring water & a snack. A helmet is required. We will stop for ice cream afterward. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 15.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime. [milmod@aol.com](mailto:milmod@aol.com))

## EXECUTIVE COMMITTEE

### Volunteer Opportunities

**Ongoing, SEM 20s & 30s Vice Chair.** The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org) for more information.

**Ongoing, SEM Education Vice Chair.** The role of the Education Vice Chair is to work with the Education Chair and Education Committee Members to coordinate and supervise programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training, Wilderness First Aid, and Map & Compass. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The position requires you to be available for meetings online several evenings a month, and to be present for any in person training classes (when they resume) supported by the Education Committee. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email [educationchair@amcsem.org](mailto:educationchair@amcsem.org) for more information. L Susan Svelnis ([educationchair@amcsem.org](mailto:educationchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))





## Activities

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

### EXECUTIVE COMMITTEE

**Ongoing. Conservation Committee Member, MA.** The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

### CAPE HIKING

**Rating codes** (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

**Thu., Apr. 15, Hike Falmouth, MA.** 4+ mile hike in wooded area with rolling hills, views of two ponds and of some sheep. Expect exposed roots and rocks and a couple of hills. Online registration is required. **See AMC Trip Policy on page 15.** Bring water and snacks. Insect repellent is recommended. Must have hiked similar distances recently and be able to maintain a moderate pace. Do not come on the hike if you are experiencing any symptoms of COVID-19. Please cancel your registration as soon as possible if you can no longer attend. AMC Trip Policy. L Deborah Hayden (508-548-8726, [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Thu., Apr. 15, Hike Truro, MA.** 2.5 hour easy hike. Visit National Seashore woods trails, sea shore beach views, and ponds. Bring water and snacks. Boot traction devices and poles may be required if icy conditions. Must have hiked similar distances recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 15.** L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Apr. 22, Hike in Bourne, MA.** This pre-registered 2-hour, 4-mile morning hike with a limit of 10 hikers (8 + 2 leaders) will take place in Bourne. The trails are wooded with frequent rolling hills and a short section of sand walking. Sturdy walking shoes required, insect repellent recommended. Must have hiked similar distance recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 15.** L Nancy Tutko ([ntutko@yahoo.com](mailto:ntutko@yahoo.com), SEM/Cape hike leader, WFA/CPR) L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level 1 SEM/Cape Hike leader)

**Sun., May 2, Hike in Sandwich, MA.** We will hike over glacial terrain in conservation land that has early pilgrim history. We will be traversing hilly terrain for 4 miles. Sturdy footwear a must, hiking poles helpful. Online registration is required. Must have hiked similar distances recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 15.** L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net)).

**Thu., May. 13, Hike Mashpee, MA.** 4 mi morning hike in conservation area. Woodland trails meander in part along a pond & cranberry bog. Mostly flat, some rolling hills. Exposed roots. Signage posted for year-round hunting. Wearing blaze orange is recommended. Directions and start time will be emailed to registered participants. **See AMC Trip Policy on page 15.** L Barbara Gaughan ([barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net))

**Thu., May 20, Hike--Bourne C, Bourne, MA.** This pre-registered hike with a limit of 10 people is 4 miles, 2 hours on sandy/rocky beach and on wooded paths with modest hills. Bring water and insect repellent. Sturdy hiking shoes recommended. Must have hiked a similar distance recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 15.** L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level 1 Cape Hikes/SEM leader with prior WFA training)

**Thu., May 27, Hike Wellfleet, MA.** 2.5 hour easy hike. Visit National Seashore woods trails, sea shore beach views, and ponds. Bring water and snacks. Boot traction devices and poles may be required if icy conditions. Must have hiked similar distances recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 15.** L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))



## Activities

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

### HIKING

**Tue., Apr. 13. Startup Spring Conditioning Series - Hike #2 (Group A), Blue Hills, MA.** The leader may have his well-behaved dog Sunny with him, No other dogs allowed. If you wish to join a group without any dogs consider group B or C. This is a series of 9 conditioning hikes based in the Blue Hills. It's designed for beginning hikers with some experience who want to get in shape for more strenuous adventures. It's suitable for those who can already hike at least 3 miles on hilly terrain at a moderate pace and climb a hill for 15 minutes. The series continues weekly on Tuesday mornings ending on Tuesday June 9th. All the hikes will be over hilly terrain and expect rocks and granite ledges on most ascents and descents. We will start the series at a moderate initial pace of 1.5 - 2 mph with about a 3-mile hike and 500 feet of elevation. Each week we will add distance, elevation gain and slowly increase pace. The expectation is that by the end of the series, we will be hiking at a moderate to fast pace of about 2 - 3 mph, 6 to 7 miles and elevation gain of about 1,000 feet. Hikers with a strong winter baseline of fitness wanting a faster ramp up over six weeks rather than nine weeks should sign up for the 'Spring Conditioning Series'. As the weeks progress, we will end later in the day and by the end of the series will be hiking for about four hours, ending around 2 PM. As this is a series, participants will be screened for the initial session and will not be 'rescreened' subsequently, but participants will need to register for each hike when it is posted. All participants will need gear suitable for changeable spring New England conditions. Hikes will be cancelled in the event of inclement weather. **See AMC Trip Policy on page 15.** L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)

**Tue., Apr. 13. Startup Spring Conditioning Series - Hike #2 (Group B), Blue Hills, MA.** See listing for Group A. **See AMC Trip Policy on page 15.** L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), I am the registrar for this hike. Claire MacDonald is the hike leader.) L Claire MacDonald ([cfmacdonald695@icloud.com](mailto:cfmacdonald695@icloud.com))

**Tue., Apr. 13. Startup Spring Conditioning Series - Hike #2 (Group C), Blue Hills, MA.** See listing for Group A. **See AMC Trip Policy on page 15.** L Paul Brookes (603-799-4399 After 7am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), I am the registrar for this hike Pam Johnson is the hike leader.) L Pamela Johnson ([pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com))

**Tue., Apr. 13. Spring Conditioning Series Hike #2, Blue Hills, MA.** This posting is for the second hike of six planned in the Spring Conditioning Series. This series will take place in various locations within the Blue Hills and focus on building conditioning from a strong winter baseline across hikes occurring every week for the next five weeks. As this is a series, participants will be screened for their initial session and will not be 'rescreened' subsequently, but participants will need to register for each session when it is posted. We would like participants to commit to the series. There is one remaining slot for a participant and a waiting list for three additional participants. Participants are expected to have prior hiking experience, to have been regularly hiking prior to the series and be able to hike at a strong (enthusiastic) moderate pace. Initial distance will be apx 6 miles and elevation apx 750-1000 ft, building up from there. This series complements the 'Start up Conditioning series' and provides an option that starts with more mileage and elevation as a baseline. Hikers looking for a gradual ramp up should sign up for the 'Start up series'. Hikes will only be cancelled in the event of inclement weather (e.g., very heavy rain). Rendezvous location and exact morning start time will be sent after your registration is confirmed for each hike on the Sunday prior to the hike. **See AMC Trip Policy on page 15.** L Thomas Graefe (781-659-2441 Before 9:00 PM, [tmgraefe@comcast.net](mailto:tmgraefe@comcast.net)) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 2 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties, but her true passion lies in higher peaks, particularly the White Mountains of NH.) CL William Belben (781-801-6135, [william.belben@yahoo.com](mailto:william.belben@yahoo.com))

**Thu., Apr. 15. Blue Hills - CCC Camp and the Domes. Blue Hills, MA.** Moderately paced hike with occasional stops and a snack break. An approximate 6 mile, 2-1/2 to 3-hour hike circumventing both Little Dome and Big Dome going out on Sawcut Notch Path and returning via Crags Foot Path. In addition there will be a few in and out connecting trails. We will go past the Civilian Conservation Corp (CCC) Camp site on the way out where we will stop and the leader will provide a short commentary. This is a mostly wooded hike with some occasional elevation gain. A couple of trails may be wet. Wear sturdy/waterproof hiking boots; bring insect repellent, sunscreen, water, snacks. Steady rain cancels. No dogs. **See AMC Trip Policy on page 15.** L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Joanne Newton CL Bill Doherty (781-982-5673 Before 8:00 pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Four seasons Blue Hills hiker. Occasional White Mountain hiker. Blue Hills trail maintenance volunteer.)





## Activities

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

### HIKING

**Sun., Apr. 25. Hike Fall River Bioreserve, (Group A), Fall River, MA.** Enjoy an easy to moderate 4-5 mile hike in the Fall River Bioreserve -16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 15.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Sun., Apr. 25. Hiking in the Fall River Bioreserve (Group B), Copicut Woods, Fall River Bioreserve, MA.** See listing for Group A. **See AMC Trip Policy on page 15.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime. [milmod@aol.com](mailto:milmod@aol.com), I enjoy all levels of hiking, year round, & sharing outdoor experiences with others.) L Barbara Gaughan ([barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net)) CL Paul Audet (508-287-3122)

**Mon., Apr. 26. 7-8 pm. Spring Scavenger Hunt - Recap Meeting #BEONLINEWITHAMC, MA.** This is the Zoom session to recap the Scavenger Hunt and to share pictures and success stories. [Registration here.](#) Our Scavenger Hunt started on March 22nd but there is still plenty of time to join in the fun. **See AMC Trip Policy on page 15.** L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com), Sue is currently the Education Chair, RLBH registrar, and a class 1 hike leader for the SEM chapter.) CL Alanna Halloran ([communicationsvicechair@AMCSEM.org](mailto:communicationsvicechair@AMCSEM.org), Alanna is currently Communications Vice Chair and working to be a hike leader for the SEM chapter).

**(FT) (NM) Thu., Apr. 29. Thursday Hike at Gilbert Hills, MA.** Explore some of the smaller trails in Foxboro (Gilbert Hills) State Forest on this springtime morning hike. We will cover approximately 5 miles, with small ups and downs. Wear sturdy footwear, bring water, snacks and/or lunch. Plan on 2.5 - 3 hrs. Meeting time and place will be sent to registered participants. **See AMC Trip Policy on page 15.** L Peggy Quicklund (774-893-3011 please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. Completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.)

**Thu., May 6. The 4th annual "Spring into Spring Hike," Arnold Arboretum - Jamaica Plain, Boston, MA-** Including two vistas, Bonsai exhibit (if it has reopened), and "Explorer's Garden." We will explore this "tree museum" during an approximate five-mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at 9:45 for prompt 10:00 am start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Rain cancels. Leashed dogs o.k. **See AMC Trip Policy on page 15.** L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**Sun., May 9. Hike Fall River Bioreserve 5/9 – (Group A), Fall River, MA.** See April 25th listing. **See AMC Trip Policy on page 15.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Thu., May 13. Hike Brockton Conservation Trails, MA.** Enjoy an easy 4-5 mile hike at the beautiful woodland trails and boardwalks of Brockton's conservation properties. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 15.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

### TRAILS

#### Volunteer Opportunities

**Wed., Apr. 14. Trailwork at the Blue Hills, Milton, MA.** No experience necessary! Everyone welcome! Trail Maintenance in the Blue Hills, Milton, MA Trail: TBD by leader Where to meet: Directions will be emailed to registered volunteers SEM will supply tools, please bring your own work gloves. Please bring water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! All tools will be cleaned prior to and after this trail work event. Register no later than Monday, April 12 @ 6:00 pm. **See AMC Trip Policy on page 15.** L Skip Maysles (774-284-5080 Before 9:00 pm, [skip.maysles@outlook.com](mailto:skip.maysles@outlook.com)) CL Pete Tierney



## Activities

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

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### TRAILS

#### Volunteer Opportunities

**Sat., May 8. Trailwork at the Blue Hills, Milton, MA.** No experience necessary! Everyone welcome! Trail Maintenance in the Blue Hills, Milton, MA Trail: Skyline Trail, from Hillside Street eastward to Route 28. Where to meet: Directions will be emailed to registered volunteers. This group will be split into 2 once we hike to the trail work site. SEM will supply tools, please bring your own work gloves. Please bring water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! All tools will be cleaned prior to and after this trail work event. Register no later than Wednesday, May 5, 6:00 pm. **See AMC Trip Policy on page 15.** L Skip Maysles (774-284-5080 Before 9:00 pm, [skip.maysles@outlook.com](mailto:skip.maysles@outlook.com)) CL Steve Scala ([steve.scala@cowen.com](mailto:steve.scala@cowen.com))

#### BEONLINE WITH AMC

**Thur., April 15, 6:30-8 pm. The Unlikely Thru-Hiker with Derick Lugo.** Derick Lugo had never hiked or camped a day in his life. This Brooklyn-born, New York City urbanite hopped a train to Georgia, grabbed a taxi at the station, and told the cab driver to drop him off at the beginning of the Appalachian Trail. Then he did as he has always done - put one foot in front of the other and never looked back. [Register here.](#)

**Thur., April 15, 7-8 pm. Backpacking Workshop Series #1.** First of three sessions to learn what 3 season backpacking is all about. This workshop will help you be prepared, self-sufficient and safe whether you are spending one night or multiple nights in the great outdoors. [Register here.](#) Sign up separately for sessions on April 22 & 29.

**Thur., April 15, 7:30-8:30 pm. Get Ready to Paddle!** Everyone welcome, from people who have never paddled to experienced paddlers. [Register here.](#)

**Tues., April 20, 7-8:30 pm. Land Conservation = Climate Action: AMC and the 30x30 Campaign to Save Nature.** Please join AMC's Conservation Policy experts for an Earth Day-inspired discussion of how our on-the-ground efforts to protect the places you love connect with the national and global campaigns to save nature and stabilize our climate before it's too late. [Register here.](#)

**Wed., April 21, 6:30-8:30 pm. Day Hiking - Things to Know Before You Go.** This workshop will go over the basics of planning a day hike, gear, clothes, what to bring, know before you go, physically preparing to hike, leave no trace, and common hiking jargon. [Register here.](#)

**Wed., April 21, 7:30-8:30 pm. Conservation Conversation: How Healthy Is Chesapeake Bay After Three Decades Of Restoration Efforts?** Join us for a conversation with Rich Batiuk, former U.S. EPA Associate Director, who for 34 years helped lead the collaborative partnership working together to restore the nation's largest estuaries. [Registration required.](#)

**Wed., April 21, 7 pm. Using Trail Cameras to Learn about Wildlife Behavior.** Janet Pesaturo teaches wildlife tracking and camera trapping and is the author of *Camera Trapping Guide*. [Register here.](#)

**Wed., April 21, 7:30-8:30 pm. Conservation Conversation: How Healthy Is Chesapeake Bay after Three Decades of Restoration Efforts?** Join us for a conversation with Rich Batiuk, former U.S. EPA Associate Director, who for 34 years helped lead the collaborative partnership working together to restore the nation's largest estuaries. [Register here.](#)

**Wed., April 21, 7:30-8:30 pm. Get to Know Your (Feathered) Neighbors.** Join Michele Grzenda, Naturalist and AMC leader for a beginners virtual class filled with bird watching tips and tricks, birding resources, and what you can do to help your feathered friends in your backyard and beyond. [Register here.](#)

**Wed., April 21, 7:30-9:30 pm. Delaware Canal - Old & New.** Susan Taylor, Executive Director of the Friends of the Delaware Canal, will present an eclectic mix of images that take in the Canal from the Forks of the Delaware in Easton to Phillips' Mill in New Hope. [Register here.](#)

**Thur., April 22, 7-8 pm. Backpacking Workshop Series #2.** Second of three sessions to learn what 3 season backpacking is all about. [Register here.](#)





## Activities

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

### BEONLINE WITH AMC

**Thur., April 22, 7-8:30 pm. Earth Day - Climate Change and Other Policy Priorities at AMC.** Join AMC's research and policy team to learn more about climate change policy approaches such as the recently launched Transportation and Climate Initiative Program, as well as other national and statewide advocacy opportunities to advance AMC's commitment to net zero emissions by 2050. [Register here.](#)

**Mon., Apr. 26. 7-8 pm. Spring Scavenger Hunt - Recap Meeting.** See listing under HIKING.

**Tues., April 27, 7-9 pm. Delaware Valley Chapter and Ty Gagne.** Ty Gagne discusses his latest book, *The Last Traverse: Tragedy and Resilience in the Winter Whites*, as an examination of decision-making and risk management in high-consequence environments. [Register here.](#)

**Wed., April 28, 6:30 pm. Introduction to Backpacking.** This workshop is for experienced hikers who would like to take the next step from day hiking to multi-day trips. [Register here.](#)

**Thurs., April 29, 7-8:30 pm. Backpacking Workshop Series #3.** Third of three sessions to learn what 3 season backpacking is all about. [Register here.](#)

**Sat., May 1, 9:30 am-12 pm. Essentials of Touring Workshop.** This one-day ZOOM seminar covers the basic information needed to get you cycle touring and touches on the new sport of "Bikepacking." [Register here.](#)

**Thur., May 27, 6:30-8 pm. Going Under Down Under: Caving & Cave Diving In The Antipodes.** Timothy Williams will amaze us with a sample account of his expeditions caving and cave diving in New Zealand, Australia and Borneo. [Register here.](#)

**Wed., June 16, 7 pm. Hiking into the Future of North Central Massachusetts.** North County Land Trust (NCLT) current land conservation activities and vision for the future in north central Massachusetts. Includes the recent conservation of the south slope of Mt. Watatic in Ashburnham as well as a section of the Midstate Trail in Westminster. [Register here.](#)

## Earth Day is Thursday, April 22, 2021



**The End**



# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | May 2021

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

Sign up for the AMC Activity Digest. Sign into your account at the bottom of the [outdoors.org](https://www.outdoors.org) page, then click on My Outdoors.

Or call 1-800-372-1758.

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

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

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

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

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

Please send photos as separate attachments, including the name of each photographer. Identify main subjects. Include the words "Breeze Article" in the subject line.

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Spring had not yet sprung April 11 when AMC-SEM hikers explored part of the Fall River Bioreserve. *Photos by Diane Simms*

## AMC-SEM hiking series explores local Bioreserve

By Diane Simms, Chapter Chair, and Breeze Editor Mo Walsh

The AMC-SEM chapter is taking advantage of local natural resources with hikes in different sections of the Southeastern Massachusetts Bioreserve. The 13,600 acres that stretch from Freetown to Fall River is not a single destination, but a collection of places that create one of the largest networks of protected lands in the Commonwealth.

The April 11 hike was on the Watuppa Reservation portion of the Fall River Bioreserve. We took the trails marked with KP (King Philip) on the official map, in the southwestern section. If you go there, look for gnomes stashed in several places! On April 25 AMC-SEM groups explored trails in the Copicut Woods.

The Bioreserve sustains native plants and animals, including the rare Atlantic white cedar swamps and more than 100 species of birds. It protects drinking water for more than 100,000 local residents.

Look for future hikes in this richly diverse area.



More photos on page 4





## View from the Chair: The ‘Face’ of Chapter Activities



We can see each other’s faces again! Such a treat to see my fellow hikers this past Sunday, some of whom I’ve hiked with several times, but had never seen without a mask. Governor Baker lifted the mask mandate for outdoor activities, effective April 30, so we no longer require face coverings during our activities, as long as we can socially distance. Continue to bring your mask and please wear it when social distancing is difficult or if your leader requests you do so. Please note that some leaders may choose to continue to have their participants wear masks.

Our group size continues to be limited to ten, and that will likely remain the case for at least the next month. However, we have more leaders posting activities, so it’s not hard to grab a spot. This past Sunday, we had four hikes. This week, we have eight hikes, a bike ride, and a trail work activity. This includes two groups of our popular Trail Trace the Blue Hills series. Do not be deterred if an activity is waitlisted. Someone canceling could open up a spot for you.

Sign up for Activity Digests to receive emails about posted activities. Subscribe to digests at your AMC profile. Go to [www.outdoors.org](http://www.outdoors.org). At the bottom of the page, click **Log In**. At the bottom of the page, click **My Outdoors**. Digest Emails displays. Select your preferences, which can include frequency, chapter, types of activities, and more. You can create several digests.

Some leaders use the Short Notice Email List (SNEL) to advertise open spots. With the small group size, leaders are eager to fill their activities. In April, SEM sent two SNELs for hiking and two for biking. You may have signed up for SNEL a while ago, but we needed to replace the SNEL platform in January when Yahoo stopped supporting Yahoo Groups. We now use Google Groups. We did **not** automatically convert people because the Yahoo Groups list had people from 20 years ago! Instructions for signing up for SNEL are [here](#). If you have difficulty signing up, just email me requesting to be added. You do not need a Google account to sign up for SNEL.

The Cape Hiking committee will be going on summer hiatus soon. I appreciate all that Cape Hiking Chair Jane Harding, Cape Hiking Vice Chair Robin McIntyre, and the leaders have done this past year. They offered more than 50 hikes this season!

I’m always interested in your input. Email me at [chair@amcsem.org](mailto:chair@amcsem.org).

*Diane Simms, AMC-SEM Chapter Chair*

### 2021 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
Secretary .....Natalie Halloran  
Treasurer .....David Yampanis  
Past Chapter Chair .....Len Ulbricht  
**Bicycling Chair .....OPEN**  
Bicycling Vice Chair .....Peter Linhares  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
Communications Vice Chair... Alanna Halloran  
Conservation Chair .....Joanne Newton  
Conservation Vice Chair .....Bill Cannon  
Education Chair .....Sue Svelnis  
**Education Vice Chair .....OPEN**  
Hiking Chair .....Paul Brookes  
Hiking Vice Chair.....Pamela Johnson  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Sandy Santilli

Paddling Chair .....Ed Foster  
Paddling Vice Chair .....Joe Keogh  
Regional Director.....Jenna Whitney  
Skiing Chair .....Jeannine Audet  
Skiing Vice Chair .....Dia Prantis  
Trails Chair .....Skip Maysles  
Trails Vice Chair .....Steve Scala  
20s & 30s Chair.....Susan Schobel  
**20s & 30s Vice Chair.....OPEN.**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah Brodsky  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

The Breeze Editor.....Mo Walsh  
Assistant Editor.....Laura Lamar  
Blast Editor.....Marie Hopkins

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position





## AMC-SEM Thousand-Miler Cyclists Q1: January-March, 2021

Robyn Saur	2,153
Ed Nelson	1,429 Holed up in Longboat Key in Florida
Richard Beaudoin	1,051
Grtz J.-C. Castelein	943
Paul Currier	939 Sunny, sunny Florida
Joe Balboni	553
Bernie Meggison	540 Tour de Southeast USA
Mike Garrity	474
Mark Gurnee	420
Bill Cook	274
Jim Kilpela	217
Barbara Gaughan	212
Lawton Gaines	206
Lee Eckhart	168
Larry Decker	94
Alan Greenstein	56
Peter Linhares	43
Patty Williams	---
Lou Outor	---
Geoffrey Lenck	---
Glenn Mathieu	---
Susan Eliason	---

Any additions? Send your mileage to [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net). For info about or to join the Thousand Milers, send an email to [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net).



Cape hikers discover an oyster farm off the bluff in Monk's Park/Little Bay. *Photos by Nancy Tutko*

### Monk's Park and Little Bay Hike

By Robyn McIntyre, Cape Hiking Vice Chair

On a blustery and chilly April 22, ten hikers enjoyed a 4-mile hike on Bourne Conservation Trust properties. Led by Nancy Tutko and Robin McIntyre, the hike covered varied terrain, including rolling hills crossed by wooded paths through scrub pine and beech trees, sandy beaches on Buzzards Bay, and white pine pathways.

Although everyone had to pull winter gear back out (wind chills in the high 20s), we enjoyed views of churned-up water from the bluffs, with the sounds of osprey and Canada geese in the background.



Hikers tackle a blustery walk along Buzzards Bay.



## Volunteer of the Month: Marie Hopkins

By Nichole Nelson, Communications Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have so many people give their time, energy, and resources to make our chapter one of the best!

Marie Hopkins, our Blast editor, is one of our “behind-the-scenes” volunteers, doing essential work to help things run smoothly and make our chapter great. The Blast Editor is essential to communicating important information to you, our members, from your board.

Marie, who is a retired business and computer teacher, is perfect for the position, which is illustrated by how she describes her job:

“You could think of this position as an electrical wire spanning the distance between a wall outlet and a lamp,” she says. “Blast and *Breeze* messages are typically written by chapter chairs; they are the electrical current in the wall outlet.

“The Blast Editor—using a computer service called Marketing Cloud, part of Salesforce.com—sends out these timely chapter-wide email messages; that is the electrical wire leading to the lamp.”

Since editing requires software, Marie is our go-between for the technical support needed to ensure we get timely emails out to you, and she would like to thank the IT staff at headquarters for their help. She also collaborates with the Chapter Communications Team and the AMC Volunteer Relations Staff, often on short notice. She goes above and beyond, as many of our volunteers do. She helps to ensure our messages are brief, easily read, and professional.

At the time she took the position, at least six years ago, Marie was working and could not participate in many hiking events. Now she can enjoy AMC-SEM hikes and activities listed in the Blast and *Breeze* publications.

“Hiking with Southeastern, Cape, and sometimes Boston chapter members offers a unique opportunity to make friends and to become aware of unknown-to-me hiking trails that I am surrounded by. The leaders of these events are my heroes,” Marie says.

Marie’s job was so appreciated when COVID-19 brought about policy changes this year, which was a challenge for many of us. But even the challenges of 2020 did not keep her from getting those important updates to you.

That is the indefatigable spirit of AMC-SEM volunteers! Thank you, Marie, for all you do.

Marie will receive a Volunteer of the Month certificate and a \$50 REI gift card.

## Exploring the Bioreserve Continued from p. 1



The arrival of spring was evident on the April 25 hike by the reservoir in Copicut Woods.

Photos by  
Diane Simms





Pam Johnson presents Bill Doherty with his second White Lining the Blue Hills patch in February 2019. *Photo by Ken Cohen*

## The Making of a Class 1 Hike Leader: Bill Doherty

By Ken Cohen, Hike Leader

Bill Doherty and I have known and hiked with one another for a number of years during AMC-SEM programs such as “Winter Tracing the Blue Hills” and Bob Vogel’s “What the Heck Kind of a Hike is This?” This past COVID-19 winter, we literally crossed paths in the Blue Hills Reservation on many occasions.

Eventually our face-masked discussions led to the fact that Bill had finished all of his online courses en route to becoming an AMC-SEM Class 1 Hike Leader. Knowing that Bill had Trail-Traced more than ten Blue Hills maps told me that he’d be a great candidate for hike leadership. At that point I offered to mentor him during the two hikes required for his leadership training.

Bill’s first co-lead on March 18th went very well. I turned the reins over to him after the circle-up for our five-mile Ponkapoag Pond hike in the Blue Hills Reservation. Overall, Bill’s group leadership performance was excellent! He learned quite a bit as the hike went on.

The second required co-lead was virtually all his! I put Bill in charge of everything except the actual listing and participant administration of the hike, since he did not yet have full access to the AMC ActDB system. Actually, we took the time to walk him through the procedure I used to list the trip on the database, in a virtual kind of way, via telephone.

Bill successfully designed the hike route (CCC Camp and The Domes region of the Blue Hills), qualified all individuals, conducted the circle-up, led the hike, added points-of-interest details along the way, organized separation and snack breaks, and conducted the circle-up at the end of the hike.

With the experience and assistance of Joanne Newton as our second seasoned hike leader, the trip went extremely well! Letters of recommendation were sent to the Hiking Chair, and Bill was approved as a Class 1 Hike Leader on April 20th. Bill has already signed up to lead eight of this season’s Trail Trace the Blue Hills hikes.

I strongly believe that Bill will make an excellent trip leader. His knowledge and hiking expertise will benefit and inspire many participants and future hike leaders.

It wouldn’t surprise me to see Bill move towards a Class 2 Leader Certification in the not-too-distant future.



Bill Doherty conducts the circle-up with AMC hikers. *Photo by Ken Cohen*

Discovering old vine trails on a tree.

*Photo by Ken Cohen*







Popular ornamentals and invasive plants can force out native species. *Stock photo*

## Help local gardens transition from invasive to native plants

By Kate Sullivan, Conservation Committee

I recently joined the Southeastern Massachusetts Chapter's Conservation Committee with the intention of finding like-minded people with whom to move forward with conservation initiatives. The team immediately put me to work! I have been tasked with writing an article about one of my newfound passions: planting native species of plants, shrubs, and trees.

- 🌿 I want to transform my backyard garden from a swath of exotic and invasive plants to one where native plants flourish.
- 🌿 I want to transform my garden from a patch of land where chemicals control the growth of weeds to a patch of land where undergrowth of native plants controls the growth of weeds.
- 🌿 I want to transform my garden from a barren, dry, sun-parched landscape where there are a few insects, birds, and mammals to a thriving, vibrant, moist landscape where butterflies and bees hover and dart among the blooms, birds swoop in for a delicious meal, and chipmunks scuttle between the rocks.

I live in a condominium complex that is about 35 years old. I moved to the condo in March 2018. I was so curious as to what spring would bring to my new backyard. The back garden, which lies at the base of a rock ledge, was filled with growth. A huge forsythia was blooming with golden flowers, and a couple of lilac plants burst with purple flowers. Peonies and lily-of-the-valley pushed up through the soil all over the place.

A handful of rhododendrons bloomed with white and pink flowers. A colossal wisteria vine crawled up the rock ledge, out-competing the English ivy and the poison ivy. I was amazed at all the colors of the flowers throughout the spring and into the summer.

Although I was impressed by the number of plants in the garden, I was also a bit worried. One thing I noticed throughout the summer about the wisteria vine was that it was winding its way through the trees on top of the ledge—trees such as oak and beech, which are indigenous to the area. The vines were wrapping themselves around the trunks and the limbs. In some cases, branches had bent under the weight of the vines.

The wisteria found a very desirable place to live and took advantage of it. It was planted by the previous owner of the condominium, who probably purchased the wisteria at a local plant nursery. She bought a plant that displayed beautiful blooms in the summer and lush green leaves. The local birds enjoyed the protection of the extensive vine network, which housed all kinds of insect life.

By the fall of 2018, after a summer of watching my new garden grow, I decided I wanted to learn more about native and non-native plants. I looked online for resources on how to deal with non-native and invasive species. I ended up taking a workshop on identifying invasive plant species. I learned so much! In many ways, I wish I had never attended the workshop, since it opened my eyes to all the invasive plants that surround me.

The winter of 2018-2019, I decided to dismember the colossal wisteria vine. The trunk looked like a large tree. It spread its vines left, right, and upwards. It had been growing for years. I bought myself a pair of loppers to begin dismantling this vine. That winter, I liberated twelve trees from its deadly grip. I snipped and cut each limb of that wisteria. I spent many winter weekends cutting and cutting. By March of 2019, most of it was gone. I placed a black plastic bag over the stump.



**Wisteria vines crush a garden pagoda.**

*Photo: BBC Gardener's World*

Continued on page 7





A native perennial, columbine is available in a wide range of colors. *Stock photo*

## Garden transition Continued from page 6

During the summer of 2019, I was vigilant. I cut back any little sprout of wisteria that I noticed. Because the root system was so widespread, it sent shoots up everywhere. No tendril of wisteria escaped my cutters.

In the summer of 2020, we had such a dry, hot summer. It was the summer of a pandemic and a drought, and my garden turned to dust.

Over the winter I did some research about what to plant in my garden. I know that I want to plant native plants. These plants are suited to the New England climate and support the food chain.

With my newfound knowledge, I went to two local nurseries with a list of desirable native plants. I searched up and down the aisles; there was not a single plant on my list. Both these nurseries had many flowers, shrubs, and trees, but not native ones. I asked the staff if there were any plants designated as native. One person said that the nursery would have a small section in the back devoted to native plants, but there were none at the time of my inquiry. A person at the second nursery said he did not know if they sold any native plants.

Since there were no plants available from my list, I went to plan B: I looked at the tags of plants that looked promising; some tags mentioned that the plant was native. I also used my phone to search for information about a particular plant.

I finally found two types of native plants at one nursery I visited and two at another. The plants I found were *Veronicastrum virginicum* (Culver's Root), *Monarda* (bee balm), *Columbine*, and *Amsonia tabernaemontana* (Storm Cloud).

This experience was troubling to me. I want my local plant nursery to sell native plants. The only way that local plant nurseries will sell them is if the consumer demands native plants. Each time I visit a local nursery, I am going to ask about their native plant collection. If many more gardeners ask for native plants, eventually the stock of plants will shift from mainly non-native ornamentals to native plants that will benefit our unique ecosystem.

Please consider speaking to your local nurseries to help with this change. Your garden will reward you and the wildlife will thank you!



Storm cloud



Culver's root



Bee balm

*Stock photos*





Timetable above and brochure at right promote trips to the Blue Hills. Click 'View' on your computer and zoom in to read the text. Thanks to Joanne Newton for finding this!

## Blue Hills History: A 'staycation' option for more than 100 Years

By Bob Vogel, Hike Leader

In these pandemic times, many folks have lowered their vacation plans and "Staycations" are in. Well, you aren't the first to be planning local "Getaways," and at one point the Blue Hills Reservation was the destination of choice for many. So if your plans include a trip to the Blue Hills, take comfort in knowing you aren't the first one to vacation there.

This 1907 brochure provided all the information you would have needed to plan your Blue Hills excursion. It provides the "Summer Schedule, 1907" for the Blue Hills Street Railway Company, as well as connecting information.

And once you knew "How to get there," you weren't left on your own. Six of the ten pages are devoted to the features of the Blue Hills, in case you needed any convincing that it should be your destination of choice.

So, while you are hiking around the Blue Hills this year, think back 100 years or more, and imagine what your trip would have been like then. Many things have changed over these past 100 years, but many more are quite similar to what our grandparents (and great-grandparents) would have encountered. Enjoy your trip to the Blue Hills!

Band Concert in New Band Stand, Saturdays at 4 p. m. (If stormy, will be held Sunday.)

**BLUE HILL STREET RAILWAY CO.**  
**SUMMER SCHEDULE, 1907**  
(WEEK DAYS)

South-Bound (Read Down)	STATIONS	North-Bound (Read Up)
A.M. A.M.		A.M. A.M. A.M.
6:05 6:35	Dudley St. Elevated	7:05 7:35 8:05
6:35 7:05	Mattapan Square	6:40 7:10 7:40
6:50 7:20	Blue Hill Entrance	6:20 6:50 7:20
6:54 7:24	Blue Hill Street	6:16 6:46 7:16
6:58 7:28	Ponkapoag P. Office	6:12 6:42 7:12
7:16 7:46	Canton	5:54 6:24 6:54
7:25 7:55	East Sharon	6:16 6:46
7:42 8:12	Stoughton	6:00 6:30

†Nearest point to Summit. †Change for Readville. †Nearest point to Houghton's Pond. †Nearest point to Ponkapoag Pond. †Change for Norwood. †Change for Sharon.

The above schedule gives through cars only. Intermediate tips are run between Dudley Street Terminal and Mattapan every ten minutes, and between Mattapan and Blue Hill every fifteen minutes pleasant afternoons. Sunday first car leaves terminals one hour and thirty minutes later.

Fare from Boston to Mattapan .05  
MATTAPAN TO  
Blue Hill Entrance } .05  
Readville }  
Blue Hill Street }  
Ponkapoag P. O. }  
Canton } .10  
East Sharon }  
Stoughton } .15  
Brookton } .35

**SUNDAYS AND HOLIDAYS**  
Cars run between Dudley Street Terminal and Mattapan every three minutes, and between Mattapan and Blue Hill every five minutes. Between Mattapan and Stoughton every fifteen minutes. Subject to change without notice.

**SPECIAL CAR**  
Special or ordinary open or closed cars may be chartered at reasonable rates for picnics or excursion parties to the Blue Hills from all points in Eastern Massachusetts. For terms apply to the Superintendent of Transportation of The Boston Elevated Company, or Blue Hill Street Railway Company, Canton Junction.

**TROLLEY INFORMATION BUREAU**  
300 Washington St., Boston  
**New England St. Railway Club**  
JOHN J. LANE, Secretary  
Booklets, Time Tables and General Information Information Cheerfully Given. Call, Write or 'Phone NO - CHARGE!

The Blue Hill Street Railway Company

**RESERVATION ROUTE**  
TO  
GREAT BLUE HILL  
AND  
HOUGHTON'S POND

THE PATH TO THE SUMMIT.

Take any car to  
MATTAPAN  
STOUGHTON  
READVILLE (Sundays and Holidays only)  
and change for The Blue Hill Street Railway

Take any car to  
NORWOOD  
and change for Canton and The Blue Hill Street Railway.

THE PEQUA PRESS, STOUGHTON, MASS.

*Monday Oct. 14, 1907 Mill and 8 hrs. trip to Blue Hill for cool mountain in the forenoon*

Blue Hill Observatory. Kite Day First Thursday in Each Month.

**L**YING south of Boston about ten miles distant is the Blue Hill range, the most conspicuous feature of the large Reservation owned by the Commonwealth and maintained for the enjoyment of the people. The entire Blue Hill range is seven miles long, extending from Little Blue Hill in Canton, to President's Hill in Quincy. These beautiful hills are all contained in the Reservation embracing 5,000 acres. The view from the summit of Great Blue Hill is the most interesting, and from its variety and general attractiveness the finest, in New England. On the north may be seen

CHARLES ELIOT MEMORIAL BRIDGE. NEAR THE SUMMIT.

Boston Harbor with its many islands, and on a clear evening the lights of Cape Ann, forty miles distant, are visible. As one turns to the east, Hull, Nantasket, Hingham and Weymouth come into view. At the southeast are Plympton and Alden's Hill at Lakeville, the latter twenty-eight miles distant. Almost due south lies the Fall River Stand-pipe, and as one turns to the south west Attleboro and Woonsocket may be seen. Farther north is Great Manadnock, fifty-two miles from Blue Hill, and also numerous other places of interest.

Don't forget to bring your camera as some of the most picturesque scenery in New England

THE PICNIC GROUNDS.

is to be found in the Blue Hill district. As the sun sets in the evening the view is perhaps the most glorious, the sun gradually sinking below the horizon reflecting crimson rays upon the clouds and sky. As the after-glow gradually fades away the rising moon furnishes new charm until the nightly illumination of the surrounding towns and neighboring country adds new beauty. The light-houses at sea, and the hundreds of street lights of the distant towns and cities, each twinkling like a star, all enhance the splendor, making a picture one never forgets. Picnic parties may be seen in the secluded nooks upon the hill, enjoying the unusual spectacle.





### Blue Hills 'Staycation' Continued from page 8



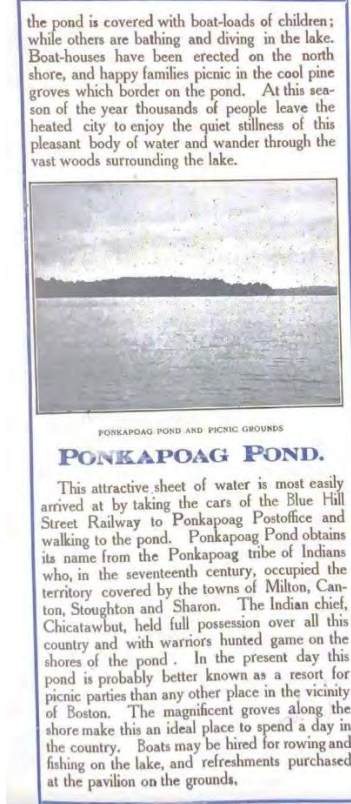
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### PONKAPOAG POND.

This attractive sheet of water is most easily arrived at by taking the cars of the Blue Hill Street Railway to Ponkapoag Postoffice and walking to the pond. Ponkapoag Pond obtains its name from the Ponkapoag tribe of Indians who, in the seventeenth century, occupied the territory covered by the towns of Milton, Canton, Stoughton and Sharon. The Indian chief, Chicatawbut, held full possession over all this country and with warriors hunted game on the shores of the pond. In the present day this pond is probably better known as a resort for picnic parties than any other place in the vicinity of Boston. The magnificent groves along the shore make this an ideal place to spend a day in the country. Boats may be hired for rowing and fishing on the lake, and refreshments purchased at the pavilion on the grounds.



THE ENTRANCE



WILDCAT NOTCH. Between the Summit and Houghton's Pond.



WOLCOTT PINE. Near the Entrance.



## Hiking Pants: Brand New with Tags

Contact Johanna Stamm at [johannastamm18@gmail.com](mailto:johannastamm18@gmail.com)



**A**  
REI Endeavor Technical Trail Pants. Windproof, 4-way stretch. Tags on. W size 8. \$35.



**B**  
REI ScreeLine pants. Size W 10 (runs small). Gray. Quickdry, stretch, mesh vent behind knees. Tags on. \$30



**C**  
REI ScreeLine pants. Black. Size W 10 (runs small). New \$79.50, asking \$30.

## Scavenger Hunt Extended!

We have an enthusiastic group participating in the Spring Scavenger Hunt, but 2021 has been a bit slow to produce some of our favorite flora, fauna, and natural features. So we've decided to extend the Scavenger Hunt through June 21 and invite more AMC-SEM members to join in. We've also added six more later-spring items to the list of to locate on your hikes—and capture in photographs if you can to share on Facebook and at the wind-up meeting.

Hike with friends, family, or on your own, but you must [register here](#) for the June 21 Zoom meeting. Once you register, we will supply a link to the checklist of items to look for, as well as where you can submit your photos and completed list.





## Conservation Committee helps produce ‘Tread Lightly’ card

### Blue Hills Reservation

**Respect • Protect • Enjoy**

We share a fragile green oasis in an urban environment. Follow these simple steps to remain safe, tread lightly on the land and create a welcoming outdoors for all.



**Plan Ahead &  
Be Prepared**

**Stay on  
Park Trails**



**Carry Out  
Your Trash**



**Follow Park Rules**



**Keep Wildlife  
Wild**

**Share the  
Trails & a  
Smile**



Leave only **Footprints**



#### **Plan Ahead and Be Prepared**

Learn about the park before your visit, including the park regulations. **Visit [Mass.gov/dcr](http://Mass.gov/dcr)** or scan the park map QR code (above). Choose a trail to suit your fitness level, footwear, and equipment. Dress for the weather and carry food, water, and a cell phone for emergencies. Avoid crowded areas and times of high use, especially midday on weekends.

#### **Stay on Park Trails**

Protect park plants and wildlife by staying on established trails, as shown on the DCR map.

#### **Carry Out Your Trash**

Everything that comes into the park with you, needs to leave with you. Carry out all trash, including food waste and dog poop bags. Use a park trash barrel or dispose of trash at home.

#### **Follow Park Rules**

For visitor safety, respect the rules, as shown on the DCR website, trail map and park kiosks.

#### **Keep Wildlife Wild**

Enjoy wildlife through quiet observation at a safe distance. For your safety and theirs, do not feed or touch wild animals.

#### **Leave Only Footprints**

Take a photo to preserve memories of your visit. Leave nature as you find it, for others to enjoy the sense of beauty and discovery.

#### **Share the Trails and a Smile**

Be a courteous park visitor. Practice friendly trail etiquette. Hikers yield the trail to horseback riders. Bikers should yield the trail to hikers and horseback riders. If passing from behind, politely communicate your plan to pass on the right or the left and add a thank you.

*Enjoy your visit and thank you for recreating responsibly. Comments and questions welcome at [Mass.Parks@mass.gov](mailto:Mass.Parks@mass.gov).*

Our AMC-SEM Conservation Committee worked with DCR and Friends of the Blue Hills to create this notice. The printed cards will be displayed in information racks at Visitors Centers and other locations in the Blue Hills.

It is wonderful that more people than ever are enjoying the Blue Hills Reservation and surrounding parks.

It is a good time to remind hikers and bikers of the best ways to "Respect, Protect and Enjoy" our natural resources in these areas.

— Joanne Newton  
Conservation Chair





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](http://outdoors.org), and then click My Outdoors.

### AMC Trip Policy

**Face coverings are only required outdoors in a public space when social distance cannot be maintained.** Trip leaders may, at their discretion, require masks. To support contact tracing and hands-free signing of the AMC liability waiver, online registration is required for all in-person AMC events.

**Anyone who does not register or does not bring a face covering will not be allowed to join the activity. Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well. Online registration is required. Each person must register individually; you cannot register for a friend or household member.**

**This policy applies to ALL activities. No exceptions.**

## BICYCLING

**Sun., May 16. Cycling & Ice Cream, head of Town Landing Store in Westport, MA.** Join us for an approximately 25mi ride through beautiful Westport, MA. We will pass stone walls & farms, conservation areas, the Westport River, & the beach. There will be some hills. Pace will be moderate, approximately 12 mph. Bring water & a snack. A helmet is required. We will stop for ice cream afterward. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 11.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime. [milmod@aol.com](mailto:milmod@aol.com))

**Fri., May. 21. Weekday Cycling-Norwood to Sherborn, Norwood, MA.** 25 miles loop from Norwood to Farm Pond in Sherborn where we will take a break to enjoy to view. Quiet country roads. Start time 9am. Additional details after registering. This ride is rated as B3C. **See AMC Trip Policy on page 11.** L Jodi Jensen (781-249-8346, [jodijensen@gmail.com](mailto:jodijensen@gmail.com))

## EXECUTIVE COMMITTEE

### Volunteer Opportunities

**Ongoing. SEM Chapter Vice Chair, MA.** Would you like to be involved in all facets of SEM? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Vice Chair assists Activity Chairs and leaders with questions so it's important that the candidate be a leader or be willing to become one. More details available here: <http://amcsem.org/assets/pdf/vicechair.pdf>. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee.)

**Ongoing, SEM 20s & 30s Vice Chair.** The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org) for more information.



## Activities

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

### EXECUTIVE COMMITTEE

**Ongoing. SEM Education Vice Chair.** The role of the Education Vice Chair is to work with the Education Chair and Education Committee Members to coordinate and supervise programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training, Wilderness First Aid, and Map & Compass. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The position requires you to be available for meetings online several evenings a month, and to be present for any in person training classes (when they resume) supported by the Education Committee. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email [educationchair@amcsem.org](mailto:educationchair@amcsem.org) for more information. L Susan Svelnis ([educationchair@amcsem.org](mailto:educationchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Bicycling Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available here: <http://amcsem.org/assets/pdf/biking.pdf>. L Peter Linhares ([bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Conservation Committee Member, MA.** The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

### CAPE HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org). Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

**Thu., May 20. Hike--Bourne C, Bourne, MA.** This pre-registered hike with a limit of 10 people is 4 miles, 2 hours on sandy/rocky beach and on wooded paths with modest hills. Bring water and insect repellent. Sturdy hiking shoes recommended. Must have hiked a similar distance recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 11.** L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 5th year Level 1 Cape Hikes/SEM leader with prior WFA training)

**Thu., May 27. Hike Wellfleet, MA.** 2.5 hour easy hike. Visit National Seashore woods trails, sea shore beach views, and ponds. Bring water and snacks. Boot traction devices and poles may be required if icy conditions. Must have hiked similar distances recently and be able to maintain a moderate pace. **See AMC Trip Policy on page 11.** L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))







## Activities

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

### HIKING

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

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

**Tue., May 18. Startup Spring Conditioning Series - Hike #6 of 9 (Group B), Blue Hills, MA.** The series is now closed to new participants. Hikers who have participated in the prior week's hikes can register for the next hike in the progression. The series continues on Tuesday mornings and each week we add distance, elevation, and slowly increase pace. The expectation is that by the end of the series, we will be hiking at a moderate to fast pace of about 2-3 mph, 6 to 7 miles, and elevation gain of about 1,000 feet. All the hikes are over hilly terrain and expect rocks and granite ledges on most ascents and descents. As the weeks progress, we will end later in the day and by the end of the series will be hiking for about four hours, ending around 2 PM. All participants will need gear suitable for changeable spring New England conditions. Hikes will be cancelled in the event of inclement weather. Participants will need to register for each hike when it is posted. **See AMC Trip Policy on page 11.** Registrar & L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston, I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes & 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 Claire MacDonald.

**Tue., May 18. Startup Spring Conditioning Series - Hike #6 of 9 (Group C), Blue Hills, MA.** See previous listing. **See AMC Trip Policy on page 11.** Registrar & L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), L Pam Johnson.

**Sun., May 23. Hike Fall River Bioreserve - Group B, Southeast MA.** Enjoy an easy to moderate 4-5 mile hike in the Fall River Bioreserve -16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to confirmed registrants. **See AMC Trip Policy on page 11.** L Joanne Newton (508-215-9470 After 6 PM, [newt665@comcast.net](mailto:newt665@comcast.net))

**Sun., May 23. Hike Fall River Bioreserve - Group A, Southeast MA.** See previous listing. People who have not hiked the Bioreserve with me get preference on registering. Note, there is also a Group B which will hike the same route. **See AMC Trip Policy on page 11.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Thu., May 27. Blue Hills Thursday Morning Hike- Ponkapoag Pond Loop- Canton, MA.** Moderate to fast pace, with occasional stops. Approximate 5-mile hike around the Pond with perhaps a few in-and-outs for Trail-Tracers. Bring waterproof hiking shoes, sunscreen, insect repellent, snacks/lunch, and water. We'll take a break at the AMC Camp near the pond, weather permitting. Steady rain cancels. Well-behaved dogs on leash O.K **See AMC Trip Policy on page 11.** L Ken Cohen (508-942-1536 before 7:00 pm) [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. At-Large Member of the Board of Trustees of the Friends of the Blue Hills. Avid nature photographer.) CL Patty Everett ([patriciae568@gmail.com](mailto:patriciae568@gmail.com))

**Sun., Jun. 6. Hike Fall River Bioreserve - Group A, MA.;** See listing for May 23. **See AMC Trip Policy on page 11.** L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

Babbling brook  
with skunk cabbage.  
*Photo by Ken Cohen*





## Activities

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

### HIKE

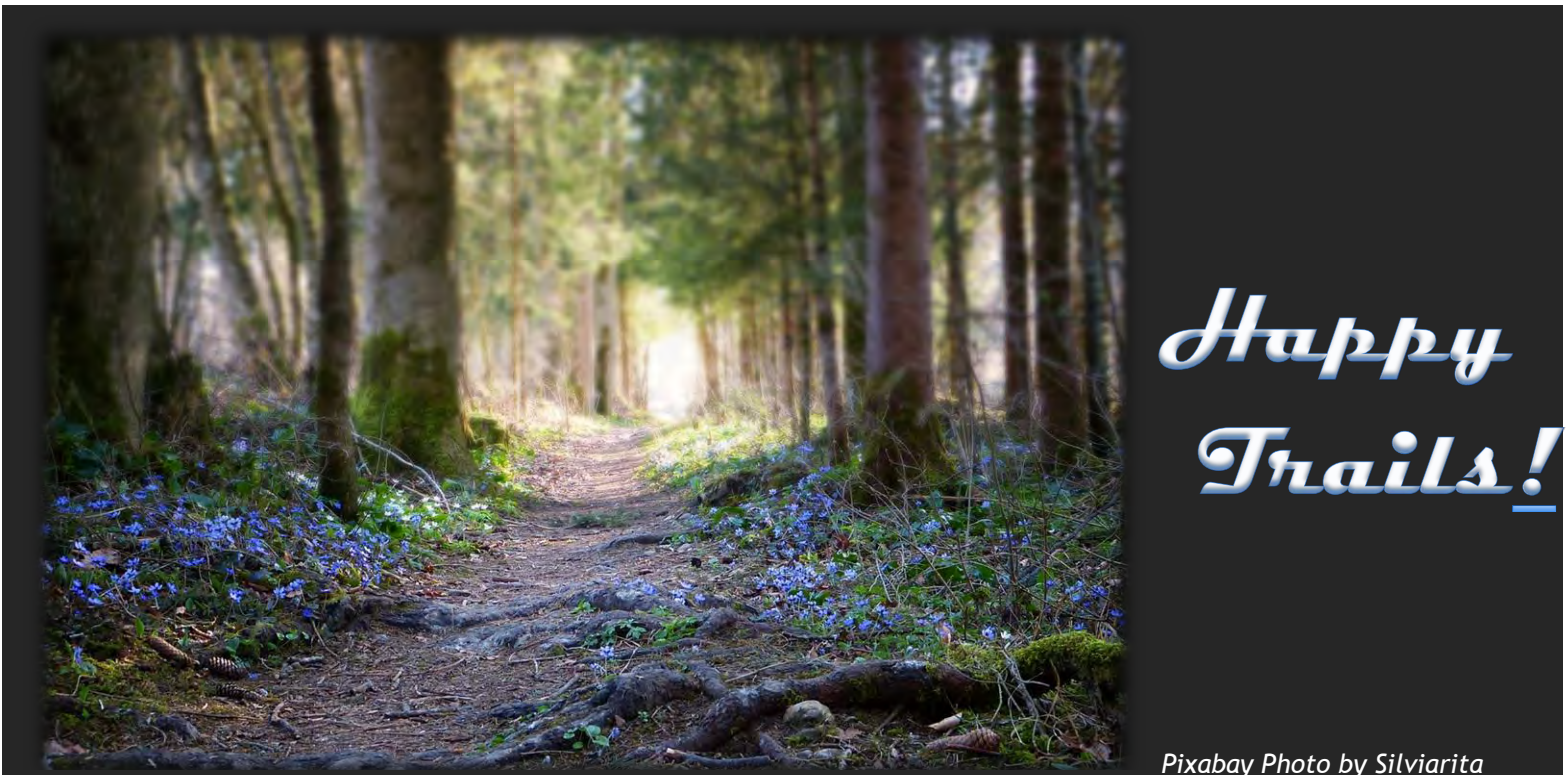
**Mon., Jun. 21. Spring Scavenger Hunt EXTENDED!!! Recap Meeting.** We extended this hunt through spring since we are enjoying it so much and have not captured all the items. This is the Zoom session to recap the Scavenger Hunt and to share pictures and success stories. There is still plenty of time to join in the fun. We have created a list of items to look for while hiking with friends, family, or on your own in Southeast Mass (or wherever you may be)! Photos are encouraged (but not necessary!) so they can be shared with the group. [Here is a link to the list.](#) We all miss the camaraderie of hiking in large groups as we did pre-Covid. This activity was created to nurture that spirit, encourage hikers to explore new trails, and let you socialize online. And you might learn something new from nature. [Register here](#) and we will supply links to the list of items and where you can submit your photos and completed list. If you are unable to join the Zoom session you are still welcome to join in this Scavenger Hunt. **See AMC Trip Policy on page 11.** L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com), Sue is currently the Education Chair, RLBH registrar, and a Class 1 hike leader for the SEM chapter.) CL Alanna Halloran ([communicationsvicechair@AMCSEM.org](mailto:communicationsvicechair@AMCSEM.org), Alanna is currently Communications Vice Chair and working to be a hike leader for the SEM chapter).

### BEONLINE WITH AMC

**Thur., May 20, 6:30-8 pm. End-to-Ending: Hiking the Long Trail.** Vermont's Long Trail hits a number of "goldilocks" notes for thru-hiking fans: not too far away, not too long to hike, definitely a bit of a challenge, but still manageable. Come learn about one End-to-Enders journey and get ideas for your own trek through (and up and down) the Green Mountains. [Register here.](#)

**Thur., May 27, 6:30-8 pm. Going Under Down Under: Caving & Cave Diving In The Antipodes.** Timothy Williams will amaze us with a sample account of his expeditions caving and cave diving in New Zealand, Australia and Borneo. [Register here.](#)

**Wed., June 16, 7 pm. Hiking into the Future of North Central Massachusetts.** North County Land Trust (NCLT) current land conservation activities and vision for the future in north central Massachusetts. Includes the recent conservation of the south slope of Mt. Watatic in Ashburnham as well as a section of the Midstate Trail in Westminster. [Register here.](#)





# The End

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | June 2021

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

Sign up for the AMC Activity Digest. Sign into your account at the bottom of the [outdoors.org](https://www.outdoors.org) page, then click on My Outdoors.

Or call 1-800-372-1758.

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

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

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

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

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

Please send photos as separate attachments, including the name of each photographer. Identify main subjects. Include the words "Breeze Article" in the subject line.

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Fun AMC-SEM hike June 7 at the Fall River Bipreserve. Cooler on the trails, under the tree canopy—and no masks! Look for our next hike later in June. *Photo by Diane Simms*

## Trail-Tracing the Blue Hills series starts June 17

By Bill Doherty, Hike Leader

Looking for a challenge this summer? Join us in Trail-Tracing the Blue Hills, with the goal of hiking all 120 miles in the Blue Hills Reservation. This is the 16th year of this popular series, formerly known as "Red-Lining." We hike at a moderate pace for two to three hours every Thursday. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come for one Thursday or come for them all. Group size is limited to 25.

As this is a series, participants will be screened for their initial hike and will not be "rescreened" subsequently, but participants will need to register for each hike when it is posted. Finishers are awarded with a patch for their achievement with different color levels for those who complete the series multiple times.

See additional details and registration information on Page 11 in Activities.





## View from the Chair: Return to Summer Activities



Summer is upon us! Thankfully we can now spend these cherished summer days with family and friends. I hope your fun plans will include taking part in an AMC-SEM activity. Effective June 11, requirements that had been in place to help keep leaders and participants safe have been lifted. AMC has shifted to direct alignment with [CDC guidelines](#). I'm so happy to be writing about restrictions for the last time. The impacts to our activities include the following:

- Group size:
  - Maximum based on land manager requirements, if any.
  - If no "land manager requirement, leaders determine group size.
- Leader flexibility in posting activities:
  - Online registration
  - Email to register
  - Show & Go" activities
- Leaders can require masks based on their own preferences.
- Screening will not be based on vaccination status.
- Note: Leaders are not responsible for enforcing CDC guidance.

With the summer comes a break in our publication of the *Southeast Breeze*. Our next *Breeze* will be published in September. Look forward to an issue filled with AMC-SEM summer activities. Be part of them!

I'm always interested in your input either by email or in person. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).

*Diane Simms, AMC-SEM Chapter Chair*

### 2021 Executive Board

Chapter Chair .....	Diane Simms	Communications Chair .....	Nichole Nelson	Padding Chair .....	Ed Foster
Vice Chair .....	OPEN	Communications Vice Chair...	Alanna Halloran	Padding Vice Chair .....	Joe Keogh
Secretary .....	Natalie Halloran	Conservation Chair .....	Joanne Newton	Regional Director.....	Jenna Whitney
Treasurer .....	David Yampanis	Conservation Vice Chair .....	Bill Cannon	Skiing Chair .....	Jeannine Audet
Past Chapter Chair .....	Len Ulbricht	Education Chair .....	Sue Svelnis	Skiing Vice Chair .....	Dia Prantis
Biking Chair .....	OPEN	Education Vice Chair .....	OPEN	Trails Chair .....	Skip Maysles
Biking Vice Chair .....	Pete Linhares	Hiking Chair .....	Paul Brookes	Trails Vice Chair .....	Steve Scala
Cape Hiking Chair.....	Jane Harding	Hiking Vice Chair.....	Pamela Johnson	20s & 30s Chair.....	Susan Schobel
Cape Hiking Vice Chair .....	Robin McIntyre	Membership Chair.....	Samantha Fisher	20s & 30s Vice Chair.....	OPEN
		Membership Vice Chair .....	Sandy Santilli		

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....	Leah Brodsky	The Breeze Editor.....	Mo Walsh
Webmistress.....	Cheryl Lathrop	Assistant Editor.....	Laura Lamar
Nominating Committee Chair.....	Alan Greenstein	Blast Editor.....	Marie Hopkins

Contact [chair@amcsem.org](mailto:chair@amcsem.org) if you are interested in any OPEN position



## New AMC-SEM patch design for your Conservationist activities

By the AMC-SEM Conservation Committee

Your SEM Conservation Committee is excited to present our new patch! The new design showcases the outdoors and is intended to remind that we each play a vital role in protecting natural resources. These patches will be available within a month. Do you remember the [Conservation Patch Activities](#) we rolled out several months ago? Are you working on ways to earn this patch so you can proudly display it on your backpack?



New AMC-SEM patch design for Conservationist activities shows outdoors elements of sun, sky, mountains, forests, water, and roads to travel by foot or bicycle.

To earn this patch, view the activities we have suggested or come up with your own suggestions and let us know! Complete one or more activities in each of the six categories: Conservation Activism, Environmental Activism, Health Activism, Energy Conservation, Water Conservation, Waste Reduction.

Record your completed activities on the [scorecard](#). Once you have finished your scorecard, email it to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org). Your beautiful new patch will then be on its way to you! Attach it to your backpack or wear it with pride on your choice of outdoor gear.

We hope you enjoy the activities and learn something more about how you can become conservationists. Will YOU complete the challenge?

[#amcsem](#) [#hikemassachusetts](#) [#conservation](#)

*Note: The SEM Conservation Committee is looking for more volunteers to help us with planning, organizing and running conservation projects and communicating ideas on how each of us can improve conservation measures in our daily lives. Email Joanne Newton at [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.*

## New Class 1 Leader Janis Delmonte

By Jane Harding, Cape Hiking Chair

Janis Delmonte became a volunteer leader for AMC-SEM to give back for the pleasure it provides her. Raised in Stoughton, Janis retired to Mashpee, where she is fond of hiking and walking her dog on the trails of the Mashpee River Woodlands. Hiking allows her to explore many areas of Cape Cod with experienced leaders and meet some wonderful people. She is involved in several hiking groups, as well as AMC-SEM.



Janis completed Leadership Training through Zoom in April of 2020. More recently, she completed her co-leads to become a Class 1 leader.

Her first co-lead, with Cape Hikes vice chair Robin McIntyre, was on a hike in the Bourne Sisters, Perry property, and Leary property. Prior to a pre-hike with Robin, Janis downloaded the trail map from the Bourne website. She traced the actual hike on the map to have as a resource on the day of the hike, which had many small loops cobbled together to make the required distance.

On the day of the hike, Janis checked in all of the registered hikers, visually inspecting them to be sure they had the required apparel and equipment. For the trailhead talk, Robin shared the history of the area and Janis reminded the group of key elements of the waiver they signed, described trail conditions they should expect, and facilitated group introductions. During the hike, Janis ensured the group was keeping up and maintaining social distancing. She described some unique features of the area and planned a separation break.

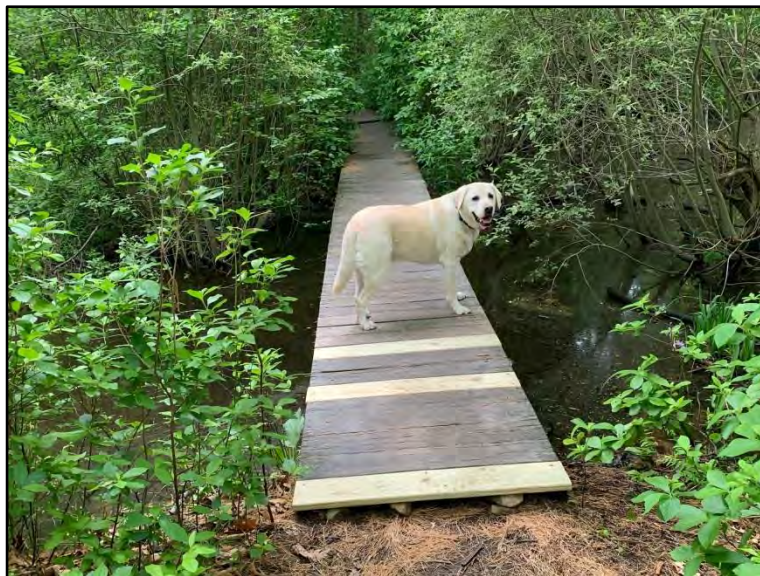
Her second co-lead was in the Mashpee River Woodlands, managed by the Trustees of Reservations. Designated Leader Jane Harding had coached Janis on the steps to qualify as a Class 1 leader. Janis greeted the registered hikers and introduced herself. Janis gave the trailhead talk with no assistance, facilitated introductions, and assigned a sweep. Along the way, she described unique features of the area. Janis demonstrated that she was ready to lead without assistance.

Janis is a wonderful addition to the Cape Hike Leader volunteers. Please congratulate her when you see her!









Quality Assurance Inspector Sunny approves the bridge repairs by the AMC-SEM Trails crew. *Photos by Skip Maysles*

## AMC-SEM's Trails volunteers adopt #TrailsFest repair projects

By Nichole Nelson, Communications Chair

Have you ever wondered who maintains the paths you tread? The AMC recently sponsored #TrailsFest, a series of webinars on how trails get protected. In short, the trails, shelters, put-ins, and climbing routes we enjoy rely on us, the people who use them, for their protection and maintenance.

The AMC-SEM chapter has an active Trails Committee, which collaborates with other committees, organizations, and individual volunteers to protect and maintain our local trails! For #TrailsFest, volunteers Pete Tierney, Paul Brookes, and Skip Maysles worked on an adopted trail to remove encroaching foliage and downed trees. Here are the before and after pictures.



**"Before" photos of broken** bridge boards and fallen tree damage to a boardwalk.



Pete Tierney inspects a section of new lumber replacing broken boards on the boardwalk.

### Scavenger Hunt Ends June 21st

We have an enthusiastic group participating in the Spring Scavenger Hunt! We extended it through June 21 to capture more late spring flora and fauna and invite more AMC-SEM members to join in.

Hike with friends, family, or on your own, but you must [register here](#) for the June 21 Zoom meeting to share photos and experiences. Once you register, we will supply a link to the checklist of items to look for, as well as where you can submit your photos and completed list.





Bill on the Skyline Trail east of Chickatawbut Road.

## Bill Belben joins Class 1 Leaders

By Tom Graefe, Hike Leader

If you want to catch Bill Belben in the Blue Hills you'll have to get an early start. Bill became a Class 1 Leader after being a co-leader for the Spring Conditioning series with Di Hartley and me.

As an indication of Bill's enthusiasm for hiking, there is nothing quite like finding out at the end of an eight-mile conditioning hike that he logged ten miles in the morning before we even got our start!

Bill is matter of fact about his goals for hiking the Appalachian Trail and the New Hampshire 48, as well as trail tracing the Blue Hills. Plus, he has become one of the latest AMC-SEM Class 1 leaders—all of which contributes to his capability for either leading or participating in all aspects of hiking adventures.

Congratulations Bill, and we look forward to more trips with you!

## Online sources on 52WAV hikes, trail routes; books to check out

By Claire MacDonald, Hike Leader

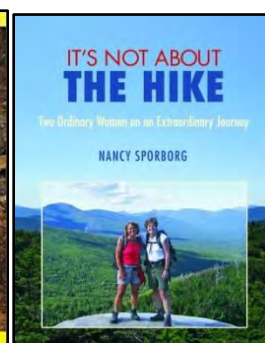
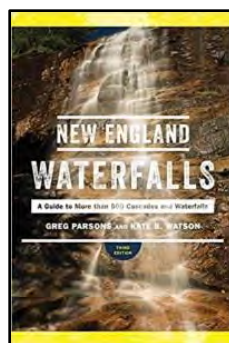
Here is an interesting, recently-discovered, website, [NewEnglandWaterfalls.com](http://NewEnglandWaterfalls.com), that lists the "52 With a View" rated by difficulty. Some are at least as difficult as many of the 4,000-footers, but all depends on the trails you pick, so choose wisely. The toughest Baldface peaks, for example, are more doable going clockwise and using the Slippery Brook Trail to avoid the worst section of the cliffs. The [Facebook site](#) is very helpful.

This website also rates the 4,000-footers on difficulty and has a lot of valuable information about usual trails taken, mileage, etc. Really study the elevation gain and mileage. A trail 4.4 miles long with an elevation gain of 2,200 feet means you are gaining 1,000 feet per mile, which is STEEP! This is Cannon Mountain via the Kinsman Ridge Trail. Doable if you pace yourself and it isn't too hot!

Our group took Lonesome Lake to Hi-Cannon and down Lonesome Lake. That was very rough and—as we found out after—one of the Terrifying 25! Luckily it wasn't wet. Those sloping slabs would have been treacherous; they were bad enough dry, and there is a gnarly ladder—not one of the nicer ones!

There is a lot of info online, on social media, and in books. Keep a log for your eventual patches. We never thought we'd go for the 4,000-footer already in our mid-60s, but the bug has a way of biting—with a lot of books out there of other people's journeys, too. Check out *It's Not About the Hike* by Nancy Sporborg, the tale of two ordinary women on an extraordinary journey hiking the NH 48s. There are many others, too, and many good used book sites—Thriftbooks, Abebooks, etc.

Happy planning and hiking! Share your accomplishments on [Facebook](#), [Instagram](#), or in the [Southeast Breeze](#).





## Tick Safety: What you should know before you head out on the trail

By Nancy Tutko, Hike Leader

*Note: Nancy works for a nonprofit land conservation organization on Martha's Vineyard, where she has been exploring the island's 220 miles of trails for many years.*

It's high season for ticks, which have long been on the rise in the northeastern United States. Joining [deer ticks](#) and [wood ticks](#) out on the trails, meadows, beaches, and woodlands are [lone star ticks](#), a relative newcomer with potentially serious implications.

Be vigilant about tick safety to avoid Lyme and other tick-related diseases:

- ✓ Learn before you go—read the links included in this article.
- ✓ Treat shoes, clothing, and gear with permethrin or an EPA-approved insect repellent. Follow label instructions carefully.
- ✓ Avoid wooded and brushy areas with tall grass and leaf litter.
- ✓ Walk in the center of the trail.
- ✓ Inspect yourself and companions carefully for ticks afterward.

### What helps keep ticks at bay?

The longtime standard to repel biting insects is [DEET](#), used in products by OFF!, Cutter, and Ben's. Some folks favor products that use essential oils to ward off insects. [Cape Cod Naturals](#), for example, sells insect repellent and sunscreen, along with dryer sheets and pet shampoo.

These days, however, many land managers, surveyors, and others who spend a lot of time outdoors are turning to permethrin, a chemical treatment for clothing, boots, backpacks, and other gear.

[Permethrin](#) is a highly effective pesticide applied to clothes and shoes to repel (and kill) ticks and other insects. Buy it in liquid spray form to treat your own clothes, or buy clothing that's factory pre-treated with permethrin, which lasts up to 70 washings. [Tick-repellent gaiters](#) are an easy, effective way to help stop ticks from moving up your legs. For more information about how to use permethrin, visit:

- [Centers for Disease Control and Prevention](#)
- [Consumer Reports](#)
- [Section Hiker](#)



Permethrin-treated clothing and gear repels and kills ticks.  
Photo by Nancy Tutko

Ticks commonly found in the Northeast that can cause disease in humans include:

#### **American dog tick (wood tick), *Dermacentor variabilis***

Transmits: [Tularemia](#) and [Rocky Mountain spotted fever](#).  
Comments: The highest risk of being bitten occurs during spring and summer. Dog ticks are sometimes called wood ticks. Adult females are most likely to bite humans.

#### **Black-legged tick, *Ixodes scapularis***

Transmits: *Borrelia burgdorferi* and *B. mayonii* (which cause [Lyme disease](#)), *Anaplasma phagocytophilum* ([anaplasmosis](#)), *B. miyamotoi* disease (a form of relapsing fever), *Ehrlichia muris eauclairensis* ([ehrlichiosis](#)), *Babesia microti* ([babesiosis](#)), and Powassan virus ([Powassan virus disease](#)).  
Comments: The greatest risk of being bitten exists in the spring, summer, and fall. However, adults may be out searching for a host any time winter temperatures are above freezing. Stages most likely to bite humans are nymphs and adult females.

*Continued on page 8*





## Tick Safety

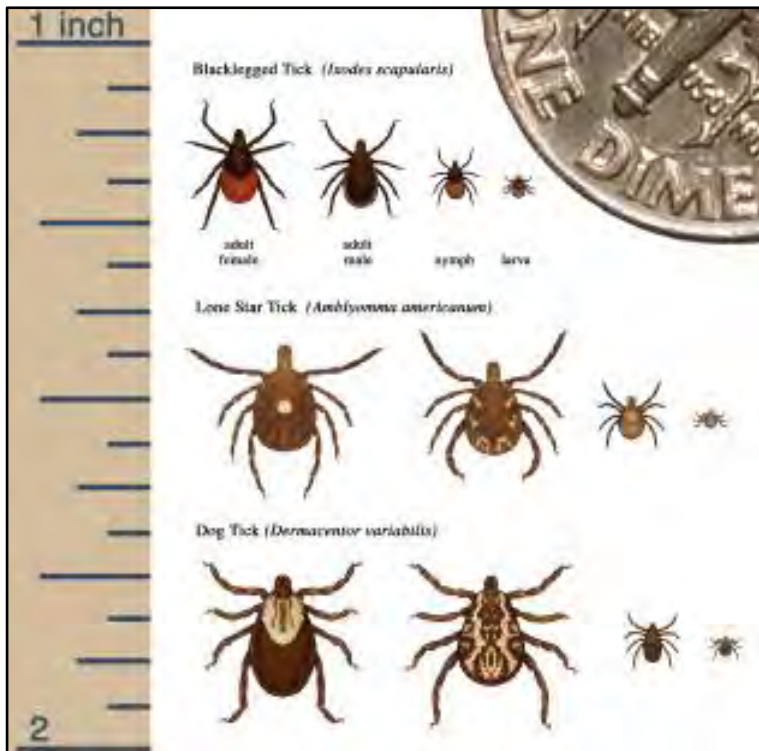
*Continued from page 7*

### Lone star tick, *Amblyomma americanum*

Transmits: *Ehrlichia chaffeensis* and *Ehrlichia ewingii* (which cause human [ehrlichiosis](#)), [Heartland virus](#), [tularemia](#), and [STARI](#). Comments: A very aggressive tick that bites humans. The adult female is distinguished by a white dot or “lone star” on her back. Lone star tick saliva can be irritating; redness and discomfort at a bite site does not necessarily indicate an infection. The nymph and adult females most frequently bite humans and transmit disease.

Developing news about **lone star ticks** and [alpha-gal syndrome](#): AGS (also called alpha-gal allergy, red meat allergy, or tick bite meat allergy) is a serious, potentially life-threatening allergic reaction. AGS is increasingly linked to lone star tick bites. Read more about alpha-gal syndrome [here](#).

### Identifying ticks



Tick chart courtesy of the CDC.

Information sources for this article include the Centers for Disease Control and Prevention (CDC), Consumer Reports, Environmental Protection Agency (EPA), Prevention Magazine, Wikipedia, and the [Vineyard Gazette](#).



Vintage T-shirts from former Chapter Chair and hike leader **Bruce Dunham's** collection:  
Purple chapter 20th anniversary shirt;  
Gold Lonesome Lake Beavers Trail Crew shirt;  
Green 1986 Century Bike Ride shirt.

## Show us your vintage T-shirts!

Check out these vintage AMC-SEM T-shirts! If you have some of these, or another, send us photos of you wearing them! The photos can be new or when the T-shirt was new. Email your photos with your name and description of the shirt(s) pictured—"19xx Trail Crew," "Fall Gathering 20xx," etc.—to [social.nw.administrator@amcsem.org](mailto:social.nw.administrator@amcsem.org). You can also post them to our Facebook page or Instagram account with your comments.



**VOLUNTEER**  
to make  
**YOUR** chapter  
even better!

See descriptions of these **Volunteer Opportunities**, pages 9-10, in the Activities section under **Executive Committee**.

For more details, contact the listed committee chair or [Nominations Chair](#) Alan Greenstein.



## Activities

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

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## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](http://outdoors.org), and then click My Outdoors.

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### BICYCLING

**Sun., Jul. 11. Cycling Freetown & Dartmouth & Running Brook Winery Tasting, Running Brook Winery, MA.** Join us for a 25-30 mile ride through lovely Freetown & Dartmouth, MA. The pace will be approximately 12mph, with some rolling hills. Afterward, we will enjoy a wine tasting & live music at the winery. We can bring our own food to the winery also. A helmet is required to ride. L Jeannine Audet (508-493-8221, [milmod@aol.com](mailto:milmod@aol.com), Jeannine enjoys sharing the beauty of Southeastern MA with other cyclists.) L Barbara Gaughan L Peter Linhares

### CAPE HIKING

**Wed., Jun. 23. Full Moon Hike Sandwich Canal, Sandwich, MA.** THIS IS A REGISTRATION REQUIRED HIKE We will walk out to the end of canal and along Town Neck Beach to Mill Creek, where we will observe the full moon rise around 6:30 PM. Then we will return through town streets. The beach can be very rocky; suggest sturdy shoes, no sandals. You may want to bring a headlamp or flashlight and bug repellent. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. SEM Chapter Vice Chair, MA.** Would you like to be involved in all facets of SEM? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Vice Chair assists Activity Chairs and leaders with questions so it's important that the candidate be a leader or be willing to become one. More details available here: <http://amcsem.org/assets/pdf/vicechair.pdf>. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee.)

**Ongoing, SEM 20s & 30s Vice Chair.** The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org) for more information.

**Ongoing. SEM Education Vice Chair.** The role of the Education Vice Chair is to work with the Education Chair and Education Committee Members to coordinate and supervise programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training, Wilderness First Aid, and Map & Compass. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The position requires you to be available for meetings online several evenings a month, and to be present for any in person training classes (when they resume) supported by the Education Committee. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email [educationchair@amcsem.org](mailto:educationchair@amcsem.org) for more information. L Susan Svelnis ([educationchair@amcsem.org](mailto:educationchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))



## Activities

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

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### EXECUTIVE COMMITTEE

**Ongoing. SEM Bicycling Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available here: <http://amcsem.org/assets/pdf/biking.pdf>. L Peter Linhares ([bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Conservation Committee Member, MA.** The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org) for more information.

### HIKING

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

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

**Mon., Jun. 21. Spring Scavenger Hunt EXTENDED!!! Recap Meeting.** We extended this hunt through spring since we are enjoying it so much and have not captured all the items. This is the Zoom session to recap the Scavenger Hunt and to share pictures and success stories. There is still plenty of time to join in the fun. We have created a list of items to look for while hiking with friends, family, or on your own in Southeast Mass (or wherever you may be)! Photos are encouraged (but not necessary!) so they can be shared with the group. [Here is a link to the list.](#) We all miss the camaraderie of hiking in large groups as we did pre-Covid. This activity was created to nurture that spirit, encourage hikers to explore new trails, and let you socialize online. And you might learn something new from nature. [Register here](#) and we will supply links to the list of items and where you can submit your photos and completed list. If you are unable to join the Zoom session you are still welcome to join in this Scavenger Hunt. L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com), Sue is currently the Education Chair, RLBH registrar, and a Class 1 hike leader for the SEM chapter.) CL Alanna Halloran ([communicationsvicechair@AMCSEM.org](mailto:communicationsvicechair@AMCSEM.org), Alanna is currently Communications Vice Chair and working to be a hike leader for the SEM chapter).

**Sun., Jun. 13. Tour of the Blue Hills Observatory Science Center and Hike, Canton, MA.** Have you hiked past the Blue Hills Weather Observatory with its the round tower and wondered what happens there and how it came to be built on this spot? Do you want to learn more about the impacts of climate change on our local weather? We will discover the answers to your questions! To get you starting to think about the observatory: (Taken from the Blue Hills History #11 written by Bob Vogel) Abbot Rotch (1861-1912) was Harvard's first professor of meteorology, and he built the original Blue Hills Observatory, with his own funds, in 1884. Starting February 1, 1885, the Blue Hill Observatory was occupied and has recorded atmospheric temperature readings continuously ever since. These written records, as opposed to just anecdotal stories, provide the kind of long-term data needed to allow evaluation of climate change. The Blue Hills Observatory "is the foremost structure associated with the history of weather observations in the United States." The tour of the Observatory Science Center will take approximately one hour and there is a cost of \$8.00 per person to be paid on the day of the hike. Our in-depth tour will include the rooftop, history room, instrumentation room, tower and outside area. We will start with a two- hour hike beginning at 1 PM. Our tour of the observatory begins at 3 PM. When the tour is completed, we will have a short hike back to our cars. This hike is being organized by our SEM Conservation Committee. We hope you can join us for this hike and tour which is the first in our 2021 Conservation focused hikes. L Joanne Newton (508-215-9470 Before 9 PM, [newt665@comcast.net](mailto:newt665@comcast.net)) L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))



## Activities

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

### HIKING

**Mon., Jun. 14. Celebration Hike!!! Blue Hills, MA.** Let's celebrate! This will be one of the first SEM hikes with the expanded group size! No masks! We can see each other! Also, this hike will earn the leader, Diane, her first Trail Trace Blue Hills patch. We will be hiking the 4.3-mile route mapped for 9/5/19, Eliot Tower. (Trail Trace maps for prior years are available at <http://amcsem.org/hiking.ttbh.html>). L Diane Simms ([dianesimms@comcast.net](mailto:dianesimms@comcast.net)) L Paul Brookes (Living in Boston, I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes, such as to the White Mountains. (I am certified in Wilderness First Aid.) You may often find me in the Blue Hills with my dog Sunny.) L Pamela Johnson

**Thu., Jun. 17. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** Join us for the 16th year of this popular series. We hike at a moderate pace for 2 to 3 hours in the Blue Hills Reservation every Thursday. Group size is limited to 25. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come for one Thursday or come for them all. 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, participants will be screened for their initial hike and will not be 'rescreened' subsequently, but participants will need to register for each hike when it is posted. L William Doherty (781-982-5673 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Class 1 AMC Hike leader. Four-season Blue Hills hiker. Occasional White Mountain hiker. Trail Maintenance volunteer.)

**Mon., Jun. 21. Spring Scavenger Hunt EXTENDED!!! Recap Meeting.** This is the Zoom session to recap the Scavenger Hunt and to share pictures and success stories. There is still plenty of time to join in the fun. We have created a list of items to look for while hiking with friends, family, or on your own in Southeast Mass (or wherever you may be)! Photos are encouraged (but not necessary!) so they can be shared with the group. [Here is a link to the list.](#) We all miss the camaraderie of hiking in large groups as we did pre-Covid. This activity was created to nurture that spirit, encourage hikers to explore new trails, and let you socialize online. And you might learn something new from nature. [Register here](#) and we will supply links to the list of items and where you can submit your photos and completed list. If you are unable to join the Zoom session you are still welcome to join in this Scavenger Hunt. L Susan Svelnis (781-849-9699, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com), Sue is currently the Education Chair, RLBH registrar, and a Class 1 hike leader for the SEM chapter.) CL Alanna Halloran ([communicationsvicechair@AMCSEM.org](mailto:communicationsvicechair@AMCSEM.org), Alanna is currently Communications Vice Chair and working to be a hike leader for the SEM chapter).

**Thu., Jun. 24. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** See listing for June 17.

**Thu., Jun. 24-26. 2021 SEM Backpack—Appalachian Trail, Northern NJ, Northwestern, NJ.** Enjoy three full days of backpacking on the AT, in from Culvers Gap in Sandyston, NJ, to "The Pinwheel" viewpoint in Vernon, NJ. This three-day, two-night trip will cover 38.6 miles along the trail, including Sunrise Mt, High Point, Mt Pochuck, and "The Stairway to Heaven." Daily elevation gains of 1,200, 600 and 1,100 ft. Must be fit to hike long distances, have lightweight camping equipment, and an adventurous spirit! Backpacking experience required. L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne is a four-season hike leader for the Southeastern MA Chapter of AMC. She has completed the NH 48 4K footers and enjoys gardening.) CL Leslie Carson (Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4K Footers in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest since 2013. More recently, she has led/co-led Adventure Travel hiking/trekking trips in western US and internationally. She is certified in SOLO Wilderness First Aid and CPR.) CL Diane Hartley (Diane is a four-season hiker and SEM Class 4 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH.)

**Sat., Jun. 26. Clean-Up the Blue Hills! (#TRAILSFEST), Blue Hills Reservation, MA.** While hiking in the Blue Hills, the Conditioning Series crew noticed an unnamed hilltop needing significant cleaning. The leader will provide trash and recycle bags and have extra work gloves, sunscreen, and bug spray available, as necessary. All we need is your energy and motivation! If we finish early and the group is interested, the leader will lead a short hike around the Quarries area of the Blue Hills. This is entirely optional. Priority is cleaning up the trash that litters this beautiful area. The worksite is a short walk from parking. Appropriate clothing includes either PT/exercise or hiking attire, weather and preference dependent. No open-toed shoes, and gloves will be required. This is a great way to get into nature, volunteer, and make a difference in a short amount of time. I look forward to working with all of you and having some dramatic before and after photos of the worksite! Thanks for volunteering!!! L Daniel Slavin ([D.Slavs@gmail.com](mailto:D.Slavs@gmail.com), Dan is an AMC SEM Class 1 Hike Leader. Dan boxes, bikes, runs, and does trail work. He likes day-hiking all over Massachusetts and is getting back in to backpacking.)





## Activities

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

### HIKING

**Thu., Jul. 1. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** See listing for June 17.

**Sat., Jul. 3. New Members Hiking Series. 9 AM - Noon, MA.** Join us for this new hiking series, which will run bi-monthly and will begin at different locations in Southeastern Massachusetts when we meet. New AMC members or those looking to become members will be given priority during registration. If there are any open spots several days before the event, we will gladly accept current members and SEM friends. Enjoy an easy to moderate, approximately three-mile hike. This first hike will take place in the Massasoit State Park in Taunton, MA. The hike will be approximately 2.5 hours. Beginner hikers are welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks and be able to climb a few small hills. Sturdy shoes required; sneakers are okay. No open-toed shoes. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed to confirmed registrants. Since this hike is the day before July 4th, wear your red, white, and blue! We will provide some refreshments and snacks after the hike so we can socialize a bit more before we leave. This is a great way for you to learn about AMC, get outside, strengthen your hiking legs, and socialize with a nice group of people. 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 "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 Samantha Fisher (508-243-7594 After 5pm, [Sahavah@yahoo.com](mailto:Sahavah@yahoo.com)) L Joanne Newton (508-215-9470 Before 9 pm, [Newt665@comcast.net](mailto:Newt665@comcast.net))

**Thu., July 9. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** See listing for June 17.

**Thu., July 16. Trail Trace the Blue Hills Hike, 6-8pm, Blue Hills Reservation, MA.** See listing for June 17.

### TRAILS

#### Volunteer Opportunities

**Wed., Jun. 16. #TRAILSFEET: Trash Cleanup in the Blue Hills, Milton, MA.** No experience necessary! Over the past year, some of the parking lots in the Blue Hills have accumulated too much trash! Please join a group of volunteers to clean up trash in one of these parking lots. 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 "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. Please wear appropriate clothing and no open toed shoes. Also, bring bug spray, sunscreen, water, snack, and gloves. L Skip Maysles (774-284-5080 Between 6:00pm to 9:00 pm, [skip.maysles@outlook.com](mailto:skip.maysles@outlook.com)) CL Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com))

**Sat., Jun. 26. Clean-Up the Blue Hills! (#TRAILSFEET), Blue Hills Reservation, MA.** See listing under Hiking.

#### BEONLINE WITH AMC

**Wed., June 16, 7 pm. Hiking into the Future of North Central Massachusetts.** North County Land Trust (NCLT) current land conservation activities and vision for the future in north central Massachusetts. Includes the recent conservation of the south slope of Mt. Watatic in Ashburnham as well as a section of the Midstate Trail in Westminster. [Register here.](#)

**Wed., June 16, 6:30-8 pm. TRAILSFEET Presentation—Community Science: Action On The Trail.** Join AMC's Georgia Murray for a presentation followed by Q&A on how you can get involved with Community Science on the trail. [Register here.](#)

**Mon. June 28, 6:30-8 pm. TRAILSFEET Presentation—Accessible Water Recreation.** Join AMC's Mark Zakutansky for a conversation on regional river and waterway conservation, efforts to build new public access, and expanding opportunities for more diverse communities to enjoy the waters of the Northeast. [Sign In here.](#)



Happy

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | September 2021

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

Sign up for the AMC Activity Digest. Sign into your account at the bottom of the [outdoors.org](https://www.outdoors.org) page, then click on My Outdoors.

Or call 1-800-372-1758.

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

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

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

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

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

Please send photos as separate attachments, including the name of each photographer. Identify main subjects. Include the words "Breeze Article" in the subject line.

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Standing: Siri Mohr, left, Meg Hildreth, Meryl Brown, Kristen Reimann. Sitting: Sue Eliason, left, Kelly McCausland, Nancy Tutko. Photo by Whit Hanschka

## Mainlanders embrace hiking on Martha's Vineyard By Nancy Tutko, Hike Leader

Hazy, hot and humid weather didn't deter eight intrepid hikers who gathered on Martha's Vineyard in July to explore six miles of undulating woodlands, meandering streams, mossy trails and footbridges, and a whimsical Celtic sculpture trail in the Chilmark hills.

This is one of my favorite rambles, so I organized the hike as an experiment to see if mainland hikers would be interested in AMC activities on MV during the warmer summer months. This small group hike was a chance to work out the logistics of ferry travel to the vineyard and transportation to the trailhead. The group took an early ferry from Woods Hole to Vineyard Haven and returned that afternoon.



On the Sculpture Trail.  
Photo by Nancy Tutko





## View from the Chair: Are you willing to help?

Summer went by quickly! I hope you had a wonderful time with family and friends. Although the *Southeast Breeze* was on our two-month hiatus, the chapter has been very active. Since early June we've led about 50 activities, including bike rides, paddles, an overnight backpack, conservation activities, Cape hikes, Fall River Bioserve hikes, and over 20 Blue Hills hikes, including a spring conditioning series. Thank you, leaders, for offering so much!

You've heard it often and you'll keep hearing it. We are a chapter run by volunteers—leaders, committee members, and the executive committee. Executive committee chairs and vice chairs organize the work. They participate in monthly meetings, and also work closely with leaders, their committee members, and other ExComm members. They are hands-on. These dedicated people keep our chapter vibrant.

We will be posting a slate of committee chairs on the home page of [amcsem.org](http://amcsem.org) for your vote in the annual meeting, scheduled for November 6. (Once again, this will be a Zoom Webinar.) As of early September, we have four open positions. Do you want to help the chapter? Have you mulled over getting involved? Now is the time! To be a Southeastern Massachusetts chair or vice chair requires only a willingness to help. The positions are:

**The Chapter Vice Chair** works closely with the Chapter Chair. This person interacts with the SEM executive committee and AMC headquarters to further short- and long-term goals. This person would be expected to move up to the Chapter Chair position when my term is up November 2022. More information available [here](#).

**Communications Chair:** Do you love to write, coordinate activities, and engage others? The Communications Chair supports the activities of Communications Committee volunteer staff (Breeze Editor, Blast Editor, Webmaster, Social Media Administrator, etc.) to manage communications to our members. This fast-paced role helps to ensure we meet monthly publication deadlines. More information available [here](#).

**The Education Chair** coordinates and supervises programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training and Wilderness First Aid. SEM offers 1-2 sessions of each per year. The Education Chair does not teach these sessions. The position requires you to be present for any in-person training classes supported by the Education Committee. More information available [here](#).

**The 20s & 30s Chair** helps deepen the engagement of 20- and 30-somethings with the chapter and works with activity committees and the ExComm to build bridges for 20s & 30s to the chapter. Plan in-person activities, online socials, and social media. Recruit a committee of enthusiastic 20s & 30s that will help with coordinating events. More information available [here](#).

Email me at [chair@amcsem.org](mailto:chair@amcsem.org) or SEM's Nominating Committee Chair Alan Greenstein at [nominating.com@amcsem.org](mailto:nominating.com@amcsem.org). Let's start a conversation.

*Diane Simms, AMC-SEM Chapter Chair*

### 2021 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair** .....**OPEN**  
Secretary .....Natalie Halloran  
Treasurer .....David Yampanis  
Past Chapter Chair .....Len Ulbricht  
Biking Chair ..... Peter Linhares  
**Biking Vice Chair** .....**OPEN**  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
Communications Vice Chair... Alanna Halloran  
Conservation Chair .....Joanne Newton  
Conservation Vice Chair .....Bill Cannon  
Education Chair .....Sue Svelnis  
Education Vice Chair .....Doug Griffiths  
Hiking Chair .....Paul Brookes  
**Hiking Vice Chair**.....**OPEN**  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Sandy Santilli

Paddling Chair .....Ed Foster  
Paddling Vice Chair .....Joe Keogh  
Regional Director.....Jenna Whitney  
Skiing Chair .....Jeannine Audet  
Skiing Vice Chair .....Dia Prantis  
Trails Chair .....Skip Maysles  
Trails Vice Chair .....Steve Scala  
20s & 30s Chair.....Susan Schobel  
**20s & 30s Vice Chair**.....**OPEN**.

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....Leah Brodsky  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

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

Contact [chair@amcsem.org](mailto:chair@amcsem.org) or [nominating.com@amcsem.org](mailto:nominating.com@amcsem.org) if you are interested in any position



AMC-SEM volunteers bagged trash June 26th near the quarries in the Blue Hills. *Photos by Dan Slavin*

## Clean-up crew makes an impact

By Dan Slavin, Hike Leader

I just want to recap the **tremendous** job we did Saturday morning, June 26th. With six volunteers and under three hours of labor each, we made quantifiable and noticeable improvements in the Blue Hills Quarries area. Fingers crossed that party-goers and would-be litterers think twice about trashing this newly cleaned section of nature.

I also think this was a great opportunity to meet some new people. Several of you expressed an interest in doing more volunteer work, getting back into hiking, exploring or re-exploring the Blue Hills, or learning more about what AMC does. I hope I can be a resource for some or all of that for you. Feel free to talk to me on the trail if you have any questions about AMC, hiking, or volunteering in the area.



Top Row:  
Before the  
clean-up.

Bottom  
Row: Trash  
cleared,  
paint waits  
for later  
removal.

## Call for nominations for the AMC-SEM 2021 Distinguished Service Award

By Jeannine Audet, 2021 DSA Committee Coordinator

Every year since 2001, the AMC Southeastern Mass. Chapter has presented one of its members with a Distinguished Service Award (DSA) to recognize his or her outstanding contributions to the chapter. While a committee of past award recipients selects the ultimate recipient, all chapter members are encouraged to make nominations. [Click here](#) to see a list of past recipients.

The DSA is awarded to someone who:

- Is a current AMC-SEM member and has belonged to the SEM chapter for at least five years (to be verified by AMC Membership);
- Has contributed to the SEM Chapter “above and beyond” the high level of volunteer service typically provided by our activity leaders and other members;
- Whose contributions can be at the Board level, committee level, across multiple committees, or in some other chapter-wide capacity;
- Is actively contributing to the chapter or has contributed significantly in the past;
- Has not previously received the chapter’s Distinguished Service Award.

If you know of someone who is eligible for this award, please complete a [DSA Nomination Form](#) and send it to the [2021 DSA Committee Coordinator](#). If you prefer, just email me the person’s name with a brief explanation of why you think he or she deserves to receive this prestigious annual award based on the above criteria.

**All nominations must be received by October 1, 2021.** The DSA will be presented at the Annual Meeting on Saturday, November 6, 2021, on Zoom.

Thanks! Get outdoors and stay well!

**AMC-SEM Annual Meeting Webinar**  
**Saturday, Nov. 6, 2021 from 5 to 7 pm**  
 Registration by Activity DataBase Posting opens on Oct. 1st. Please visit the [amcsem.org](http://amcsem.org) Home Page for links to the Slate of Officers, and review the proposed 2021 By-Laws with previous text and [revision marks](#) or with proposed text only and [no revision marks](#).





Blue Hills Observatory. *File photo from the Patriot Ledger*

## Blue Hills Observatory hike & tour

By Ellen Thompson

If you have hiked in the Great Blue Hill section of the Blue Hills reservation, you would have seen a unique looking building there. Do you know it's historical and present-day significance?

The building is the Blue Hills Observatory & Science Center, a National Historic Landmark. The Observatory is a benchmark station for the study of climate change and home to the world's oldest climate record. The first weather observations were made February 1, 1885, and unbroken records have been kept for 135 years.

Early this summer Joanne Newton, conservation chair, organized a tour of the Observatory. On a beautiful June day, Bill Doherty, Barry Young, and Karen Foley led 17 AMC hikers to the station, where we broke up into two groups for our tours. The tour started at the base of the Observatory where they have many pieces of equipment to measure rainfall.



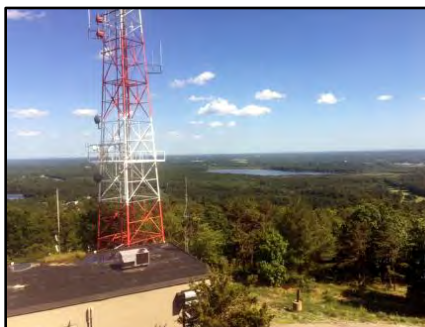
Equipment to measure rainwater. The metal hanging on the side keeps the rain from blowing, directing it straight into the measuring tube. *Photo by Ellen Thompson*

As we moved inside, our tour leader explained the various apparatuses used to measure weather patterns. Some of these were as old as the Observatory itself. For example, the oldest mercury barometer was purchased by the Observatory's founder, Abbott Lawrence Roche, and put into service in 1887. It is still in service today!

As you can imagine, it's difficult to get parts for instruments that are 135 years old, and the staff is constantly repairing and upgrading to keep the records exact. They often have many devices running at the same time to guarantee accuracy. It was noted that some of the old equipment is as accurate as the new.

We then took a narrow staircase up to the roof. There were plenty of anemometers, to measure wind speed and wind pressure, whirring away. For the same reason as mentioned before, the multiple instruments being used ensures data is not lost and is accurate.

It turned out to be an incredibly clear day: We could see all the way to Mount Wachusett, some 50 miles away.



**Left: The tower extends into the higher atmosphere.**

**Below: Visitors enjoy the view from the top deck of the Observatory.**

*Photos by Ellen Thompson*



Living as close as we do in Southeastern Massachusetts, this is a very interesting spot to visit and take advantage of the tours offered. The station is currently closed until 2022 for renovations.

For more information: <https://bluehill.org/observatory/>





“The Women of the Woods.” Photo by Jeannine Audet

## AMC-SEM ‘Women of the Woods’ backpack 36 miles of the AT

By Jeannine Audet

A group of seven intrepid hikers enjoyed a fabulous three-day, 36-mile backpack on the Appalachian Trail in New Jersey. The hike started in Culver’s Gap. The weather was sunny and fairly cool. About a mile into our hike, as the wooded trail broke into a meadow, we surprised a black bear who was feasting on blueberries—it turned tail and ran. We partook of some of the berries, too, which were delicious!



The group enjoyed views from the Culver Fire Tower, then from the summit of Sunrise Mountain at our lunch break. We made camp at Sawmill Lake Campground, shared tips about backpacking stoves and different foods over dinner, and built a campfire. We were treated to a symphony of sounds that night, including bullfrogs, a whip-poorwill, a barred owl, and two woodpeckers.

The group broke camp early the next morning to start our hike to Pochuck Mountain Shelter. The day was a bit warmer, and we refilled our water at a lovely stream. The AT led us through several picturesque fields with rolled baled hay. Toward the end of the day’s hike, the trail led around the perimeter of Walkkill River National Wildlife Refuge, where we met a snapping turtle (while maintaining a safe distance!). A friendly visitor to the Center also shared some sparkling water and oranges with us, and we were most appreciative.



Views from the Appalachian Trail—and above it!

Photos by Jeannine Audet

The trail led to our last certain water source, then steeply climbed to Pochuck Shelter. The shelter itself was full, so we made a fine camp at the tent site. Our group shared some conversation with hikers passing through and staying at the shelter.

Our final hiking day, which was quite sunny and humid, provided some beautiful scenery along the two-mile boardwalk just before crossing over the Pochuck Creek Suspension Bridge. We concluded our backpack in Vernon, NJ, with a much appreciated stop for ice cream and cherries. The rain started as we left the trail—what good fortune!

The trip was very thoughtfully planned by leaders Anne Duggan, Leslie Carson, and Diane Hartley. The “Women of the Woods” plan to tackle another AT section soon. Join us for our next adventure!







Please congratulate the following members who completed a Trail Trace series in 2021. These finishers receive a Trail Trace the Blue Hills patch.:

**Trail Trace the Blue Hills—Q1, Q2, & Q3 Finishers**

**Ken Cohen**

3/3/2021 Trail Trace the Blue Hills 3x Green  
1/31/2021 Winter Trail Trace the Blue Hills 1x White

**Karen Foley**

4/7/2021 Trail Trace the Blue Hills 3x Green  
7/26/2021 Trail Trace the Blue Hills 4x Orange  
1/4/2021 Winter Trail Trace the Blue Hills 1x White

**Joanne Newton**

3/29/2021 Trail Trace the Blue Hills 4x Orange  
6/29/2021 Trail Trace the Blue Hills 5x Yellow  
1/4/2021 Winter Trail Trace the Blue Hills 1x White  
3/3/2021 Winter Trail Trace the Blue Hills 2x Blue

**Stephanie Carvallaro**

7/20/2021 Trail Trace the Blue Hills 4x Orange

**Sue Svelnis**

2/4/2021 Trail Trace the Blue Hills 5x Yellow

**Bill Belben**

4/9/2021 Trail Trace the Blue Hills 5x Yellow  
6/17/2021 Trail Trace the Blue Hills 6x Purple

**Linda Douglas**

4/11/2021 Trail Trace the Blue Hills 8x Bronze

**Walt Granda**

5/7/2021 Trail Trace the Blue Hills 8x Bronze

**Bob Vogel**

3/29/2021 Trail Trace the Blue Hills 9x Silver  
5/18/2021 Trail Trace the Blue Hills 10x Gold  
1/27/2021 Winter Trail Trace the Blue Hills 3x Green  
2/24/2021 Winter Trail Trace the Blue Hills 4x Orange

**Bill Doherty**

9/2/2021 Trail Trace the Blue Hills 11x

**Michael Swartz**

3/9/2021 Trail Trace the Blue Hills 18x

**Pam Johnson**

1/19/2021 Winter Trail Trace the Blue Hills 1x White  
2/19/2021 Winter Trail Trace the Blue Hills 2x Blue

**Tom Graefe**

3/10/2021 Winter Trail Trace the Blue Hills 1x White



Cape leaders hold a late summer reunion—and review of procedures for the fall season. *Photo by Marcella Rippell*

**Cape hiking leader gathering**  
By Robin McIntyre, Cape Hiking Vice Chair

On August 2, twenty Cape hike leaders and leaders-in-process gathered at Jane Harding’s house for a kick-start to the Cape hiking season for September. Jane reviewed and updated pertinent information for leaders including proposed Cape hike leader requirements; hike registration possibilities, including Show and Go, use of SNEL, use of the ActDB for posting and registering for a hike; service dog considerations; the upcoming leader appreciation gathering in September; and potentially including other groups on our hikes.

A social time with a cookout followed under pleasantly cool blue skies. Everyone enjoyed being together again and thinking about a robust season of hiking on the trails ahead of us!

**Conservation Corner**  
**Suggestions for Going Greener**

These actions won’t save the planet, but if we each try, we can incorporate more environmentally friendly habits into our lives. This month:

**Let’s try to reduce our use of paper products.**

Billions of pounds of paper products are sent to landfills every year. Products such as reusable rags, beeswax food containers, and silicon bags can reduce the amount of rubbish being sent to landfills. Try to go paperless four days this month, one day a week, or four days in a row.

Look online for many affordable sources for sustainable alternatives to paper products, including local retail stores.



Above: New Class 1 Hike Leader Patty Everett, center, with mentors Joanne Newton and Ken Cohen. Photo by John Schepis. Top right: Joanne, left, John Schepis, and Patty. Photo by Ken Cohen. Below right: Bob Cassels, Joanne, Ken, and Patty. Photo by John Schepis

## The making of a new Class 1 Hike Leader: Patty Everett

By: Ken Cohen, Hike Leader

Hike Leader Patty Everett and I have known and hiked with one another for approximately three years. It all began during AMC-SEM programs such as “Winter Tracing the Blue Hills” and Bob Vogel’s “What the Heck Kind of a Hike Is This?”

More than a year ago, during the COVID-19 Pandemic, Patty and I began to hike with small groups and occasionally as a pair when others weren’t available. That’s when I realized her enthusiasm, preparedness, hiking abilities, and trail-tracing expertise would all be talents needed to become a successful hike leader.

With encouragement from many fellow AMC-SEM hikers, Patty decided she would enroll in our chapter’s Leadership Training Course. She was soon a participant of the virtual training and studies made available by AMC Headquarters and enhanced by AMC-SEM. During that time, we shared many trails with small groups of other AMC hikers on a regular basis (one-to-three times per week).

Once her online training was successfully completed, we discussed and started to plan for her first co-lead with me as her mentor.

Patty’s first co-lead on May 27, 2021, went very well. I turned the reins over to her after the circle-up for our five-mile Ponkapoag Pond hike in the Blue Hills Reservation.

Overall, Patty’s group leadership performance was excellent! She learned quite a bit as the hike went on.

We briefly talked about her second “Qualifying Hike,” which we hoped Joanne Newton would attend as co-mentor and co-leader. The timing of that hike would take place when Patty felt she was ready.

The second required co-lead, scheduled to take place on August 26, was virtually all hers! I put Patty in charge of everything except for the actual listing and participant administration of the hike, since she did not yet have full access to the AMC ActDB system. Actually, we took the time to walk through the procedure I used to list the trip on the database, in a virtual kind of way, via telephone.

Patty successfully designed the hike route through the St. Moritz and Pipeline regions, starting from the Shea Skating Rink in Quincy; qualified all individuals; conducted the circle-up; led the hike; added points-of-interest details along the way; organized separation and snack breaks; and conducted the circle-up at the end of the hike. With the experience and assistance of Joanne Newton as our second seasoned hike leader, the trip went extremely well!

Letters of recommendation from Joanne and me were sent to our Hiking Chair, Paul Brookes, and Hiking Vice Chair Pam Johnson. Patty was approved as a Class 1 Hike Leader on August 29th. I am confident that Patty will make an excellent trip leader. Her knowledge and hiking expertise will benefit and inspire many participants and future hike leaders. Personally, I can’t wait to be one of those participants during a hike led by Patty Everett!

### FallFest 2021 coming Oct. 16-23!

In place of our Annual Fall Gathering, AMC will provide opportunities for learning and networking closer to home. Each evening from Oct. 18 to Oct. 22, a special online guest will address a topic related to the AMC community, followed by an opportunity to discuss and ask questions.

AMC will host Volunteers and Members in person on Oct. 16 at Noble View Outdoor Center in Massachusetts, and on Oct. 23 at Highland Center in New Hampshire and Mohican Outdoor Center in New Jersey. Enjoy a barbecue and time to reconnect in an outdoor setting that allows for social distancing!

Further details will be coming soon! Any leader interested in hosting an activity for FallFest, please contact [volunteerrelations@outdoors.org](mailto:volunteerrelations@outdoors.org).





**Photo Op on Rattlesnake Hill on the Skyline Trail. Caron Alibrandi, left, Dexter Robinson (Leader), Maureen Kelly, and Linda Church.**

*Photo by Kathleen Nash (foreground)*

## Hiking the lofty Skyline Trail end-to-end in the Blue Hills

**By Dexter Robinson, Hike Leader**

In early August several of us did a Skyline end-to-end hike. It was a warm, overcast, and very humid day with the threat of rain in the afternoon. We met at Shea Memorial Rink in Quincy and then carpoled to the end of Royall Street in Canton. We left a car at Houghton Pond in case someone needed to drop out.

Travelling eastward from the western terminus near Rt. 95, we had a chance to get our legs warmed up for the trek up Great Blue Hill. The North Skyline section was selected for its easier sections to descend and less buggy conditions. As the lunch hour approached, we divided our lunch into two shorter breaks to minimize the common post lunch energy drop. The first break utilized a picnic table near the DCR Headquarters on Hillside Street, and the other was on Buck Hill.

Past Buck Hill was a series of hills featuring some good scrambles. The last hill of the hike was the climb up Rattlesnake Hill, which offered a challenging ledge climb near the top. An easier bypass was an option. All of us did the more challenging route. A short distance later we arrived at St. Moritz Ponds and finally our initial meeting location.

The hike was 8.5 miles long, which took us just under six hours to complete. The vertical ascent was 1,953 feet, and the descent was 1,914 feet.

## Beginner Hiking series kicks off

**By Samantha Fisher, Membership Chair**

A new Beginner Hiking series had its official kickoff hike on Sunday, July 3. It was a great turnout of all new AMC members. Samantha Fisher and Joanne Newton led the hike at Massasoit State Park in East Taunton.

It was an unusually cool and misty July morning, but luckily the rain stayed away the entire time, and the group was able to hike through the state park, completing about 4.5 miles. They learned the history of the park and what AMC-SEM is all about. Joanne showed the patches offered by chapter, and several members got noticeably excited about the 100-mile patch.

Samantha and Joanne loved seeing each hiker's enthusiasm and being part of something everyone enjoyed. The beginners were excited to be a part of the AMC-SEM group, and expressed interest in joining many more beginner hikes.

The Beginner Hiking series is focused on complete beginner AMC hikers. The locations chosen will be very easy trails that can be hiked even in good quality sneakers. During the hikes we educate the new hikers on best attire and footwear.



I hope to keep the series going all year, with a hike every-other month. If more hike leaders volunteer to lead, it can be more frequent. Individual hiking leaders can set conditions, such as number of hikers or a pre-screening process. (I would highly recommend doing this, especially since all participants will be brand new to our group.)

Bill Cannon will be leading a hike in September at Borderland State Park. If any other leaders/ co-leaders are interested in leading a Beginner Hike, or if you have an idea for a great hike location, please reach out to Samantha Fisher via email at [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org).



## ‘Apple-tracking’ wildlife by the signs they leave on autumn fruit

Article and photos by Patricia Liddle

Apples! It’s the time of year to celebrate and eat them, and so many of us in the northeast do. What does this have to do with tracking? Not just humans eat apples.

Consider this crow. He found an apple to enjoy that I had put out in front of a game camera to see which animals were attracted to the treat. The crows peck the apples into pieces, eating on-site or flying away with them.



In my backyard, blue jays peck at apples on the trees, knocking them down. Apples on the ground attract other animals, including deer. The apple on the right at the top of the page shows the holes left by the blue jays as they ate, while the one on the left shows the curved bite mark left by a deer’s bottom incisors.

Deer only have incisors (front teeth) on the lower jaw with a hard palate on the upper jaw. With the blue jays’ help, the deer didn’t have to wait for the apples to drop naturally. This buck picked up the apple with his incisors and maneuvered it to the back of his mouth where his molars crushed it to swallow. I checked the lawn where he had stood and found small pieces of apple that had fallen out of his mouth as he ate.



Apples and other fruit are also enjoyed by foxes, fishers, bears, raccoons, coyotes, skunks; rabbits and porcupines and other rodents of all sizes. This beaver was caught on the game camera enjoying an apple. Apple treats may not be the norm for beavers, since they may cut down any apple tree they would have access to.



As with most food eaten, there may be other signs left. A bear left evidence of what was eaten with obvious apple skins in the scat.



Some take-aways:

- There are apples trees all over the landscape, either deliberately or inadvertently planted. Keep an eye out for them and look in and underneath for sign on the apples or the scat that may have been left. By the way, take a look at the tree bark for claw marks where a bear, porcupine, or fisher may have climbed the tree to get to the apples.
- Foxes tend to leave scat on trails and old roads, many times on elevated surfaces which may help with identification.
- Scat left by an apple-eating animal may be tubular, a blob, or somewhere in between, but the apple skins will be evident.
- Take a bite of an apple and look at the bite evidence you leave. Compare your bite marks with another animal’s apple (that includes another human’s). Differences/similarities? My lower right canine is not in line with the teeth on either side of it, so that stands out in my bite mark.
- Scat may contain parasites, so it’s best to use a stick to break it apart and not get your face real close.

So, as you enjoy your apple, know you have company.

Copyright 2021 Article & Photos-Patricia Liddle. Used by permission.

*Patricia Liddle studied tracking with Sue Morse of Keeping Track; George Leoniak, The Mindful Tracker; Josh Woods with Flying Deer Nature Center; and, of course, the animals.*

Patricia, a member of the Northeast Wildlife Trackers Conference planning committee, invites you to check out the October 22-24 [tracking conference](#) at the Rowe Center in Rowe, MA.





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](http://outdoors.org), and then click My Outdoors.

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### CAPE HIKES

**Thu., Sep. 16. Hike Truro Bearberry Hill, MA.** Easy. Pretty soft and hard sand trails with 2 hills ending with a 15 minute beach walk. Two outstanding views: Bearberry Hill and overlook at Longnook Beach. Proper footwear required. From Rte 6 in Truro take Pamet Rd exit and go right at end of ramp. Left on South Pamet Rd. Park at beach lot at the end. Meet at 9:45 for 2 hour hike. Registration not required. L Pat Sarantis (774-722-0355 Before 8:30 PM, [patsarantis@gmail.com](mailto:patsarantis@gmail.com))

**Sat., Sep. 25. Hike Doane Rock Eastham, MA.** We will be meeting at 9:45 AM on Saturday, September 25, at the Doane Rock Picnic Area. To find this area, turn from Route 6 in Eastham at the Cape Cod National Seashore Salt Pond Visitors Center and continue with no turns for 1.4 miles turning right into the Doane Rock Picnic Area and park in the first available spot. The hike will start at Doane Rock and proceed to the Three Sisters Light Houses over dirt roads and woods trails. Next, we will visit the Nauset Lighthouse and walk along the ocean to Coast Guard Beach and then return to Doane Rock. The total distance is 4.6 miles in about 2.5 hours. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Sep. 30. Hike—Wareham A, Wareham, MA.** This pre-registered 3.5 mile, 1 3/4 hour hike with a limit of 19 participants and 1 leader is suitable for novice hikers. The wooded trails are relatively flat with uneven ground and roots through tall pines and historic lands. No dogs are allowed on this property. Hikers should have sturdy footwear, water, and insect repellent. Directions to the trailhead will be sent to pre-registered hikers. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike leader with previous WFA training.)

**Sun., Oct. 3. Hike--Falmouth, MA.** This pre-registered hike, 4+ miles, 2 hours, with a maximum of 18 participants and 2 leaders is on wooded trails with several modest hills and lovely views. Participants should have sturdy footwear, water, insect repellent, and hiking poles if preferred. Driving directions to the trailhead will be sent to registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike leader with previous WFA training) CL Marcella Rippel (508-463-7895, [marcellarippel@gmail.com](mailto:marcellarippel@gmail.com))

**Sat., Oct. 9. Hike Eastham Quarry, Eastham, MA.** We will be meeting at 9:45 AM on Saturday, October 9, at a bike trail parking lot in Eastham. To find this parking lot travel north on Route 6 in Eastham passing the National Seashore Salt Pond Visitors Center. Continue 2.2 miles north of the visitor's center and turn right at a traffic light onto Nauset Road, cross the bike trail, and park in a lot on right after the bike trail. This is a 2 hour and 45 minute hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.6 miles. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Oct. 10. Hike Maple Swamp, Sandwich, MA.** This hike requires pre-registration, please contact leader for assistance. This is a very hilly hike over uneven glacial terrain. Sturdy footwear preferably hiking boots and fluid for hydration required, hiking poles strongly recommended. Be prepared for ticks and poison ivy. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Cape Hike Chair with many years of hiking experience.)

**Thu., Oct. 14. Hike Hawknest State Park, Harwich, MA.** Registration is required for this hike. If you need assistance, please contact leader. This 4+ mile hike is mainly on woodland trails and dirt roads with pond views along the way. Generally flat terrain. Sturdy footwear and water for hydration required. Be prepared to encounter poison ivy and ticks. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Cape Hike Chair with many years of hiking experience.) CL Trish Crocker ([pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com), Leader in training)



## Activities

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

### CAPE HIKES

**Sun., Oct. 17. Hike Shallow Pond, East Falmouth, MA.** With a GPS or smartphone, the parking lot is across from 225 Thomas B Landers Rd., East Falmouth., MA. This hike is in a 70-acre conservation area in East Falmouth called Shallow Pond Woodlands as well as an adjacent 68-acre parcel, Breivogel Ponds. The distance will be about 4 miles and the hike will take about 2 1/4 hours. There are a couple of hills but most of the hike will be relatively flat and easy. Please meet at 1245 and after an introduction and review of safety measures, we will depart by 1300. Registration is required and masks are recommended during the introduction. If you have symptoms of Covid-19, or test positive before the hike, please cancel. Significant rain will cancel the hike. If, after registering, you find that you cannot attend, please cancel online and let the leader know. For specific driving directions, or for questions, please contact the Leader. We look forward to having you join us on this hike. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), Has been leading hikes for Cape Hiking for over 17 years.)

**Thu., Oct. 21. Hike--Bourne T, Bourne, MA.** This pre-registered 4+ mile, 2 hour hike is limited to 19 participants and 1 leader. This hike is not suitable for novice hikers. The terrain is over wooded trails and fire roads with frequent rolling hills in a loop without easy bailout points. Participants must have sturdy hiking footwear, water, and insect repellent. Bring hiking poles if preferred. Driving directions to the trailhead will be sent to pre-registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike leader with previous WFA training.)

**Sat., Oct. 23. Hike Marconi Beach Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, October 23, at the Marconi Beach parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Beach and park at the far end on the right side of the lot. This is a 3 hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.2 miles. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Oct. 30. Hike Falmouth Moraine Trail, Goodwill Park, Falmouth, MA.** Nine mile, 5-hour hike along the Buzzards Bay moraine, and a pond, with lunch stop. Meet in Goodwill Park in Falmouth at 0830, and we will carpool at 0845 to the trail start at 0900. These times are an hour earlier than usual because of the length of the hike. Directions: From the Mashpee rotary, take Rt 151 west 3.4 miles and turn Left at Sandwich Rd. Go 3.7 miles and turn Right onto Brick Kiln Rd; go 0.9 miles and turn Left onto Gifford St. After 1.1 miles turn Right to enter Goodwill Park and continue 0.3 miles to parking. This hike has areas with hills and is moderately difficult. Sturdy boots and hiking poles are recommended. Bring lunch, water and snack. A mask is recommended for the meetup and required for the carpooling to the beginning of the hike. Ticks and poison ivy will be encountered. Registration is required and if you have symptoms of Covid-19, or test positive before the hike, please cancel. Significant rain will cancel the hike. If, after registering, you find that you cannot attend, please cancel online and let the leader know. For specific driving directions, or for questions, please contact the Leader. We look forward to having you join us on this hike. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

**Sat., Nov. 6. Hike Marconi Station Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 6, at the Marconi Station Site parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Station Site and park on the left side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 6.1 miles. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Nov. 21. Hike--Bourne S, Bourne, MA.** This pre-registered hike with a limit of 14 participants, 4+ miles, 2 hours, will take place in Bourne. The wooded trails have frequent rolling hills with leaves, rocks, and roots to negotiate. Participants should have sturdy hiking footwear, water, and insect repellent. Directions to the trailhead will be sent to pre-registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike leader with previous WFA training)

**Sun., Dec. 19. Hike--Wareham G, Wareham, MA.** This pre-registered hike with a limit of 19 participants is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Waterproof hiking shoes/boots are required and microspikes/Yak Trax and poles if snowy/icy. Bring water. Directions to the trailhead will be sent to registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike Leader with previous WFA training.)





## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Chair, SEM Communications, MA.** Join the SEM Executive Committee! Do you love to write, coordinate activities, and engage others? The Communications Chair supports the activities of Communications Committee volunteer staff (Breeze Editor, Blast Editor, Webmaster, Social Media Administrator, etc.) to manage communications to our members. Find out more [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) Alan is Chair of the SEM Nominating Committee.)

**Ongoing. SEM Chapter Vice Chair, MA.** Would you like to be involved in all facets of SEM? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Vice Chair assists Activity Chairs and leaders with questions so it's important that the candidate be a leader or be willing to become one. More details available [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) Alan is Chair of the SEM Nominating Committee.)

**Ongoing. SEM Bicycling Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). L Peter Linhares ([bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) Alan is Chair of the SEM Nominating Committee)

**Ongoing. SEM Education Chair, MA.** The role of the Education Chair is to coordinate and supervise programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training and Wilderness First Aid. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The position requires you to be present for any in person training classes supported by the Education Committee. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email [chair@amcsem.org](mailto:chair@amcsem.org) for more information. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) Alan is Chair of the SEM Nominating Committee).

**Ongoing. SEM Hiking Vice Chair, Blue Hills, MA.** Do you lead Hikes for SEM, do you have a vision for how we can continue to grow and promote hiking, are you good with people? Do you have a knack for planning and organization, are you somewhat tech savvy? If this describes you then please check out the roles and responsibilities below and consider applying for the Hiking Vice Chair position. The Hiking Vice Chair assists the Hiking Chair. Responsibilities include: •Coordinating hiking series, workshops and ad-hoc hiking task forces •Leading your own hikes and participating in other leaders' hikes •Recruiting and mentoring new hike leaders •Participating in monthly board meetings and working with other committees as needed e.g. soliciting Breeze articles for communications and working with education on WFA needs •Partnering with the hiking chair in planning for the quarter. •Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter. Applicants need to have access to a desktop or laptop computer and be comfortable leading online meetings. If interested in applying for the role send an email to the Hiking Chair ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and a member of the nominating committee (see list below): Nominating Committee: Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) Pete Tierney ([nominating1@amcsem.org](mailto:nominating1@amcsem.org)), Cathy Giordano ([nominating2@amcsem.org](mailto:nominating2@amcsem.org)). L Paul Brookes ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)), I am the Hiking Chair for the SEM chapter of the AMC.)

**Ongoing. Chair SEM 20s & 30s Committee, MA.** Help engage SEM 20s & 30s members by planning in-person activities, online socials, and social media. Be an active member of SEM's Executive Committee. More details [here](#). For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) Alan is Chair of the SEM Nominating Committee).

### CHAPTER

**Sat., Nov. 6. SEM 2021 Annual Webinar Meeting, MA.** The SEM Annual Meeting webinar will be held from 5-7 pm on Saturday November 6. There will be a report to the membership, election of your 2022 Executive Board, a vote on bylaw revisions, and presentation of the Distinguished Service Award. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))



## Activities

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

### EDUCATION

**Sat., Sep. 18-19. Wilderness First Aid, AMC Southeastern Massachusetts Chapter, Wompatuck State Park, Hingham, MA.** Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, first aid for musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. CPR is Saturday following WFA. L Susan Svelnis ([educationchair@amcsem.org](mailto:educationchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)), R Doug Griffiths ([reddoug@aol.com](mailto:redDoug@aol.com))

**SOLD OUT**

### HIKING

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

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

**Thu., Sep. 16-16. Trail Trace the Blue Hills Hike, September 16, 6-8PM, Blue Hills, MA.** Join us for the 16th 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. Register once for the series and you will get a weekly email with the location where we will be meeting. Come for one Thursday or come for them all. 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. The latest (as of May 29) Mask advisory from the Massachusetts Department of Public Health is all unvaccinated residents to continue to wear masks in indoor settings and when they can't socially distance. Often on our hikes we may not be able to maintain a social distance of 6 feet apart. L Joanne Newton ([newt665@comcast.net](mailto:newt665@comcast.net)), L Natalie Halloran ([natalie.halloran@yahoo.com](mailto:natalie.halloran@yahoo.com)), R Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com))

**Fri., Sep. 17. Mts Jefferson and Adams hike, White Mountains, NH.** Ascend to the summit of Mt Jefferson via Caps Ridge Trail. Based on time and conditions we will then head over to Mt Adams before returning to our cars. This is a strenuous hike with significant elevation gain and time above tree line. Participants should have above tree line experience. L George Danis (339-236-0597 after 5:00 pm, [danisdad51@outklook.com](mailto:danisdad51@outklook.com))

**Wed., Sep. 22. First Day of Autumn Hike at Myles Standish State Forest, Plymouth/Carver, MA.** Welcome in the Fall with me at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is required; email the leader with questions or concerns. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Barry Young (508-339-3089 Before 9 PM, [barry.young@comcast.net](mailto:barry.young@comcast.net))

**Sat., Sep. 25. Hike Brockton Conservation Trails, Brockton, MA.** Enjoy an easy 4-5 mile hike at the beautiful woodland trails and boardwalks of Brockton's conservation properties. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy walking shoes required; sneakers are okay. No open-toed shoes. Bring at least 1 liter of water and snacks. Insect repellent is recommended. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed after you email hike leader at [chair@amcsem.org](mailto:chair@amcsem.org). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) L Maureen Kelly (617-943-4288, [mokel773@aol.com](mailto:mokel773@aol.com))

**Sun., Sep. 26. Fall River Bioreserve Hike, Fall River, MA.** Join us for a 4-5 mile hike in the historic, beautiful Fall River Bioreserve. We will walk on some of the lesser-traveled trails. This hike is appropriate for beginners who are looking for a bit of a challenge, as we will encounter muddy & rocky areas of the trail. Sturdy footwear (boots or trail shoes, no sneakers) needed, & trekking poles would be helpful. Bring water, a snack, sunscreen & bug spray. The exact location will be emailed to confirmed registrants. One of the leaders will have his well-behaved dog 'Sunny' with him, no other dogs permitted. L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Paul Audet (508-287-3122, [milmod@aol.com](mailto:milmod@aol.com)), R Paul Audet (508-287-3122, [milmod@aol.com](mailto:milmod@aol.com))





## Activities

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

**Sat., Oct. 9. Trail Trace the Blue Hills Hike: Fowl Meadow, 9:30AM - 2:30PM, Blue Hills Reservation, MA.** Join us for a Saturday hike of the Fowl Meadow section of the Blue Hills. The moderately paced hike will be approximately 8 plus miles. The terrain is mostly flat but some sections may be wet. Online registration is required. Exact starting time and parking location will be communicated a week before the hike. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. Four season Blue Hill hiker. Occasional White mountain hiker. Trail maintenance volunteer.) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

**Sat., Nov. 13. Trail Trace the Blue Hills Hike, End To End, 8:00am - 3:30pm, Blue Hills Reservation, MA.** Join us for a Saturday hike of the famous Skyline trail from Shea Rink to Fowl Meadow. This moderately paced 8 plus mile hike crosses numerous hills including Great Blue hill. It is a difficult and strenuous hike, not for beginners, due to its length and cumulative vertical ascent of over 2000 feet with some scrambling. Duration of hike is expected to be 7 plus hours. Participants should be in great shape and have been hiking regularly this season. Registration is required by all participants. Rain on the day of the hike will cancel as well as rain the day before. The leader will communicate exact starting time and parking location a week before the hike. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. Four season Blue Hill hiker. Occasional White mountain hiker. Trail maintenance volunteer.) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

## PADDLING

**Sat., Sep. 18. Paddle Barnstable Harbor, Yarmouthport, MA.** Arrive no later than 10:15 for a 10:30 departure. Bring water and a lunch. PFDs are required by Massachusetts law. We'll launch from Grays Beach, Yarmouth Port, and paddle up Clay's Creek to Bass Creek and then into Barnstable Harbor. If conditions permit we'll cross Barnstable Harbor to have lunch on Sandy Neck and view the cottages and lighthouse. If conditions don't permit crossing Barnstable Harbor we'll explore Hallet's Mill Pond instead. Plan on a 6 to 7 mile trip. L Ed Foster ([erfoster@comcast.net](mailto:erfoster@comcast.net))

## SKIING

**Fri., Dec. 10-12. Cross Country Skiing & Snowshoeing in the Berkshires, Wainwright Inn, Great Barrington, MA.** Join us for cross country skiing, snowshoeing &/ or hiking in the beautiful Berkshires. The activities offered will depend upon snow conditions. There are many possible activity locations in the area. Participants must have their own skis/ snowshoes or rent ahead of time. The group will be staying at the Wainwright Inn in Great Barrington, MA. Breakfast is included. Participants will need to contact the inn to reserve their rooms. (413) 528-2062. <https://wainwrightinn.com/>. Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [milmod@aol.com](mailto:milmod@aol.com)) L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com))

## TRAILS

### Volunteer Opportunities

**Sat., Oct. 16. Trail Maintenance in the Blue Hills, Milton, MA.** No experience necessary! Everyone welcome! Skyline Trail between Houghton's Pond and Route 28. Where to meet: Directions will be emailed to registered volunteers. AMC will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray. No open toe sandals! Please contact the leader to register no later than Wednesday, Oct. 13, 2021. All tools will be cleaned before and after trail work. L Skip Maysles (774-284-5080 Before 9 pm, [skip.maysles@outlook.com](mailto:skip.maysles@outlook.com)) L Stephen Scala

*Happy  
Trails!*



# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | October 2021

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

Sign up for the AMC Activity Digest. Sign you're your Outdoors account and [follow these instructions](#).

Or call 1-800-372-1758

Find past issues of *The Southeast Breeze* on our [website](#).

Like us on [Facebook](#).

Follow us on [Instagram](#).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



AMC-SEM hikers enjoyed a lovely summer day August 1st on the Brockton Conservation Properties. See more photos on page 6. *Photo by Rob MacDonald*

## Register now for FallFest BBQ, activities, online

By Appalachian Mountain Club Staff

AMC presents a weeklong celebration of the outdoors and the volunteers and members who make our work possible. From October 16th to 23rd Volunteers and Staff will host three regional BBQ events, dozens of in-person activities, and online workshops and presentations.

Registration is limited to 300 for the Oct. 16 gathering at Noble View Outdoor Center in Massachusetts. From 11 am to 5 pm, enjoy outdoor activities, a barbecue, and time to reconnect in an outdoor setting that allows for social distancing! This is a free event.

Gatherings will also be held Oct. 23 at the Highland Center in New Hampshire and the Mohican Outdoor Center in New Jersey at \$25/adult & youth and \$12/child ages 12 and under.

[Click here](#) and search for keyword "FallFest" to see all of the 100 events, including activities designated for Beginners, 20s & 30s, or Families.





## View from the Chair: Save the Dates!

Watch for our new activities!

### New Members Hiking Series started October 3

Are you new to our chapter? Join us for this hiking series which will run monthly and will begin at different locations in Southeastern Massachusetts. New AMC members or those looking to become members will be given priority during registration.

### 20s & 30s Hike October 16

Are you in your 20s or 30s and want to hike with your peers? SEM is collaborating with AMC Boston's 20s and 30s committee for SEM's first [20's & 30's hike at F Gilbert Hills State Forest](#). The group plans to go out for lunch after, if there is interest. To find other 20s and 30s activities, go to [activities.outdoors.org](http://activities.outdoors.org) and filter by Audience of "20s and 30s."

### Winter Workshop November 4

Are you a three-season hiker who wants to participate in the delights of winter hiking? Attend SEM's free online [Winter Hiking Workshop](#). After the workshop, the winter hiking series will be posted. Those who participated in the Workshop will be given priority to register for the winter hike series.

### AMC-SEM Annual Meeting November 6

Please join us for our local chapter 2021 Annual Meeting on November 6 from 5-7 PM. This will again be a Zoom Webinar. [Click here](#) to register.

I'm always interested in your input either by email or in person. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).

*Diane Simms*  
Diane Simms  
AMC-SEM Chapter Chair

## 2021 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary .....Natalie Halloran  
 Treasurer .....David Yampanis  
 Past Chapter Chair .....Len Ulbricht  
 Bicycling Chair..... Peter Linhares  
**Bicycling Vice Chair .....OPEN**  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Nichole Nelson  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Joanne Newton  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Sue Svelnis  
 Education Vice Chair .....Doug Griffiths  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....OPEN  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Sandy Santilli

Paddling Chair .....Ed Foster  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....Jenna Whitney  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20s & 30s Chair.....Susan Schobel  
**20s & 30s Vice Chair.....OPEN.**

## Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator .....**OPEN**  
 Webmistress..... Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

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

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



New Bicycling Committee Chair Peter Linhares, left, completed online leader training and co-leads to become a Bicycling Leader. *Selfie Photo by Peter Linhares*

## New Bicycling Chair & trip leader

By Diane Simms, AMC-SEM Chapter Chair

The SEM Board elected Peter Linhares as Bicycling Chair in the September Board meeting. Peter will be listed on the 2022 Slate, which will be voted on at the November 6 Annual Meeting.

Peter became SEM's Bicycling Vice Chair in September 2019. When past Bicycling Chair Bernie Meggison stepped down in March of 2021 after years of service to SEM, Peter took on responsibility for working with leaders and promoting bicycling. Peter met with leaders, heard their concerns about leading rides with the COVID-19 restrictions, and encouraged them when restrictions eased. Peter wrote an article for the Breeze and the [amcsem.org](http://amcsem.org) website notifying SEM members of one of our great member benefits—free use of the SEM [RideWithGPS](http://RideWithGPS) app. Peter has been an active board member, participating in discussions and votes.

Peter had planned to take leader training the spring of 2020 to become a fully qualified leader, but that was canceled. He took advantage of the AMC online leader training in the spring of 2021. He followed that with a co-lead with experienced bicycling leader Jeannine Audet—a fun ride through Freetown and Dartmouth followed by a wine tasting and live music at a winery. Peter assisted Jeannine by helping to keep riders together and providing information about our chapter.

For his second co-lead, with Jodi Jensen (this month's Volunteer of the Month), Peter planned the route, practiced the ride, identified good rest areas, posted the ride, screened the registrants, and led the ride—a beautiful 24-mile route through the backroads of Lakeville, Rochester, Freetown, and Acushnet.

Thank you, Peter, for being an AMC-SEM Board Member and bicycling leader.

If you are interested in becoming a bicycling leader, contact Peter at [bicyclingchair@amcsem.org](mailto:bicyclingchair@amcsem.org).



New Class 1 Hike Leader Bill Belben, left, receives congratulations from Leader Pam Johnson at the end of a hike he led in the Blue Hills. Pam presented him with his AMC Volunteer Patch, new Leader bag complete with snacks, a First Aid Kit, water, and other goodies. *Photo by Jayne Olivere*

**AMC-SEM Annual Meeting Webinar**  
**Saturday, Nov. 6, 2021 from 5 to 7 pm**

Registration by Activity DataBase Posting is now open. Please visit the [amcsem.org](http://amcsem.org) website for links to the Slate of Officers.

Review the proposed 2021 By-Laws with previous text and [revision marks](#) or with proposed text only and [no revision marks](#).





WFA students gather for the hands-on practice of skills described in the classroom sessions. *Photos by Sue Svelnis*



The sold-out WFA course was led by Alex Chu from SOLO.



## Wilderness First Aid course at Wompatuck State Park

By Susan Svelnis, Education Chair

SEM's Education Committee would like to thank all who participated in our Wilderness First Aid class September 18-19! While the class is mandatory for Class 2 and higher SEM activity leaders, it covers a wide range of emergency health topics that could benefit everyone.

Broken bones, allergic reactions, gashes and puncture wounds, and hypothermia are just some of the topics covered in these two days of training. While these issues aren't common on our hikes, it is important to be prepared for them.

This class involves a lot of hands-on learning, which clearly was not an option during the COVID-19 quarantine. We are very grateful to Alex Chu, an instructor with SOLO and a Wilderness First Responder, who committed last spring to teaching the class. Since then we had to deal with changing COVID-19 protocols and strict new safety protocols, but it all worked out great. We were fortunate to have a class of twenty, and SOLO was able to offer optional Cardio-Pulmonary Resuscitation (CPR) certification as well.

For the first time, we held this training at the Visitor Center at Wompatuck State Park, which turned out to be perfect. The facility was nice, and the park offers camping for those who preferred to stay overnight.

Look for SEM to offer another class next spring. You may also find course offerings through some of the other AMC chapters on the [ActDB](#) under Education.



Stonehearth Open Learning Opportunities (SOLO) is the oldest continuously operating school of wilderness medicine in the world.

WFA students had to assess and determine treatment for "victims."



Scenarios ranged from the effects of weather to minor injuries or illness to medical emergencies.





## Volunteer of the Month: Jodi Jensen

By Peter Linhares, *bicycling Chair*

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

Jodi, after a long hiatus of bike route postings for all bike leaders on OutDoors.org due to COVID regulations, was the first to post a ride in May for 2021 in the Wrentham area of MA. I was excited to meet her via phone and to have the first posting for 2021. Jodi offered for me to be a co-lead on this trip as I needed one in order to lead my own. Since May, Jodi has posted 2 other rides, was a co-lead for my first bike ride posting in August. Generally, speaking we have a good group of leaders, they are all very good but for noted reasons Jodi stood out. Thank you Jodi!

Congratulations, Jodi, and thank you from all of us at AMC-SEM! Jodi will receive a Volunteer of the Month Certificate and a \$50 gift card

## At AMC-SEM, 'Vice' is a Virtue



New trails, new views of wildlife! *Photo by Robin McIntyre*

## Cape Hikers explore expanded Great Neck Audubon Sanctuary

On September 30, eight hikers enjoyed the newly expanded trails at the Great Neck Audubon Sanctuary in Wareham. Audubon has purchased a property adjacent to their existing land and expanded the trails to include a lovely view of Widow's Cove. White egrets gave us a show against the blue fall sky!

### Small Steps to Conservation

By Bill Cannon, *Conservation Vice Chair*

This month, the weather is so up and down. We have hot and cold days. Rather than kicking on the AC or heat, use your windows to regulate the temperature in your home by following these suggestions:

Check the weather for the next few days.

If you see a warm spell coming, use a fan in a window at night, *turned around* to blow the warm air out and pull the cool air in through the rest of your windows.

During the day, adjust your blinds or draw your shades to reflect the sun's warm rays.

If you see a cool spell coming, close up your windows during the day and raise your shades to let the sun's warm rays heat the house. Close the shades at night to help hold the heat in.





## Brockton Conservation Hike Continued from page 1



Hikers enjoyed the beautiful woodland trails and boardwalks on a relaxing trip of 4 to 5 miles. Discoveries along the way included a Little Free Library bearing a quote from Frederick Douglass: "Once you learn to read, you will be forever Free." Photo at left by Rob MacDonald. Other photos by Diane Simms



## MAP & COMPASS

### WEEKEND WORKSHOP NOV 13 & 14

For more info & to register, click on the link below:

<https://activities.outdoors.org/search/index.cfm/action/details/id/135206>

No prior experience necessary



*"So much fun using topo map to find flags hidden in the Blue Hills."*

*"Two days gave us enough time to practice the skills, I finally got it!"*

*"It was great that we were broken into small groups, and that each had its own assistant."*

*"I now feel comfortable hiking alone, I can take a different trail if needed to avoid a shady character and still find my way back."*







SEM winter hikers atop Mt. Pierce in the White Mountains.  
*Photo by Dexter Robinson*

## Discover the Joys of Winter Hiking at our (virtual) Winter Workshop

By Paul Miller, SEM Winter Hiking Leader

Learn how much fun winter hiking can be at this year's [free winter workshop](#), delivered via Zoom on Thursday, November 4, from 6:30 to 9:30 pm. Experienced Southeastern Mass. Chapter winter hike leaders will cover most everything you need to know to get started with winter hiking as a prelude to our popular Winter Hiking Series. This includes appropriate clothing and associated layering strategies, winter gear (microspikes, snowshoes, crampons, hiking poles, etc.), and footwear, plus the unique nutrition, hydration, and conditioning requirements for winter hiking. Together, the workshop and Winter Hiking Series introduce three-season hikers to the joys of winter hiking/snowshoeing and provide a solid foundation for four-season adventures in the mountains.

To register for the workshop, [click here](#).

The Winter Hiking Series, monthly Saturday hikes running throughout the winter, start with one or more local hikes and proceed to progressively more challenging winter hikes in MA and NH. The series culminates (pandemic constraints permitting) with an overnight trip to the beautifully located AMC Zealand Falls Hut.

Participation in an AMC Winter Hiking Workshop will be a prerequisite for participation in the Southeastern Mass. Chapter's Winter Hiking Series. Note that in addition to the Winter Hiking Series, the SEM Hiking and Skiing Committees will offer a variety of other opportunities for our members to play in the mountains this winter. These include fun snowshoe trips, XC ski trips, and more challenging winter hiking adventures.

## Welcome Paul Audet as a new Class 1 Hike Leader

By Walt Granda, Hike Leader

One of our newest hike leaders, Paul Audet, is a native of the Fall River/Westport area. He grew up familiar with the 16,000 acres that comprise the Southeastern Massachusetts Bioreserve and continues to spend a great deal of time exploring and researching its history, natural resources, and trails. Paul's varied interests in the outdoors not only include hiking, but also snowshoeing, skiing, and bicycling.

He has previously volunteered to co-lead three hikes in the Fall River/Westport area. Two of the hikes were at Copicut Woods, a 516-acre Trustees property, adjacent to the Southeastern Massachusetts Bioreserve. The third hike was 4-5 miles in the Bioreserve in Fall River.

On Sept 26th, Paul completed his final qualifying hike in the King Philip's/Copicut Hill sections of the Fall River Bioreserve. It took a lot of planning and research for Paul to find trails that would be appropriate for new hikers. Due to heavy rain, the trails on two of the routes were flooded, making some sections impassable. Paul redesigned the route and provided a very interesting hike that included a fire tower, dry trails, stone walls, some very narrow trails, and fire roads.

Paul took full charge of the hike, including trip planning, screening, and group management. Before the hike began, he gave us some fascinating historical facts about the Wampanoag tribe who lived in the area. He also discussed how this area was formed into the Commonwealth's' first Bioreserve. During the hike, Paul highlighted some physical and flora features of the area. For the new hikers, he pointed out the trail markers and demonstrated how to use them to find their location on the map.



Everyone in the group had a great time, and the new hikers expressed interest in returning. Thanks, Paul, for a great day!

*Photo by  
Walt Granda*





Trekking the Mount Everest Region of Nepal in April 2019.  
*Photo by Robin Melavalin*

## Travel the world with the AMC

By Robin Melavalin & Leslie Carson, AT Leaders

What's on your bucket list? Alaska? Yellowstone? Canadian Rockies? How about Patagonia, Morocco, Fiji, or New Zealand?

Each year the AMC Adventure Travel offers about 50 trips to exciting destinations in the USA and around the world. The trips are designed and led by AMC volunteer leaders who are trained in organizing logistics, managing groups in an international context, budgeting group travel, and providing wilderness first aid. AT offers hiking, trekking, cycling, kayaking/canoeing, skiing, walking tours and cultural excursions. One of the benefits of traveling with AT is the small group size, 12-18 people including the leader(s). Trips are run on a nonprofit basis, keeping the trip cost low. All money not spent on the trip is returned to the participants.

Although several trips were canceled in 2020 and 2021 due to the pandemic, leaders have been busy renewing canceled trips and adding new ones to the slate of offerings. For wintertime activities, there are cross-country ski trips such as *The Italian Alps XC Skiing* trip (#2221) or *A Winter Alaskan Adventure* (#2213), both offered in February 2022. If you enjoy bicycling, you may want to explore *Bike and Sail: Tulip Time in Holland* (#2205) in April 2022 or *Vienna-Budapest: Biking Along the Blue Danube* (#2227) in August 2022. For the hikers and backpackers, there are numerous domestic and international trips that have openings for 2022 and 2023.

Two hiking trips offered by SEM leaders Robin Melavalin and Leslie Carson are *Exploring Slovenia's Julian Alps* (#2261) August 2022 and *Highlights of New Zealand's North and South Islands* (#2258) in December 2022.

Adventure Travel leaders in the SEM chapter include Erika Bloom, Eva Borsody Das, Leslie Carson, and Robin Melavalin. Another SEM leader is currently signed up to go through Adventure Travel Leadership Training this fall. If you are a SEM leader who is passionate about creating unique adventures for active travelers, perhaps you would be interested in becoming an AT leader.

Trip planning typically starts 18-24 months before departure, and each trip goes through a rigorous approval process. Most leaders work on logistics with local partners and bilingual guides who are thrilled to share their culture, environmental knowledge, and homeland with us.

Some trips fill quickly, so if you see a trip you like—go for it! You can sign up to be notified when AT trips are first posted on the Adventure Travel [website](#). So next time you are dreaming about where you'd rather be, take a look at AMC Adventure Travel and let your bucket list dreams come true!



Perito Moreno glacier in Argentina from our trip to Patagonia in Feb 2020. *Photo by Robin Melavalin*



## Keeping the forest ecosystem healthy with prescribed burns

By Paul Miller, Four-Season Hike Leader

**Part 1:** How state forest and wildlife managers in Massachusetts are reconciling the needs of fire-adapted natural environments with encroaching human development.

The U.S. Forest Service's long-running "Smokey Bear" public relations campaign telegraphed the misleading message that all forest fires are bad. But today's forest managers have learned what many indigenous peoples have understood for millennia: Suppressing forest fires isn't necessarily the best approach and often a very bad one. It allows the fuels load to build up, increasing the risk of dangerous wildfires. A regimen of fire suppression can also threaten critical ecosystems.

Prescribed burns are particularly relevant for naturally fire-adapted ecosystems. These include the mixed conifer and ponderosa pine forests in the western portion of the U.S. and the extensive pine barrens in southern New Jersey and southeastern Massachusetts. With this new understanding, forest and wildlife managers in Massachusetts and elsewhere have added prescribed burns to their arsenal of management tools.

According to David Celino, Chief Fire Warden at the Massachusetts Department of Conservation and Recreation (DCR), "When we're able to introduce fire back into a fire-dependent ecosystem, it's a win-win situation. The prescribed burns can restore the natural habitat while reducing the fire risk to the public by managing the fuels and reducing the fuel buildup."

Earlier this year (after we were both fully vaccinated against COVID-19), Chief Celino was kind enough to spend several hours with me at Myles Standish State Forest (MSSF) in Plymouth to discuss the state's expanding prescribed burn program. In addition to overseeing all forest fire-related activities within the Commonwealth, Chief Celino also serves as Chair of the Northeast Regional Strategy Committee (NE RSC) for the National Cohesive Wildlands Fire Management Strategy. The National Strategy provides a model and guidelines for related activities across the country.

Carefully planned, executed, and monitored prescribed burns are being employed to help maintain the health and biodiversity and reduce the risk of uncontrolled forest fires in many of our national, state, and local forests.



David Celino, Chief Fire Warden at the Massachusetts Department of Conservation and Recreation (DCR). *Photo by Paul Miller*

While most of these activities take place in the western portion of the U.S. where large and deadly infernos continue to ravage our national parks and private property, prescribed burns are increasingly being performed right here in densely populated eastern Massachusetts. This includes Myles Standish State Forest (MSSF) in Plymouth and Carver.

At more than 12,400 acres, MSSF represents the largest expanse of public open space in southeastern Massachusetts, the second largest state forest in Massachusetts, and one of the largest pine barrens on the east coast of the U.S. This state forest, along with adjacent property, represents a significant chunk of the larger Massachusetts Coastal Pine Barrens region.

The Massachusetts Division of Fisheries and Wildlife (MassWildlife) has identified Myles Standish State Forest as a critically important conservation area due largely to its high biodiversity. This includes white-tailed deer, wild turkey, red squirrel, gray fox, and more than 130 different species of birds. Several of those bird species, such as Prairie Warblers and Eastern Whip-poor-wills, are not commonly found in Massachusetts. Other wildlife, such as the Northern Redbellied Cooter turtles, are included in the Federal government's endangered species list. The Massachusetts Natural Heritage and Endangered Species Program has documented 42 rare and endangered species within Myles Standish. These include moths, butterflies, damsel-flies, dragonflies, beetles, birds, reptiles, and assorted plants.

Continued on page 10





## Prescribed burns Continued from page 9

In addition to the biodiversity, this very popular state forest also provides humans with multiple opportunities to enjoy healthy outdoor recreation year-round. Hiking, bicycling, horseback riding, cross-country skiing, bird watching, camping, fishing, and hunting are all popular seasonal activities. So much so that, in the warmer months, it can be challenging for families to wrangle one of the many established campsites in the forest.

During hunting season, the forest abounds with blaze-clad hunters looking to bag their allowable quota of the abundant and varied wildlife in the forest. In the colder months (and largely outside of the hunting season), it's not uncommon to come across numerous hikers, snowshoers, cross-country skiers, equestrians, and even fat-tire mountain bikers on the many and varied trails.

### Hiking in the pine barrens environment

These days, my personal outdoor activities tend to revolve around hiking, snowshoeing, skiing, and on-pavement bike riding. As I learned soon after moving to my new home in Plymouth several years back, hiking in Myles Standish is very different than hiking in other familiar hiking venues up in the White Mountains of New Hampshire, or even right here in Eastern Massachusetts, such as the Blue Hills in Canton and the F. Gilbert Hills State Forest in Foxboro.

In addition to Myles Standish's relatively flat trails, the ground is very sandy and the forest is composed mostly of pitch pine and scrub oak—similar to the landscape on nearby Cape Cod. The sandy nature of the soil sucks up moisture quickly, so even following heavy rains, muddy trails are rarely a problem. The landscape itself is also pleasantly diverse. The trails wend variously through a dense forest of pitch pines, with thick undergrowth of scrub oak and a variety of berry shrubs; across open fields; and around attractive bogs, ponds, and vernal pools.

But, over the years, a heavy buildup of combustible organic material has developed within much of the forested area. So much so that it isn't difficult to imagine that, helped along by typically dry and windy seasonal conditions, a small wildfire in MSSF—possibly started by a lightning strike, but more likely by a carelessly tossed cigarette butt or smoldering campfire—could quickly threaten both the State Forest itself and nearby neighborhoods.

## A history of wildfires

In fact, Myles Standish State Forest has a history of wildfires. Several decades ago, several other scout leaders and I had brought our young Boy Scout troop to Camp Cachelot for an overnight trip. Cachelot is just one of several scout camps located within or immediately adjacent to the State Forest proper. At that time, the camp was just starting to recover from a massive wildfire back in 1964 that had devastated 5,500 acres and numerous structures within the state forest. According to a May 24, 1964, article in the *Boston Globe*, more than 1,000 people in all had to be evacuated. This included 650 Boy Scouts and their leaders who were participating in a major regional scouting event at Cachelot.



In 1964, a massive wildfire at Myles Standish State Forest in Plymouth and Carver, Mass. devastated 5,500 acres. (Source: [massmoments.org](http://massmoments.org))

Several years prior to that, in 1957, an even larger wildfire had rampaged through 15,000 acres of the forest encompassment. At its peak, that fire consumed 18 acres a *minute*. At the turn of the century, another wildfire, subsequently referred to as the "Great Fire of 1900," had burned about 32,000 acres of land in Plymouth, from MSSF all the way to Cape Cod Bay. More recently, the local Plymouth and Carver fire departments have made multiple visits to the State Forest to contain smaller blazes started by both natural and human causes.

While these localized fire suppression efforts have certainly helped protect the neighboring communities, they've been detrimental to the health of the forest, which—as a fire-dependent pine barrens ecosystem—*requires* periodic fire to thrive and maintain its biodiversity. Also, as with the vast expanses of forest land in the western U.S., this history of fire avoidance and containment contributed to the current buildup of combustible organic material and dense undergrowth on much of the forest floor.

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**Wild lowbush blueberry, *vaccinium angustifolium*, a fire-tolerant plant found in Myles Standish State Forest, often spreads following a fire. Public domain photo from WikiCommons**

## Prescribed Burns Continued from page 10

As witnessed in recent years, this fuels buildup—combined with changing weather patterns—has increased the occurrence of much larger, more challenging to contain, and often-fatal wildfires in our national parks and elsewhere.

Due to suburban sprawl, southeastern Massachusetts and the Town of Plymouth in particular, have experienced tremendous residential and commercial development in recent decades. The obvious dilemma then is how to reconcile the need for fire-adapted environments such as the pine barrens with the encroaching human development, for which fire is generally anathema.

### Pine barrens ecosystems need periodic fire to thrive

Today’s forest managers understand the importance of smaller, controllable fires, or “prescribed burns,” to prevent the unnatural buildup of organic debris that can lead to massive, largely uncontrollable wildfires. Furthermore, in fire-adapted ecosystems such as the pine barrens, the trees and shrubs actually *require* periodic fire to stay healthy, reproduce, provide an appropriate habitat for wildlife, and maintain critical biodiversity.

According to MassWildlife, fire has historically played a fundamental role in shaping a patchwork of open habitats and forested communities across the Massachusetts landscape. In pine barrens, many shrubs such as low-

bush blueberry sprout quickly after fire from their fire-resistant roots and underground stems and branches. The pitch pine and oak trees that dominate this ecosystem have thick protective bark, and the wildflowers typically found in pine barrens have heat-resistant seeds that break their dormancy after fire. This healthy vegetation provides an environment in which wildlife can thrive.

Thus, in addition to reducing the serious risk of dangerous uncontrolled wildfires by reducing the buildup of highly flammable organic matter on the forest floor, smaller and more controllable fires help restore and perpetuate natural communities and ecosystems. This is something that the Wampanoags and other Native American tribes understood and propagated before European encroachment. Today, prescribed burns are often accompanied by mechanical clearing using heavy equipment to reduce fuels buildup and maintain ecosystems.

*Part 2 of this article will be published in the November 2021 issue of the Southeast Breeze. Paul Miller is recently retired and now works as a freelance writer covering subjects of personal interest. These include hiking, sailing, the environment, and the outdoors. Paul is an experienced four-season hiking leader for the AMC-SEM Chapter. He previously served as Hiking Chair and Communications Chair.*

**FALLFEST 2021**  
OCTOBER 16-23

AMC is excited to get outdoors together this Fall and we hope you join us. FallFest includes three in person regional events, local FallFest activities, and a week of online education programs! Check out our list of FallFest activities at <https://activities.outdoors.org/search/>





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](http://outdoors.org), and then click My Outdoors.

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### BICYCLING

**Sat., Oct. 16. Biking & Brews in Westport, Buzzard's Bay Brewing, MA.** Join us for a beautiful fall ride through Westport & Dartmouth, MA. We will start & end at the Buzzard's Bay Brewery. The ride will be approximately 30 miles, w/ some hills. Pace 12 mph. On our return to the brewery, cyclists may wish to stay to enjoy beer, the offerings of a food truck & live music. A helmet is required to ride. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [milmod@aol.com](mailto:milmod@aol.com)) L Bernie Meggison (617-930-4029, [thosmeggisons@gmail.com](mailto:thosmeggisons@gmail.com))

**Wed., Oct. 20. Hunters Full Moon ride, Sandwich, MA.** October's full moon is named Hunters Moon. It signifies the time to prepare for hunting to have food for the winter. We will ride from the Sandwich Marina on the Cape Cod Canal area towards Mashnee Island for sunset, Then to Cape Cod Bay for the 6:11 PM full moon rise. Average speed 14-15 mph. Mostly flat. Distance approximately 22 miles. Helmets are required, lights are strongly suggested. Contact leader for specific ride times and start location. L Bernie Meggison (617-930-4029 8:00 AM - 8:00 PM, [thosmeggisons@gmail.com](mailto:thosmeggisons@gmail.com), Past SEM chair, long time bike ride leader.)

**Sat., Oct. 23. Leaf Peepers Fall Cycling, MA.** Fall cycling at its best. Leisurely paced (11-12 mph trip average) approximately 30 mile loop through quieter roads of Westwood, Dover, Sherborn, and Natick. We will take a social break for coffee/muffins (optional) halfway in Natick. Rider must be confident riding 2 lane roads. Helmet, spare inner tube, and water a must. Open to 8 participants. Approximate trip time of 3—3-1/2 hours. L Jodi Jensen (781-249-8346, [jodijensen@gmail.com](mailto:jodijensen@gmail.com)) CL Ulbricht, Leonard ([lenu44@gmail.com](mailto:lenu44@gmail.com))

### CAPE HIKES

**Sun., Oct. 17. Hike Shallow Pond, East Falmouth, MA.** With a GPS or smartphone, the parking lot is across from 225 Thomas B Landers Rd., East Falmouth., MA. This hike is in a 70-acre conservation area in East Falmouth called Shallow Pond Woodlands as well as an adjacent 68-acre parcel, Breivogel Ponds. The distance will be about 4 miles and the hike will take about 2 1/4 hours. There are a couple of hills but most of the hike will be relatively flat and easy. Please meet at 1245 and after an introduction and review of safety measures, we will depart by 1300. Registration is required and masks are recommended during the introduction. If you have symptoms of Covid-19, or test positive before the hike, please cancel. Significant rain will cancel the hike. If, after registering, you find that you cannot attend, please cancel online and let the leader know. For specific driving directions, or for questions, please contact the Leader. We look forward to having you join us on this hike. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), Has been leading hikes for Cape Hiking for over 17 years.)

**Thu., Oct. 21. Hike--Bourne T, Bourne, MA.** This pre-registered 4+ mile, 2 hour hike is limited to 19 participants and 1 leader. This hike is not suitable for novice hikers. The terrain is over wooded trails and fire roads with frequent rolling hills in a loop without easy bailout points. Participants must have sturdy hiking footwear, water, and insect repellent. Bring hiking poles if preferred. Driving directions to the trailhead will be sent to pre-registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike leader with previous WFA training.)

**Sat., Oct. 23. Hike Marconi Beach Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, October 23, at the Marconi Beach parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Beach and park at the far end on the right side of the lot. This is a 3 hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.2 miles. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))



## Activities

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

### CAPE HIKING

**Thu., Oct. 28. Hiking Cape Cod Canal & Town Neck Beach, MA.** 4-4.5 miles starting along the canal heading east. We'll continue along Town Neck Beach at low tide, check out the oyster farm at the iconic Sandwich boardwalk and head back via the Town Neck neighborhood. A stretch of rocky, sand-starved beach is the trickiest part of the route. Meet at 9:45 a.m. for a 10:00 START from Sandwich Rec Area prkg at end of Freezer Rd adjacent to Fisherman's View Restaurant, 20 Freezer Rd. Rt 6 to Rt 130N to end > Cross 6A > Tupper Rd x 0.8 mi > LEFT on Freezer Rd x 0.2 mi. From Bourne take Sandwich Rd E exit > 6A. From Sagamore Bridge take 6A exit 55/old 1C. Rain cancels. Email Leader to register. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), AMC Level 1 hike & bike leader)

**Sat., Oct. 30. Hike Falmouth Moraine Trail, Goodwill Park, Falmouth, MA.** Nine mile, 5-hour hike along the Buzzards Bay moraine, and a pond, with lunch stop. Meet in Goodwill Park in Falmouth at 0830, and we will carpool at 0845 to the trail start at 0900. These times are an hour earlier than usual because of the length of the hike. Directions: From the Mashpee rotary, take Rt 151 west 3.4 miles and turn Left at Sandwich Rd. Go 3.7 miles and turn Right onto Brick Kiln Rd; go 0.9 miles and turn Left onto Gifford St. After 1.1 miles turn Right to enter Goodwill Park and continue 0.3 miles to parking. This hike has areas with hills and is moderately difficult. Sturdy boots and hiking poles are recommended. Bring lunch, water and snack. A mask is recommended for the meetup and required for the carpooling to the beginning of the hike. Ticks and poison ivy will be encountered. Registration is required and if you have symptoms of Covid-19, or test positive before the hike, please cancel. Significant rain will cancel the hike. If, after registering, you find that you cannot attend, please cancel online and let the leader know. For specific driving directions, or for questions, please contact the Leader. We look forward to having you join us on this hike. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

**Sun., Oct. 31. Hike Crowes Pasture, Dennis, MA.** This is a registered required hike. Please contact leader if you have difficulty. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! L Deborah Hayden (508-274-2820, [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Sat., Nov. 6. Hike Marconi Station Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 6, at the Marconi Station Site parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Station Site and park on the left side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 6.1 miles. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Nov. 14. Hike Indian Lands Dennis, MA.** This is approximately a 4 mile hike starting on the Cape Cod Rail Trail Parking Lot on Rt 134 in Dennis, MA. From Rte 6 take Exit 78B (Old Exit 9B), right off the exit and travel approximately 3/4ths of a mile and after passing under Bike Trail Bridge that spans Rt 134 take an immediate left into the parking lot. We will meet up at the back of the lot adjacent to the information signs. We will walk along the Rail Trail initially and stop at one of the 16 Historic cemeteries in Dennis. We will then walk along trails following the the Bass River. Contact me if you have any questions. L Margaret Christen (832-443-7321 Before 9PM, [margaret@mchristen.net](mailto:margaret@mchristen.net), 1st year Level 1 Hike Leader)

**Thu., Nov. 18. Hike Quashnet River, Falmouth / Mashpee, MA.** This is a registration required hike. Please contact leader if your are having difficulty. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About 1/2 of the hike will be on moderate rolling terrain. L Deborah Hayden (508-274-2820, [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Sat., Nov. 20-20. Hike Cahoon Hollow Wellfleet, Wellfleet, MA, MA.** We will be meeting at 9:45 AM on Saturday, November 20, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 4.6 miles of forests, soft beach hills, and 1 mile of beach walking. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Nov. 21. Hike--Bourne S, Bourne, MA.** This pre-registered hike with a limit of 14 participants, 4+ miles, 2 hours, will take place in Bourne. The wooded trails have frequent rolling hills with leaves, rocks, and roots to negotiate. Participants should have sturdy hiking footwear, water, and insect repellent. Directions to the trailhead will be sent to pre-registered participants. L Robin McIntyre (508-789-8252, [robinm McIntyre@comcast.net](mailto:robinm McIntyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike leader with previous WFA training)





## Activities

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

### CAPE HIKES

**Sat., Dec. 4. Hike Great Pond Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, December 4, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 5.2 miles of forests, soft beach hills, and a beach overview. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Dec. 18. Hike Newcomb Hollow Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, December 18, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Dec. 19. Hike--Wareham G, Wareham, MA.** This pre-registered hike with a limit of 19 participants is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Waterproof hiking shoes/boots are required and microspikes/Yak Trax and poles if snowy/icy. Bring water. Directions to the trailhead will be sent to registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike Leader with previous WFA training.)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. SEM Education Chair, MA.** The role of the Education Chair is to coordinate and supervise programs to improve the skills of SEM's members and activity leaders. The Education Committee's core programs are Leadership Training and Wilderness First Aid. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The position requires you to be present for any in person training classes supported by the Education Committee. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

**Ongoing. SEM Bicycling Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). L Peter Linhares ([bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Chair, SEM Communications, MA.** Join the SEM Executive Committee! Do you love to write, coordinate activities, and engage others? The Communications Chair supports the activities of Communications Committee volunteer staff (Breeze Editor, Blast Editor, Webmaster, Social Media Administrator, etc.) to manage communications to our members. Find our more [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

**Ongoing. Chair SEM 20s & 30s Committee, MA.** Help engage SEM 20s & 30s members by planning in-person activities, online socials, and social media. Be an active member of SEM's Executive Committee. More details [here](#). For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

### CHAPTER

**Sat., Nov. 6. SEM 2021 Annual Webinar Meeting, MA.** The SEM Annual Meeting webinar will be held from 5-7 pm on Saturday November 6. There will be a report to the membership, election of your 2022 Executive Board, a vote on bylaw revisions, and presentation of the Distinguished Service Award. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

### HIKING

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

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



## Activities

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

### HIKING

**Sat., Oct. 16. FallFest - F Gilbert Hills Hike (20s & 30s), 45 Mill Street, Foxborough, MA.** Join other 20s & 30s members for a hike through F Gilbert Hills State Forest as part of #FallFest. The hike will be approximately 4 miles with gentle hills. Sturdy footwear and at least 1 liter of water are required. Meet at 8:45am for a 9am start. We will plan to go out for lunch after, if there is interest. F. Gilbert Hills is a 1000-acre state forest that offers 23 miles of trails through pine and oak. The park is also part of the 30-mile Warner Trail that stretches from Sharon, Mass to Diamond Hill State park in Rhode Island. L Natalie Halloran (617-543-8560, [natalie.halloran@yahoo.com](mailto:natalie.halloran@yahoo.com)) CL Jenna Whitney (781-424-9463, [jenna.l.whitney@gmail.com](mailto:jenna.l.whitney@gmail.com)), R Natalie Halloran ([natalie.halloran@yahoo.com](mailto:natalie.halloran@yahoo.com))

**Tue., Oct. 19. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under a Full Harvest Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds. In the past we have seen the full moon about 90% of the time. It is a wonderous site over the water and meadows. Sturdy Hiking shoes are a must for the Fall conditions on these sometimes wet and slippery trails. A detailed Poop Sheet will be sent to you by Email after you register. Please include in your registration Email the Following Information: 1) The date of the Hike you are planning to attend. (I list multiple hikes) 2) Your Contact Number 3) A description of your latest hiking experience. L William Cannon (508-697-3560, [bcannon56@gmail.com](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net)) L Joanne Newton ([newt665@comcast.net](mailto:newt665@comcast.net)) CL Ellen Thompson ([ethompson1111@aol.com](mailto:ethompson1111@aol.com)), R Bill Cannon (Bridgewater, MA 02324, [bcannon56@gmail.com](mailto:bcannon56@gmail.com))

**Wed., Oct. 20. MT. CHOCORUA HIKE, NH.** "Chocorua's treeless granite pyramid is perhaps New England's most recognizable mountain. Reflected in the lake to its south, Chocorua is so picturesque that many claim it is the most-photographed mountain in America." (from *Into the Mountains* by Maggie Stier and Ron McAdow) It is believed that Chocorua was the name of an 18th century Native American man although no record of his life exists. There are several legends about Chocorua jumping to his death from the summit cliffs, cursing the white man and his encroaching civilization. Although it has a modest 3,490 ft. elevation, Mt. Chocorua is very rugged with a 360 degree summit view of the surrounding lakes, mountains, and forests. For this moderately difficult hike we will approach the mountain from the north via the Champney Falls and Piper Trails. Total round trip hike is 7.6 miles with 2250 feet of elevation gain. Spikes (MICROspikes, Hillsounds) will be required given the time of year and the strong possibility of ice on the trail. The last .6 miles of the trail is above tree-line. Group size will be limited to 5 participants. Contact the leader if you have questions about the hike. Online registration is required. AMC membership is not required for the online registration, but you will need to set up a free AMC online account if you do not already have one. Each person must register individually; you cannot register for a friend or household member. Once you have completed the online registration form the hike leader or coleader will contact you. The meeting location, time, and details will be emailed to the approved participants. All leaders and participants must bring a mask on the hike for emergency purposes but are not required to wear it during hiking. L Dexter Robinson (781-294-8840 7-9p, [dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four thousand foot mountains multiple times including winter. He recently completed the Trailwrights 72 list.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) CL Stephen Conlin

**Thu., Oct. 21. Thursday Morning Hike-Destruction Book Woods, Dartmouth, MA.** Hike a moderate 5+ mile hike while exploring some of the more interesting features of this Dartmouth Natural Resources Trust property, showcasing brooks, a vernal pool, ledges, wildflowers in the spring, and an historic farmstead foundation and cemetery. You must have recently walked a comparable distance. Trails are mostly flat with some moderate inclines. Be prepared to step over tree roots and some rocks. Hiking shoes are recommended. No open-toed shoes. Bring at least 1 liter of water and snacks. Insect repellent is recommended. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location and directions will be emailed after you are registered with the hike leader. Contact information is listed below. This hike is limited to 12 participants. L Walt Granda ([wgrand@aol.com](mailto:wgrand@aol.com)) CL Sue Rollins ([rollins\\_s@outlook.com](mailto:rollins_s@outlook.com)), R Sue Rollins ([rollins\\_s@outlook.com](mailto:rollins_s@outlook.com))

**Sun., Oct. 24. Hiking Fall River Bioreserve, MA.** Email leader to register: [chair@amcsem.org](mailto:chair@amcsem.org). Enjoy a 5 mile hike in the Fall River Bioreserve -16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required; sneakers are okay. No open-toed shoes. Dress for the weather. Heavy rain or thunderstorms will cancel. Group size will be limited. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. The exact location will be emailed to registrants who email the leader to register. No pets. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Susan Rollins





## Activities

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

### HIKING

**Thu., Oct. 28. Thursday Morning Hike - Arnold Arboretum, Jamaica Plain (Boston), MA.** Arnold Arboretum - including two vistas, bonsai exhibit, and "Explorer's garden". We will explore this "Tree museum" during a 4.5- 5.5 mile hike at a moderate pace with many photo-ops. Bring water, sturdy footwear, snack or lunch. We will meet in Jamaica Plain (Boston) at 9:45 for a 10:00 start (exact meeting point will be sent to those who are registered; shortly before the day of the hike). There's plenty of on-street parking along both sides of the nearby Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. The group will be limited to 10 participants. Steady rain will cancel the trip. Leashed dogs O.K. L Ken Cohen: Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer. (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net))

**Sat., Oct. 30. Hike Brockton Conservation Trails, Brockton, MA.** Enjoy an easy 4-5 mile hike at the beautiful woodland trails and boardwalks of Brockton's conservation properties. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy walking shoes required; sneakers are okay. No open-toed shoes. Dress for the weather. Heavy rain or thunderstorms will cancel. Group size will be limited. Bring at least 1 liter of water and snacks. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed after you email hike leader at [chair@amcsem.org](mailto:chair@amcsem.org). No pets. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) L Maureen Kelly (617-943-4288, [mokel773@aol.com](mailto:mokel773@aol.com)) L Natalie Halloran

**Thu., Nov. 4. Winter Hiking Workshop (Zoom), MA.** Learn how much fun winter hiking can be by participating in our free annual workshop! In this interactive Zoom, experienced Southeastern Mass. Chapter winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. Together the workshop and instructional Series are designed to introduce three-season hikers to the joys of winter hiking/snowshoeing and provide a solid foundation of knowledge. We will start with one or more local hikes, then to progressively more challenging winter hikes in MA and NH. The series culminates (pandemic permitting) with the opportunity to participate in an overnight trip to an AMC hut or lodge in the White Mountains. Participation in an AMC Winter Hiking Workshop (or prior winter hiking experience) is required for participation in the Southeastern Mass. Chapter's Winter Hiking Series. **When you register, you'll receive an email from AMC Vol Call with the Zoom link.** L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net)) L Paul Brookes

**Sat., Nov. 13. Trail Trace the Blue Hills Hike, End To End, Saturday November 13, 8:00am - 3:30pm, Blue Hills Reservation, Ma.** Join us for a Saturday hike of the famous Skyline trail from Shea Rink to Fowl Meadow. This moderately paced 8 plus mile hike crosses numerous hills including Great Blue hill. It is a difficult and strenuous hike, not for beginners, due to its length and cumulative vertical ascent of over 2000 feet with some scrambling. Duration of hike is expected to be 7 plus hours. Participants should be in great shape and have been hiking regularly this season. Registration is required by all participants. Rain on the day of the hike will cancel as well as rain the day before. The leader will communicate exact starting time and parking location a week before the hike. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. Four season Blue Hill hiker. Occasional White mountain hiker. Trail maintenance volunteer.) L Joanne Newton L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))

**Sat.-Sun., Nov. 13-14, 9 am-4:30 pm. Map & Compass Course. Blue Hills Reservation.** In this two-day weekend workshop, you will learn navigation skills using a map and compass to find your way. The course assumes no prior map or compass experience. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. On Saturday, you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. You'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday every group will plan their own route to find flags hidden both on and off-trail, using a US geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination. 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. In addition, each group will have an assistant teacher to help facilitate the group exercises. All activities will take place at the Blue Hills Reservation about 20 minutes south of Boston. Adult: \$70 member / \$90 non-member. Includes two full days of small group instruction. Printout of class material. Laminated crib-cards. Does not include compass. L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) Register [here](#).



## Activities

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

### SKIING

**Fri., Dec. 10-12. Cross Country Skiing & Snowshoeing in the Berkshires, Wainwright Inn, Great Barrington, MA.** Join us for cross country skiing, snowshoeing &/ or hiking in the beautiful Berkshires. The activities offered will depend upon snow conditions. There are many possible activity locations in the area. Participants must have their own skis/ snowshoes or rent ahead of time. The group will be staying at the Wainwright Inn, in Great Barrington, MA. Breakfast is included. Participants will need to contact the inn to reserve their room. (413) 528-2062. [wainwrightinn.com](http://wainwrightinn.com). L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [milmod@aol.com](mailto:milmod@aol.com)) L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com))

### TRAILS

#### Volunteer Opportunities

**Sat., Oct. 16. Trail Maintenance in the Blue Hills, Milton, MA.** No experience necessary! Everyone welcome! Trail: Skyline Trail between Houghton's Pond and Route 28. Where to meet: Directions will be emailed to registered volunteers. AMC will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray. No open toe sandals! Please contact the leader to register no later than Wednesday, October 13, 2021. All tools will be cleaned prior to and after this trailwork event. L Skip Maysles (774-284-5080 Before 9 pm, [skip.maysles@outlook.com](mailto:skip.maysles@outlook.com))  
L Stephen Scala





**THE END**

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | November 2021

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

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Tourist season has ended, so the Cape Hiking season resumes, including this recent outing in Bourne. *Photo by Robin McIntyre*

## Bourne Town Forest/Four Ponds Hike

By Robin McIntyre,  
Cape Hikes Vice Chair

On October 21, seven hikers enjoyed a 4.3-mile hike in the Bourne Town Forest and Four Ponds Conservation Area. The trails are rolling mountain bike hills, fire roads, and wooded pathways.

In addition to providing beautiful scenery, the area is historic: President Grover Cleveland enjoyed fishing for trout in the stocked ponds when he summured in nearby Gray Gables. A beautiful day to be in the woods!







## View from the Chair: Year in Review

I hope you were able to attend the SEM Annual Meeting webinar. I had the privilege of describing all the work that has been done by the SEM Executive Committee, their committee members, and SEM's many activity leaders. We do this all for you—our members!

Although we were impacted by COVID-19 restrictions until June, our resourceful Executive Committee and leaders kept us active outdoors with long-running traditions: the Winter Series, Cape hikes, Trail Trace the Blue Hills, and other day hikes. The Trails Committee managed bridge repair and trail maintenance activities.

We became proficient with Zoom, offering evening activities and training. This allowed us to gather easily and safely. The Education, Communication, Conservation, and 20's & 30's Committees held trivia night, photo scavenger hunts, wildlife tracking, and library lectures. Prospective leaders attended online leader training sessions. Experienced leaders worked with them, resulting in nine new leaders. The Conservation Committee used Zoom to collaborate on various projects, including a conservation activity and, along with DCR and Friends of the Blue Hills, a Leave No Trace campaign.

With the lifting of the restrictions in June, we were able to see each other's smiling faces again, in larger groups without masks. More leaders returned. SEM held biking and paddling activities, as well as New Hampshire hikes for the first time since the start of the pandemic. And through all of this, the Communications Committee didn't miss a beat keeping us informed.

Read more about our year in our [SEM Annual Report](#), posted under Documents on our [website](#). I'm always interested in your input either by email or in person. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).



*Diane Simms*  
AMC-SEM Chapter Chair

### 2021 Executive Board

Chapter Chair .....Diane Simms  
Vice Chair..... Stephen Conlin  
Secretary .....Natalie Halloran  
Treasurer .....David Yampanis  
Past Chapter Chair .....Len Ulbricht  
**Bicycling Chair ..... OPEN**  
**Bicycling Vice Chair .....OPEN**  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre

**Communications Chair .....OPEN**  
Communications Vice Chair... Alanna Halloran  
Conservation Chair .....Shana Brogan  
Conservation Vice Chair .....Bill Cannon  
Education Chair .....Anne Duggan  
Education Vice Chair .....Doug Griffiths  
Hiking Chair .....Paul Brookes  
**Hiking Vice Chair.....OPEN**  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Sandi Santilli

Paddling Chair .....Ed Foster  
Paddling Vice Chair .....Joe Keogh  
Regional Director.....Jenna Whitney  
Skiing Chair .....Jeannine Audet  
Skiing Vice Chair .....Dia Prantis  
Trails Chair .....Skip Maysles  
Trails Vice Chair .....Steve Scala  
**20s & 30s Chair.....OPEN**  
**20s & 30s Vice Chair.....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator.....Lisa Robitaille  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

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

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





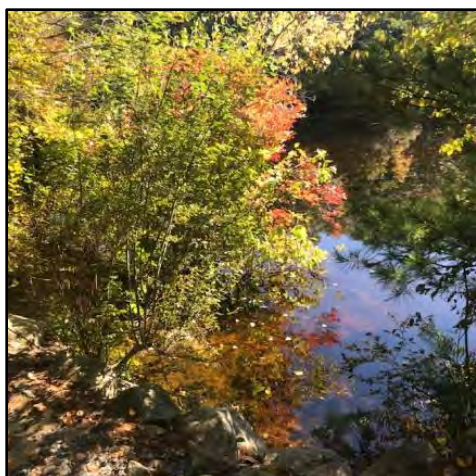
Hiking Chair Paul Brookes, left, leads one of our first Thursday morning hikes since the end of summer. *All photos by Éva Borsody Das*

## Thursday Morning Local Hikes Back in Full Swing!

By Éva Borsody Das, Hike Leader

Fourteen enthusiastic hikers joined leader Paul Brookes (who is also Hiking Chair for our Chapter) on a sparkling Thursday morning in October for a delightful ramble through some of the lesser used trails of Wompatuck State Park. The hike started at headquarters, and we proceeded to the Aaron River reservoir for our scenic lunch break!

On this balmy autumn day, we were treated to the first bright colors of the season, and brilliant reflections in the water. Lively conversations lasted throughout the 6.5-mile trip, with the participants clearly happy to be back in the woods together after having missed most of the past year and a half due to the pandemic.



Sunlight picks out the vibrant fall colors and reflects from one of many streams, ponds, and pools of water in Wompatuck State Park.

The Thursday morning series is off to a great start this fall, thanks to the ongoing coordination of Walt Granda, with hikes being listed continuously as leaders fill in the slots on Walt's handy spreadsheet. The series can always use more leaders, and we welcome all current leaders to participate by getting in touch with Walt at [wgranda27@gmail.com](mailto:wgranda27@gmail.com). It is a great way for newer leaders to get more experience, leading at their favorite local areas.

The Thursday morning hikes are generally led at a moderate pace, lasting 3-4 hours, suitable for anyone who regularly walks for several hours. It is a great way to explore the many beautiful landscapes in our Southeastern corner of Massachusetts in all seasons of the year with a lively group of fellow outdoor lovers! Come join us!



Above: Sunny knows hydration is still important on cool fall days.

Below: Light breaks through the canopy to dapple a bridge through the forest.







## Share your favorite places!



## Volunteer of the Month: Bill Doherty

By Paul Brookes, Hiking Chair

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

Bill became a hike leader in April, being excellently mentored by Joanne Newton and Ken Cohen. Since then, in just six-months, he has led 14 hikes!

Bill led twelve of the Thursday evening hikes, developing routes and always getting us back before dark. Together, Bill and Joanne Newton were instrumental in keeping Trail Trace running this season. Bill also led a Thursday morning hike in October and has signed up to lead another in November. In November, Bill and Joanne will be leading the Skyline End2End hike.

One thing I appreciate about Bill is his care for the group. He consistently puts safety first: He cancelled one hike due to possible thunderstorms and, most recently, redesigned a Saturday hike in Fowl Meadow after pre-hiking it and finding the Neponset River had overflowed its banks.

One thing I look for in an amazing volunteer is someone who shows support for other committees as well as Hiking. I noticed that each week, as part of the trailhead talk, Bill reads an excerpt from one of the laminated conservation cards that the Conservation Committee developed for us.

We have a terrific group of leaders, many of whom lead multiple hikes each month. Bill stands out, however, for being a brand-new leader who came out of the gate running.

Thank you, Bill, from all of us at AMC-SEM. Bill will receive a Volunteer of the Month certificate and a \$50 gift card.



Left: Early morning in the Fall River Bioreserve.

*Photo by Lisa Robitaille*

Below: Lake Rico, part of Massasoit State Park, East Taunton, MA. Lots of great hiking trails, fresh air and beautiful scenery.

*Photo by Nicole Robitaille*







Alanna Halloran, left, Stephen Conlin, Dexter Robinson, Doug Griffiths, Maureen Kelly, & Robin Melavalin are happy to be back in “the Whites.” *Photos by Alanna Halloran*

## Hiking up NH’s Mount Chocorua

By Dexter Robinson, Hike Leader

On Oct. 20 a small group led by Dexter Robinson and Maureen Kelly with Stephen Conlin as co-lead climbed Mount Chocorua in the New Hampshire White Mountains.

*“Chocorua’s treeless granite pyramid is perhaps New England’s most recognizable mountain. Reflected in the lake to its south, Chocorua is so picturesque that many claim it is the most-photographed mountain in America.”* (Into the Mountains by Maggie Stier and Ron McAdow).

Although it has a modest 3,490 ft. elevation, Mount Chocorua is very rugged with a 360-degree summit view of the surrounding lakes, mountains, and forests. For this moderately difficult hike, the group approached from the north via the Champney Falls and Piper Trails. Total roundtrip hike was 7.6 miles with 2,250 feet of elevation gain. The last 0.6 miles of the trail was above the tree line.

According to the U.S. Forest Service website, the mountain bears the name of Sokosis Chief Chocorua who lived in the early 1700s. Stories agree that he met his tragic death on the mountain but differ as to how. Some say he fell from a high rock; others claim he was shot by white men after he uttered a curse on the valley below him.

Tradition says that the first white person who ever passed through these mountains was Mother Head, who upon learning of sickness and distress in the Intervale, put on her Native American snowshoes and all alone made her way through the forest to offer her help.



Mount Chocorua’s famous summit in the shape of a pyramid, a favorite subject of artists for centuries.



A moderately difficult hike, the trail up Chocorua includes segments of level terrain and forest.



The granite summit extends above the tree line where a section of trail is visible to climbers below.





Photo by Ken Carson

## Leslie Carson receives AMC-SEM's 2021 Distinguished Service Award

By Diane Simms, Chapter Chair

Congratulations to 2021 Distinguished Service Award recipient Leslie Carson!

Leslie joined the AMC in 2004 and quickly became an active hiker. She was certified as a four-season hiking leader and backpacking leader by 2007. She has led over 135 trips, including the White Mountains, Katahdin, and other summits in Maine and the Berkshires. She did it all: day trips, weekend trips, hut-to-hut treks, and backpacking adventures. On many of her trips she mentored co-leaders.

To further share her hiking know-how, Leslie regularly organized introductory workshops in hiking, backpacking, and winter hiking. These workshops focused on hard skills and appropriate gear, and they were followed by a progressive series of four trips appropriate to each

workshop. Many new participants and developing trip leaders benefited from these workshops.

Leslie also supports the broader AMC organization. She leads AMC August Camp hikes, as well Adventure Travel trips in the U.S. and internationally. (See Leslie and Robin Melavalin's Adventure Travel article in the October Breeze.) Leslie also served on the chapter executive committee as Treasurer (2009-11), Hiking Committee Vice Chair (2014-15), and Hiking Committee Chair (2016-17).

Thank you, Leslie, for everything you do!

## Remembering our DSA recipients

Every year the Distinguished Service Award Committee meets to select the candidate for that year. The committee is made up of previous years' recipients listed on the [chapter website](#).



Since the contact information of some recipients was unknown, the committee reviewed the list at a recent meeting. We were informed that DSA recipients Pam Carter and John Smart were deceased. Upon doing a little research, I also found an obituary for Walter Morin (p. 8).

As best as can be determined, everyone else is still alive. A wonderful article about Carolyn Crowell appeared in the Sandwich edition of *The Enterprise*. [Here is a link](#) to it.

We'd love to hear from or about some of the past recipients who have not been active with the chapter for some time. Please email any information to [chair@amcsem.org](mailto:chair@amcsem.org).





Sue Rollins, center front, gets an enthusiastic thumbs-up at the end of her second co-lead. *Photo by Walt Granda*

## Welcome Sue Rollins as a new Class 1 Hike Leader for AMC-SEM

By Walt Granda, Hike Leader

Our chapter's new Class 1 Hike Leader, Sue Rollins, comes to us with a wealth of outdoor experience.

While living in Rhode Island, Sue became a member of the Narragansett AMC Chapter in 1996, marking this year as her 25th year as an AMC member. In the Narragansett chapter, she participated in and led a wide range of activities: northern hiking, bicycling, and skiing. She also served in the roles of Vice Chair, Archivist, and Chair of the Ski Committee.

In 2014, Sue and Larry relocated to Westport, MA, and quickly joined many Southeastern Massachusetts chapter activities. She has been on several SEM hiking/skiing trips when many of our members got to know and enjoy her company. With her desire to give back to SEM with all its dedicated leaders, Sue embarked on a personal quest to update her leading skills. She participated in a six-week AMC leadership program this past spring, in addition to the SEM leadership training in May.

For the past several months, Sue assisted Diane Simms with the Bioreserve series in Fall River and completed her first co-lead with Diane at the Bioreserve. Sue's second co-lead was in Dartmouth with me at Destruction Brook Woods. She took complete control of the hike from planning the route to screening participants and managing the group. Paul Brookes, SEM hiking chair, who attended the

hike, congratulated Sue and presented her with an AMC leader patch and first aid kit. During the hike, the participants gave her thumbs-up for an excellent hike. Everyone in the group had a great time and enjoyed the interesting trails in Dartmouth.

On a personal level, Sue and her husband, Larry, have been on a number of memorable outdoor adventures, including hiking in the Canadian Rockies, as well as a hut-to-hut Presidential traverse. Sue's personal cross-country ski trips have taken her to Quebec, Canada, as recently as 2020, and also to the Maine 100-mile wilderness hut-to-hut. Sue has enjoyed bicycling not only in New England, but also in Nova Scotia, Prince Edward Island, and the San Juan Islands.

Thanks, Sue, for an enjoyable day and for contributing your experience to AMC-SEM as a new hiking leader!



Hiking Chair Paul Brookes presents her Hike Leader patch and supply kit to Sue Rollins.

*Photo by  
Walt Granda*

### *Suggestions for Going Greener*

#### **'Thrifiers' Save Money & the Planet**

By Mo Walsh

An increasingly popular way to go green is by shopping at thrift stores and online resale sites. Almost every "thrifter" has a story about an amazing find—including never-worn clothes or never-used items that were impulse purchases, unwanted gifts, overstock, etc.

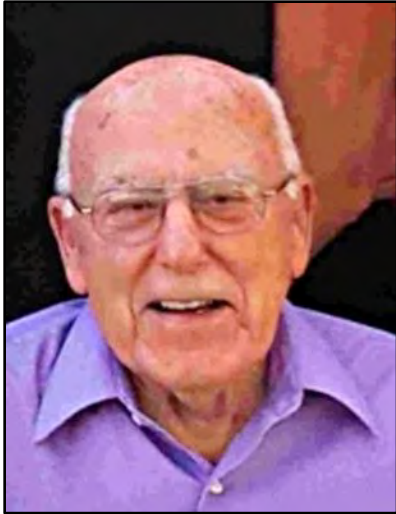
By reselling or donating instead of dumping these articles, the original owners are benefitting the environment as well as thrift shoppers--and community charities that run many of these stores.. *Business Insider* estimates that 85% of textiles are trashed, a garbage truckful of clothing burned or dumped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

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





## Rest in Peace, Walter Morin



Walter received the 2010 Distinguished Service Award for his contributions to the AMC-SEM chapter.

Read his full [obituary here](#).

Walter A. Morin passed away on April 11, 2018, surrounded by his children. He was 84 years old.

Walter was the loving husband of the late Arlene (Dudevoir) of Bridgewater and is survived by their seven children, 15 grandchildren, and six great-grandchildren.

Walter received the AMC-SEM's Distinguished Service Award in 2010. The citation stated:

"Walter was a past chapter chair and hiking chair as well as an active four-season leader and participant. He was a biology instructor at Bridgewater State College, and for many years made it possible to use their facilities for SEM events. He was also a CPR instructor and a strong proponent for leader training. Walter was highly respected among leaders; he opened his home for board meetings and ran tight and efficient meetings. He was instrumental for making sure things got done for various SEM activities. He was always there when you needed him and created a sense of commitment."

He enjoyed travelling, visiting all 50 states and many countries, and spent many summers at Franstead Campground in New Hampshire and winters in Bonita Springs, Florida.

While he had many interests, his true passion in life was teaching—both in and out of the classroom. He was a professor at Bridgewater State College for 37 years, led Cub Scouts when his sons were young and never passed on an opportunity to share his knowledge. He even continued to visit his grandchildren's classrooms as a guest speaker, sharing his life experiences with a new generation.

## Moonlight hikes resume at Borderland State Park

Photos by Bill Cannon

Hike Leader & Conservation Vice Chair



Above: The group gathers lakeside on Oct. 20, still Daylight Saving Time.

Left: Calm lake waters produce a **"double moon"** effect.

Below: Light inside and out at the Ames family mansion.







Plymouth Fire Chief Ed Bradley monitoring early prescribed burn at Myles Standish State Forest. (Source: Mass DCR)

## Keeping the forest ecosystem healthy with prescribed burns

By Paul Miller, Four-Season Hike Leader

**Part 2:** *How state forest and wildlife managers in Massachusetts are reconciling the needs of fire-adapted natural environments with encroaching human development. Part 1 appeared in the October 2021 issue of The Breeze.*

### A collaborative effort of forest management

To help address the threat of massive wildfire in the Myles Standish State Forest that could threaten the many nearby homes and businesses, Mass DCR in conjunction with MassWildlife, The Nature Conservancy, the University of Massachusetts, federal agencies, and the Plymouth and Carver Fire Departments began a program of controlled prescribed burns within the forest. This began with a small test fire in 1998.

“Planning for the prescribed burns is a collaborative effort between resource managers, fire managers, park managers, and the local fire departments,” explained Paul Celino, Chief Fire Warden at the Massachusetts DCR. “[Plymouth] Fire Chief Bradley is one of my key partners for prescribed burns at Myles Standish, where the local fire chief has jurisdiction. The Plymouth Fire Department has been great to work with to improve the public safety exposure to wildfire.”

According to Neil Foley, Deputy Fire Chief at the Plymouth Fire Department, “Our main objective for prescribed burns is to reduce the hazard of wild brushfires, making it safe for the residents and our firefighters that will be called in to extinguish a brush fire.” In recent years, Plymouth firefighters have had to deal with multiple brushfires in the State Forest, several of suspicious origin.

“The wildland interface is a complicated area, but to keep forest fires from destroying residential developments, controlled burning is the most effective process,” Foley added. “This practice has enabled us to create ‘defensible areas’ around Myles Standish State Forest from which our crews and apparatus can operate to stop a brush fire from entering a residential area.”

In Massachusetts, MassWildlife and DCR collaborate closely with other state, federal, and local entities to identify candidate areas, ensure they are performed in a safe and effective manner, and maximize the potential benefits.

“The history of prescribed burns at MSSF goes back to the late 1980s, with the first big burn taking place in 2009,” said Chief Celino. “In 2009, we were successful in getting a \$2 million Economic Recovery Act (ERA) grant in partnership with The Nature Conservancy.” The grant focused on studying prescribed burns in Myles Standish to help reduce fuel loads. To date, the largest prescribed burn in this state forest involved 110 acres.



Fire technician uses drip can during prescribed burn at Myles Standish State Forest. (Source: Mass DCR)

Continued on page 9





## Prescribed burns Continued from page 8

As explained in the MassWildlife Prescribed Fire Management Handbook, prescribed burns are highly complex operations. They involve detailed planning, testing, risk and complexity analyses, assignment of roles, and crew briefings prior to operations. During and following the actual prescribed burn, the operation must comply with health, safety, and environmental (air quality, water, wetlands) mandates at the local, state, and federal levels; and detailed monitoring, data collection, and reporting. After-action reviews must then be performed to evaluate whether the prescribed burn has met the desired objectives and lessons learned captured to support continuous improvement.

### **Myles Standish Complex Pine Barrens Restoration Project**

To help prevent wildfires and maintain the critical pine barrens habitat and ecosystem within Southeastern Massachusetts, MassWildlife and Mass DCR are jointly undertaking a multiple-year restoration project. This utilizes a combination of mechanical clearing and prescribed burns within the Myles Standish Complex, which incorporates many thousands of acres of mostly pine barrens within four public and private conservation areas.

These include the more than 12,000-acre Myles Standish State Forest in Plymouth and Carver, the 185-acre Southeast Pine Barrens Wildlife Management Area (WMA) in Plymouth, the 850-acre Camp Cachalot Wildlife Conservation Easement (WCE) in Plymouth, and the 576-acre Maple Springs WMA, which is mostly in Wareham.

The ten-year Myles Standish Complex Pine Barrens Restoration Project began in 2016-2017 on portions of the Pine Barrens Wildlife Management Area and Camp Cachalot, and it will continue annually in well-planned phases in selected parcels throughout the Complex over the next six or seven years.

### **The Future of Prescribed Burns in Myles Standish**

According to the 2020 Massachusetts State Forest Action Plan, the state forests in southeastern Massachusetts (Myles Standish in Plymouth and Carver, Manuel Correllus on Martha's Vineyard, Nantucket on Nantucket Island, and Freetown-Fall River in Assonet) are at particularly high risk of fire. With this understanding, Mass DCR and other state and local agencies are planning a variety of proactive activities to reduce fuel loads and associated fire risks through a program of both mechanical clearing with heavy

equipment and seasonal prescribed burns, often in combination.

The initial mechanical clearing of trees and shrubs is frequently outsourced to external vendors via the State's established bid process. Follow-up prescribed burn activities in fire-adapted pine barrens environments are planned and performed by well-trained State and municipal fire personnel following procedures laid out in the comprehensive handbook on prescribed fires prepared by MassWildlife staff and based on nationally recognized best practices.



Prescribed burns have helped maintain the natural character of this large open frost bottom unit in Myles Standish State Forest. *Photo by Paul Miller*

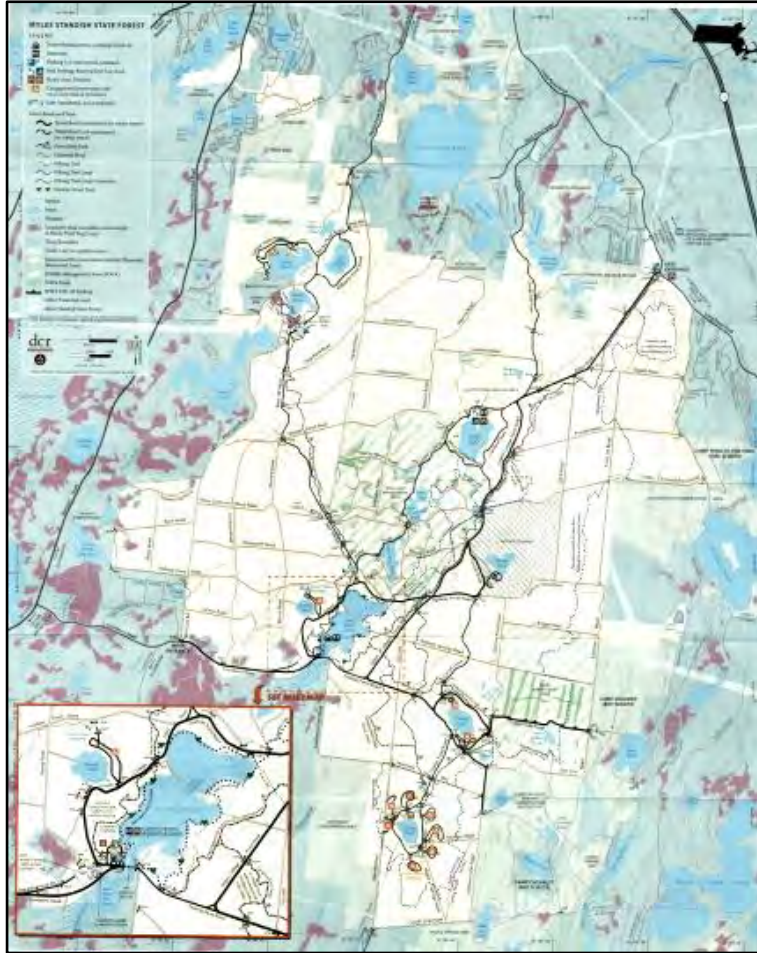
According to Chief Celino, “DCR is trying to determine the science behind the scheduling of the fire regime for prescribed burns in Myles Standish State Forest.” To illustrate this point, during our meeting at the State Forest, Chief Celino drove me over to a large “frost bottom” unit in the Forest off Alden Road to show me the results of the ongoing prescribed burn program there. Frost bottoms, created when the glaciers departed, create a unique ecosystem in which a variety of plants and animals thrive. Seven-year intervals between prescribed burns here have successfully maintained this natural frost bottom environment (see photo), which is largely open space, with relatively low brush spread consistently across the bottom. “The more we burn, the more successful we get at maintaining the habitat while protecting the safety of our firefighters,” Chief Celino added.

Continued on page 11





## Prescribed burns Continued from page 10



Map of Myles Standish State Forest, a 12,400-acre area in the towns of Plymouth and Carver. (*Massachusetts DCR*)

“Massachusetts has a rich history of wildfires, but the frequency of the major fires is so far apart that there’s a tendency to forget about the issue. We’ve had 588 forest fires in Massachusetts so far in 2021. The potential is there to have a repeat of history. We’ve experienced two drought seasons in the last four years and, in both years, we dodged the bullet in having no major fires despite the fire-conducive conditions, including both high winds and low humidity,” said Celino. “I’ve been doing this job for 15 years and been in the fire business for the last 30 years and still have nights where I can’t sleep thinking about it, particularly during those ‘red flag’ warning days with elevated fire risk.”

Nevertheless, Chief Celino expressed optimism about the future. “We’ve seen tremendous advancements in fire technology in recent years. This includes cellphone

technology for improved communications and better response technology and training. In any given year, we train between 300 and 600 local firefighters.”

As part of a recent pilot project, MassWildlife also used an unmanned aircraft system, more commonly referred to as “drone” technology, to provide high-resolution imagery to monitor habitat conditions before, during, and after prescribed fire events.

“The Division of Fish & Game has really increased its staff, helping solidify the partnership with Mass DCR. This partnership enabled us to successfully burn 200 acres of state land in 2019. DCR and MassWildlife have jointly identified 16,000 acres on state land alone that could benefit from prescribed burns. In Myles Standish State Forest, we have about 1,800 acres in line for burn plans, plus about 1,200 acres on the Vineyard.”



Looking down to New Grassy Pond through newly cleared areas in the Pine Barrens Restoration Project. Previously, this Forest was too dense to see through. *Photo posted 01/30/2020 on Friends of the [MSSP Facebook page](#).*

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*Paul Miller is recently retired and now works as a freelance writer covering subjects of personal interest. These include hiking, sailing, the environment, and the outdoors. Paul is an experienced four-season hiking leader for the AMC-SEM Chapter. He previously served as Hiking Chair and Communications Chair.*





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](http://outdoors.org), and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

## CAPE HIKES

**Sun., Nov. 14. Hike Indian Lands Dennis, MA.** This is approximately a 4-mile hike starting on the Cape Cod Rail Trail Parking Lot on Rt 134 in Dennis, MA. From Rte 6 take Exit 78B (Old Exit 9B), right off the exit and travel approximately 3/4ths of a mile and after passing under Bike Trail Bridge that spans Rt 134 take an immediate left into the parking lot. We will meet up at the back of the lot adjacent to the information signs. We will walk along the Rail Trail initially and stop at one of the 16 Historic cemeteries in Dennis. We will then walk along trails following the the Bass River. Contact me if you have any questions. L Margaret Christen (832-443-7321 Before 9PM, [margaret@mchristen.net](mailto:margaret@mchristen.net), 1st year Level 1 Hike Leader)

**Thu., Nov. 18. Hike Quashnet River, Falmouth / Mashpee, MA.** This is a registration required hike. Please contact leader if your are having difficulty. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About 1/2 of the hike will be on moderate rolling terrain. L Deborah Hayden (508-274-2820, [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

Sat., Nov. 20-20. Hike Cahoon Hollow Wellfleet, Wellfleet, MA, MA. We will be meeting at 9:45 AM on Saturday, November 20, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 4.6 miles of forests, soft beach hills, and 1 mile of beach walking. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Nov. 21. Hike--Bourne S, Bourne, MA.** This pre-registered hike with a limit of 14 participants, 4+ miles, 2 hours, will take place in Bourne. The wooded trails have frequent rolling hills with leaves, rocks, and roots to negotiate. Participants should have sturdy hiking footwear, water, and insect repellent. Directions to the trailhead will be sent to pre-registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike leader with previous WFA training)



## Activities

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

### CAPE HIKING

**Sat., Dec. 4. Hike Great Pond Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, December 4, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 5.2 miles of forests, soft beach hills, and a beach overview. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Dec. 18. Hike Newcomb Hollow Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, December 18, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Dec. 19. Hike--Wareham G, Wareham, MA.** This pre-registered hike with a limit of 19 participants is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Waterproof hiking shoes/boots are required and microspikes/Yak Trax and poles if snowy/icy. Bring water. Directions to the trailhead will be send to registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike Leader with previous WFA training.

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. SEM Bicycling Chair and Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Chair, SEM Communications, MA.** Join the SEM Executive Committee! Do you love to write, coordinate activities, and engage others? The Communications Chair supports the activities of Communications Committee volunteer staff (Breeze Editor, Blast Editor, Webmaster, Social Media Administrator, etc.) to manage communications to our members. Find our more [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

**Ongoing. Chair and Vice Chair SEM 20s & 30s Committee, MA.** Help engage SEM 20s & 30s members by planning in-person activities, online socials, and social media. Be an active member of SEM's Executive Committee. More details [here](#). For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

### HIKING

**Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).**  
**Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)**

**Sat., Nov. 13. Trail Trace the Blue Hills Hike, End To End, 8:00am - 3:30pm, Blue Hills Reservation, Ma.** Join us for a Saturday hike of the famous Skyline trail from Shea Rink to Fowl Meadow. This moderately paced 8 plus mile hike crosses numerous hills including Great Blue hill. It is a difficult and strenuous hike, not for beginners, due to its length and cumulative vertical ascent of over 2000 feet with some scrambling. Duration of hike is expected to be 7 plus hours. Participants should be in great shape and have been hiking regularly this season. Registration is required by all participants. Rain on the day of the hike will cancel as well as rain the day before. The leader will communicate exact starting time and parking location a week before the hike. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. Four season Blue Hill hiker. Occasional White mountain hiker. Trail maintenance volunteer.) L Joanne Newton L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))





## Activities

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

### HIKING

**Thurs. Nov. 18, Buck Hill, 10 am-1 pm.** Moderate paced 2-3-hour hike ascending Buck Hill twice and exiting via the Red Dot trail. This is a mostly wooded hike but with elevation gain. Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks and rain jacket (just in case). Heavy rains/thunderstorms will cancel. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed registrants. L William Doherty, Level 1 AMC Hike leader. Four season Blue Hill hiker, occasional White Mountain hiker, and Trail maintenance volunteer. [Information & Registration](#).

**Thurs. Nov. 18, Full Moon Hike at Borderland State Park, 6 pm-8:30 pm, 259 Massapoag Ave., North Easton, MA.** Come and hike under a Full Beaver or Frost Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds. In the past we have seen the Full Moon about 90% of the time. It is a wonderful site over the water and meadows. Sturdy Hiking Shoes are a must for the Fall conditions on these sometimes wet and slippery trails. Additional Equipment may be required under changing weather conditions. This trip is not Appropriate for pets. Because of the small Parking area we are limited to 20 participants. L William Cannon (508-649-6730 [bcannon56@gmail.com](mailto:bcannon56@gmail.com)), L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)), L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net)), R: Ellen Thompson ([ethompson1111@aol.com](mailto:ethompson1111@aol.com)).

**Sat., Nov. 20, Winter Series Hike #1, 9 am- 1 pm, Blue Hills.** If you're new to winter hiking, join us for hike #1 in our Winter Hiking Series. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #1 we will visit the Blue Hills Reservation 20 minutes south of Boston. We will begin by showing our gear and answer any questions you have about your gear. We will then do a 4-to-5-mile hilly hike in the Blue Hills at a moderate pace. Expect to be on the trail for about 4 hours. Bring your large day pack, the pack you intend to use on the next winter series hike. There may not be snow but bring snowshoes (if you've already purchased them) and traction devices as well as your winter layers. We will hike with all the gear we expect to need when we do Hike #2 which will be the Seven Sisters. L Paul Brookes. Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny. [Registration here](#).

**Sun., Nov. 21, Hiking the Bioreserve, 10 am-12:30 pm, Indian Town Road, Fall River, MA.** Enjoy a 4-mile hike in the Fall River Bioreserve -16,000 acres in the heart of the Southeastern Massachusetts region. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. Dress for the weather. Heavy rain or thunderstorms will cancel. Group size will be limited. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. This is one in a regular series of hikes at different locations in the Bioreserve. No pets. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. L Diane Simms, Register by email to [chair@amcsem.org](mailto:chair@amcsem.org). C-L Sue Rollins, Co-L Barry Young.

**Sat., Nov. 27, 9 am-12 pm, Hike the Brockton Conservation Trails, 125 Pearl Street, Brockton, MA.** Enjoy an easy 4-5-mile hike at the beautiful woodland trails and boardwalks of Brockton's conservation properties. The hike will be 2-3 hours. Beginner hikers welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy walking shoes required. Dress for the weather. Heavy rain or thunderstorms will cancel. Group size will be limited. Bring at least 1 liter of water and snacks. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. L Diane Simms, R: [chair@amcsem.org](mailto:chair@amcsem.org), L Maureen Kelly, L Natalie Halloran.

**Sat., Dec. 4, Winter Hike Series #2, 8 am-1 pm, the Seven Sisters Trail in Skinner State Park, Amherst, MA.** If you're new to winter hiking, join us for hike #2 in our progressively challenging Winter Hiking Series. You'll have an opportunity to develop and fine tune winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference is given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #2 we will hike approximately 6 miles with 1100' of elevation gain. We plan to be on the trail for 4 to 5 hours. Winter clothing and gear, including snowshoes and microspikes required. We start at the Notch Visitor Center and head west climbing directly up onto the ridge. We will hike along the ridge with ups and downs to Mt. Hitchcock, on to and over the "basalt cannonballs" of the sisters to Taylor's Notch. Then depending on group speed to Mt. Holyoke. The return route will leave the ridgeline before the ascent to Mt. Hitchcock and take the Northside Trail to less travelled paths back to our cars. [Registration](#) opens Nov 20 at 3:00 pm. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com)) Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for AMC-SEM and lead both local hikes and destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). L George Danis ([danisdad51@outlook.com](mailto:danisdad51@outlook.com))



## Activities

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

### HIKING

**Thurs., Dec. 16, 6-8:30 pm, Full Moon Hike at Borderland State Park, 259 Massapoag Ave., No. Easton, MA.** Come and hike under the Full Cold Moon or as some call it the Long Night Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds. We see the moon about 90% of the time. even just a brief appearance is breathtaking. Sturdy Hiking Shoes are a must for the fall conditions on these sometimes wet and occasionally slippery trails. Additional equipment may be required for changing weather conditions. L/R Bill Cannon [bcannon56@gmail.com](mailto:bcannon56@gmail.com), L Nancy Coote [cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com), L Patricia McNally [pmcallyma@comcast.net](mailto:pmcallyma@comcast.net). This trip is not Appropriate for pets. Because of the small parking area the hike is limited to 30 participants.

**Sat., Dec. 18, SEM 2022 Snowshoe Series #1, Franconia, NH.** Start off your winter snowshoeing by enjoying the scenery in Franconia Notch. We will be hiking Mount Pemigawasset via the Mount Pemi Trail and trekking through the frozen and snowy Flume Gorge. This 5.4 mile/ 1,500-foot elevation gain trip will take 5-6 hours. Snowshoes and microspikes required. Participants must be vaccinated for COVID-19 or get a negative PCR test within 72 hours of the start of the trip. L/R: Diane Hartley, 508-566-6517 (best time to call: 5 to 8 pm) [dihartley@comcast.net](mailto:dihartley@comcast.net). Diane is a four-season hiker and SEM Level 4 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. L Anne Duggan, 508-789-5538 (best time to call: before 9 pm) [Anne.Duggan](mailto:Anne.Duggan). Anne has been leading hikes for the SEM Chapter since 2011. She has hiked the NH 48 4K. She especially enjoys snowshoeing and hiking in the winter! L Éva Borsody Das.

### SKIING

**Fri., Dec. 10-12. Cross Country Skiing & Snowshoeing in the Berkshires, Wainwright Inn, Great Barrington, MA.** Join us for cross country skiing, snowshoeing &/ or hiking in the beautiful Berkshires. The activities offered will depend upon snow conditions. There are many possible activity locations in the area. Participants must have their own skis/ snowshoes or rent ahead of time. The group will be staying at the Wainwright Inn, in Great Barrington, MA. Breakfast is included. Participants will need to contact the inn to reserve their room. (413) 528-2062. [wainwrightinn.com](http://wainwrightinn.com). L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [milmod@aol.com](mailto:milmod@aol.com)) L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com))

*Happy  
Trails!*







# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | December 2021

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

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

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

[Shop the Breeze Market for equipment bargains!](#)

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Seven hikers enjoyed a balmy, sunny day Nov. 18th with a hike led by Debbie Hayden in the Quashnet River Woodlands in Mashpee. Debbie shared some history of the area with its waterway, former cranberry bogs and borrow pits, its importance as an ecosystem, and its importance to indigenous people in our area. Jane Harding was the sweep for the group.  
*Photo by Ted Franklin*

## Conservation Corner

### Wrap up- the year with eco-friendly resolutions!

By Ellen Thompson

When we make our resolutions to work on self-improvement in 2022, let's remember to improve our life on the planet, too. If we each try to do our part, we can incorporate more environmentally friendly habits into our lives.

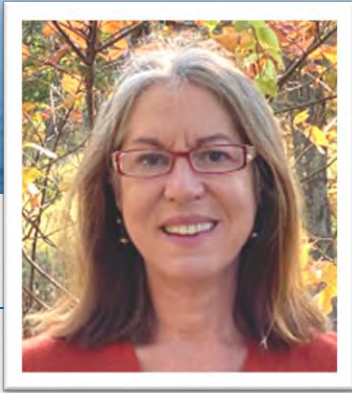
The holidays are coming, and we want our gifts to look pretty. Unfortunately foil, metallic, and heavily laminated wrapping papers are not recyclable. This season look for recyclable gift wrap or reusable bags. If you're creative, try brown paper bags with a natural Christmas tree sprig and twine for a bow. Or a pretty tea towel is a nice wrap for a hostess gift! Your curling iron or a light bulb works great to smooth out kinks when reusing ribbon.

For more ideas, Google [eco friendly](#) ways to wrap gifts.



*Happy  
Holidays!*





## View from the Chair: Give Back!

“I want to get involved.”  
“I want to help.”  
“I want to give back.”

This is what I’ve heard from people interested in volunteering with our chapter. The folks who have raised their hands to become Executive Committee members, Activity Leaders, and Committee Volunteers range from long-term members who have been very active with SEM to new members who want to jump in, to those who have been slightly involved but are ready to be more engaged. As the year comes to a close, are you thinking about how you want to spend your time and energies in 2022? If you love the outdoors,—and if you’re reading this, you must—then consider becoming a part of the SEM volunteer community.

If you are already an activity leader who is proficient in other sports, then you just need some co-leads to become a leader in another activity. Paddling, Bicycling, and Skiing committees could use more activity leaders. The Trails committee also needs leaders who have trail work experience or are willing to learn. If you’re interested, email [me](mailto:me) and I’ll pass your interest on to the appropriate Activity Chair.

If you’re not yet an activity leader, join us this Spring for our first in-person leader training in three years! After the training, Activity Chairs will help line you up with leaders to mentor you on the required co-leads. Even if you’re not sure you want to lead, this training will help you be a more informed participant. The Education Committee is starting to plan this free event. They expect to offer this in April or early May. Want to be the first to hear when this training is posted? Email Education Chair [Anne Duggan](mailto:Anne Duggan).

Want to help in some other way? We’re looking for a detail oriented, energetic [Communications Chair](#). Interested in project work? We could use volunteers to assist with outreach and other projects. Contact [me](mailto:me) to discuss your interests.

I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).



*Diane Simms, Chapter Chair*

### 2021 Executive Board

Chapter Chair .....Diane Simms  
Vice Chair .....Stephen Conlin  
Secretary .....Natalie Halloran  
Treasurer .....David Yampanis  
Past Chapter Chair .....Len Ulbricht  
**Biking Chair ..... OPEN**  
**Biking Vice Chair .....OPEN**  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre

**Communications Chair .....OPEN**  
Communications Vice Chair... Alanna Halloran  
Conservation Chair .....Shana Brogan  
Conservation Vice Chair .....Bill Cannon  
Education Chair .....Anne Duggan  
Education Vice Chair .....Doug Griffiths  
Hiking Chair .....Paul Brookes  
**Hiking Vice Chair.....OPEN**  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Sandy Santilli

Paddling Chair .....PENDING  
Paddling Vice Chair .....Joe Keogh  
Regional Director.....Jenna Whitney  
Skiing Chair .....Jeannine Audet  
Skiing Vice Chair .....Dia Prantis  
Trails Chair .....Skip Maysles  
Trails Vice Chair .....Steve Scala  
20’s & 30’s Chair.....PENDING  
**20’s & 30’s Vice Chair.....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator.....Lisa Robitaille  
Webmistress..... Cheryl Lathrop  
Nominating Committee Chair..... Alan Greenstein

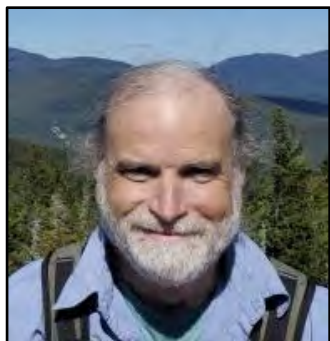
The Breeze Editor.....Mo Walsh  
Blast Editor.....Marie Hopkins

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



## Welcome to AMC-SEM's new Executive Committee members

By Diane Simms, SEM Chapter Chair



Stephen Conlin is our new Chapter Vice Chair. Stephen moved to the Cape this past summer and transferred to our chapter. He is a 4-season leader with Boston's hiking and backpacking committee and has led dozens of trips for Boston in all seasons. He is the immediate past chair of the Boston hiking and backpacking

committee. He also directed Boston Chapter leadership training programs for 10 years, passing that role to someone else about two years ago. He's a member of the AMC Outdoor Leadership Development Committee and active in club-wide leadership training and Diversity, Equity, Inclusion (DEI) efforts.

Stephen started hiking in his mid-teens as a Boy Scout and hasn't stopped since. He has hiked the New Hampshire 48 many times over, including all in winter. He hiked 600 miles of the AT when he was younger, and through-hiked all of the AT in 2016. He hiked the John Muir trail in 2020. He has lots of stories to tell and has already helped lead several SEM mountain hikes.

Cape Cod resident Shana Brogan is our new Conservation Chair. Her professional expertise is in conservation as a former municipal Natural Resources department director, Conservation Agent, and Conservation Commissioner. She has managed the development of plans and conservation policy. Shana is



currently a Projects & Procurement Director and a staff liaison to town boards and committees, including Conservation and Open Space. The SEM Conservation Committee works with other organizations, so Shana's project management and collaboration skills will be a real asset. She is an avid hiker and has hiked 44 of the 48 NH 4,000-footers, as well as many other trails in New Hampshire and Vermont, and walked trails throughout the Cape and Massachusetts.

Anne Duggan is our new Education Chair. Anne is a longtime SEM 4-season hiking leader, as well as a backpacking leader. She presents at SEM's annual Winter Workshop, and then schedules winter hikes and snowshoes. This past summer, Anne took AMC's Mountain Leadership School training. In her professional life, Anne was a family nurse practitioner. She was also an educator as an adjunct professor and clinical instructor. Anne volunteered as an instructor and mentor with Partners in Development.



Thank you to Stephen, Shana, and Anne for contributing to our chapter!

Are you interested in helping? We have several open Executive Committee positions, including Communications Chair, Hiking Vice Chair, and Bicycling Chair. Want a smaller commitment? We can always use more leaders in any of our Activity Committees: Hiking, Cape Hiking, Trails, Skiing, Bicycling, and Paddling. For more information, email [Nominating Committee Chair](#) Alan Greenstein or [Chapter Chair](#) Diane Simms.

### Thank You, Loyal AMC Members!

#### 50 Year AMC Members

David Crimmins	Elizabeth Slocum
Constance Curtis	John Slocum
	John Wilkens

#### 25 Year AMC Members

Maria Afonso	Richard Jussaume
William Buchan	Robert Leite
Sally Chandler	Foster Palmer
Charles Chandler	Mark Powers
Brian Dixon	Robin Rose
Mary Ebersold	Linda Rowe
John Ebersold	John Rowe
Barbara Hathaway	Wayne Rutledge
Michael Himberger	Brian Smith

Are you age 70+ years and have been an AMC member for at least 25 consecutive years? You are eligible for an AMC life membership! Life membership is free and, in addition to the benefits of membership, includes a free subscription to AMC's *Appalachia Journal*. To request a life membership, contact [Member Services](#) or call 603-466-2727.





Blaze orange vests on both the hiker and her dog stand out against both sun and shadow, clearly indicating "WE ARE NOT DEER!" Photo by Nancy Tutko

## Go Orange: The keys to hiker safety during hunting season

By Nancy Tutko

It's deer hunting season in Massachusetts, now through Dec. 31, and with many popular outdoor recreation areas also open to hunting, wearing blaze orange is key to staying safe out on the trails.

**Massachusetts Shotgun Season: Nov. 29–Dec. 11, 2021.**

**Primitive Firearms Season: Dec. 13–Dec. 31, 2021.**

**Bow Hunting: through Dec. 31, 2021**

**Note: Hunting is not permitted on Sundays in Massachusetts. (To be extra-safe, wear orange anyway.)**

All walkers, bikers, runners, horseback riders, and others using public trails during hunting season should:

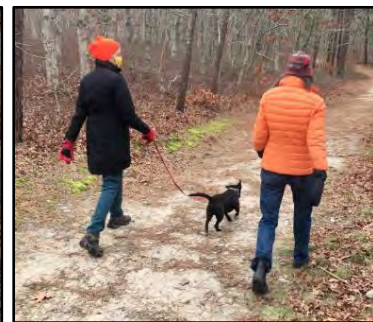
- » Check beforehand to see what activities are allowed along your favorite trails. Hunting is allowed in many public areas, including the Cape Cod National Seashore.
- » Be aware that for public safety, some conservation properties that allow hunting may be closed to non-hunters during shotgun season.
- » Wear blaze orange, neon yellow-green, or other bright color to alert nearby hunters to your presence.
- » Stay on frequently used designated trails; avoid lesser-used or remote trails, especially those near property boundaries.

- » Make sure your dog is leashed at all times, with an orange dog vest or bandanna for extra visibility.
- » Choose a bright color pack or pack cover if you're carrying a backpack.

Hunting is permitted in Massachusetts Monday through Saturday, starting 30 minutes before sunrise and ending 30 minutes after sunset. Visibility is much lower at dawn and dusk, and increased wildlife activity makes those popular times for hunting. It's best to avoid wooded areas then, but if you're out on the trails, it's especially important to wear highly visible clothing.

Look for blaze safety vests, jackets, and caps in sporting goods stores, bait and tackle shops, home improvement and department stores, and pet supply shops.

Fun fact: Deer are colorblind in the red-orange range, so what looks like fluorescent orange to us appears as a shade of gray or brown to them. That's one reason why blaze orange clothing is popular with hunters, because it keeps them camouflaged to their targets (deer), but visible to each other.



In the altered photo, top left, the hiker's red hat is her only protection from an inattentive hunter. Top right, leash your dog and stick to open, clearly designated paths. Photos by Nancy Tutko



"And now we welcome the new year. Full of things that have never been."

-Rainer Maria Rilke





## Volunteer of the Month: Pete Tierney

By Skip Maysles, Trails Committee Chair  
AMC Inter-Chapter Trails Committee

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Trails Committee recognizes Pete Tierney for his numerous contributions.

Since joining AMC in 1999, Pete has been very active in our club. He was past chair and past vice chair for the Trails Committee. Under his leadership, the Trails Committee has grown stronger and more vibrant with a great group of volunteers. With his hard work, the team has replaced a dangerously defective bridge in the Blue Hills, added a stairway to a steep embankment in Pembroke, re-marked sections of the Bay Circuit Trail, performed trail work on SEM's adopted Skyline Trail in the Blue Hills, and much more.

He is a proud participant in other SEM activities, such as Trail Trace the Blue Hills, White Line the Blue Hills, Thursday morning hikes, and most recently he was selected to join the Nomination Committee.

For approximately 15 years, Pete has also been a volunteer with Friends of the Blue Hills leading trail work activities, cleaning trash from the trails, pulling invasive weeds, and making the trails safer for all of us to use.

An avid outdoor enthusiast, Pete likes to keep busy, whether hiking, doing trail work, or riding his motorcycle. With the notable exceptions of Australia and Antarctica, Pete has seen many far-off lands and beautiful places.

Thanks, Pete, for all you do! Pete will receive a Volunteer of the Month certificate and a \$50 gift certificate.

## “PATCH-WORK!”

By Ken Cohen, Hike Leader

The AMC Southeastern Massachusetts Chapter (AMCSEM) offers many excellent hiking opportunities and programs for all to participate in. These include a number of terrific achievement programs for us to pursue.

Have you considered the “Record Hiking Miles” option that can be found on the [Hiking Committee's page](#) of our website? It's a great way to set personal goals and casually compete with your fellow hikers.

As an additional incentive, our chapter offers a neat looking “100-Miles” patch (see the photos). You can request one after each 100 miles of AMC-sanctioned hikes, with any AMC chapter, in any one calendar year. Just email our [Hiking Chair](#).

A few years ago, a “500-Miles” patch was added to the mix. That patch can be requested after you've exceeded 500 miles of AMC sanctioned hikes, with any AMC chapter, during **any** period of time. For example: 200 miles during calendar year 2021 and 300 miles during 2022 would fulfill that requirement. Of course, acquiring five 100-Miles patches over time would qualify you for the 500-miler.

Finally, a much-coveted “1000-Miles” patch was created for those who consistently pursue the trails during official AMC Trips over an extended period of time. Currently only a few of us have reached that landmark.

Please check all details by clicking [here](#) or on “Hiking” under “Committees” on the left side of the homepage of the AMC-SEM website. That will take you to the comprehensive hiking activities page, where, on the right side, you'll click “Record Hiking Miles.” Give it some time to load and read the details at your leisure to get started.

Get your well-designed “Mileage Patches” when you strive to, as the AMC official logo says: “*Be Outdoors!*”



Sign up to record your hiking mileage and start working toward 100-mile, 500-mile, and 1000-mile recognition patches. *Photos by Ken Cohen*





## Trail Tracing the Blue Hills completes another year

By Bill Doherty, Hike Leader

Trail Tracing the Blue Hills<sup>1</sup> completed its sixteenth season with its two traditional day hikes, one in Fowl Meadow and the other the End-to-End Skyline.

Twelve participants completed the Fowl Meadow hike on October 9th with Paul Brookes and Bill Doherty as leaders. As we had so much rain in the summer and fall, our hike route needed to be adjusted. Some of the inlets on the Neponset River trail were flooded, as was the Upper Burma Road trail, so those trails were left for another day. Since the hike was shortened, there was no need to spot cars, and we were able to start and end the hike at Royall Street. It was a beautiful day and over half of the participants were new people who came out for a nice fall hike in an area they had not hiked before. They were not disappointed in seeing landscape and flora that is not seen in the rest of the Blue Hills. We stopped for lunch by a bucolic pond and completed our five-mile hike by 2:30pm.

The End-to-End Skyline traverse is the longest and most challenging hike in the Blue Hills, with its steep and rocky terrain. Four participants completed this year's End-to-End hike on November 13th with Bill Doherty, Joanne Newton, and Barry Young as leaders. The leaders set up a call on Friday night, based on rain forecasts, to determine whether the hike should proceed or be canceled. A window of opportunity opened up when the rain stopped on Friday at 7 pm: Saturday's forecast was for clear and sunny in the 50s; the next rainstorm was not due until Saturday at 6 pm. The hike leaders declared it a "Go."

We planned on an early start, as the sun set on Saturday at 4:24 pm. We met with boots on by 8:00 am at Shea Rink, did the circle up, and then shuttled cars and people to Royall

Street. Joanne and Barry dropped off a safety vehicle at the State Police parking lot, in the event someone needed to leave mid-hike. We were able to step off at 8:15 am from Royall Street. All the participants were conditioned hikers, and we made good time with two twenty-minute stops, one at State Police and the other at Buck Hill. We also made the requisite short rest and water stops, as needed. Footing was a little difficult at times, with all the leaves covering the rocks and roots. Although a few people slipped, they were either able to catch their balance or manage a graceful landing, so everyone made it through the day unscathed.



It was really a beautiful day with the temperature climbing to 70 degrees. We all had to de-layer a couple of times. Further, it was an exceptionally clear day with little haze, and we were rewarded with spectacular views from all the hills we traversed. In addition, we marveled at all the trees awash in vibrant yellow leaves dancing in the sun.

We finished our End-to-End hike at 2:30 pm, completing the eight-and-one-half mile trip in six hours and 15 minutes. Everyone felt a sense of accomplishment, enjoyed the weather, and were glad they hiked that day.

As we close out a difficult but successful season, many thanks to the hike leaders who volunteered to lead, and our hikers who came out one week, two weeks, or many weeks. We welcome you back next year, as well as those who hiked on their own or were hesitant to come back at all due to Covid. Hopefully, next year will be more normalized due to additional people getting shots and with the new AMC rules on vaccination requirements in place.

Hillary Clinton once said, "When I am talking about 'It takes a village', I am obviously not talking just about or even primarily about geographical villages any longer, but about a network of relationships and values that do connect and bind us together."

I think Trail Tracing the Blue Hills has become the village for many of us. Happy Holidays.

<sup>1</sup>"Trail Tracing" replaced "Red-Lining" this year because the original term had unintended associations with discriminatory real estate practices.



End-to-End and Up (above) & Down (right) the Skyline Trail.  
Photos by Joanne Newton





Winter hiking leaders met webinar workshop participants at Houghton's Pond to answer questions and demonstrate equipment. *Photos by Diane Simms*

## Winter Hiking is the Best!

by Diane Simms, Chapter Chair & Hike Leader

Winter is my favorite time of year to hike, but I generally stay close to home. This year I'm planning more challenging hikes. To get ready, I attended the Winter Hiking Workshop webinar. This webinar had 68 participants eager to learn more about winter hiking. Did you miss it? Watch it [here](#).

Experienced leaders shared their knowledge of clothing, footwear, traction devices, food, hydration, and group management. Thank you to Jeannine Audet, Eva Brosody Das, Anne Duggan, Maureen Kelly, Paul Miller, Dexter Robinson, Paul Brookes, and Susie Schobel. In the chat, participants asked for the slides, so they could review the valuable information. Ask and you shall receive! The Hiking Committee added a section to the [website](#) with [winter hiking resources](#).

Some questions are better answered in person. On a crisp Saturday morning, six experienced SEM winter hike leaders laid out their gear at the Houghton's Pond concession stand and answered questions from 32 participants. I asked for advice on how to attach snowshoes to my pack, and also took note of better ways to hang my water bottles and food jar so they'd be more accessible with gloved hands. After the Show and Tell, we divided into three groups to hike about six miles and 1,000+ feet of rolling up-and-down elevation gain.

To build our skills, we headed west for the second, more

challenging hike in the series: Seven Sisters Ridge, which had a steeper, longer ascent with 1,000+ feet total elevation gain. We were again supported by experienced winter hike leaders who shared their knowledge. The third hike in the series will be January 8 at Mt. Morgan and Mt. Percival in the southern New Hampshire White Mountains, which will have 1,600 feet of elevation gain. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop.

Already a seasoned, conditioned winter hiker? Check out listings for hiking, snowshoeing, and cross-country skiing up north.

I'll also be hiking locally. The Winter Trail Trace series will start in late December. Other winter conditioning hikes are in the works. Also look for the Thursday morning hike series and Cape hikes. Even when hiking locally, the information from the Winter Hiking Workshop is important. You want to stay dry, have the right food, and hydrate. Depending on ground conditions, leaders may require traction devices. Even if your neighborhood is free of snow, trails may be icy and slick.

Click [here](#) to view SEM activities. You can also set up an Activity Digest to get email notification of AMC activities. You establish the filters for the types of activities you're interested in. You can have up to five Activity Digests. Login at the bottom of the page of [outdoors.org](#). Go to the bottom of the next page and click My Outdoors. Click Digest Emails and build your digests.

Have a fun-filled winter!

Right: Snow or no snow, winter hiking poses its own challenges.







## Welcome Anne Hennessey as our newest Cape hike leader!

By Robin McIntyre, Cape Hiking Vice Chair

New Class 1 Hike Leader Anne Hennessey has lived on the Cape since 1998 and has been active in AMC since 2018. She retired from nursing in 2015. She volunteers with a number of Cape organizations: Americorp, at the National Seashore Park, the Butterfly House and Pollinators Garden, and the Cape Cod Natural History Museum in Brewster. Anne loves gardening, swimming, and hiking. She wanted to be more active in AMC and took the leadership training this past spring.

With Jane Harding as her support, Anne did her first co-lead in the Punkhorn in Brewster, MA. She made several scouting forays to finalize her route.

Anne arrived prepared to manage the waiver, give the start-up talk, and greet participants. She did a nice job welcoming everyone, including our new SEM Vice Chair, Stephen Conlin. She gave a succinct but thorough start-up talk and had everyone introduce themselves.

Anne was in full control of the hike. She assigned Debbie Hayden to be her sweep, maintained a nice pace, and stopped periodically for the group to take water breaks. When she missed one turn, she quickly got her bearings and brought the group to her desired location. Anne did an outstanding job for her first co-lead.

On December 2, Anne completed her second co-lead hike at Nickerson State Park in Brewster. She pled and scouted the area for this five-mile Show and Go hike. She communicated with me, her leader, about potential weather issues during the week prior to the hike. She had 16 participants total.

At the trailhead, Anne observed hikers' preparedness with proper footwear, water, and outerwear (showers were possible). She gave the trail talk, including information about the area and general overview of the hike terrain, tick precautions, Leave No Trace, introductions, and headcount.

Anne introduced Debbie Hayden as the sweep, and during the hike she paused intermittently to let the group tighten up space. At the end of the hike, she received her AMC volunteer patch, first aid kit, mask/gloves/snacks, and a warm welcome and round of applause from the hikers.

We welcome Anne as our newest hike leader, and we look forward to her leading more hikes on Cape Cod.



Left: Brockton Conservation Area hike on Nov. 27th. Photo by Maureen Kelly

Right: Tuesday morning hike Nov. 30th in the Blue Hills. Photo by a Friendly Hiker





Trish Crocker, right, receives her official Hike Leader kit from Cape Hiking Chair Jane Harding, left. *Photo by Mary O'Connor*

## Cape Hikers welcome new Class 1 Leader Trish Crocker

By Jane Harding, Cape Hiking Chair

On 11/11/2021 Trish Crocker led a qualifying hike in Truro, MA, with 17 participants to become a Class 1 hike leader for Cape hikes. Trish and her husband Bill have settled in Harwich, MA, to enjoy their retirement years and have found a love for hiking. Pre-pandemic Trish and Bill were frequent participants in Cape Hikes. Then the pandemic hit and for their safety and the safety of their family they opted to shelter in place. They did frequently go out together like

many others and hiked around the Cape to ward off symptoms of cabin fever. During the pandemic, Trish took the online leadership training program.

Once both she and her husband were fully vaccinated, they rejoined group hikes on the Cape and Trish was raring to go to complete her leadership training. She co-led two hikes with me as her mentor. It was an easy mentoring job for me. Trish independently scouted her hikes, prepared copies of the AMC waiver, and reviewed the trip talk handout prior to her first hike.

Her first hike was in Hawksnest State Park in Harwich. Trish greeted everyone on arrival and insured they were on her waiver list. Trish shared information about the history of the park, the relevant AMC guidelines, and then had the group introduce themselves. She made a few stops along the way and pointed out some relevant tidbits. She did a great job keeping the group together and getting everyone back to their cars safely.

Trish's second hike was Bearberry Hill in Truro, MA, a combination dune walk and beach walk. On a beautiful fall day, 17 hikers came to enjoy the area. Again, Trish conducted all of the roundup activities without assistance and shared relevant history of the area. She did an outstanding job leading the large group of hikers throughout her route, stopping at some scenic vistas and sharing interesting tidbits.

It is a pleasure to welcome Trish to the team of Cape Hike leaders.



## SEM Memories

This photo, possibly from 1991, shows hikers ascending a slope in the Blue Hills. Check out their packs!

If you have information about this photo or have photos from the AMC-SEM chapter's history, please contact [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).





Photo from Pixabay

## The Lure of Hiking Lists

By Dexter Robinson, Hike Leader

One morning back in the early 1990s, I learned that a co-worker in the adjacent office and her husband had hiked Mt. Washington over the weekend. I figured since I was in good if not better shape physically than she was, I should be able to climb that mountain. My first attempt was a humbling failure since I, along with family members, started too late and were wearing the wrong clothing. But a second attempt was successful and can only be described as spectacular. I was hooked.

My wife suggested that I join the Appalachian Mountain Club, never realizing where that would lead. I soon found myself going on hikes in the White Mountains and then leading them. I naturally fell into leading hikes to many of the New Hampshire 48 4,000-footers (4Ks) that I had not visited in order to complete "the list."

The AMC Four Thousand Footer Club was formed in 1957 to encourage people to hike to some of the less visited 4Ks in the White Mountains. Another goal was to reduce peak bagging to some of the well-known mountains by spreading it out to other mountains. In addition to approving club applications and selling merchandise, the club donates money each year for trail work and maintenance. The NH 48 4Ks list is probably the best known and most popular hiking list in New England. As of the end of 2019, more than 15,000 people had completed the list.



The Monadnock-Sunapee Greenway Club patch.

Statistics confirm the growing popularity of hiking and peak bagging. I must admit I soon found completing "the list" to be rewarding, as well as addictive. A summit list sets a goal and gets one to places you might not normally visit, as well as getting you outdoors for much needed exercise. Social media, along with the pandemic, have had an enormous effect on hiking and peak bagging. I'm sure some of you who visit the Whites of late have experienced overflowing parking lots and crowded trails, particularly on weekends.

Hiking has been one of those outdoor sports one could do despite all the pandemic-related restrictions. Working on a hiking list has been therapeutic for some people recovering from drugs or medical conditions. Comments on Facebook from posted hike summaries and photos provide recognition and encouragement to keep hiking. Working on a list is an opportunity to practice trail finding, use of a map and compass, and other outdoor skills.

On the negative side, some critics such as Phil Levin, a former editor of AMC's *Appalachia Journal*, have charged, "Peak bagging introduces an undesirable artificiality into the natural scenery of the mountains. The peak bagger is obsessed with a numbers game that demeans the mountain experience."



Criteria for the Trailwrights 72 patch include 72 hours of documented trailwork in addition to climbing to and from 72 NH peaks.

Peak baggers also have been criticized for effecting use patterns and attracting more hikers to fragile trails and once-undisturbed summits, causing trail erosion and a loss of solitude in the mountains. Moreover, hiking just to complete a list can be obsessive to the exclusion of all else. It can lure people into taking risks and making bad decisions due to lack of experience and education.

Here are two excerpts from Facebook posts that illustrate the reward and risks of hiking to complete a list:

"Tears were shed today because finishing the 48 is a big deal to me. It was less than a year ago that I didn't think I'd be alive at this point. I lost my will to live. With the right help and so much support, I was able to recover but.....the thing that saved me the most....was these mountains."

Continued on page 11



## The Lure of Lists Continued from page 10

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“So, I finished the 48 today with a ‘sunrise’ summit on Moosilauke. What should have been a joyous occasion quickly turned into the most terrifying experience of my life. The weather report called for clearing skies early and relatively low winds. What I encountered were whiteout conditions, gale force winds and knee-high drifts. Any other day I would surely have turned around given those conditions but not today, not on my 48th! What a fool.

“After tagging the summit, I turned around only to see that my footprints had already blown away. I started heading in the direction I thought I’d come and...checked my phone app for (the) GPS position. It showed that I was way off trail. I continued on, only to find mounting drifts and no trail in sight due to poor visibility. I pulled my phone out once more and then it died....I spent the next 3.5 hours struggling through waist-to-chest-high snow....[E]ventually I came out onto the carriage road. My feet were soaked and numb at that point, but I ran most of the way back to my car.

“What did I learn today? That pride can kill you and that these beautiful mountains that give so much, can also take everything in an instant of misjudgment.”



Peak bagging can become a lifelong goal.

For some, finishing a list can soon lead to a desire to do another list. Many hikers continue on with summiting 4Ks, completing them all in New England (67 mountains) and later in the Northeast (115 mountains). Doing one list can contribute to completing another list. Nothing says you have to start from scratch. For example, the New England 4K list requires completion of the NH 48 list.

There are many lists that are designed more as challenges, rather than getting you to new summits. Such lists include hiking all of the NH 48 in winter or in each of the four seasons. One of my favorites is hiking all 48 over the age of 70. The patch for this one shows a hiker climbing a mountain holding on to a walker. The ultimate challenge for the NH 48 is “the Grid,” hiking all 48 mountains in every

month. Close behind that one is the 4K Every Day list which requires one to hike one 4,000-footer in the Northeast every calendar day, including February 29th.

Some other lesser-known lists include the 52 with a View list (52 NH mountains with a view on the summit or on the way to the summit); the Belknap Range of 12 official mountains (to receive a patch); the NH 100, 200, 300, 400, or 500 Highest; and the NH 2,000-footer and 3,000-footer mountains.

The NH Fire Towers list requires one to stand at the site of the current or former fire tower. Some of the 100 towers have trails, others have access roads, and some require bushwhacks.

An unusual list is the NH Trailwrights 72. This list “challenges the serious hiker in a mountain environment,...gives the opportunity to develop skills in navigation on and off trail,...and provides an awareness of stewardship of the trails we enjoy.” This list requires hiking to and from 72 NH 4K peaks (only one summit can be counted per hike) and completing 72 hours of documented trail work.

Lists are not necessarily confined to reaching summits. Some lists require hiking all the trails on a map. For example, all 125 miles of trails in the Blue Hills Reservation; or all documented trails in a guidebook, such as all trails in the NH White Mountain Guide. These can be done in three seasons or in winter.

The Terrifying 25 list includes NH White Mountain hiking trails that have slides, rock scrambles, and boulder caves.

Some lists require hiking all of a particular trail: Examples include the Vermont Long Trail, Appalachian Trail, The New England Trail, the Monadnock-Sunapee Greenway Trail, and the Cohos Trail. Most of these have patches, and some have websites as well as guides.

One need not be confined to an existing list to have challenge and a goal. If the NH 4K “Grid” seems too difficult, one can consider taking a favorite 4K mountain and climbing it in every month. Likewise, if hiking all of the Appalachian Trail is beyond your reach, consider a portion of it, e.g. all of it in New England.

Finally, here are some links you might find helpful:

[AMC Four Thousand Footers Club](#)

[New England hiking lists](#)

[Hiking lists in NH and New England](#)

[Challenging lists and grids in New England](#)

[Patches for some of the NH lists](#)





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](http://outdoors.org), and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

### CAPE HIKES

**Sat., Dec. 18. Hike Newcomb Hollow Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, December 18, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Dec. 18, 9:45AM - 12:30PM, Wellfleet, MA.** We will be meeting at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. No registration required, but contact me if you have any questions. Richard Kaiser 508-246-7582 (best time to call: Before 9 PM) [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net)

**Sun., Dec. 19. Hike--Wareham G, Wareham, MA.** This pre-registered hike with a limit of 19 participants is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Waterproof hiking shoes/boots are required and microspikes/Yak Trax and poles if snowy/icy. Bring water. Directions to the trailhead will be send to registered participants. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 6th year Level 1 SEM/Cape Hike Leader with previous WFA training.

**Sat., Jan. 8, 9:45AM - 12:30PM, Truro, MA,** This 2.5-hour hike covers 4.5 miles of steep hills, forests, and amazing ocean views 150 feet above the beach. If icy conditions, you will need crampons or spikes on your boots and poles. We will be meeting at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. Contact me if you have any questions. No registration required, but contact me if you have any questions. Richard Kaiser 508-246-7582 (best time to call: Before 9 PM) [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net)

## Activities

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

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### CAPE HIKES

**Sat., Jan. 22, 9:45AM - 12:30PM. Truro, MA.** This 2.5-hour hike covers 4.2 miles of hills, forests, amazing ocean views, and a short beach walk. If icy conditions, you will need crampons or spikes on your boots and poles. We will be meeting at 9:45 AM on Saturday, January 22, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. No registration required, but contact me if you have any questions. Richard Kaiser 508-246-7582 (best time to call: Before 9 PM) [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Vice Chair SEM 20's & 30's Committee, MA.** Help engage SEM 20's & 30's members by planning in-person activities, online socials, and social media. More details [here](#). For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

**Ongoing. SEM Bicycling Chair and Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Chair, SEM Communications, MA.** Join the SEM Executive Committee! Do you love to write, coordinate activities, and engage others? The Communications Chair supports the activities of Communications Committee volunteer staff (Breeze Editor, Blast Editor, Webmaster, Social Media Administrator, etc.) to manage communications to our members. Find our more [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

### HIKING

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

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

**Sun., Dec. 12, 10:00AM - 12:30PM, Hike in Bioreserve, Fall River, MA.** Parking lot is 100 yards PRIOR to 2929 Blossom Road, Fall River, MA. Enjoy a 4 mile hike in the Fall River Bioreserve. The hike will be 2-3 hours. You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required, suitable for colder temps. Dress for the weather; layers are better than a heavy jacket. Heavy rain or thunderstorms will cancel. Traction devices will be required if there is packed snow/ice. Leader will let you know. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets. L Diane Simms. Email leader to register: [chair@amcsem.org](mailto:chair@amcsem.org).

**Tues., Dec. 14, 9:45AM - 2:00PM. Tuesday morning hike in the Blue Hills Reservation, MA.** Please join me for a moderately paced hike of approximately 7 miles and 1,000 ft of elevation gain in the Chickatawbut Hill section of the Blue Hills. The pace will be 2-3 MPH. Appropriate hiking clothes for cold weather conditions and a small backpack are required. Weather can change dramatically around this time of year, so please check before coming to the hike. If snow or ice is present, microspikes or snowshoes may be needed. Please bring a minimum of 2 liters of water and light snack. L: William Belben [william.belben@yahoo.com](mailto:william.belben@yahoo.com). Registration required [here](#).

**Thurs. Dec.16, 10:00 AM. Stoughton Conservation Area, Stoughton, MA.** Join us on an approximate 6-mile hike around the Stoughton Conservation Area. There are no big hills on this route. We should find the site of an old quarry, some stone foundations and a beautiful lake. Come explore with us and learn a bit about this area. The hike should last approximately 3.5 hours depending on the pace we set for ourselves. We will make sure we enjoy our surroundings as we hike along. This hike requires registration and an Information Sheet will be sent out to each participant before the hike. Only severe weather conditions will cancel this hike. I will watch the weather and advise what equipment will be advisable. Joanne Newton 508-215-9470 (best time to call: Best after 6 PM) [newt665@comcast.net](mailto:newt665@comcast.net) Joanne is a 3 Season Leader for AMC SEM Chapter. Registration required [here](#).





## Activities

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

### HIKING

**Thurs., Dec. 16, 10:00AM, Caroling Around the Pond, Blue Hills Reservation, MA.** Hark! Come one! Come all! Put on your best festive and fun holiday caroling attire and join us for a stroll around Houghton's Pond at the Blue Hills Reservation on Thursday, December 16th at 10 AM. We will meet at the Houghton's Pond Visitor Center to "rehearse" before heading out on our 1.1 mile caroling adventure around the pond. We will stop along the way to sing a number of traditional carols, seasonal tunes, and holiday ditties. Stay for light refreshments and cheer after the singing! We will wrap up before noon. Revelers of all ages are welcome! Well behaved dogs on leashes are also welcome! Caroling will be cancelled if the weather outside is frightful. Cancellation will be posted on the AMC activities website, so be sure to check before you drive if the weather looks unsafe. L: Pamela Johnson, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com). Pam is an AMC SEM Chapter Level 1 hike leader. Pam is a life-long musician and plays piano, sings, has played cello and rung English hand bells. Music makes life merry! L: Paul Brookes. Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes, as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny. Registration required [here](#).

**Thurs., Dec. 16, 6-8:30 pm, Full Moon Hike at Borderland State Park, 259 Massapoag Ave., No. Easton, MA.** Come and hike under the Full Cold Moon or as some call it the Long Night Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds. We see the moon about 90% of the time. even just a brief appearance is breathtaking. Sturdy Hiking Shoes are a must for the fall conditions on these sometimes wet and occasionally slippery trails. Additional equipment may be required for changing weather conditions. L/R Bill Cannon [bcannon56@gmail.com](mailto:bcannon56@gmail.com), L Nancy Coote [cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com), L Patricia McNally [pmcallyma@comcast.net](mailto:pmcallyma@comcast.net). This trip is not appropriate for pets. Because of the small parking area the hike is limited to 30 participants.

**Sat., Dec. 18, SEM 2022 Snowshoe Series #1, Franconia, NH.** Start off your winter snowshoeing by enjoying the scenery in Franconia Notch. We will be hiking Mount Pemigawasset via the Mount Pemi Trail and trekking through the frozen and snowy Flume Gorge. This 5.4 mile/ 1,500-foot elevation gain trip will take 5-6 hours. Snowshoes and microspikes required. Participants must be vaccinated for COVID-19 or get a negative PCR test within 72 hours of the start of the trip. L/R: Diane Hartley, 508-566-6517 (best time to call: 5 to 8 pm) [dihartley@comcast.net](mailto:dihartley@comcast.net). Diane is a four-season hiker and SEM Level 4 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. L Anne Duggan, 508-789-5538 (best time to call: before 9 pm) [Anne.Duggan](mailto:Anne.Duggan). Anne has been leading hikes for the SEM Chapter since 2011. She has hiked the NH 48 4K. She especially enjoys snowshoeing and hiking in the winter! L Éva Borsody Das.

**Mon., Dec. 20, 3:45 PM - 6:00 PM, Celebrate The Winter Solstice At Plymouth Long Beach, Plymouth, MA.** Join us to celebrate the return of the sun and the lengthening of days on the winter solstice (actually the day before the solstice). The sun will set as we walk out on the beach (4:14 pm) and the moon will rise as we walk back in (5:21 pm). We will meet at 3:45 and hike from 4-6 pm. Headlamps and/or flashlights are required for each participant. Relaxed pace. All are welcome who can walk on the sand. Registration is required [here](#). L: Maureen Kelly 617-943-4288 (best time to call: Before 8 pm) [mokel773@aol.com](mailto:mokel773@aol.com). L: Barry Young [barry.young@comcast.net](mailto:barry.young@comcast.net).

**Tues., Dec. 21, 10:45AM, Winter Trail Trace the Blue Hills Hike 1, Blue Hills Reservation, MA.** "Winter Trail Trace the Blue Hills" is an honor system quest to hike all of the mapped trails in the Blue Hills Reservation between the Winter Solstice and the Spring Equinox. For most folks, Winter Trail Tracing takes several winter seasons to complete, hiking trails both on their own as well as in our fun Winter Trail Trace Group. This series has 13 hikes and runs from December 21, 2021 through March 15, 2022. Registration is required each week for the 13 hikes. Group size will be limited to 20 participants. For this FIRST hike we will meet at 10:45 AM for a hike start of 11 AM to coincide with the precise beginning of Winter. For all other hikes we will meet Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3-4 hours at a moderate pace, stopping to enjoy lunch while we're out hiking. Our final hike will be shorter with a celebration indoor luncheon after the hike. Winter clothing, insulated winter hiking boots, traction equipment (microspikes), snow shoes, and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers who have proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com). Pam loves being outdoors all year round! She is an AMC SEM Class 1 Hike Leader. Pam is a leader for the Winter Trail Trace the Blue Hills and the Spring Conditioning Series in the Blue Hills. Pam has climbed the NH 48 Four Thousand Footers and is now working on the 52 With A View (WAV) list. Registration is required [here](#).



## Activities

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

### HIKING

**Thurs., Dec. 23, 10:00AM - 2:00PM. Thursday Morning Hike - Burrage Pond WMA, 15 Hawks Ave, Hanson, MA.** Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. Please contact leader BEFORE bringing DOGS on this hike. Please wear bright orange clothing (Hat or Vest or something bright) as this hike is in a hunting area and it is hunting season. (Primitive Fire Arms). Registration is not required for this activity, but contact the leader if you have any questions. L: Richard Carnes 508-947-3204 (best time to call: Before 8 PM) [rcarnes2@aol.com](mailto:rcarnes2@aol.com)

**Tues., Dec. 28, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #2. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Dec 21, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Jan. 4, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #3. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Dec 28, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Thurs., Jan. 6, 10:00AM - 1:00PM, Thursday Morning Hike at Copicut Woods, Indian Town Road, Fall River, MA.** Enjoy a 4-6 mile hike in the Fall River Bioreserve -16,000 acres in the heart of the Southeastern Massachusetts region. First we'll hike a 4 mile loop with a stop at the reservoir. After returning to the parking lot, there will be an optional 1-2 mile loop. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. Dress for the weather. Depending on ground conditions, traction devices may be required. No pets. Registration is required here.

**Tues., Jan. 11, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #4. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 4, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Jan. 18, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #5. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 11, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Jan. 25, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #6. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 18, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Feb. 1, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #7. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 25, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Thurs., Feb. 3, 10:00AM - 2:00PM, Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, MA.** Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street Hike in the Great Woods from Norton thru to Mansfield Natural Resources Trust. Carpooling/spotting from Mansfield NRT to trail head on Freeman Street in Norton with side street parking. (Directions below) Flat roaming hike with glacial eskers, old mill dam and early 19th century Coddling Farm site. Bring water, lunch or snacks and dress for the weather. Heavy Rain/Snow will cancel hike. Possible shorter snowshoe hike. Registration is not required for this activity. However, you may wish to contact the leader(s) if you have any questions. L: Richard Carnes 508-947-3204 (best time to call: before 8 PM) [rcarnes2@aol.com](mailto:rcarnes2@aol.com).

**Tues., Feb. 8, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #8. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 1, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Feb. 15, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #9. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 8, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).





## Activities

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

### HIKING

**Tues., Feb. 22, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #10. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 15, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Mar. 1, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #11. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 22, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

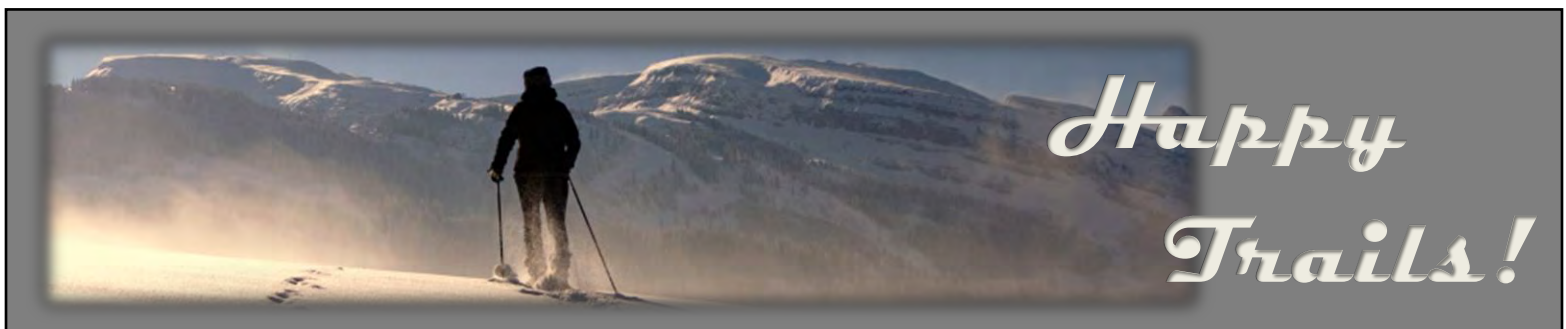
**Tues., Mar. 8, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #12. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Mar. 1, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Mar. 15, 9:45AM - 2:00PM, Final Winter Trail Trace the Blue Hills Hike #13. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Mar. 8, at 6:00 PM. See details of the series at the Dec. 21st listing. For this FINAL CELEBRATION hike, we will shorten our trail time to a few hours at a moderate pace and then we will meet up at a local favorite restaurant to enjoy an indoor lunch and celebration. Details to be announced prior to the hike. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

### SKIING

**Fri., Jan. 14, 4:00 PM - Sun., Jan. 16, 12 PM. Cross Country Skiing & Snowshoeing in Waterville Valley, NH.** Join us for a 3-day weekend of cross-country skiing & snowshoeing in Waterville Valley. We will call the Mountain Fare Inn our home base. The inn is very cozy & close to the Waterville Valley Ski resort. This year, the inn is "self-service"; we will prepare or order our breakfasts to be delivered to the inn & will be dining out for dinners. Activities will include cross country skiing at the Waterville Valley resort, w/ other snowshoeing/ hiking trips nearby. Participants should bring their own ski & snowshoe gear or rent in advance. Cost per adult: \$285 member / \$285 non-member, includes cost of room per person for 3 nights, including tax. Additional costs will apply for ski trail passes, equipment rental (if needed), & meals. Participants must be able to document that they are fully vaccinated for COVID-19 or have a negative PCR test within 72 hours of the start of the trip. L: Jeannine Audet 508-493-8221 (best time to call: Weeknights after 7:00 pm, weekends anytime.) [jhummingbirddb@aol.com](mailto:jhummingbirddb@aol.com). Jeannine is the Skiing Chair, & enjoys sharing the beauty of the mountains with others. L: Leader Dia Prantis [dprantis@yahoo.com](mailto:dprantis@yahoo.com). Dia is the Skiing Vice Chair & is very welcoming to all who wish to enjoy the mountains in the winter. Registration is required [here](#).

**Fri., Feb. 11, 5:00PM – Sun., Feb. 13, 12:00PM, Cross Country Skiing & Snowshoeing In The White Mountains, North Conway, NH.** Join us for a weekend of cross-country skiing & snowshoeing in the White Mountains. We will call the Old Field House in Intervale our home base. The inn is very welcoming & very close to downtown North Conway. Activities will include cross country skiing at the nearby ski resorts & hiking/ snowshoeing activities. Activities will depend upon snow/ trail conditions. Participants need to bring their own ski/ snowshoe gear or rent ahead of time. Cost per adult: \$160 member / \$160 non-member, average room rate per night, double occupancy. Rate includes breakfast for 2 days. Additional costs will apply for ski trail passes, equipment rental (if needed), lunches & dinners. We will breakfast at the inn & eat at local restaurants for dinner. Participants must be able to document that they are fully vaccinated for COVID-19 or have negative PCR testing within 72 hours of the trip start date. L: Jeannine Audet 508-493-8221 (best time to call: Weeknights after 7:00 pm, weekends anytime.) [jhummingbirddb@aol.com](mailto:jhummingbirddb@aol.com). Jeannine is the Skiing Chair, & enjoys sharing the beauty of the mountains with others. L: Leader Dia Prantis [dprantis@yahoo.com](mailto:dprantis@yahoo.com). Dia is the Skiing Vice Chair & is very welcoming to all who wish to enjoy the mountains in the winter. Registration opens Dec 17 at 6:00 PM



THE END



# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | January 2022

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

Sign up for the AMC Activity Digest. Sign into your Outdoors account and [follow these instructions](#).

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

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

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

### Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



The White Trail Tracing (WTT) group closed out 2021 with a four-hour trek through the Blue Hills. *Photo by Pam Johnson*

## White Trail Tracers hike through rain to sunshine

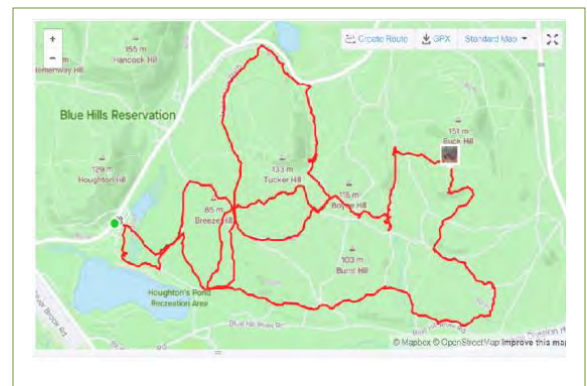
By Pam Johnson, Hike Leader

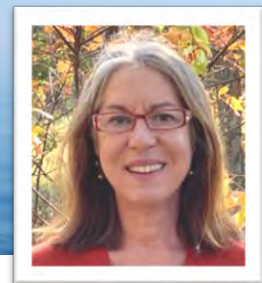
We started December 28th in the misty fine rain of winter, slopped our way through the mud, down the hollows, over the river, up the Oblique Trail, through the snowflake-strewn white pines—and ended in sunshine and lovely 46-degree temps! Congrats to this group of 20 hikers!

### Here are the stats:

Distance: 6.85 miles  
Elapsed Time: 3:54:11  
Moving Time: 2:43:56  
Pace: 2.5 mph (another speedy pace!)  
Elevation: 909 feet

We hiked all of the trails planned, including the "Tail Waggers." Thank you all for being so cheery on a dreary day. We turned the rain into sunshine! Happy New Year!





## View from the Chair: Welcome New Executive Committee Members!

The SEM Executive Committee approved two new ExComm members in our January meeting. Barry Young is our new Paddling Chair. Shannon Garber is our new 20's & 30's Chair.

Barry succeeds Ed Foster, a 50+ year AMC member who provided years of service to AMC-SEM and continues to be a Paddling and Bicycling leader. I appreciate all that Ed has done for SEM and I am glad he'll still be leading.



Barry doesn't need any introduction for many of you. He served five years on SEM's ExComm as Chapter Vice Chair, then Chair, then Past Chapter Chair, which is an official voting position. A Paddling leader and four-season Hiking leader, Barry was lead organizer for the 2019 AMC-wide Fall Gathering hosted by SEM. He has also been a valuable source of knowledge and advice for me, as have the other recent past chapter chairs. On a recent hike, I asked Barry to consider returning to the SEM ExComm as Paddling Chair and I am delighted he accepted. The Paddling committee has been fairly quiet the last two seasons with COVID-19. Barry's goal is to revitalize the committee and seek more leaders. Interested in helping? Email [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org).

On another hike in October, Nominating Committee member Susan Rollins described our open positions and asked who might be interested. Shannon Garber raised her hand. We hiked and talked about two positions she was well suited for. After talking further with Nominating Committee Chair Alan Greenstein, Shannon decided the 20's & 30's Chair was her best fit. She's interested in getting people outdoors and connecting with a community of her peers. She already has ideas on how to engage with younger members. Shannon's career has focused on building community programs and volunteer leadership for nonprofits in Massachusetts. She spends as much free time as possible outdoors, from hiking to paddling to teaching wilderness yoga! Interested in the 20's & 30's Committee? Email Shannon at [20s30schair@amcsem.org](mailto:20s30schair@amcsem.org).



I want to hear your input! Join me on one of the local hikes I generally offer several times a month or contact me at [chair@amcsem.org](mailto:chair@amcsem.org).



*Diane Simms, Chapter Chair*

### 2022 Executive Board

Chapter Chair .....Diane Simms  
 Vice Chair .....Stephen Conlin  
 Secretary .....Natalie Halloran  
 Treasurer .....David Yampanis  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair ..... OPEN  
 Biking Vice Chair .....OPEN  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....OPEN  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Shana Brogan  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Doug Griffiths  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....OPEN  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Sandy Santilli

Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....Jenna Whitney  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20's & 30's Chair.....Shannon Garber  
 20's & 30's Vice Chair.....OPEN

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
 Webmistress.....Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

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

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





AMC-SEM members enjoyed cross-country skiing in 2018.  
*Photo by Paul Brookes*

## Weekend of winter activities at AMC Noble View Center February 18-20

By Paul Brookes, Hiking Chair

On February 18th the SEM Chapter is putting on its tenth annual winter weekend get-away at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. There are spots open, so let us show you the joys of winter hiking, snowshoeing, and cross-country skiing from this beautiful, heated lodge in central Massachusetts.

One great aspect of the location is that a paved and plowed access road allows you to drive right up to the Noble View center, unpack, and then park your car 100 yards back down the road in a convenient and safe parking lot on the Noble View property. So, if you're new to winter activities, this is a great way to take part in these activities without the additional challenge and stress of having to backpack all your food and equipment up to your base camp.

Noble View is one of the AMC's larger land holdings. On 358 acres atop a quiet, pristine mountain, it offers great views of the Pioneer Valley and of Mt. Wachusett. From the cottage decks, the hill offers great sledding below the tree line. Trails wind through quiet woodlands past cellar holes, brooks, and two stunning waterfalls.

The center boasts three buildings: two modernized cottages with drinking water, electricity, and wood stoves (that keep the cottages toasty); and a heated bathhouse with composting toilets, hot showers, and running water for cleaning dishes. It's all quite comfy.

Snowshoeing and cross-country skiing will be offered, assuming enough snow, and hiking otherwise. Participants will need to bring their own equipment.

The chapter reserves all rooms in both cottages for the weekend, so we have the place to ourselves. I can attest that it is a fun, social weekend with lots of activities.

Costing just \$110 for AMC members and \$120 for non-members, you cannot get better value for money. Your fee includes two nights group lodging and six hot meals, starting with dinner Friday evening and running through lunch on Sunday.

Let me give you a sense for the weekend. Most folks arrive between 2 pm and 7 pm on Friday, depending on whether they're working. Folks pick their beds, settle in, and meet the rest of the participants. Self-serve hot food is available in the kitchen throughout Friday evening. For all other meals, we sit down and eat together. Later in the evening, we'll have an icebreaker to get to know one another and review the offerings for the weekend.

Most people take part in one of the organized activities, but some choose to do an activity of their own or simply sit in front of the fire and read. The Noble View weekend is intended to be relaxing, unpretentious, and easy-going. The main cottage boasts two large comfy lounges kept toasty warm by a wood stove. Cards, board games, Jenga, and jigsaw puzzles are available.

On Saturday we will get up for a hot breakfast and then prepare for the morning activity. Due to the relatively low elevation over the years, we have explored trails that are snow-covered, icy, or free from snow and ice. We will go at a leisurely-to-moderate pace comfortable for all.



**It's always hiking weather** on Noble View weekend. *Photo by Paul Brookes*

Continued on page 4





Left: The 2019 Noble View group of 22 people and two dogs.  
Above Left: The Kitchen Krew from the 2014 weekend.  
Above Right: A visit to the Little River in 2020.

## Noble View weekend

Photos by Paul Brookes

Continued from page 3

After the morning activity, we will return to the cottage for a hot lunch that the volunteer cooks (amazing people) have been preparing. After lunch, afternoon activities will be provided. The leaders will take you on different trails from the morning; some years we go down and view the frozen Big Pitcher and Little Pitcher waterfalls, a stunning sight in the winter.

After the return from the afternoon hike, during social hour you can take part in a group yoga class, socialize over a glass of wine (bring your own wine & appetizers), or pull out a board game or puzzle.

After dinner, we'll put on a night hike. This is a reflective hike: We will stop on a trail, turn off our headlamps, listen to the sounds of darkness, and if clear do some star gazing.

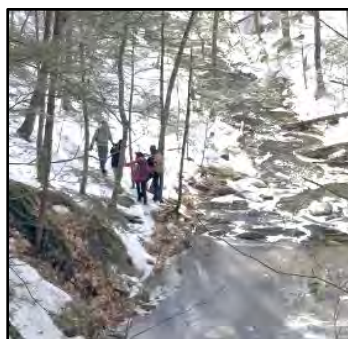
In addition, on Sunday there will be a hearty breakfast, followed by a morning hike, snowshoe, or cross-country ski. After the morning activity, a lunch of leftovers is laid out.

If you are considering registering for this weekend, here are a couple of logistical items. First, I will have my well-behaved dog, Sunny, with me. He loves people and is totally not reactive. During the weekend he may be off leash, both in the cottages and on the trails with us. There will be no other pets.

Second, since we will be using shared bedrooms, for the safety of the group all participants will need to provide proof of COVID-19 vaccination or a negative PCR test within 72 hours of the start of the weekend.

This fun and relaxing weekend is very popular and in past years has filled up fast, so I recommend you register early by emailing Walt Granda at [wlgranda@aol.com](mailto:wlgranda@aol.com).

View the listing [here](#).



Pitcher Brook Falls



Sunshine and snow 2014



Cook Team 2020



Twirlin' 2014



Jenga 2018



Night sledding 2014





## Volunteer of the Month: Maureen Kelly

By Paul Brookes, Hiking Chair

Each month the SEM chapter recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Hiking Committee recognizes Maureen Kelly for her numerous contributions.

Maureen has been a member of the AMC for 15 years; she became a hike leader in 2010 and has been a Class 3 Winter Hike leader for seven years. For those newer to our chapter, Maureen was our Chapter Chair for the 2014 to 2016 slot (chapter chairs serve two-year terms). She was also past Conservation Chair and was winner of the SEM Distinguished Service Award four years ago.

Maureen is consistently leading hikes. I looked it up in our Activities Database, and Maureen has led more than one hundred hikes since she became a hike leader eleven years ago—106 to be precise! This year was no different with Maureen leading a dozen hikes.

As well as local hikes, she helps as a leader on Anne Duggan’s popular snowshoes hikes and is one of the many Class 3 Winter Hike leaders needed to run the Intro to Winter Hiking Series hikes.

This year, together with Diane Simms, she led several of the successful Brockton Conservation Trail hikes. Recently, Maureen and Barry Young put on a very enjoyable Solstice Walk along the beach at Plymouth Long Beach. It was a surprisingly dark sky, given the surrounding towns, and Barry pointed out three planets that were in alignment.

Maureen was a presenter at this fall’s Winter Hiking Workshop and is an active member of a terrific team that is organizing and leading this winter’s Intro to Winter Hiking Series (any of whom are deserving of the Volunteer of the

Month award). If you’ve not yet seen it, check out the video of our workshop [here](#).

Maureen quickly jumps in to help mentor new and advancing leaders and, in fact, this year provided four letters of recommendation for hike leaders wanting to advance to higher levels. Maureen has a friendly and approachable spirit, watching out for people and encouraging participants in her hikes, assuring them that that they’re doing great.

So, thank you, Maureen, for all you do! It is greatly appreciated. Maureen will receive a Volunteer of the Month certificate and a \$50 gift card.

## Make a **New Year’s** Resolution

By Susan Rollins, Nominating Committee

As we greet another year, we continue to find ourselves in difficult times as another variant of COVID-19 looms. Despite this obstacle, the spirit of our SEM Chapter reigns strong – we have gained new members, new hike leaders, new experiences, new friends. Many of these gains have come through the dedicated leadership of our members—and, in a spirit of gratitude to those who hold or have newly stepped into these positions, we thank you.

With these positive achievements in mind, we, as members of the Nominating Committee, again reach out to our leaders and membership at large for your help in filling the several open positions listed on our Chapter website. Our Chapter cannot continue to offer the numerous quality activities if only a few are willing to serve its goals. We need the willingness of our members to step up and help fill these positions. Ask yourself: can I spare a few extra hours a month to help maintain our Chapter’s viability? Or can I reach out to another member who may need that personal invitation to help the Chapter reach its goals for 2022 and thereafter?

Let’s all welcome the New Year with optimism and gratefulness for the commitments and dedication of our current leaders and resolve to work together to fill our vacant positions! Remember, it really does take a village!





Left: Bird nest.  
*Photo by Bill Dougherty*

Right: Ski pole shows scale of tracks.  
*Photo by Peggy Qvicklund*



Left: Clear tracks for identification. *Photo by Joanne Newton*

Right: Porcupine damage. *Courtesy USDA Forestry Service*

## Wildlife tracking online event

By Diane Simms, Chapter Chair

Register now for the [SEM Wildlife Tracking Online Event](#).

This is a repeat of last year's fun online Zoom event to identify and share photos of wildlife signs in the winter. Education Coordinator Pam Landry from the Massachusetts Division of Fisheries & Wildlife and Pat Little of Northeast Wildlife Trackers will help us identify what we find.

Email your photos and descriptions to [chair@amcsem.org](mailto:chair@amcsem.org) by Feb 17. You can send photos individually as you have them. The Zoom session will be February 24 from 7:00-8:30 pm. Your photos may be published in the SEM Breeze newsletter and/or on SEM's Facebook page, unless you specify not to.

In addition to the animal prints, take a photo of the trail showing the pattern of movement on the landscape to help with knowing a bit of the backstory. This could include written notation on snow conditions (deep, icy, fluffy, depth); behavior (moving in a straight line, moving from tree to tree, moving in and out of the water, zig-zagging from tree to tree, etc.); other sign (food, nests, dens, scat, quills, feathers, placement of urine, etc.); or supporting information. It is very helpful to include something for scale—preferably a ruler!—in the photo.

Tracking is more than just footprints! Sign (spoor) is also very important, and so are images of chewed nuts, chewed bark, claw marks, scat, nests, digs, broken branches, cocoons, burrow, overturned logs, etc. The same thing applies when observing and trying to ID sign, which is including something for scale—preferably that ruler!—and providing the context in which the sign was found.

## Registration is open for the AMC 2022 Annual Summit online

By Diane Simms, Chapter Chair

On January 22, 2022, AMC will hold a 100% virtual [Annual Summit](#). Volunteers and Staff will be offering a day of quality workshops, presentations, and other content in an online format.

We are excited about the potential to reach a broader audience of people who previously have not been able to attend our in-person events in Massachusetts and to showcase some of the incredible online content that has been developed over the last year.

Registration for the Annual Summit is now open. Get full details and [register here](#).

## Conservation Corner

### Small Steps to Conservation

By Ellen Thompson

With 2021 at a close, we have the opportunity to reflect on how we have improved our personal conservation efforts and how we can do better in the coming year.

Challenge yourself to think of and try more simple actions to reduce impact and leave the world a better place. Small actions add up to big results.

For Valentine's Day, give a gift which is environmentally friendly. The red roses and cut flowers in stores are imported from countries which rely on air freight that results in carbon emissions, are packaged in non-recyclable cellophane, and require a large quantity of pesticides. Organic, locally grown flowers or plants is a better option, or sign up for a cooking class or spa day, go stargazing, or take a day trip.

On Monday, January 17, we celebrated Dr. Martin Luther King, Jr. with a day of service when volunteers worked with local nonprofit groups, including conservation organizations, to benefit their communities. National Volunteer Week starts April 17 and includes Earth Day on April 22, so start thinking now about earth-friendly activities. Better yet, get involved now with conservation groups and projects such as AMC-SEM trail work.





## SEM Memories



1998: The annual canoe camping trip on the Saco River during the October holiday weekend. *Submitted by A J Hart.* If you have more information about these photos or have photos from the AMC-SEM chapter's history, please contact [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).

## Reflections at Wompatuck Park

Photos by Susan Rollins

Sue Rollins shared these photos she took on an October 2021 hike in Wompatuck State Park led by Paul Brookes.



Perfect reflection on a perfect day in October.



Another place for quiet "reflection" overlooking Arow River Reservoir.





## Applications still being accepted for AMC August Camp openings

By Éva Borsody

I'm spreading the word about this summer's AMC August Camp in the glorious North Cascades of Washington state! Many SEM members have enjoyed attending in the past, and some of us are August Camp hike leaders!

This special AMC tradition is suitable and enjoyable for hikers of all different levels who can appreciate outdoor living in relative comfort!

The official application window for the August Camp closed January 12th, but applications for open spots and the waiting list are still being accepted. See additional information at [www.augustcamp.org](http://www.augustcamp.org), and address any questions to AMC's Lois Rothenberger at [ACregistrar@comcast.net](mailto:ACregistrar@comcast.net).

## Book your AMC winter getaway!

From snowy Valentine's Day hikes for two to planning a long weekend you'll never forget, winter is a special time to get outdoors.

Check out the range of our accommodations, amenities, and availability at any of AMC's winter lodges, cabins, and campgrounds [here](#).

# Mountain Majesty

## North Cascades • AMC's August Camp 2022

**Explore magnificent North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Camp on the banks of the swift Skagit River in the shadow of 10,781 foot high glaciated Mt. Baker.**

**Hike, raft, bike and more**, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

**July 16 through August 13.** Plan to attend for one week or two. Details and registration are on our website. Camp filled by early February last year, so don't miss out! Sign up early for the week(s) you want!

Week 1: July 16 — July 23	Week 2: July 23 — July 30
Week 3: July 30 — Aug. 6	Week 4: Aug. 6 — Aug. 13

**Cost per person per week: AMC Member \$1275; Non-member \$1525**

The general application window for August Camp 2022 is January 3-12, 2022. Acceptance will be made based on a random lottery system, but applications will continue to be accepted until Camp is full and a substantial waitlist is generated. Visit our website [www.augustcamp.org](http://www.augustcamp.org) for additional information.

**Questions? Ask Lois Rothenberger at [ACregistrar@comcast.net](mailto:ACregistrar@comcast.net)**

Photos by Jim Borowski, August Camp 2013

**[augustcamp.org](http://augustcamp.org)**





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](http://outdoors.org), and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

### CAPE HIKES

**Sat., Jan. 22, 9:45AM - 12:30PM, Truro, MA.** This 2.5-hour hike covers 4.2 miles of hills, forests, amazing ocean views, and a short beach walk. If icy conditions, you will need crampons or spikes on your boots and poles. We will be meeting at 9:45 AM on Saturday, January 22, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. No registration required, but contact me if you have any questions. Richard Kaiser 508-246-7582 (best time to call: Before 9 PM) [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net)

**Sun., Jan. 23, 12:45-3 PM, 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 a small kettle hole. The hike includes some hilly sections with uneven footing. Heavy precipitation cancels. If conditions are icy micro spikes or equivalent and poles will be required. L: Deborah Hayden [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com).

**Thurs., Jan. 27, 9:45AM - 12:00PM, Hike Mashpee River Woodlands; Mashpee, MA.** Approx. 4 mile hike through woodland and along the Mashpee River with some marsh views. Generally easy terrain but with exposed roots and there are several short but steep inclines. Hikers should have sturdy footwear, water, and poles if desired. If icy conditions, bring Yak Trax or similar boot spikes. L: Janis Delmonte, [Email](#) this person.

**Sun., Jan. 30, 12:45-3 PM, Shaw Farm Trail, Mattapoisett/Fairhaven, MA.** Join us for a pre-registered, Sunday afternoon, flat 5-mile hike in Mattapoisett/Fairhaven. We'll start at the Phoenix Bike Trail and then walk along stone wall flanked farm fields, over boardwalks, through the wood, around a meadow, and along Nasketucket Bay. The trail has exposed roots and can be muddy. Sturdy winter footwear and water are required. If icy and cold, microspikes or similar devices are advised. Wear layers for varying wind and temperature conditions. Driving directions will be sent to pre-registered participants. Registration opens Jan. 23. L ; Robin McIntyre [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net). Robin is a 6th year Class 1 SEM/Cape Hike leader with prior WFA training. Co-L: Marcella Rippel. Marcella is co-leading this hike to complete her Class 1 certification.



## Activities

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

### CAPE HIKES

**Sun., Feb. 6, 12:45-3PM, Hiking Johns Pond Park Conservation Area, Mashpee, MA.** 4 mile hike in a 227 acre conservation property that has abandoned cranberry bogs that have become shallow fresh water marshes, a freshwater kettle pond, woodlands, Quashnet River headwaters and a town beach. Terrain is a combination of woodland trails, soft sand, loose gravel, dirt roads. Mostly flat. Gentle hills. A few downed trees to step over, around or thru. Hunting is allowed in all Mashpee conservation areas though hunting is prohibited on Sunday by MA state law. L: Barbara Gaughan, 781-572-1321 (best time to call: Before 9 p.m.), [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Class 1 leader.

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Vice Chair SEM 20's & 30's Committee, MA.** Help engage SEM 20's & 30's members by planning in-person activities, online socials, and social media. More details [here](#). For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

**Ongoing. SEM Bicycling Chair and Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Chair, SEM Communications, MA.** Join the SEM Executive Committee! Do you love to write, coordinate activities, and engage others? The Communications Chair supports the activities of Communications Committee volunteer staff (Breeze Editor, Blast Editor, Webmaster, Social Media Administrator, etc.) to manage communications to our members. Find our more [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

### HIKING

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

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

**Sun., Jan. 23, 10:00 AM-12:30 PM,** Hike the Fall River Bioreserve, Copicut Woods, Westport, MA. Enjoy a 4 mile hike in the Fall River Bioreserve. The hike will be 2.5 -3 hours. You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks and there may be icy areas with the precipitation and colder temperatures we can have at this time of year. Sturdy shoes required, suitable for colder temps. Dress for the weather; layers are better than a heavy jacket. Extreme weather will cancel the hike but the hike will not be cancelled for rain. Traction devices will be required if there is packed snow/ice. Leader will let you know. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets. Registration required [here](#). L: Joanne Newton, 508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net). Joanne is a Class 2 Leader for the Southeastern MA Chapter. Barry Young, [Email](mailto:barryyoung@amcsem.org) this person.

**Sun., Jan. 23, SEM Snowshoe 2, Squam Lake Region; Holderness, NH.** We will continue the tradition of 1 ½ days of snowshoeing in the Squam Lakes Region. On our Saturday afternoon 1/2 day hike we will enjoy up close views of Squam Lake East and West Rattlesnake Mountains via the Old Bridal Path. This 3.7 mile round trip has 900 feet of elevation gain. Sunday's hike will head 1 mile down the road to Center Sandwich. The Eastman Brook trail, a newly constructed trail, starts at the Five Fingers trailhead. It winds through woods and fields to Thompson Road and The Doublehead Trail. The trail climbs up the side of Doublehead Mountain to the Crawford Ridgepole trail which leads to the summit. Doublehead look out provides picturesque lake views. If time and weather and group conditions allow the hike may continue along the ridge towards Squam Mountain. This hike is 5.3 miles long with 1600 feet of elevation gain. Participants choosing to stay overnight on Saturday are expected to make their own arrangements. Registration required. This activity has a [Wait List](#). L: Anne B Duggan, 508-789-5538 (best time to call: before 9 pm), [abduggan12@gmail.com](mailto:abduggan12@gmail.com). Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School. L: Diane Hartley, 508-566-6517 (best time to call: 5:00-8:00 pm), [dihartley@comcast.net](mailto:dihartley@comcast.net). Diane is a four-season hiker and SEM Class 4 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. L: Eva Das [borsody@gmail.com](mailto:borsody@gmail.com).





## Activities

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

### HIKING

**Tues., Jan. 25, 9:45AM - 2:00PM**, Winter Trail Trace the Blue Hills Hike #6. Blue Hills Reservation, MA. "Winter Trail Trace the Blue Hills" is an honor system quest to hike all of the mapped trails in the Blue Hills Reservation between the Winter Solstice and the Spring Equinox. For most folks, Winter Trail Tracing takes several winter seasons to complete, hiking trails both on their own as well as in our fun Winter Trail Trace Group. This series has 13 hikes and runs from December 21, 2021 through March 15, 2022. Registration is required each week for the 13 hikes. Group size will be limited to 20 participants. For this FIRST hike we will meet at 10:45 AM for a hike start of 11 AM to coincide with the precise beginning of Winter. For all other hikes we will meet Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3-4 hours at a moderate pace, stopping to enjoy lunch while we're out hiking. Our final hike will be shorter with a celebration indoor luncheon after the hike. Winter clothing, insulated winter hiking boots, traction equipment (micro-spikes), snow shoes, and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers who have proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com). Pam loves being outdoors all year round! She is an AMC SEM Class 1 Hike Leader. Pam is a leader for the Winter Trail Trace the Blue Hills and the Spring Conditioning Series in the Blue Hills. Pam has climbed the NH 48 Four Thousand Footers and is now working on the 52 With A View (WAV) list. Registration is required [here](#). Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 18, at 6:00 PM. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Feb. 1, 9:45AM - 2:00PM**, Winter Trail Trace the Blue Hills Hike #7. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 25, at 6:00 PM. See details of the series at the Jan. 25th listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Thurs., Feb. 3, 10:00AM - 2:00PM, Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, MA.** Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street Hike in the Great Woods from Norton thru to Mansfield Natural Resources Trust. Carpooling/spotting from Mansfield NRT to trail head on Freeman Street in Norton with side street parking. (Directions below) Flat roaming hike with glacial eskers, old mill dam and early 19th century Coddington Farm site. Bring water, lunch or snacks and dress for the weather. Heavy Rain/Snow will cancel hike. Possible shorter snowshoe hike. Registration is not required for this activity. However, you may wish to contact the leader(s) if you have any questions. L: Richard Carnes 508-947-3204 (best time to call: before 8 PM) [rcarnes2@aol.com](mailto:rcarnes2@aol.com).

**Fri., Feb. 4-Sun., Feb. 6, Winter Hike #5: Overnight at Zealand Falls Hut, NH.** Join us for the 5th hike in the Winter Hiking Series. We will hike into Zealand Falls Hut, our home base for the weekend. There are a variety of beautiful hikes from the hut, & the views in the winter are breathtaking. The group will carry in our food & prepare meals at the hut. Participants must have attended a prior Winter Hiking Workshop & have winter hiking experience. Full winter gear, including sleeping bag rated to 0 degrees, required. Registration required [here](#). Adult: \$78 member / \$96 non-member covers two nights accommodation at Zealand Hut. Additional costs for food will be shared by participants. L: Jeannine Audet, 508-493-8221 (best time to call: Weeknights after 7:00 pm, weekends anytime); [milmod@aol.com](mailto:milmod@aol.com). Jeannine enjoys sharing the beauty of the outdoors with others year round. L: Anne B Duggan, 508-789-5538 (best time to call: before 9 pm), [abduggan12@gmail.com](mailto:abduggan12@gmail.com). Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.

**Sat., Feb. 5, SEM Intermediate Level Winter Hike #3 In Crawford Notch, NH.** This hike is designed for experienced winter hikers in good physical condition. The weather and trail conditions of the day will determine our exact route. We have tentatively planned an 8.4-mile hike with approximately 3100 ft of elevation gain over a seven-to-eight-hour timespan. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes, winter boots and possibly crampons. Registration is required for this activity. Please contact leader(s). Once you register for the event, a leader will contact you. L: Diane Hartley, [dihartley@me.com](mailto:dihartley@me.com), Diane is a four-season hiker and SEM Class 4 hike leader. She enjoys exploring the flora and fauna of local conservation properties and summer backpacking in the Northeast, but her true passion lies in summiting higher peaks. Diane has hiked New Hampshire's 48 4,000 footers and looks forward to more hiking challenges in the future. Diane completed AMC's 2021 Mountain Leadership School Training. L: Anne B Duggan [Email](#) this person. 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.



## Activities

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

### HIKES

**Tues., Feb. 8, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #8. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 1, at 6:00 PM. See details of the series at the Jan. 25th listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Thurs., Feb. 10, 9:45 am-2:00 PM, Thursday Morning Hike, Myles Standish State Forest, Plymouth/Carver, MA.** This 7 mile hike will take us around the East Head Pond trail and the Bentley trail. The East Head Pond trail circles a scenic pond on mostly flat trails and boardwalks. The Bentley trail has some gentle hills on narrow trails through meadows, pine forests and near several ponds. The hike will be shortened to 5.5 miles if snowshoes are required. You must have recently walked a comparable distance. When we meet in the parking lot face masks will be required. Heavy rain will cancel. Required equipment: backpack, rain gear, hiking shoes, water, snacks/lunch. Snow/ice will require snowshoes or microspikes. An Information sheet with parking location and travel directions will be sent to all registered hikers several days before the hike. Registration opens Feb. 1st at 8:00 AM. L: Walt Granda, 508-971-6444, (best time to call: Before 9 PM) [wgranda@aol.com](mailto:wgranda@aol.com); L: Eva Das. [Email](#) this leader.

**Tues., Feb. 15, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #9. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 8, at 6:00 PM. See details of the series at the Jan. 25th listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Fri., Feb. 18-Sun., Feb. 20. Intro to Winter Hiking & Cross-Country Skiing at Noble View Outdoor Center; Russell, MA.** AMC-SEM's tenth annual winter weekend get-away at Noble View, approximately 2 hours' drive west of Boston. Winter hiking and—weather permitting—snowshoeing, and cross-country skiing from this beautiful, heated lodge in central Massachusetts. \$110 for AMC members and \$120 for non-members includes two nights group lodging and six hot meals, starting with dinner Friday evening and running through lunch on Sunday. **Since we will be using shared bedrooms, for the safety of the group all participants will need to provide proof of COVID-19 vaccination or a negative PCR test within 72 hours of the start of the weekend.** This fun and relaxing weekend is very popular and in past years has filled up fast, so register early by emailing Walt Granda at [wgranda@aol.com](mailto:wgranda@aol.com). View the listing [here](#).

**Tues., Feb. 22, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #10. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 15, at 6:00 PM. See details of the series at the Jan. 25th listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Thurs., Feb. 24, 7:00-8:30 PM. Zoom Wildlife Tracking Photos.** This is repeat of last year's fun online Zoom event to identify wildlife signs in the winter. Education Coordinator Pam Landry from Mass Div of Fisheries & Wildlife and Pat Little of Northeast Wildlife Trackers will help us identify what we find. Email your photos and descriptions to [chair@amcsem.org](mailto:chair@amcsem.org) by Feb 17. You can send them as you have them - you don't need to collect. (Your photos may be published in the SEM Breeze newsletter unless you specify not to.) [Registration here](#) is required by Feb. 17th. L: Diane Simms, Chapter Chair, [chair@amcsem.org](mailto:chair@amcsem.org).

**Tues., Mar. 1, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #11. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 22, at 6:00 PM. See details of the series at the Jan. 25th listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Mar. 8, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #12. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Mar. 1, at 6:00 PM. See details of the series at the Jan. 25th listing. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).

**Tues., Mar. 15, 9:45AM - 2:00PM, Final Winter Trail Trace the Blue Hills Hike #13. Blue Hills Reservation, MA.** Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Mar. 8, at 6:00 PM. See details of the series at the Jan. 25th listing. For this FINAL CELEBRATION hike, we will shorten our trail time to a few hours at a moderate pace and then we will meet up at a local favorite restaurant to enjoy an indoor lunch and celebration. Details to be announced prior to the hike. L: Pamela Johnson [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com).





## Activities

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

### SKIING

**Fri., Feb. 11, 5:00PM – Sun., Feb. 13, 12:00PM, Cross Country Skiing & Snowshoeing in The White Mountains, North Conway, NH.** Join us for a weekend of cross-country skiing & snowshoeing in the White Mountains. We will call the Old Field House in Intervale our home base. The inn is very welcoming & very close to downtown North Conway. Activities will include cross country skiing at the nearby ski resorts & hiking/ snowshoeing activities. Activities will depend upon snow/ trail conditions. Participants need to bring their own ski/ snowshoe gear or rent ahead of time. Cost per adult: \$160 member / \$160 non-member, average room rate per night, double occupancy. Rate includes breakfast for 2 days. Additional costs will apply for ski trail passes, equipment rental (if needed), lunches & dinners. We will breakfast at the inn & eat at local restaurants for dinner. Participants must be able to document that they are fully vaccinated for COVID-19 or have negative PCR testing within 72 hours of the trip start date. L: Jeannine Audet 508-493-8221 (best time to call: Weeknights after 7:00 pm, weekends anytime.) [jhummingbirddb@aol.com](mailto:jhummingbirddb@aol.com). Jeannine is the Skiing Chair, & enjoys sharing the beauty of the mountains with others. L: Leader Dia Prantis [dprantis@yahoo.com](mailto:dprantis@yahoo.com). Dia is the Skiing Vice Chair & is very welcoming to all who wish to enjoy the mountains in the winter. Registration opens Dec 17 at 6:00 PM

**Fri., Feb. 18-Sun., Feb. 20. Intro to Winter Hiking & Cross-Country Skiing at Noble View Outdoor Center; Russell, MA.** AMC-SEM's tenth annual winter weekend get-away at Noble View, approximately 2 hours' drive west of Boston. Winter hiking and—weather permitting—snowshoeing, and cross-country skiing from this beautiful, heated lodge in central Massachusetts. \$110 for AMC members and \$120 for non-members includes two nights group lodging and six hot meals, starting with dinner Friday evening and running through lunch on Sunday. **Since we will be using shared bedrooms, for the safety of the group all participants will need to provide proof of COVID-19 vaccination or a negative PCR test within 72 hours of the start of the weekend.** This fun and relaxing weekend is very popular and in past years has filled up fast, so register early by emailing Walt Granda at [wgranda@aol.com](mailto:wgranda@aol.com). View the listing [here](#).



*Happy  
Trails!*

THE END



# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | February 2022

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

Sign up for the AMC Activity Digest. Sign into your [Outdoors.org](https://www.beoutdoors.org) account, scroll to the bottom of the page, and click "View Trips" under Digest Emails to set preferences.

Or call 1-800-372-1758

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

Like us on [Facebook](https://www.facebook.com/beoutdoors).

Follow us on [Instagram](https://www.instagram.com/beoutdoors).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Winter Solstice hikers stop to admire the view across Plymouth Harbor and to watch the sun sink down below the horizon of the Town of Plymouth. *Photo by Maureen Kelly*

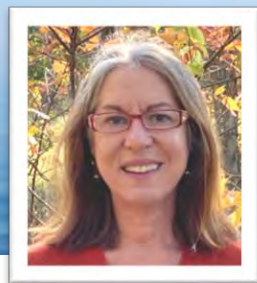
## Winter Solstice Hike on Plymouth Long Beach

By Barry Young

The winter solstice is the day of the year when the northern hemisphere has the fewest hours of sunlight. The winter solstice holds significance across a variety of cultures, as it signals the changing of the seasons and marks the beginning of astronomical winter. For the indigenous Wampanoags of the Plymouth area, the winter solstice has been a time to honor their ancient sun deity. Their rituals reveal a deep understanding of nature.

And so it was on Tuesday, December 21, the eve of this past winter solstice, that a hearty group of AMC SEM hikers set out to experience the sun, sunset, planets, stars and the rising of the almost full moon (97%). The hike, led by SEM four season hike leader Maureen Kelly, started at the beginning of the sandy road, Ryder Way, and proceeded along the road before eventually turning on to the beach. Along the way hikers looking west towards the Town of Plymouth paused to view the sun sink below the horizon.

Continued on page 3



## View from the Chair: Welcome New Executive Committee Members

The SEM Executive Committee approved two new ExComm members in our February meeting. Victoria Holland is our new Communications Chair. Earl Deagle will be our new Treasurer, following a transition training period with current Treasurer Dave Yampanis.

Victoria loves the outdoors and getting others just as excited and connected. She hikes, walks, explores new places, and is an avid photographer. Her camera goes everywhere! She works in the Finance Department of an investment consulting firm. In a prior job, Victoria was the managing editor for the bi-weekly internal sales publication, working closely with article contributors and production staff.

Earl retired from Raytheon after a 38-year career in Finance. He is a member of the board of directors, with treasurer responsibilities, for the Association of Raytheon Retirees. He enjoys hiking on the South Coast, the Cape, Myles Standish State Forest, the Blue Hills, and the White Mountains. He is also an avid sailor. Earl supports the Buzzards Bay Coalition as a Baywatcher, collecting water samples from May to September, and he also assists with fundraising.

Victoria and Earl emailed their interest in volunteering after receiving the SEM Chapter email in January listing our open positions. Like our other ExComm members, they are AMC members who believe in its mission, SEM chapter members who want to give back, and people who love the outdoors. Does that describe you too? SEM will have some committee vice chair positions opening up.



Victoria Holland



Earl Deagle

Generally, committee vice chairs work closely with the committee chairs and move up to the committee chair position when the position becomes available. We also have other volunteer positions to help plan and execute our activities. Contact me to learn more.

I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).



Diane Simms, Chapter Chair

### 2022 Executive Board

Chapter Chair .....Diane Simms  
 Vice Chair .....Stephen Conlin  
 Secretary .....Natalie Halloran  
 Treasurer Elect.....Earl Deagle  
 Past Chapter Chair .....Len Ulbricht  
**Biking Chair ..... OPEN**  
**Biking Vice Chair .....OPEN**  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Shana Brogan  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Doug Griffiths  
 Hiking Chair .....Paul Brookes  
**Hiking Vice Chair.....OPEN**  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Sandy Santilli

Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....Jenna Whitney  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20's & 30's Chair.....Shannon Garber  
**20's & 30's Vice Chair.....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
 Webmistress.....Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

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

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





Winter Solstice hikers enjoy a colorful sunset while walking along Plymouth Long Beach. *Photo by Maureen Kelly*

## Winter Solstice Hike **Continued from page 1**

As it began to get really dark, one by one the stars and planets started to become visible. Venus, the brightest object in the sky, soon became visible, and then other planets and stars started to pop. Surprisingly, the area actually is a dark sky, because the glow and lights from downtown Plymouth are not visible from the beach on the Plymouth Bay side of Long Beach.

The hikers were soon treated to a *syzygy*. I'll bet that's a new word for most of the people reading this article and was new to me up until a couple of months ago when SEM hike leader Rich Carnes introduced me to the term. In astronomy, a *syzygy* is a roughly straight-line configuration of three or more celestial bodies in a gravitational system. The *syzygy* viewed that evening included the planets Jupiter, Saturn, and Venus, all visible to the naked eye and lined up in a straight line.

Many stars and constellations were visible that evening, however, two constellations that the hikers stopped to observe were Ursa Major, also known as the Big Bear with its seven main stars forming the Big Dipper, and the constellation Cassiopeia. The five brightest stars of Cassiopeia (Alpha, Beta, Gamma, Delta, and Cassiopeiae) form the characteristic W shape asterism. All five stars are prominent naked eye stars and easy to spot.

Towards the end of the hike and right on schedule (5:23 pm), the almost full moon popped up on the horizon of

Plymouth Bay. Why is the full moon orange when it first comes up? a hiker asked.

Well, when the moon first comes up low on the horizon, the sunlight reflecting off the moon scatters through the earth's atmosphere. The blue part of the light spectrum scatters in the atmosphere and is not visible, leaving just the red-orange-yellow part of the light spectrum visible to the naked eye. Eventually the moon rises high enough so the light is not affected by the earth's atmosphere, and the moon turns a bright white. Now you know!

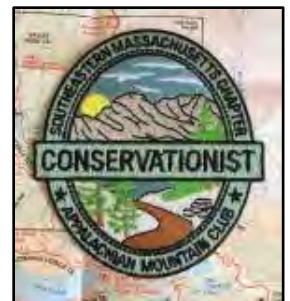
Stay tuned for more hike postings on Plymouth Long Beach. In addition to a nice sandy beach walk with the sound of crashing waves, it's also a great place to view the planets and stars.



Question: "Why is the moon orange when it first comes up above the horizon?" Read the article to find out! *Photo by Barry Young*

## Start your Conservation Challenge!

Small changes can make a big difference for you, your community, and the environment. The Conservation Patch Challenge involves trying a few new things, like creating a compost pile, shopping at your local farmer's market, bringing re-usable bags while shopping, and evaluating your recycling practices, among many other actions. For the checklist and challenge guidelines, visit the [Conservation Committee page](#) on the chapter website.





## Why we need to protect wetlands, and how you can help

By Shana Brogan, Conservation Chair



The Ponkapoag Pond and Bog wetlands habitat. *Photo by Matt Naughton, courtesy of [mass.gov](https://www.mass.gov).*

### Massachusetts Wetlands

Did you know? Almost all of the wetlands in Massachusetts are protected under the Massachusetts Wetlands Protection Act. Ponds, lakes, rivers, beaches, dunes, tidelands, and marshes are all protected. The Act establishes a 10-foot buffer zone to these areas, and a 200-foot buffer for riverfront areas.

### What does protected mean?

The Act establishes an application process and a local municipal Conservation Commission to review and consider certain activities within these areas, such as construction and demolition, and removing trees and vegetation. An application is filed with the commission in the town where the work will occur for review. The Act defines an “activity” as “removing, filling, dredging, or altering” the wetlands and/or the buffer zones.

### Benefits of Wetlands and Buffer Zones

There are many benefits of wetlands, such as providing wildlife habitat and preventing flooding and storm damage. Vegetated buffer zones around these wetlands can also have benefits. Here are a few:

- They help stabilize the soils on steep banks, preventing erosion, pollution, and runoff washing into the wetlands.
- They help keep water temperatures cooler for fish and other wildlife by providing shade along the wetland edges.
- They provide habitat value for wildlife along their fringes, such as bird nesting habitat for a variety of birds; shade for fish; and dens for foxes and other small mammals. Fallen and standing dead trees (snags) are especially valuable habitat for a variety of wildlife, such as mice, turtles, owls, hawks, woodpeckers, osprey, and blue herons.

### How can you be a good steward of your property?

Even if you don't live near a wetland, the same best practices can apply. A first step would be to start learning about the plants and trees on your property and thinking about how you care for the land. Here are a few tips to consider:

- **Plant a variety of native plants and trees**, if you have space. Try to buy the true native species if you can find them: Native plants can often be confused with cultivars, which are not the true native. Look for the scientific name of the plant or tree like “*Juniperus virginiana*” on the tag, which is the native Eastern Red Cedar tree. You would also be surprised how native plants can serve as a privacy screen.
- **Let some unused areas of your yard go back to nature**, if possible. This is less area you have to worry about landscaping.
- **Create a natural, low-maintenance lawn area**. This does not have to be your entire lawn.
- **Use existing leaf litter as mulch**. Fallen leaves are used for overwintering by salamanders and by pollinators and other insects.
- **Consistently manage invasive plants**. Learn how to identify invasive plants and keep an eye out for them. They are difficult to eradicate, but you can manage them so they don't continue to spread and affect native plants. A few common invasive plants are Japanese knotweed, English ivy, Asiatic bittersweet, Japanese honeysuckle, bush honeysuckle, burning bush, tree of heaven, and multiflora rose.

Remember, it's a Wetlands Protection **ACT!**





## Volunteer of the Month: Robin McIntyre

By Jane Harding, Cape Hikes Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Cape Hikes Committee recognizes Robin McIntyre for her numerous contributions.

Robin has been very active with both local hikes and chapter activities. She is always willing to jump in and roll up her sleeves where needed.

As a hike leader, Robin strives to lead at least one hike a month, generally in the upper Cape area. She pre hikes all of them to ensure a safe event can be provided to all participants. She reaches out to land stewards when she finds issues on their properties that need attention. Robin has been known to clean up arrival sites so hikers will not have the wrong first impression, and this can entail hauling out more than one bag of trash. Robin will reach out to potential leaders, encouraging attendance at leadership training, providing support as a co-leader, and sharing useful tips.

She is current vice chair of the Cape Hikes Committee. Thank you, Robin, for all you do!

Robin will receive a Volunteer of the Month Certificate and a \$50 gift card.



## Conservation Corner

### The Mindful Use of Deicers

By Kate Sullivan

When the weather forecasters predict freezing rain, ice and snow, our thoughts turn to treating sidewalks and roads with some kind of deicer, such as rock salt and other products. Applying a liberal coating of deicer seems like the safest way to treat sidewalks and roads to prevent slips and falls and skidding cars. However, there is environmental impact. The chemicals can leach into our waterways and contaminate not only our local ponds and lakes, but our drinking water reservoirs. These chemicals alter soil and water quality. The chemicals kill the grass and can irritate the paws of our four-footed friends.

The following are some tips for mindful use of deicers:



- 1) Shovel first. Clear all snow from driveways and sidewalks before it turns to ice. Deicers should only be used after the snow is removed and only in areas needed for safety.
- 2) Wear gloves and protective eyewear while you disperse deicer.
- 3) Carefully walk across the surface, taking small steps to prevent slips and falls.
- 4) Distribute deicers evenly, not in clumps. Clumped deicer is wasted deicer.
- 5) A deicer such as untreated salt stops working if the temperature is below 15 degrees Fahrenheit. When temperatures drop that low, switch to sand for traction or choose a different deicer formulated for colder temperatures.
- 6) Sweep up any left-over deicer from the surface for reuse or properly dispose of it.

Sources:

[Reconnect With Nature](#) and [Salt Smart Collaborative](#)



Paul Brookes is also one of AMC-SEM's go-to Map & Compass experts. Photo from his [MapMyCompass](#) website

## Accent on Hiking with Committee Chair Paul Brookes

By Pete Tierney, Nominations Committee

I recently sat down with AMC-SEM member Paul Brookes to ask about his passion for hiking and how he came to be Chair of the Hiking Committee.

Paul told me that he has always enjoyed the outdoors. As a child growing up in Croyden, England, his home bordered the woodland green belt that encircles London. As boys, he and his brother Simon would ride their bikes and hike in the woods seeking adventures. That childhood love for being outside stuck with him, and when he retired from work, he looked for "outdoorsy" group activities.

First, Paul found DCR hikes in the Blue Hills Reservation bordering Boston. While hiking with those groups, he heard about the AMC. His initial efforts to connect with the AMC were met with frustration, since a Google search kept pointing him to the AMC movie theater chain. Paul persisted, though, and eventually found the Appalachian Mountain Club. He learned of the Trail Trace the Blue Hills series of hikes, signed up, and was hooked. He liked the Blue Hills, liked the hike, and liked the friendly, welcoming people he met.

I asked Paul how he transitioned from being a hike participant to a hike leader. He said that everyone has a different motivation, and the impetus for him was his dog, Sunny. Paul was hiking in the Spring Conditioning series and asked the leader if he could bring Sunny. The leader said no, but then told Paul that he should become a leader, and then he could post any type of hike he wanted.

So, Paul took the Leadership Training Workshop and began the process of becoming a leader. He met a congenial group of new leaders, and they became friends. They cooperated with each other, sharing co-leads and experiences. Those friendships continue to this day, and that group and other leaders have maintained AMC-SEM traditional activities. In addition to introductory workshops, weekend getaways, and hiking series such as Spring Conditioning and Trail Trace the Blue Hills, the group has instituted new activities, such as Family Hikes and Winter Trail Trace the Blue Hills.

Paul enjoyed being able to give back to the AMC, enjoyed the friendships that he made, and enjoyed new ideas and experiences. He was asked to apply for the position of Hiking Vice Chair, but initially he felt that the time was not right for him. He remained open to the idea, though, and agreed to assume the role in May, 2020. Within a few months, the Chair position opened up, and Paul moved into that role.

The Hiking Committee stayed very active with many projects during COVID restrictions and is now coming back even stronger than ever. The position of Committee Vice Chair is currently open and individuals are encouraged to apply for it. The Vice Chair would work in close cooperation with Paul, coordinating activities, approving hikes, attending monthly Executive Committee meetings and so forth. In addition to maintaining the traditional projects and events, new ideas are always welcome. After a year or two in the Vice Chair position, the successful candidate would be expected to assume the role of Hiking Chair for two or three years.

If you are interested in being considered for the position of Vice Chair, of the Hiking Committee, please contact the Nominating Committee at [nominating1@amcsem.org](mailto:nominating1@amcsem.org).







## SEM Memories:

### Look back at *The Southeast Breeze*

By Paul Miller, SEM Hike Leader

*Part 1: Some nostalgic Breeze history and a tribute to our volunteer leaders...both old and new.*

A little while back, our Chapter Chair, Diane Simms, asked me to contribute some articles for the *Southeast Breeze* by drawing from stories that appeared in older issues. I agreed to do so, with the caveat that - since I'm most familiar with it - I would focus largely on *Breeze* content published during my two stints as Communications Chair. This was from 2005 through 2008 and then again from 2018 through the early months of 2021. But first...

#### **A Little History About The Breeze**

Thanks to Mo Walsh, our very capable *Breeze* editor, and the newsletter's many contributors, SEM members today receive full-color electronic issues in their respective email inboxes practically every month. (AMC HQ has frequently cited our newsletter as a model for other chapters.) But it wasn't always like that. Long-time SEM members will recall that, prior to 2012, the *Breeze* was a hard-copy, black-and-white publication that only came out four times a year. In 2012, thanks to then-Communications Chair Cheryl Lathrop, the *Breeze* finally went fully electronic. Right away, this provided three key benefits related to costs, content, and timing.

Due to the high cost of printing, handling, and mailing the hard-copy newsletters, the printed *Breeze* had been the largest single line item in the SEM budget. Poof! As soon as the *Breeze* went electronic, those costs vanished. This freed up resources for training and other important chapter programs. Next, the electronic newsletter did not have the page and printing limitations as the hard-copy version, so it could include both more content and more appealing full-color photos. Finally, as a monthly publication, the e-*Breeze* provided our trip leaders with much more flexibility when it came to planning and posting activities for our members.

For research purposes, I accessed the archive of past issues of the *Breeze* conveniently archived on the SEM website (thanks again Cheryl!). This didn't get me too far since I immediately noticed that the issues from 2005 and early 2006 were missing from the archive. That was my fault since I never forwarded those hard copies to our archivist for scanning. Luckily, I was able to dig up copies of most of those missing issues in my own files and will soon forward them to our archivist.

## Who are all these leaders anyway?

While skimming through some of the hard-copy issues of the *Breeze* from 2005 and the first part of 2006, a pattern quickly emerged: the names of a relatively small handful of activity leaders dominated the chapter's activity listings. Since I was just starting to become active with the chapter at that time, I did not know who most of these leaders were. That changed quickly as I became more active.

For the **Hiking** committee, oft-repeated leader names included Bob Vogel, Erika Bloom, Bill Ruel, Dexter Robinson, Bruce Dunham, Elsie Laverty, and Wayne Anderson.

Continued on page 8

## Education Committee Upcoming Events for 2022

The newly formed SEM Education Committee is happy to announce some exciting new educational opportunities.

February 28 @ 7:30 pm

**"Travels in Iceland"** by Dexter Robinson

April 2 and 3

**Leadership Training**

Leadership training is being extended to two days to allow us more time for some expanded skills and scenarios. The training will be held at the Rochester, MA, Grange Hall at 182 Hartley Road in Rochester. The format is:

Day 1: **Basic leadership training** for all new leaders.

Day 2: **Expanded leadership training** (optional) for:

- New leaders seeking to lead Class 2 and above.
- Current Class 1 leaders who would like to advance to Class 2 and above.
- Any chapter leaders interested in expanded training.

We are seeking leaders to help teach and guide practice exercises on both days. We would like to invite both experienced leaders and new leaders. New leaders will be partnered with the experienced leaders in presenting and leading exercises.

June 4 and 5

**Map and Compass** by Paul Brooks and friends

TBA Spring 2022

**Introduction to Backpacking**



# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Prior to 2012, the *Southeast Breeze* was a hard-copy, black-and-white publication that only came out four times a year. Here's the first page of the first issue of our chapter's newsletter published during the author's first stint as SEM Communications Chair back in 2005.

In that Summer 2005 issue, **Trails Chair**, Lou Sikorsky, posted a National Trails Day activity to help maintain the Bentley Loop trail right here in Myles Standish State Forest (a popular loop hike designed by and named after the SEM's own Bob Bentley). In that same issue, Hiking Chair Patrick Holland listed a two-day trip to do some needed trail work on the Lonesome Lake Trail in Franconia Notch, which, at the time, was the Chapter's "adopted trail." (A designation that somehow fell by the wayside.)

Not surprisingly, our Paddling committee had a major presence in the trip listings in the Summer 2005 *Breeze*. Dick Coveney, our **Paddling Chair**, listed a couple of kayak paddles, along with Elise Foster, Don Savino, and several other paddling leaders for whom I unfortunately can't provide full names, since only their last names were included in those listings.

## Look back at the *Breeze*

Continued from page 7

Several of them also contributed articles to the *Breeze*. In the Fall 2005 issue, for example, Dexter Robinson contributed a short piece entitled, "*Hiking the AT in Massachusetts—a Trail of Contrasts and History.*" In the Winter 2005/2006 issue, he wrote another short piece on the chapter's Labor Day weekend camping and hiking trip to Baxter State Park in Maine. In that same issue, Bob Vogel contributed an article promoting interest in the upcoming SEM Winter Hiking Series (which would eventually become my own passion) and a related article, "*Winter Hiking 101: Here's what you need to know to get started.*" Here, Bob provided four simple rules for safe and enjoyable winter hiking (including the counter-intuitive, "Stay cool to keep warm!"), summarized the equipment needed, and discussed the appropriate clothing and materials for winter hiking. This information continues to provide the core of our Winter Hiking Workshop to this day.

Moving on to the **Cape Hikes** committee, Heidi Moss (then Cape Hikes Chair), Janet Kaiser, Janet DeMattia, Nancy Wigley, Farley Lewis, and Peter Selig (among others) all led frequent hikes in the non-summer months when the Cape is not overrun with vacationers.

Listings for the **Biking** committee were conspicuously missing from that first Summer 2005 *Breeze* issue since the chapter was temporarily without a Biking Chair. This was soon rectified in the Fall 2005 issue, when Jack Jacobsen stepped up to fill that position and lead several bike rides. Vic Oliver soon replaced Jack as Biking Chair and also began listing multiple rides.

Trip listings for our **Cross-Country Skiing** committee appeared for the first time during my initial tenure in the Winter 2005/2006 issue of the *Breeze*. Art Paradise, Bob Bentley, Walter Mark (then XC Ski Chair), Barbara Hathaway, and Sarah Beard led XC ski trips up in New Hampshire and Maine. These included an ever-popular MLK Weekend at Applebrook B&B in NH. Bill Ruel and Anne Chace organized a "Winter Wonderland at Ponkapoag" ski activity here in the Blue Hills.

In a related activity, the Winter 2005/2006 issue featured a sidebar on our upcoming "Winter Festival" at Wompatuck State Park, jointly organized by Sue Chiavoroli, who had replaced Patrick Holland as Hiking Chair, and XC Ski Chair Walter Mark. (I can't recall whether we received enough snow down here in Massachusetts that year to pull off those last two winter activities, but photos in a subsequent issue showed members happily skiing and snowshoeing at the Applebrook multi-activity program over MLK weekend.)

### A good sign for the future

Over the years, I've observed that an ever-evolving core group of volunteer activity leaders still keep appearing repeatedly in the *Breeze* hiking, biking, paddling, skiing, and trail work listings in any given month. Right now, in addition to our many familiar SEM leaders, I've noticed that a good number of *new* leader names have recently started to appear in our activity listings. Kudos to both our stalwart Education Committee and many activity mentors for that! I take that as a good sign for the future, particularly when considering the many personal, professional, and health challenges we all face these days.

*Part 2 of "A Look back at The Southeast Breeze" will appear in the next issue.*





## We need an AMC-SEM Chapter Bicycling Chair!

By Paul Currier, Thousand-Milers Registrar

The full, formal description of the Bicycling Chair position appears at <http://www.amcsem.org/assets/pdf/biking.pdf>.

The “short form” description is this: Promote AMC-SEM Bicycling by developing a variety of distance, speed, and difficulty trip opportunities with the assistance of bicycling trip leaders. Identify and mentor new trip leaders. Actively coordinate with the Chapter Executive Committee to integrate bicycling with the other chapter activities.

I hope that within the 1,000 Milers or other active cyclists you know there is someone ready, willing, and able to rise to the opportunity. Filling this position is important to the sport and to the chapter.

Questions? Comments? Concerns? Email [Nominating Committee Chair](#) Alan Greenstein.

### AMC-SEM 1,000-Milers 2021 Finals

Robyn Saur	6101
Ed Nelson	5021
Bernie Meggison	4063
Paul Corriveau	3625
Grtz J.-C. Castelein	3585
Joe Tavilla	2628
Patty Johnson	2200
Leonard Johnson	2100
Jean Orser	2065
Barbara Gaughan	2010
Paul Currier	1941
Bruce Wester	1941
(Worcester Chapter)	
Lee Eckhart	1809
Alan Greenstein	1720
Richard Beaudoin	1710
(Florida Extension Chapter)	
Bill Cook	1527
Mark Gurnee	1460
Jim Kilpela	1157
Glenn Mathieu	1001
Lawton Gaines	743
Larry Decker	690

Any additions? Send your mileage to me. For information about or to join the Thousand Milers, send me an email: [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net)

## Be in the Know!

By Diane Simms, Chapter Chair

Be in the know about upcoming AMC-SEM Chapter activities! Here’s how:

1) Create an email **digest of upcoming activities** that interest you.

- ❖ Log in to [outdoors.org](http://outdoors.org) (click on **Login** at bottom right of home page.)
- ❖ Click on **My Outdoors** on bottom right of page.
- ❖ Scroll down to **Digest Emails**.
- ❖ Click View Trips→.
- ❖ Click **Create New Digest**, name your digest, and enter your desired search criteria. For example, select Email Frequency of *Weekly*, Chapter of *Southeastern Massachusetts*, and Activity of *Hiking* and *Bicycling*. To select more than one option, use Ctrl + click (PC) or Command + click (Mac).
- ❖ Click **Continue** and then **Submit**.
- ❖ You can create up to five digests.

2) Sign up for the **Short Notice Email List (SNEL)** to be notified of cancellations, last-minute new activities (snowshoeing after new snow, for example), changes to already-posted activities, and other announcements from your AMC-SEM trip leaders. Follow these [instructions](#) to be added to the list. You can unsubscribe at any time. If you have trouble with the instructions, just email [chair@amcsem.org](mailto:chair@amcsem.org) to be added.

3) [Follow us on Facebook \(@AMCSEM\)](#) for chapter updates.

- ❖ Click **Follow**.
- ❖ Scroll down the menu to choose whether to see us first in your news feed and whether to get notifications of page updates.

4) Search the [Activity Database here](#).

We hope these opportunities to stay in the know mean that you won’t miss a thing!

### [Barry Young & Paul Audet share winter hiking tips in \*Boston Herald\* article](#)

If you’re planning a hike in the Fall River Bioreserve or looking for advice on winter hiking in general, check out this [January 21, 2022, article](#) by Dan Medeiros in the online *Boston Herald*. The article includes extensive quotes and tips from AMC-SEM hike leaders Barry Young and Paul Audet on both the Bioreserve and safe winter hiking.



## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](#). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](#), and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

**EDITOR'S NOTE:** AMC's new Activities Database no longer provides a newsletter magazine format of chapter activities. Please bear with us as we determine how to provide the most useful format for the Activities Listings without time-consuming cut-and-paste. Follow the Activity link for more information, including precise location, registration information, and leader names and bios.

### CAPE HIKES

#### [Hike Head of the Meadow Truro](#)

**Sat., Feb. 26, 9:45 AM - 12:30 PM, Open.** 2.5-hour hike. Visit Head of the Meadow and Coast Guard Beaches and hike in the rolling hills of pine forests. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am – 12:30 pm.

#### [Griffin Island - Wellfleet](#)

**Sun., March 6, 9:45 AM - 1:15 PM, Open.** Griffin Island 7+ miles hike is a moderately level hike for the Cape with some short ups and downs for approximately 1000 ft. and avg. moving speed of 2.3mph. We will start in Wellfleet in the upper parking lot of Great Island trail in Wellfleet and hike north into Truro, passing some beaches, and loop east leaving the bogs on our left. Sneakers are OK. - Snow/rain and heavy wind cancelled. Beautiful views of the Wellfleet Bay and the Herring River. Most of the trails are single trails, are not mapped and were found after many trials and errors. We will also past by some Griffin Island history. If weather permit, lunch break at the beach. Meeting at the upper Great Island parking lot at 9:45am

#### [Hike Snail Road Provincetown](#)

**Sat., March 12, 9:45 AM - 12:00 PM, Open.** 2 hour hike. Hike towering sand dunes and beaches to see ocean and bay at same time. Directions: From Route 6 go 0.6 miles past the "Town of Provincetown" sign and park on the right shoulder of Route 6 before and after Snail Road. Meet at 9:45 and hike 10 am - 12:00 pm.

#### [Hike--Bourne T](#)

**Thur., March 24, 9:45 AM - 12:00 PM, Open.** This pre-registered 4+ mile, 2-hour hike is limited to 19 participants and 1 leader. This hike is not suitable for novice hikers. The terrain is over wooded trails and fire roads with frequent rolling hills in a loop without easy bailout points. Participants must have sturdy winter footwear, water. Bring microspikes if icy, hiking poles if preferred. Driving directions to the trailhead will be sent to pre-registered participants.





## Activities

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

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### CAPE HIKES

#### [Hike Beech Forest Provincetown](#)

**Sat., March 26, 9:45 AM - 12:00 PM, Open.** 2-hour hike. Hike woods and sand dunes. 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 – 12:00 pm.

### EDUCATION COMMITTEE

#### [Presentation: Travels in Iceland 2020 by Dexter Robinson](#)

**Mon., Feb. 28, 7:30 PM, Open.** Dexter Robinson will be presenting highlights of a trip he made to Iceland in March 2020 with his daughter and several others. His daughter and another participant developed a detailed itinerary for this 5 day trip. Highlights include a dip in the famous Blue Lagoon and visits to the historic Settlement Center and Thingvellir National Park. They also experienced some natural wonders that included a hike to a warm river spring and a tour of an ice cave. The trip concluded with a horse ride along a black sand beach and some sightseeing in Reykjavik. The 45-minute program will be presented via Zoom. Dexter's daughter, Elizabeth, will be assisting with the Q&A.

#### [SEM Basic Leadership Training](#)

**Sat., April 2, Open.** This full day course prepares participants to begin leading SEM activities on the local level. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. For this activity we require you to provide proof that you are fully vaccinated or have a negative PCR test in the 72 hours prior to the start of the course. You will be spending a significant amount of time indoors in close proximity to other participants.

#### [SEM Expanded Leadership Training \(Optional\)](#)

**Sun., April 3, Open.** This 2nd full day course will follow the Basic Leadership Training course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in back-country activities. It will expand on topics presented in the Basic Leadership Training course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. It will also include basic map and compass skills and opportunities to share leadership dilemmas. Participants should be ready for a full day of indoor and outdoor activities. This course is open to: 1. attendees of the Basic Leadership Training course; 2. current leaders who want to advance to a higher leadership level; or 3. any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. For this activity we require you to provide proof that you are fully vaccinated or have a negative PCR test in the 72 hours prior to the start of the course. You will be spending a significant amount of time indoors in close proximity to other participants.

#### [Map And Compass - Two-Day Weekend Workshop](#)

**Sat., June 4, 9:00 AM - Sun., June 5, 4:00 PM, Open.** In this two-day weekend workshop, you will learn navigation skills using a map and compass. The course assumes no prior experience. We start with basic instruction and progress over two days to cover some intermediate and advanced skills. All activities will take place at the Blue Hills Reservation about 20 minutes south of Boston. Sat. morning will consist of classroom instruction. 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 using the DCR trail map. This will include a bushwhack between two trails. On Sun. groups will plan their own route to find flags hidden both on and off-trail. You will be using a topographical map that does not show the trails and will use terrain features such as valleys, brooks, and hills to reach your destination. Each group will have an instructor to help facilitate the learning. Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. For this activity you will need to provide proof that you are fully vaccinated by emailing an image of your vaccination card to the registrar or alternatively provide a PCR test taken within 72 hours of the workshop and showing a negative result. Masks will not be required on the hikes or during the classroom instruction.



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Vice Chair SEM 20's & 30's Committee, MA.** Help engage SEM 20's & 30's members by planning in-person activities, online socials, and social media. More details [here](#). For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

**Ongoing. SEM Bicycling Chair and Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Chair, SEM Communications, MA.** Join the SEM Executive Committee! Do you love to write, coordinate activities, and engage others? The Communications Chair supports the activities of Communications Committee volunteer staff (Breeze Editor, Blast Editor, Webmaster, Social Media Administrator, etc.) and manages communications to our members. Find our more [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

### HIKING

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

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

#### [SEM Winter Hiking Series #4: Crawford Notch](#)

**Sat., Feb. 26, 8:30 AM - 3:30 PM, Open.** Note: This is the posting for the rescheduled hike from Feb. 5. If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them.

#### [Wildlife Tracking Winter Hike](#)

**Sat., Feb. 26, 9:30 AM - 3:00 PM, Wait Listed.** This is a follow up "field session" hike to a zoom presentation being presented Thur., Feb. 24th, from 7pm to 8:30pm on wildlife tracking photos. Participation in the zoom meeting is not required to attend this hike. Education Coordinator Pam Landry from Mass Div of Fisheries and Wildlife and Pat Little of Northeast Wildlife Trackers will lead the hike with hike leadership, coordination, logistics and registration provided by AMC SEM. Registered participants should plan to meet in Petersham, MA at 9:30 am and then plan to carpool to a nearby location near Quabbin Reservoir. Participants should plan to dress in appropriate outdoor gear for standing and slow moving, unlike a normal AMC winter hike where the group is moving all the time. Participants should plan to bring a winter pack with appropriate winter gear, snacks, lunch, hot beverage, etc. Mileage will vary depending on what we find. The time will be spent stopping and investigating, discussing, questioning all tracks and signs. The session will conclude by 3 pm. A complete list of details including trail head location, driving directions, gear list and food will be provided to registered participants. Face masks are required for carpooling. In order to maximize the time in the field, registered participants should gain some familiarity with wildlife in Massachusetts and seasonal natural history by spending a couple of hours reading on your own time some documents before the hike. These documents will be provided via website links to registered participants. For questions, please contact leader, Barry Young ([barry.young@comcast.net](mailto:barry.young@comcast.net))

#### [Hiking Fall River Bioreserve](#)

**Sun., Feb. 27, 10:00 AM - 1:00PM, Open.** Email leader to register: [chair@amcsem.org](mailto:chair@amcsem.org). Not sure about a 5-mile hike? Join us on this 2-part hike. The first loop is around 3 miles leading back to our cars. If that's enough for you, you can end there. Want more? We'll then do another 2 ½-mile loop. Sturdy shoes required, suitable for colder temps. Dress for the weather. Heavy precipitation or unsafe driving conditions will cancel. Traction devices will be required if there is packed snow/ice. Leader will let you know. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets.





## Activities

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

### HIKING

#### [Winter Conditioning Series Hike #5](#)

**Tues., March 1, 10:00 AM - 2:00 PM, Open.** Winter Conditioning Series -Hike #5 This is the posting for the fifth hike of the Winter Conditioning Series. There are spaces for five more new participants. For the remaining hikes in the series, new participants can sign up for one or more series hikes as they are listed, if they have been hiking regularly so far this winter. New participants will be screened for their initial session and will not be 'rescreened' subsequently. This series takes place in various locations within the Blue Hills and focuses on maintaining and building conditioning across hikes occurring every other week. We add mileage and elevation across sessions and as conditions determine, and participants should expect between 7-10 miles with approximately 1300'+ elevation gain. Participants are expected to have prior winter hiking experience and be able to hike at a strong moderate pace carrying & using winter gear. This series is not intended to be an introduction to winter hiking. All participants will need winter clothing, snowshoes, micro spikes, optionally crampons etc. Hikes will only be cancelled or rescheduled in the event of inclement weather (e.g., heavy rain) or weather that makes travel hazardous. If rescheduled, this will typically be for the Wed. or Thur. of same week. Rendezvous location will be sent each week usually by Sun. PM. Cancellations or reschedules will be determined at the latest by 8:00 AM day of hike, with notification via email. (Reschedules typically decided day before) 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 "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. For this event, participants will be asked to affirm that they are vaccinated or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. Planned dates: 3/1, 3/15, 3/30 AMC Trip Policy

#### [Thur. Morning Hike - Blue Hills, CCC Camp And Domes](#)

**Thur., March 3, 9:45 AM - 2:00 PM, Open.** Overview Blue Hills - CCC Camp and the Domes 9:45am-2:00pm Moderate to fast pace, with occasional stops. An approximately 7-mile, 4 hour hike with minimal elevation. This is a mostly wooded hike, but some trails may be wet or icy. Some trails are 'in + outs' for those doing 'trail tracing'. Bring waterproof hiking shoes or boots, appropriate layering for the weather, snack/lunch, and water. Traction devices such as micro spikes or snowshoes may be required depending on snow conditions. Please bring them to the trailhead. Steady rain or heavy snow will cancel. No dogs. Group size is limited to 10 hikers plus the leader. Trail head location will be emailed to confirmed registrants.

#### [Winter Hike #5: Overnight at Zealand Falls Hut](#)

**Fri., March 4, 10:00AM - Sun., March 6, 3:00PM, Open.** Join us for the 5th hike in the Winter Hiking Series. We will hike into Zealand Falls Hut, our home base for the weekend. There are a variety of beautiful hikes from the hut, & the views in the winter are breathtaking. The group will carry in our food & prepare meals at the hut. Participants must have attended a prior Winter Hiking Workshop & have winter hiking experience. Full winter gear, including sleeping bag rated to 0 degrees, required.

#### [Winter Trail Trace the Blue Hills: Hike 12 of 13](#)

**Tues., March 8, 9:45 AM - 2:00 PM, Open.** See March 1st listing for series details. This is the TWELFTH hike in the 13-week series that runs through March 15, . Registration is required for each weekly hike.

#### [Thur. Morning Hike/Snowshoe - Ponkapoag Pond Loop - Canton, MA](#)

**Thur., March 10, 9:45 AM - 1:30 PM, Open.** Moderate to fast pace, with occasional stops. An approximate 5 1/2 - 6-mile hike around The Pond. Occasional "in and outs" may be added along the way for those who are "trail-tracing". Bring waterproof hiking shoes or boots, snack/lunch, and water. MICROspikes and/or snowshoes may be necessary depending on trail conditions. We'll take a break at the AMC Camp down at the pond, weather permitting. Steady rain or snow will cancel. Well behaved dogs on leash are O.K. Group size is limited to 14 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend.

#### [Full Moon Hike at Borderland State Park](#)

**Tues., March 15, 6:00 PM - 8:30 PM, Open.** Come and hike the last Full Moon Hike of the season. Next season starts on October 6th. This hike will be under a Full Worm Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. Micro spikes may still be required at this time of year. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets.



## Activities

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

### HIKING

#### [North And South Kinsman Winter Hike](#)

**Wed., March 16, Open.** Join us for an out and back moderate pace hike to North and South Kinsman via the Mt. Kinsman trail. This day hike is 10 miles round trip with 3,950 ft. of elevation gain taking about 7 hours. The summit view on South Kinsman features an incredible 360-degree view that includes the Franconia Ridge. This will be a long day with potential exposure to weather and a "taste" of above-tree line in winter. Participants must have full winter gear and previous winter NH 4K experience. Participant size limited to 8. This hike was originally scheduled for Jan. 19 but was cancelled due to weather. To address unforeseen challenges such as adverse weather and unacceptable trail conditions, the planned trip destination, meeting place or date may be modified. In that event, participants may elect to opt out.

#### [Thur. Morning Hike: Whitney and Thayer Woods](#)

**Thur., March 17, 10:00 AM - 2:00 PM, Open.** End of winter walk in Whitney & Thayer Woods, along lovely forest trails, up to Turkey Hill viewpoint, across Brass Kettle Brook, past Ode's den, on Trustees of Reservations property, for 3-4 hours. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Wear boots suitable for possibly muddy/icy trail conditions (bring traction devices if there have been recent freezing temperatures), clothing suitable for the weather (layers, hats, gloves) and bring water/snacks/lunch. Persistent rain or snow that morning will cancel. Contact leader by email if weather is questionable. Please carpool if possible.

#### [Blue Hills Spring Conditioning Series: Hike 1 of 12](#)

**Tues., March 22, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FIRST hike in the 12-week series that runs every Tues. through June 7. We will meet up at 9:45 AM and will end around 2 PM. Registration is required for each weekly hike. Group size is limited to 15 participants. Each week the hike distance will be longer, we will increase elevation gain, move faster along the trails and add pack weight. When considering this series please plan to attend most of the hikes as it is a building series. Expect challenging terrain including rocks and ledges on most ascents and descents. Weather permitting, we will finish the series on June 7, with an extended day hike on the Skyline trail. You will be ready to take on the NH mountains!

#### [Thur. Morning Hike - Norton/Mansfield Great Woods RELISTED](#)

**Thur., March 24, 9:45 AM - 2:00 PM, Open.** Please arrive before 9:45 AM to arrange car spotting. This is a one way thru hike approx. 6 miles at a leisurely pace. Allow extra time for car spotting at the end of the hike. Thur. Morning Hike - Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street in Mansfield. Hike in the Great Woods from Norton thru to Mansfield Natural Resources Trust. Carpooling/spotting from Mansfield NRT to trail head on Freeman Street in Norton with side street parking. (Directions to 145 Oak Street below) Due to COVID, masking and vaccination status are required as we do car spotting. We will be ride sharing to and from the Start and Finish. An attempt will be made to limit the number of passengers in each vehicle by using as many vehicles as possible. Flat roaming thru hike with glacial eskers, old mill dam and early 19th century Coddington Farm site. There is a brook crossing on a log bridge and wet areas. Bring hiking poles, water, lunch or snacks and dress for the weather. Heavy Rain/Snow will cancel hike. Possible shorter snowshoe hike.

#### [Blue Hills Spring Conditioning Series: Hike 2 of 12](#)

**Tues., March 29, 9:45 AM - 2:00 PM, Open.** This series is not suitable for beginners. This is the SECOND hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 2 of 12](#)

**Tues., March 29, 9:45 AM - 2:00 PM, Open.** This series is not suitable for beginners. This is the SECOND hike in the 12-week series that runs every Tues. through June 7, . See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 3 of 12](#)

**Tues., April 5, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the THIRD hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.





## Activities

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

### HIKING

#### [Blue Hills Spring Conditioning Series: Hike 4 of 12](#)

**Tues., April 12, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FOURTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details

#### [Blue Hills Spring Conditioning Series: Hike 5 of 12](#)

**Tues., April 19, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FIFTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 6 of 12](#)

**Tues., April 26, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 7 of 12](#)

**Tues., May 3, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SEVENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 8 of 12](#)

**Tues., May 10, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the EIGHTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 9 of 12](#)

**Tues., May 17, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the NINTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Thur. morning hike along the Lower Neponset River](#)

**Thur., May 19, 10:00 AM - 3:00 PM, Open.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I will have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. For this event everyone will be asked to provide proof that they either are fully vaccinated or have a current (within 72 hours) negative PCR test by emailing me an image of their vaccination card or test results prior to being approved for the hike. Masks will not be required on this hike, but anyone is welcome to wear a mask if desired. The American Planning Association has selected this waterfront trail which spans the city of Boston from its border with Milton to the Dorchester neighborhood as one of the 13 Great Places in America for 2019. This is a lovely urban walk and a great lunch location. I do hope you will join us.



## Activities

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

### HIKING

#### [Blue Hills Spring Conditioning Series: Hike 10 of 12](#)

**Tues., May 24, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the TENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 11 of 12](#)

**Tues., May 31, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the ELEVENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: FINAL Hike 12](#)

**Tues., June 7, 9:45 AM - 3:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FINAL hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.





**The End**

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | March 2022

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

Sign up for the AMC Activity Digest. Sign into your [Outdoors.org](https://www.outdoors.org) account, scroll to the bottom of the page, and click "View Trips" under Digest Emails to set preferences.

Or call 1-800-372-1758

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

Like us on [Facebook](https://www.facebook.com).

Follow us on [Instagram](https://www.instagram.com).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



All ready for the hike at Noble View! *Photo by Paul Brookes*

## Return to Noble View for winter weekend fun

By Jeannine Audet, Skiing Chair

AMC-SEM hosted yet another successful Noble View weekend this year, February 18-20, after COVID restrictions had placed this much anticipated weekend on hold last year. There were 26 in attendance, many new to this event.

There was no snow yet again this year, alas for Jeannine Audet and her would-be skiers. However, Paul Brookes, Paul Miller, Eva Borsody-Das and Jeannine led hikes through the varied terrain of the Noble View property, including the lovely Little and Big Pitcher Falls, and rolling terrain through the woods. An evening hike also was offered, with a nearly full moon. Microspikes were a must, as the trails were quite icy. Paul Brookes' dog, Sunny, was an eager participant on our hikes.

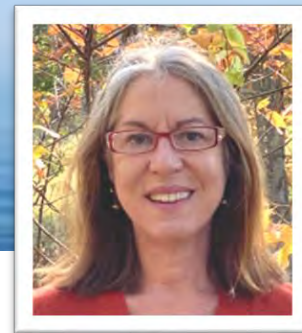
Sandy Santilli and Karen Singleton prepared wonderful meals, including chili, lasagna, and quiche, as well as desserts; rave reviews followed the meals. Our group had cheerful happy hour on Friday and Saturday evenings, sharing our favorite drinks and snacks.

Jeannine guided yoga sessions both days. Participants agreed the stretching was a very helpful way to cool down on Saturday evening and warm up on Sunday morning.

Evening time was otherwise spent socializing, reading, or doing puzzles by the roaring wood stoves. Everyone chipped in, as always, to do dishes, feed the wood stoves, and tidy up. We look forward to our trip next year!

See more photos on page 3





## View from the Chair: Spring Events!

I am excited about our upcoming events!

Our in-person Leadership Training is April 2 and 3. The [first day](#) is required for potential leaders. The [second day](#) (optional) builds on the first day. It is targeted for those who want to lead more difficult activities, but is open to all potential and current leaders. Even if you're not sure you want to be a leader, taking leader training makes you a better participant. I wrote a two-part article titled "Trip Leader Training" about four graduates from the 2019 session. In the [October Breeze](#) article, Johanna said, "I knew I'd be a better informed participant if I was needed, in any little helpful way." The article describes how the training paid off. "We were heading out and the weather kept changing. We had delays. Because I was aware of the time and how it's all planned, I knew what should be part of the leader's decision making. I felt confident enough to speak up." You too can be a more informed participant. Sign up!

Our Membership Chair, Samantha Fisher, has posted three New Member hikes. These hikes are to introduce newer members to shorter distance local hikes. Gain knowledge from experienced hike leaders. Learn more about the AMC. Although this hike series is targeted to newer members, all are welcome. Join us [April 24 at Ponkapoag Pond](#) in Canton, [May 15 at Gilbert Hills](#) in Foxboro, and [June 26 at Borderland](#) in Easton. We are looking for a Membership Committee Vice Chair to help organize other new member activities. Email me or the Nominating Committee at [nominating1@amcsem.org](mailto:nominating1@amcsem.org) for more information.

Our Conservation Committee has planned two terrific events! Enjoy a [conservation walk April 30](#) with naturalist Gil Newton. This leisurely walk through Crocker Neck Conservation Area will offer pine and oak forest, salt and freshwater marsh, beach, and estuarine flats. Gil will stop and talk about the various habitats with some of the history of the area. The other event is online. Are you confused about what goes in your trash bin and what goes in your recycling bin? You're not alone! Register for the online [April 27 Talking Trash & Recycling](#). You will learn ways to reduce the amount of trash you generate, improve your recycling habits, and make easy changes to lead a more sustainable lifestyle.

Our Trails committee has scheduled its first event of the year! Celebrate Earth Day with [trail maintenance in the Blue Hills](#). No experience is necessary. Everyone is welcome. Tools are provided. Help improve those trails you love to hike.

Check out these and all other [SEM activities](#). We hope to see you soon. I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).

*Diane Simms, Chapter Chair*

### 2022 Executive Board

Chapter Chair .....Diane Simms  
 Vice Chair .....Stephen Conlin  
 Secretary .....Natalie Halloran  
 Treasurer .....Earl Deagle  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair ..... OPEN  
 Biking Vice Chair .....OPEN  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Shana Brogan  
 Conservation Vice Chair .....Bill Cannon  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Doug Griffiths  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....OPEN  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....OPEN

Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....Jenna Whitney  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20's & 30's Chair.....Shannon Garber  
 20's & 30's Vice Chair.....OPEN

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
 Webmistress.....Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

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

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





## Noble View trip Continued from page 1



Home base at the Noble View lodge. *Photo by Paul Brookes*



Happy Hour supervised by Sunny. *Photo by Paul Brookes*



Pause for rest and appreciation. *Photo by Paul Brookes*



Little Pitcher Falls. *Photo by Jeannine Audet*



Heading into the woods. *Photo by Paul Brookes*



Sunrise on light snow. *Photo by Paul Brookes*





*Conservation Corner*

## Talking Trash: Reducing & Reusing Waste

By Shana Brogan

Trash is becoming more expensive and complicated to process these days. Think about all the single use containers you discard: sauce jars, detergent and soap jugs, beverage bottles, condiment jars, snack bags and pouches, produce bags, egg cartons, bread bags, plastic wraps. The list goes on and on! Have a look in your trash and recycling: How much is plastic? How much is glass?

Massachusetts creates 5.5 million tons of solid waste per year. Three million tons are burned in incinerators; 1.6 million tons are transported out of state; and just under one million tons are buried in landfills. The decomposition process in landfills creates methane, which accounts for ten percent of our greenhouse gas emissions, according to the U.S. Environmental Protection Agency.

It is no secret that municipal transfer stations are expensive operations. One of the greatest expenses is the cost of taking trash from your town to the incinerator or landfill, which is based on the weight of the trash. What is the greatest contributor to the weight of your trash? Food scraps! Organic material accounts for 28.1% of the contents of our trash, according to the Massachusetts Department of Environmental Protection.



Courtesy photo from [recyclesmartma.org](http://recyclesmartma.org)

### Some tips to start your waste reduction journey:

**Inventory your recycling** to see what plastic and other single-use containers you are recycling each week. Start doing this before every trip to the transfer station, so you can see what you recycle and use most, and watch the amount decline over time.

**Make a change with the single-use item that is the most abundant in your recycling.** For single-use water bottles, buy larger jugs of water. Better yet, use a refillable bottle. If it's soda or other drink cans, buy a larger soda or beverage bottle.

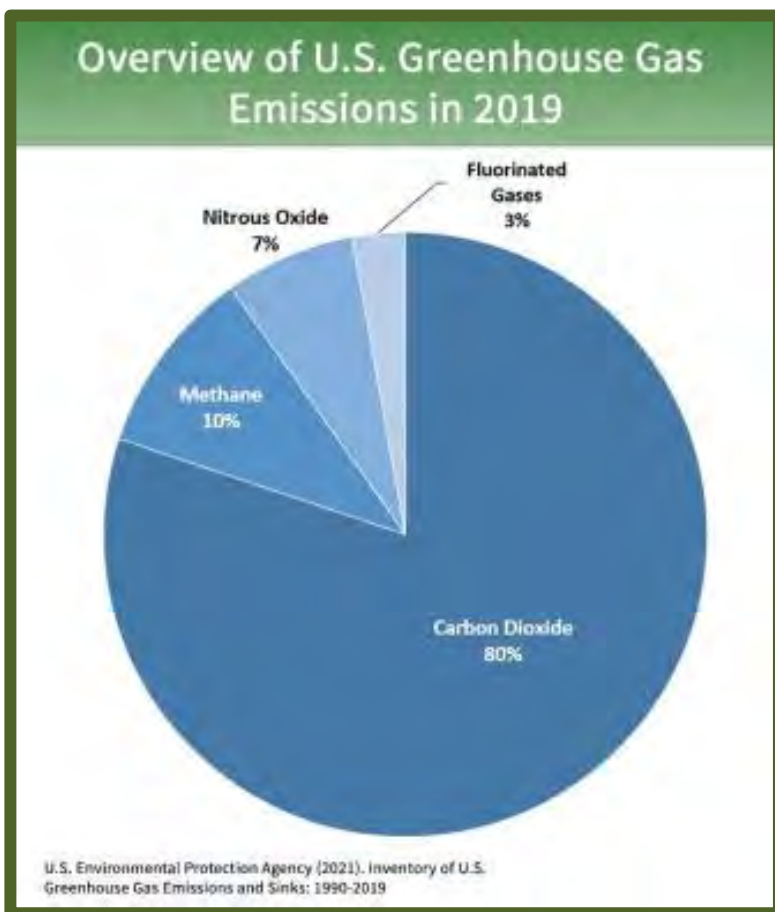
**Use reusable grocery bags on display at check out.** You often get a discount using them, so they will quickly pay for themselves.

**Start composting!** Some transfer stations sell small bins and large outdoor compost bins. You may even have something around your house you can use. Ask your transfer station gate attendant if they accept food scraps. If not, you can either create a compost bin in your yard or buy a compost container.

### Get Educated: Join us!

**Wednesday, April 27th, at 6:30 pm online** for a Trash Talk and Discussion on Recycling.

[Register here.](#) Every bit makes a difference!





With no snow for skiing, this group elected to hike up to the summit of Bear Mountain. *Photo by Lars Qvicklund*

## Ski Committee trips get members back to the slopes and trails

By Jeannine Audet, Skiing Chair

The AMC SEM Ski Committee was so happy to be back out and led three trips this year. We added a trip to the Berkshires the weekend of December 10, and stayed at the Wainwright Inn in Great Barrington. Our group of 17 agreed it was a lovely home base.

Unfortunately, there was no snow, so we instead hiked. One group hiked Alander Mountain along the Alander Mountain Trail, and the other group hiked to the summit of Bear Mountain, just over the Connecticut line.

It was unseasonably warm, and rainy initially, with a clap of thunder at the trailhead. Fortunately the rain stopped, although there were no views. The boulder scramble up Bear Mountain presented some challenging ice.

The group enjoyed dinner at the Barrington Brewery and a stroll along Main Street in Great Barrington, which was adorned with holiday décor and featured ongoing festivities.

On the second day, we hiked to Laura's Tower and the Ice Glen in Lenox, which includes a boulder scramble and contains one of the few old growth forests, with beautiful hemlock trees.

Thank you to Walt Granda and Peggy Qvicklund for your leadership!

Our second trip, for the long holiday weekend of January 14, was back at the Mountain Fare Inn in Campton, NH. This year our group of 13 prepared our breakfasts, which were amazing! On the first day, some of our group skied at the Waterville Valley Resort. Another group hiked to the Fletcher Cascades.

The first day was very cold, with -8 degrees F temps at the start. The ski trails were slick, but the forest beautiful. The hikers had a great day. Afterward, members of the groups imbibed at the Berkshire Mountain Distillery and the Big Elm Brewery. Dinner followed at the Coyote Grill.

Unfortunately, our New England Patriots lost the playoff game that evening. On the second day, the skiing at Waterville Valley was lovely, as it was warmer and the snow softened. The hiking group snowshoed Timber Camp Trail. Happy Hour followed around the fireplace at the B and B. Our dinners were great at Panorama.

A snowstorm was predicted for Martin Luther King Day, so some of the group chose to snowshoe around the B and B in the morning, and others hiked part of the Smarts Brook Trail with beautiful, iced-over waterfalls.

Thank you to leaders Dia Prantis, Diane Hartley and Robin Melavalin!

Finally, our third trip was a return to the Old Field House in Intervale, NH, the weekend of February 11th. Our group of 22 was greeted by Nana, the innkeepers' Alaskan Malamute.

The first day, the group enjoyed perfect conditions at Jackson XC—beautiful snow and sunny skies. We skied 6.5 miles and sat by the fire for a bit outside near the Cocoa Cabin along the Ellis River Trail.

The hiking group ambitiously summited Mt. Crawford. We celebrated with a group dinner at the Red Fox. On the second day, some of the group snowshoed behind the B and B, while the rest of the group skied along the Saco River at Bear Notch XC Ski. Sadly, COVID closed the gathering spot there, so there was no soup this year. We hope that will change for next year!

Thank you to Len Ulbricht for co-leading!

We always welcome new participants on our trips. We are also seeking ski leaders, so please contact Jeannine or Dia if interested!

See more photos on page 6





Photo by  
Jeannine Audet

## Volunteer of the Month: Dia Prantis

By Jeannine Audet, Skiing Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Skiing Committee recognizes Dia Prantis for her numerous contributions.

Dia is currently the Skiing Vice Chair and a skiing leader. She has been welcoming to our new and returning ski trip participants. She assisted with organizing and leading a new trip to the Berkshires this past winter.

Dia has been very helpful in attending to all of the details involved in planning and leading multi-day ski weekend trips. In addition, her cooking skills and enthusiasm were much appreciated during the Waterville Valley trip this year, as our group was responsible for preparing breakfast.

Thank you, Dia!

Dia will receive a Volunteer of the Month Certificate and a \$50 gift card.



## Ski Committee Trips Continued from page 5



Top to Bottom:

Traversing  
Ice Glen  
Photo by  
**Peggy Qvicklund**



Hiking Timber  
Camp Trail.  
Photo by  
**Diane Hartley**

**A break at the  
Big Elm Brewery.  
Photo by  
Siri Mohr**



**Skiing at  
Waterville Valley.  
Photo by  
Jeannine Audet**



Below Left: XC  
skiing at Bear  
Notch. Photo by  
Jeannine Audet

**Below Right:  
Sitting at Jackson  
XC's Cocoa Cabin.  
Photo by  
Jeannine Audet**







Pepi Reguero, left, Paul Newell, Kate Sullivan, and Babz Clough on Mt Crawford summit. *Photo by Pepi Reguero*

## Mt. Crawford Snowshoe Hike

by Len Ulbricht, Past Chapter Chair

On a warm sunny Saturday in February, with the temperature in the mid-40s, six of us on the annual Old Field House XC ski and snowshoe weekend chose to ascend Mt Crawford (el. 3,119 feet). The trailhead is just south of Crawford Notch, NH, on Rte. 302. The easy part for Kate Sullivan, Babz Clough, Pepi Seguero, Paul Newell, Paul Audet, and me was foregoing base layers, down jackets, and chemical hand warmers. The more challenging part was 1,900 feet of elevation gain in snowshoes and heavy winter boots.

Soon after arrival at Davis Path trailhead, the frequent post holes from prior hikers confirmed that snowshoes were the right choice. A photo op winter scene at trailhead's Saco River hiker bridge cheered us on as upward we went. Babz led the way along the wooded trail while I swept.

Soon we hit the steeper portion of the ascent, and we began to spread out. Frequent pauses to rest and hydrate



A view of the Saco River taken from Hikers Bridge.

*Photo by Pepi Reguero*

were the routine until we reached about halfway to the summit and 900 feet of elevation gain.

At that point my legs ached enough for me to reconsider. I was just not in good enough condition to proceed further. Turns out Paul A., experiencing dehydration symptoms, was also reconsidering. Babz offered to head back with us, but just then a descending hiker named Dave came by and offered to escort us back to trailhead.

Proceeding to the summit, Kate, Babz, Pepi, and Paul N. took in panoramic views of Mt. Washington and the Presidential Range. On our descent Dave regaled Paul A. and me with his ice climbing and winter Presidential traverse stories.

Lessons are learned on every hike. In this case: 1) Be well-hydrated the day before starting out for the hike. 2) Know yourself when it is time to stop and forego proceeding further. 3) Pay it forward and assist your fellow hikers whenever possible. The mountain will always be there.



Near-end of winter peak ascension. *Photo by Holly Riehl*

## Stunning views from Kinsman peaks

By Dexter Robinson, Hike Leader

On March 16, winter leaders Bill Belben and Dexter Robinson led a 10-mile hike with six participants to North and South Kinsman in the New Hampshire White Mountains. The group was rewarded at the summits with stunning views of the Franconia Ridge. This almost-last day of official winter featured above-freezing temperatures and very little wind. Trail conditions ranged from snow and ice for most of the day to some bare ground and slush at the end.





## Zealand Falls Hut Weekend

Photos by Paul Brookes

The fifth hike in the Winter Hiking Series took place March 4-6 in the backcountry of the White Mountains of New Hampshire. The group hiked into the AMC's Zealand Falls Hut, home base for the weekend. At an elevation of 2,700 feet, the hut is an easy 2.8 miles from the trailhead.

The 25-foot-high cascading Zealand Falls passes only fifty feet from the hut, and a one-mile hike leads to the Zeacliff lookout, with views of the Pemigewasset Wilderness to the south and Willey Range to the east.



### Education Committee Upcoming Events for 2022

The newly formed SEM Education Committee is happy to announce some exciting new educational opportunities.

**April 2 and 3**  
**Leadership Training**

Leadership training is being extended to two days to allow us more time for some expanded skills and scenarios. The training will be held at the Rochester, MA, Grange Hall at 182 Hartley Road in Rochester. The format is:

Day 1: **Basic leadership training** for all new leaders.  
Day 2: **Expanded leadership training** (optional) for:

- New leaders seeking to lead Class 2 and above.
- Current Class 1 leaders who would like to advance to Class 2 and above.
- Any chapter leaders interested in expanded training.

We are seeking leaders to help teach and guide practice exercises on both days. We would like to invite both experienced leaders and new leaders. New leaders will be partnered with the experienced leaders in presenting and leading exercises.

**June 4 and 5**  
**Map and Compass** by Paul Brooks and friends

TBA Spring 2022  
**Introduction to Backpacking**







Ann Hargleroad with Blue Hills trails companion, Hannah.

## Winter Trail Tracing DONE! My turn to make the cookies!

Article and Photos by Ann Hargleroad

On December 23, 2021, I was hiking with some friends in the Blue Hills and I'm not sure how we landed on the topic of how we should all join the Friends of the Blue Hills and hike the 125 miles of trails to get their patch. It seemed like a fun idea, but it soon blossomed into a full winter endeavor.

Nothing much happened. And no plans were made. But as an AMC member, I like to check out the Outdoors on the web. I came across a Southeastern Mass. chapter series: "Winter Trail Tracing ( WTT) the Blue Hills," led by Pam Johnson. I signed up for one of her hikes. That was when it all really began.

Through her enthusiastic hikes, I literally learned the ins and outs of trail tracing. It was fun discovering and learning all the trails.

Snowstorms came and went. Snow accumulated and melted. Sometimes I followed snowshoe prints or an indentation where no brush grew, other times bare trail.

I saw the beauty of the woods.

Found places I never dreamt existed.

I enjoyed many a sunset as I hiked through the short days, giving off their beautiful light.

Finally, I was able to write this letter to Pam (hike leader) and Paul Brookes (SEM hiking chair):

*Hi Pam and Paul,*

I am overjoyed to say that I have completed the Blue Hills WTT!! I started on 12/23/21 and finished today, 3/10/22. Phew! It was getting to be an obsession, but I have to say I enjoyed every minute of it and made so many new discoveries along the way.

Eating lunch on my final day of tying off loose ends with my hiking bud, Hannah.

I hiked a total of 194.08 miles, even though there are only 125 miles of trails in the Blue Hills!

I hiked 48 miles with SEM. Thank-you for letting me join!

I hiked 59.8 miles with friends. Thank-you Fran, Barbara, Tim, Madeline, Maria, Kathy B., and Ellen!

Lastly, I hiked the remaining 86 miles myself, accompanied by my faithful dog, Hannah.

At first the map was a blank canvas. I just went anywhere. And then, seeing that I was leaving little bits everywhere, I became very systematic and pored over the map, trying to find the most efficient way to cover the missing pieces. Thanks to Barbara Lightizer, I discovered Maprika, which was a 100% improvement over AllTrails.

From wintry days on Buck Hill to great finds to meeting exceptional people, I enjoyed it all immensely! I can't wait to do it all over again! BTW: I was beyond overjoyed being awarded the SEM Winter Trail Trace patch, and per tradition for finishers I baked the cookies that day for our lunch time "show" and awards "ceremony."

A sweet ending to a sweet season of exploration.

*Ann Hargleroad*



Ann earned the AMC-SEM chapter's Winter Trail Trace the Blue Hills patch. See the requirements [here](#).

See more photos on page 10





## Winter Trail Tracing Continued from page 9



WTT photos show both the challenges and the rewards of Winter Trail Tracing the Blue Hills.

*Photos by Ann Hargleroad*



**Bicycle weather is (mostly) here! Photo by Lisa Robitaille**

## Bicycling Chair and Vice Chair needed as rubber hits the road

We need you! Spring biking is right around the corner! Would you like to become a member of a dynamic leadership team? As an AMC member, a great opportunity awaits you if you enjoy bicycling and socializing with like members. AMC-SEM is currently seeking candidates to serve as Chair and Vice Chair of the Bicycling Committee.

As Chair, you'll coordinate biking activities for the Chapter, represent your committee members at the Board level, and serve as a role model by encouraging and developing new bike leaders.

The Vice Chair assists the Bicycling Chair in planning and implementing events and developing new leaders, but is not a member of the Executive Committee.

Multiple resources are available to assist you in this role. See more details [here](#).

You can also reach out to AMC-SEM Chair, Diane Simms at [chair@amcsem.org](mailto:chair@amcsem.org) or Nominating Committee Chair Alan Greenstein at [nominating1@amcsem.org](mailto:nominating1@amcsem.org).







## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](https://www.outdoors.org), and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

**EDITOR'S NOTE:** AMC's new Activities Database no longer provides a newsletter magazine format of chapter activities. Please bear with us as we determine how to provide the most useful format for the Activities Listings without time-consuming cut-and-paste. Follow the Activity link for more information, including precise location, registration information, and leader names and bios.

### CAPE HIKES

#### [Hike Shaw Farm Trail](#)

**Sun., Apr. 3, Open. Mattapoisett/Fairhaven, MA.** Join us for a pre-registered, Sunday MORNING, flat 5-mile hike in Mattapoisett/Fairhaven. We'll start at the Phoenix Bike Trail and then walk along stone wall flanked farm fields, over boardwalks, through the wood, around a meadow, and along Nasketucket Bay. The trail has exposed roots and can be very muddy in places. Sturdy winter waterproof footwear and water are required. If icy and cold, microspikes or similar devices and poles are necessary for safety. Wear layers for varying wind and temperature conditions--part of hike is on exposed beach. Driving directions will be sent to pre-registered participants.

#### [Punkhorn Hike](#)

**Thur., May 19, 9:45AM-12PM, Brewster, MA. Open.** Wooded trails over hills with pond views. Hiking boots & poles helpful. Directions: Rt 6 Exit 78B onto Rt 134 N. In 2 miles turn Rt on Setucket Rd & continue bearing Rt on StonyBrook In 0.3 miles turn Rt on Run Hill Road to large parking lot on left

### CONSERVATION COMMITTEE

#### [Talking Trash, Virtual Presentation and Discussion](#)

**Wed., Apr. 27, 6:30:45PM.** Are you confused about what goes in your trash bin and what goes in your recycling bin? You're not alone. Attend Keep Massachusetts Beautiful's Talking Trash and Recycling presentation on Wednesday, April 27 from 6:30 - 7:45 p.m. via Zoom to learn what happens to your trash and recyclables here in Southeastern Massachusetts. We'll also discuss the world's plastic pollution crisis and how we manage trash and recycling across our state. You will learn ways to reduce the amount of trash you generate, improve your recycling habits and make easy changes to lead a more sustainable lifestyle. This interactive program is delivered in 45 minutes, with 15 - 30 additional minutes for questions and answers at the end. Pre-registration is required!





## Activities

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

### EDUCATION COMMITTEE

#### [SEM Basic Leadership Training](#)

**Sat., April 2, Open.** This full day course prepares participants to begin leading SEM activities on the local level. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. For this activity we require you to provide proof that you are fully vaccinated or have a negative PCR test in the 72 hours prior to the start of the course. You will be spending a significant amount of time indoors in close proximity to other participants.

#### [SEM Expanded Leadership Training \(Optional\)](#)

**Sun., April 3, Open.** This 2nd full day course will follow the Basic Leadership Training course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in back-country activities. It will expand on topics presented in the Basic Leadership Training course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. It will also include basic map and compass skills and opportunities to share leadership dilemmas. Participants should be ready for a full day of indoor and outdoor activities. This course is open to: 1. attendees of the Basic Leadership Training course; 2. current leaders who want to advance to a higher leadership level; or 3. any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. For this activity we require you to provide proof that you are fully vaccinated or have a negative PCR test in the 72 hours prior to the start of the course. You will be spending a significant amount of time indoors in close proximity to other participants.

#### [Map And Compass - Two-Day Weekend Workshop](#)

**Sat., June 4, 9:00 AM - Sun., June 5, 4:00 PM, Open.** In this two-day weekend workshop, you will learn navigation skills using a map and compass. The course assumes no prior experience. We start with basic instruction and progress over two days to cover some intermediate and advanced skills. All activities will take place at the Blue Hills Reservation about 20 minutes south of Boston. Sat. morning will consist of classroom instruction. 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 using the DCR trail map. This will include a bushwhack between two trails. On Sun. groups will plan their own route to find flags hidden both on and off-trail. You will be using a topographical map that does not show the trails and will use terrain features such as valleys, brooks, and hills to reach your destination. Each group will have an instructor to help facilitate the learning. Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. For this activity you will need to provide proof that you are fully vaccinated by emailing an image of your vaccination card to the registrar or alternatively provide a PCR test taken within 72 hours of the workshop and showing a negative result. Masks will not be required on the hikes or during the classroom instruction.

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Vice Chair SEM 20's & 30's Committee, MA.** Help engage SEM 20's & 30's members by planning in-person activities, online socials, and social media. More details [here](#). For more information, contact L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org))

**Ongoing. SEM Bicycling Chair and Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Vice Chair SEM Hiking Committee, MA.** More info available [here](#). Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee)

**Ongoing. Vice Chair SEM Membership Committee, MA.** More info available [here](#). Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Alan Greenstein ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org), Alan is Chair of the SEM Nominating Committee).



## Activities

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

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### HIKING

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

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

#### Copicut Woods

**Sun., Mar. 27, 9:45AM-1:00PM, Copicut Woods, Fall River, MA.** The area features a variety of natural communities, vernal pools, an abandoned farm settlement, and the nearly mile-long Miller Lane, a 150-year-old stone-wall-lined scenic cart path. The landscape also has a rich cultural history and provides a range of opportunities for enjoying the outdoors. We will meet at 9:45 AM for a 10:00 AM departure. This is a flat trail, but it has some roots and rocks, so you should wear sturdy shoes (hiking shoes or boots are ideal). Dress in layers. No dogs allowed. In the event of heavy rain or snow conditions, the hike will be canceled and participants will be notified. Directions will be sent closer to the date.

#### Blue Hills Spring Conditioning Series: Hike 2 of 12

**Tues., March 29, 9:45 AM - 2:00 PM, Full.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FIRST hike in the 12-week series that runs every Tues. through June 7. We will meet up at 9:45 AM and will end around 2 PM. Registration is required for each weekly hike. Group size is limited to 15 participants. Each week the hike distance will be longer, we will increase elevation gain, move faster along the trails and add pack weight. When considering this series please plan to attend most of the hikes as it is a building series. Expect challenging terrain including rocks and ledges on most ascents and descents. Weather permitting, we will finish the series on June 7, with an extended day hike on the Skyline trail. You will be ready to take on the NH mountains!

#### Thursday Morning Hike and Tour at the Trailside Museum, Blue Hills

**Thur., March 31, 10AM-1:30PM. Open.** Are you like me and have hiked around The Trailside Museum at the Blue Hills many times but have never been inside? Or perhaps, you haven't been back for a long time? Let's remedy that! The plan is to tour the museum, which should take about a half hour, and then hike for approximately 4 miles. There may be some elevation gain but should not be too strenuous. There is a \$5.00 per person cost to enter the museum. Each of us will pay at that time. Let's combine a little history with our hike and learn some more about the Blue Hills!

#### Blue Hills Spring Conditioning Series: Hike 3 of 12

**Tues., April 5, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the THIRD hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### Frank Knowles-Little River Reserve

**Thur., Apr. 7, 9:45AM-1:30PM, Dartmouth, MA. Open.** 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 to registered participants. No dogs are allowed in this habitat. Limited to 15. Heavy rain/fog cancels.

#### Blue Hills Spring Conditioning Series: Hike 4 of 12

**Tues., April 12, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FOURTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### Thursday Morning Hike-Ponkapoag Pond Loop

**Thur. Apr. 14, 9:45AM-1:15PM, Canton, MA.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond. Bring waterproof hiking shoes or boots, snack/lunch, and water. We'll take a lunch/snack break at the AMC Camp down at the pond, weather permitting. Steady rain will cancel. Well behaved dogs on leash are O.K. Group size is limited to 14 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend.





## Activities

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

### HIKING

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., Apr. 14, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. 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.

#### [Blue Hills Spring Conditioning Series: Hike 5 of 12](#)

**Tues., April 19, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FIFTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., Apr. 21, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.

#### [Beginner Hike at D. W. Field Park](#)

**Sat., Apr. 23, 9-10:30AM. Brockton, MA. Open.** Do you want to start hiking with a group? This trip is for you! Join us to hike 2.5 miles around the Avon Reservoir on some dirt paths and some pavement. No experience needed. The trip will take about 1.5 - 2 hours. You don't have to be a member of the AMC. Bring a water bottle and wear some comfortable shoes. Meet us at 8:45 am for a 9:00 am start at the second parking lot off Oak St. It is on the left after the tower. Porta Potties are located in the first parking lot you pass on the left. To register or if you have any questions, email the leader and she will get back to you. Looking forward to meeting you and getting you hiking!

#### [New Member Hiking Series-Ponkapoag](#)

**Sun., Apr. 24, 10AM. Canton, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers, whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers will be acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

#### [Blue Hills Spring Conditioning Series: Hike 6 of 12](#)

**Tues., April 26, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., Apr. 28, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 7 of 12](#)

**Tues., May 3, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 5, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.



## Activities

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

### HIKING

#### [Blue Hills Spring Conditioning Series: Hike 8 of 12](#)

**Tues., May 10, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the EIGHTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### [Thursday Morning Hike - World's End](#)

**Thur., May 12, 10AM-12PM, World's End, Hingham, MA. Open.** Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Moderate 4-5 miles on hilly carriage ways and 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. Directions, property map and reservation information can be found [here](#).

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 12, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.

#### [New Member Hiking Series-Foxboro](#)

**Sun., May 15, 10AM, Foxboro, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

#### [Blue Hills Spring Conditioning Series: Hike 9 of 12](#)

**Tues., May 17, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the NINTH hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### [Thur. Morning Hike Along the Lower Neponset River-Wheelchair Accessible](#)

**Thur., May 19, 10:00 AM - 3:00 PM, Open.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station, part of the Mattapan trolley extension off the red line. A parking lot next to the station is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I will have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. For this event everyone will be asked to provide proof that they either are fully vaccinated or have a current (within 72 hours) negative PCR test by emailing me an image of their vaccination card or test results prior to being approved for the hike. Masks will not be required on this hike, but anyone is welcome to wear a mask if desired. The American Planning Association has selected this waterfront trail which spans the city of Boston from its border with Milton to the Dorchester neighborhood as one of the 13 Great Places in America for 2019. This is a lovely urban walk and a great lunch location. I do hope you will join us.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 19, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.





## Activities

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

### HIKING

#### [Blue Hills Spring Conditioning Series: Hike 10 of 12](#)

**Tues., May 24, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the TENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 26, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 14 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 11 of 12](#)

**Tues., May 31, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the ELEVENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Blue Hills Spring Conditioning Series: FINAL Hike 12](#)

**Tues., June 7, 9:45 AM - 3:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FINAL hike in the 12-week series that runs every Tues. through June 7. See March 29 listing for series details.

#### [New Member Hiking Series - Borderland](#)

**Sun., June 26, 10AM, Easton, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from you experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

### TRAILS

#### [Earth Day! Trail Maintenance in the Blue Hills](#)

**Sat., Apr. 23, 8:45AM-12PM, Milton, MA.** Join us on Earth Day as we clean the Skyline Trail (and possibly more) by removing small, downed trees, easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. SEM will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! No experience necessary! Everyone welcome! Trail: Skyline Trail, from Hillside Street eastward to Route 28. Directions will be emailed to registered volunteers. Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well.



THE END



# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | April 2022

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

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

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

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Previous Map & Compass class members display their certificates of completion. *Photo by Paul Brookes*

## History of Map & Compass workshop, June 4-5

By Paul Brookes, Hiking Chair

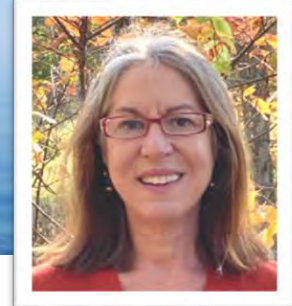
The next Map & Compass workshop is June 4 & 5. In this weekend workshop, you'll learn navigation skills using a map and compass. The course assumes no prior experience; it starts with basic instruction and progress over two days to cover some intermediate and advanced skills.

Register [here](#).

This is the fifth time putting on this workshop for SEM, so I thought I would share the backstory.

In my early hiking days, I attended a few map and compass classes, all single day or part day. Despite excellent teachers, I would leave the class overwhelmed, due to the complexity of the skills being taught and the short amount of time the teacher had to teach the skills.

Continued on page 3



## View from the Chair: New leaders completing training

I am grateful for people willing to give their time and talents to SEM. In early April, 24 people attended Day 1 of Leadership Training and 13 attended Day 2. They described their plans as leaders: family focused, senior-friendly, hard core hikes, local and destination hikes, paddling, and more. The SEM Education Committee has lined up the participants with mentors to help them plan their co-leads and become leaders. Thank you to the SEM Education Committee and the experienced leaders who facilitated this program: Anne Duggan, Doug Griffiths, Stephen Conlin, Diane Hartley, Éva Borsody Das, Robin McIntyre, Barry Young, Paul Brookes, Maureen Kelly, and Leslie Carson.

Two people are contributing by joining the SEM Executive Committee. Kris Atkinson is our new Conservation Vice Chair, replacing Bill Cannon, who will continue to be a valued member of the Conservation Committee. Bill Belben is our new Hiking Vice Chair, filling a vacant position. *(See photos on page 7.)*

Kris recently moved to the SEM region. Her experience with the Boston chapter in trail work and conservation is supplemented with AMC trail maintenance volunteer vacations in Costa Rica, Virgin Islands, Acadia Maine, the Bay Circuit Trail and numerous New England sites. Kris is a certified Massachusetts master gardener, Plant Conservation Volunteer for Native Plants of New England, and was recently appointed to the Green Communities Committee for the Town of Easton.

Bill joined AMC in September 2019. He is a level 3 winter mountain hike leader. He leads his own hikes, locally and in NH, and also contributes to SEM hike series: 2021 Spring Conditioning, 2021-22 Winter Hiking Series, 2021-22 Winter Trail Trace, and 2022 Spring Conditioning Series. Bill completed AMC Mountain Leadership School and Wilderness First Aid. An avid hiker, Bill completed the NH 48 4Ks this past November.

We are seeking applicants for several [Executive Committee positions](#). Please contact me or Nominating Committee Chair Alan Greenstein at [nominating.com@amcsem.org](mailto:nominating.com@amcsem.org) with questions.

I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).



*Diane Simms, Chapter Chair*

### 2022 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary .....Natalie Halloran  
 Treasurer .....Earl Deagle  
 Past Chapter Chair .....Len Ulbricht  
**Biking Chair ..... OPEN**  
**Biking Vice Chair .....OPEN**  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Shana Brogan  
 Conservation Vice Chair .....Kris Atkinson  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Doug Griffiths  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....Bill Belben  
 Membership Chair.....Samantha Fisher  
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Paddling Chair .....Barry Young  
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 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20's & 30's Chair.....Shannon Garber  
**20's & 30's Vice Chair.....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
 Webmistress.....Cheryl Lathrop  
 Nominating Committee Chair..... Alan Greenstein

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

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





Paul Brookes demonstrates use of a compass in plotting a course on the map.

## Map & Compass class Continued from page 1

**By Paul Brookes, Hike Leader**

I enjoy teaching and decided I would create my own workshop. I thought, there's room for a two-day workshop that would ensure time to practice one skill before progressing to the next. Students will learn in small groups with assistant instructors facilitating and providing help when needed.

To fully appreciate the beauty of map-reading, the workshop could not be held in an area devoid of terrain. We needed an area that encompassed hills, valleys, and rivers, and all of these features needed to be within a short distance of one another. The [Blue Hills Reservation](#), just 20 minutes south of Boston, was the perfect location.



Workshop participants learn to use a contour map showing elevation of areas in the Blue Hills.

*Photo by Dio Goncalves*

None of this could have happened without help. I owe a huge debt of gratitude to Pete Tierney and Doug Griffiths, who were assisting teachers in the first four workshops. Their insights made each workshop better than the last.

I also thank Bob Vogel who, after attending the first workshop, carved a wooden mountain to demonstrate contour lines, which he has lent us for the majority of workshops.

Lastly, previous students completed reviews that helped improve the workshop, and also gave great testimonials as each successive workshop came up.

For more information, you can visit the Map My Compass website [here](#). If you register from the website, it will take you directly to the AMC listing.



A team of students on Day 2 applies skills learned on Day 1 to navigate for their practical assignment. *Photo by Ken Carson*



Group bonding on Sunday as they apply new skills.





## Volunteer of the Month: Dexter Robinson

By Paul Brookes, Hiking Committee Chair

Each month the SEM chapter recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter the best! This month the Hiking Committee recognizes Dexter Robinson for his numerous contributions.

Dexter is a longtime hike leader and member of AMC. His favorite hikes are in the White Mountains, which he hikes in all seasons. In his 70s, Dexter is as fit and active as hikers 20 years his junior. He was one of a group of leaders that led this year's Winter Hiking Series hikes. He is currently working on joining the 48 Over 70 Club by hiking the 48 peaks over 4,000 feet in the White Mountains after the age of 70!

Dexter is also a natural teacher and, on his hikes, often shares his knowledge with others to improve their experience outdoors. He was a presenter at the Winter Hiking workshop and recently put together an online Zoom presentation on his "Travels in Iceland." This winter Dexter worked with Cheryl Lathrop to upload to our SEM web page a lot of his personal wealth of winter hiking knowledge.

Dexter's commitment to safety is stellar. He strives to bring the joy and beauty of winter hiking to new people in a way that reduces the risk as much as possible. Hikers and hike leaders look up to Dexter as a role model. I would call him a Master Leader for SEM, as he has taught many of our Higher Level destination leaders ways to be better. Thank you, Dexter, for all you do!

Dexter will receive a Volunteer of the Month Certificate and a \$50 gift card to REI.

*Editor's Note:* You can find Dexters' Winter Hiking tips on our [Hiking Page](#) by clicking on [Winter Hiking with SEM](#) and then clicking on [More Hiking Resources](#).



See more of the world outdoors with AMC Adventure Travel trips [here](#)

**ABOVE:** Four SEM members enjoying the March 2022 AMC Adventure Travel trip to Sedona and the Grand Canyon. Diane Simms, left, Diane Hartley, Anne Duggan, and Rima Tamule. **BELOW:** All 16 trip participants. *Photos by Trip Participant*







## Conservation Corner

# Now is the time to think about amending your gardens

By Bill Cannon

## Some things to know about compost:

- Food scraps and food-soiled paper are the largest single item in our waste stream and make up about 1/3 of what we throw away.
- Compost is a valuable resource used by gardeners to grow food and plants. Rich compost **improves soil quality and water retention**, increases crop yield, and reduces the need for fertilizers and pesticides.
- Food scrap composting reduces greenhouse gases. Food scraps emit more methane than any other material in the landfill, and methane is 23 times more potent a greenhouse gas than carbon dioxide (CO<sub>2</sub>).

## Some things around us we can compost:

- **All food products:** fruit, vegetables, breads, cereal, dairy, meat (including bones); coffee grounds and tea leaves (including the filters and tea bags).
- **Uncoated food-soiled paper:** paper towels, plates, napkins, pizza boxes, and paper lunch bags.
- **Plant waste and untreated wood.**

## Some ways we can use compost:

**1. Soil Amendment.** For establishing new edible garden beds, work a 4" to 8" layer of compost into the soil. After this initial heavy application, switch to topdressing as needed to keep your soil healthy.

**2. Topdressing.** Spread a 1/2" to 2" layer of compost on top of the soil at least once a year. For turfgrass, spread a 1/2" layer of sifted, weed-seed-free compost as a topdressing. For worm compost, sprinkle a 1/4" to 1" layer at the base of plants. Topdressing can be done any time of year to improve soil fertility and reduce watering needs.

**3. Potting Mix.** Sifted compost can be used to make a rich, loose potting soil for containers, houseplants, or starting seedlings from scratch. Compost potting mix increases moisture storage and provides a variety of nutrients not typically supplied in commercial fertilizers or soil-free potting mixes. **Note:** Do not use pure compost as a planting medium; it should always be mixed with other materials; blend no more than 20% into potting mix or garden soil.

## Recipe for starting seedlings:

- Sift compost through a 1/2" or smaller mesh.
- Mix 1-part sifted backyard compost and 3 parts potting soil.
- Use compost tea when true leaves emerge.

## Recipe for containers and house plants:

- Sift compost through 1/2" mesh screen or remove large particles by hand.
- Mix equal parts loamy soil, sand, and compost. Add 1/2 cup of bloodmeal or cottonseed meal. Add 1 cup of rock phosphate and 1/2 cup of kelp meal for additional nutrients.

**Editor's Note:** *Trash Talk and Discussion on Recycling*, a follow-up discussion of last month's Conservation Corner article, takes place on Wednesday, April 27th, at 6:30 pm. [Register here.](#)



Truckload of canoes on the way to run 15 miles of the Dead River in Maine.

## SEM Memory: Canoe Trips

This photo, c. 1993, is a reminder that SEM used to hold canoeing trips, which required more logistics to provide a truckload of canoes, paddles, and lifejackets, and transportation to or from the beginning and end points.

We are regularly adding AMC-SEM historical photos and stories to the Lookback page of our website here. Please submit your own memories and pictures.



**New Cape Hikes  
leader Marcella Rippel  
at the Shaw Farm Trail  
and Nasketucket Bay  
State Reservation.**

*Photos by  
Robin McIntyre*



## Cape Hikes welcomes new leader Marcella Rippel

*By Robin McIntyre, Cape Hikes Vice Chair*

Marcella Rippel brings a wealth of enthusiasm, experience, and people skills to Cape Hikes. A Massachusetts native, she ventured to California after college, working for Outward Bound and the National Park Service. After starting a family and working as a historic preservation specialist in North Carolina, she returned to Norton, MA, as the Recreation Department Director.

Marcella is in her 18th year as a mathematics teacher and coach for Bristol-Plymouth High School in Taunton. Besides her two grown sons, her interests are in hiking, sports, and traveling. She hopes to eventually become an AMC Adventure Travel Leader, and has her sights set on becoming a Peace Corps volunteer after retirement.

I had the pleasure of mentoring Marcella for both hikes for her Class 1 qualifications. For her first co-led hike, she scouted new hikes and chose Beebe Woods/Peterson Farm in Falmouth. We pre-hiked the area together on Sept. 25, 2021, and led the hike on Oct. 3, 2021. We had 12 other pre-registered hikers. Marcella used All Trails and the hike map on the hike of 4.9 miles, 2 hours and 10 minutes.

She presented the AMC portion of the trailhead talk, and I did the history of the area and added in the COVID requirement. She screened hikers on site for appropriate footwear and water. Debbie Hayden, also a Cape Hike leader, served as our sweep. Marcella checked that the group stayed together during the hike and handled minor snafus with directions in a confident manner. The hikers were happy with the outing. Throughout the process, Marcella's communications via text, phone, or email have been timely. Her enthusiasm and welcoming nature are appreciated by all.

Her second qualifying hike was at Shaw Farm Trail and

Nasketucket Bay State Reservation in Fairhaven/Mattapoisett. She wanted to feature a new area for Cape Hikes, and got permission from the SEM chair to go off-Cape for this hike. She sent the terrain details for me to post for the registered hike, and communicated promptly about weather concerns for our pre-hike. We pre-hiked the area on Jan. 17, 2022, using an All Trails tracing for her 5 mile hike, 2 hours 5 minutes.

After a weather delay for our January 30 planned date, we re-scheduled for March 13. We had also encouraged outreach through the Buzzards Bay Coalition with a link to the ActDB. After another weather delay, the hike took place on April 3. In the interim, Marcella had hiked the trails the week prior. We had 13 hikers from both on and off-Cape. After carefully noting any parking issues, she welcomed hikers individually, noting their preparedness for the hike.

Marcella gathered everyone for her trailhead talk, describing the area history and trails conditions; reviewing the liability form; Leave No Trace; staying together as a group; warning about ticks; and making introductions.

During the hike, with Jane Harding as the sweep, Marcella frequently checked that participants were indeed together, especially at intersections and after muddy sections. She maintained the good humor of the group, despite more muddy sections than anticipated. At the end, she reminded us all to check for ticks, and welcomed everyone to return when the wildflowers are in bloom in the meadows.

Marcella then received a new leader kit, including a first aid kit, her AMC volunteer patch, COVID related supplies, and snacks. She earned a warm round of appreciation and applause from her fellow hikers.

Welcome, Marcella, and thanks for your time, effort, and support of our members as you become a leader for SEM.



Thirteen Cape hikers enjoyed meadow, wooded trails, and waterfront views at the Shaw Farm Trail and Nasketucket State Reservation.





## Gilles Pipernos completes Class 1 leader training for Cape hiking

By Jane Harding, Cape Hikes Chair

Gilles Pipernos is transitioning his home base from Connecticut to Cape Cod. As part of that transition, he wanted to remain active in the outdoors. He was an active leader in the AMC Connecticut Chapter and approached Cape Hikes in 2019 about becoming a SEM hike leader.

Since he had completed Leadership Training, Gilles was asked to co-lead two hikes, one of which was a registration required hike, to verify his leadership eligibility. He was recommended as a Class 1 leader for both the Cape Hiking and the Hiking Committee.

The COVID-19 pandemic occurred and Gilles, like many others, took time off from AMC-SEM. In February of 2022, he approached Cape Hikes leaders, stating he was ready to start leading.

Gilles is an avid participant in many outdoor activities. In 2018 he hiked the entire Appalachian Trail. He also enjoys kayaking and is an experienced sea kayaker. He is in discussion with L.L. Bean to become one of their Sea Kayaking Leaders.

Gilles prefers longer, more challenging hikes and activities, which differs from the typical 4-to-5-mile Cape Hike. In March he led a 7+-mile hike at Griffin Island in Wellfleet. He had 13 participants.

He plans to lead longer hikes both on and off the Cape, which will be a nice addition to Cape Hike offerings. His goal is to quickly qualify as a Class 2 Leader and beyond. He is an experienced overnight backpacker.

Gilles is the principal and founder of 4GrowthConsulting, which caters to practice management for surgeons.

## Meet new volunteers for SEM committee leadership roles

Continued from page 2



Bill Belben, left, joins the AMC-SEM Hiking Committee as Vice Chair, and Kris Atkinson has volunteered as Vice Chair of the Conservation Committee.





## SEM Memories

# ‘Trail Tracing’ series develop social bonds and new leaders

By Paul Miller, SEM Hike Leader

The first year of the SEM’s Thursday evening hiking series in the Blue Hills, 2006, was also the first year I served as our chapter’s Communications Chair. As most *Breeze* readers probably already know, we recently changed the name of this still-popular hiking series to avoid any confusion with the mortgage lending practice known as “redlining,” which made it almost impossible for otherwise credit-worthy minority individuals to obtain mortgages to buy homes in certain red-lined neighborhoods on real estate maps. While outlawed in 1968 by the Federal Fair Housing Act, this practice effectively supported segregation in all too many U.S. neighborhoods. To this day, this practice has made it extremely challenging for many people of color to create the generational wealth that comes with homeownership. For more insights into why we changed the name of this hiking series, please see Bob Vogel’s article in the [April 2021 e-Breeze](#).

Based on great turnouts for these Thursday evening hikes, it appears that the renamed **Trail Trace the Blue Hills (TTBH)** series remains as popular as ever! The series was conceived and organized by Bob Vogel and eventually handed off to a series of other dedicated and enthusiastic SEM hike leaders, currently Joanne Newton, Bill Doherty, and others. According to the TTBH web pages, 61 people (starting with—surprise!—Dexter Robinson) have received colorful SEM badges to proudly announce that they have completed hiking every single trail in the Blue Hills at least once. And quite a few dedicated hikers have received multiple patches! To date, Michael Swartz appears to hold the all-time record, having completed the series *seventeen* times! A companion series, *Winter Trail Trace the Blue Hills*, has also started taking off with a vengeance in recent years. For more information on participating in either series, readers should visit the SEM website page [here](#).

While I haven’t participated in the series myself in recent years, I have many fond memories of these very enjoyable, supportive, and *highly social* local hikes. My frequent advice to newcomers is simple: Just give in to the foolishness and enjoy yourself! The series has snowballed over the years to help jump-start participation by many new AMC members. Equally as important, it also continues to serve as an “engine” for developing new SEM hiking leaders.

Back in 2006, the SEM Communications Chair edited and published *The Southeast Breeze*. This provided me with the opportunity to read all the great articles submitted by our chapter’s members. One particular article from the Fall 2006 issue still sticks out: Carol Roupelian’s wonderful article summarizing her takeaways from participating in this SEM hiking series. Carol’s article, which follows *almost* in its entirety, echoes many of my own thoughts on the series and includes some revealing insights into its origins.



Original logo for the Trail Tracing series, showing trails through the Blue Hills in red.

## Update on ‘Red Line the Blue Hills’ Hiking Series

By Carol Roupelian

(From the Fall 2006 issue of *The Southeast Breeze*. We have not changed Carol’s use of the “Red-Lining” name.)

The SEM Hiking Committee’s, *Red Line the Blue Hills* Thursday evening hiking series has been a great success, particularly if you judge by the numbers. We average 12-18 hikers a week and new faces continue to join. The series offers a different hike in the Blue Hills Reservation each Thursday evening from 5:30 or 6:00 pm until sunset. We began on April 5, 2006 and will continue until daylight savings time ends in October. By the time we are finished we hope to have covered every one of the 125+ trails.

The Blue Hills Reservation spans 7,000 acres from Dedham to Braintree and Quincy to Randolph. Although Great Blue Hill is the tallest at 635 feet, there are 22 hills in the reservation. Let’s see, we’ve climbed Great Blue, Hemenway, Hancock, Houghton, Wolcott, Boyce, Buck, and Tucker. That still leaves how many more? Since we’ve started hiking, the estimate of the length of trails has grown from 125 to 145 miles! It appears that we won’t finish by October after all, but that’s okay. We’re having such a good time, who wants to finish? Bob, are you tired?

Continued on page 9





New patches for the AMC-SEM Trail Trace the Blue Hills series, left, and Winter Trail Trace the Blue Hills series.

## A Look Back at *The Breeze*

### Trail Tracing Continued from page 8

Although the Blue Hills Reservation is squeezed on all sides by development and the near-consistent hum of traffic, we've been introduced to a natural treasure and a source of spiritual renewal. In the words of Charles Eliot, one of the men responsible for the Blue Hills' preservation, it's a place "refreshing to the tired souls of townspeople." Take it from me, traveling Route 128 during rush hour after an exhausting day at work would not be worth it otherwise. This is. We finish tired, but relaxed, and we look forward to doing it again next week.

Led with humor and camaraderie by Bob Vogel, we've been witness to verse read aloud as well as the visual poetry of a scarlet sunset reflected on sheer cliffs. We've hiked new (unmarked) trails and repeated more than a few old ones. (Haven't we been here before?) It's always entertaining to see the looks on the faces of newcomers as we retrace our steps on yet another "triangle" trail. We've crossed wildflower-filled meadows and climbed up and down rock scrambles. (How many times are we going up Great Blue tonight?)

Red Lining the Blues Hills was my introduction to the AMC. I wanted to hike the Appalachian Trail and knew very little about hiking. (No, I didn't think the Blue Hills were part of the AT!) Someone advised me to join the AMC to learn what I needed to know to get started. It was the best advice I've ever taken!

I never knew you could cross over Route 24 on a horse bridge. I had never walked down the middle of Route 128. I didn't know what a separation break was! I still have many questions. Will I see my first timber rattlesnake on a Thursday? When will I finally walk on the floating boardwalk over the Cedar Bog, visit Fowl Meadow, get my first view of the Quincy Quarries or the remains of the

original Civilian Conservation Corps campsite? I never realized how important bug spray or rain gear could be, or how shaky my knees could feel by the bottom of a rocky trail.

I asked Bob recently how he came up with the idea for the Red Line the Blue Hills series. He told me that back in April of 2001, he led a hike called "The Blue Hills Haul," so named because it was billed as a fast, strenuous hike. In a typically unstructured, Bob Vogel fashion, the hike involved last-minute decisions on which direction to take while standing at forks in the trail. This led one of the participants, Bill Ruel, to hastily mark the trails they were taking in red.

Bob suspected this was so that Bill wouldn't find himself permanently lost in the Blue Hills. Bill claimed he had a goal of hiking every trail in the Blue Hills and marked each one hiked in red so he'd remember that he'd hiked it.

This year, Bob was working in Randolph till 5:00 pm every day and couldn't make it to his usual 6:00 pm Wednesday evening hikes every week at the Blue Hills. Hence the idea of *red-lining* the Blue Hills was born.

*[A little gap in Carol's narrative here, leading into her succinct, but excellent summary...]*

The Thursday evening series has been so enjoyable, I'm glad we won't be finished by October. Bob suspects it may be repeated next year. That's good news. I've had a wonderful time, made new friends, and learned a great deal.



Cathy Giordano led a five-mile walk on April 14 through Beebe Woods in Falmouth. *Photo by Nancy Tutko*



## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](#). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](#), and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

**EDITOR'S NOTE:** AMC's new Activities Database no longer provides a newsletter magazine format of chapter activities. Please bear with us as we determine how to provide the most useful format for the Activities Listings without time-consuming cut-and-paste. Follow the Activity link for more information, including precise location, registration information, and leader names and bios. Apologies if any activity is missing from these pages. Please create your Personal Activities Digest to be sure of getting the latest listings.

### BICYCLING

#### [Daffodil Ride](#)

**Sun., Apr. 24. , 10am-1pm, Parson's Reserve, Dartmouth, MA.** Join us to cycle through beautiful Westport & Dartmouth, MA. The ride will take us past farms, stone walls, & waterways. We will stop at the Parson's Reserve, a DNRT property, to walk through the lovely daffodil fields. The ride will be approximately 20 miles, 12 mph pace, with some hills. A helmet is required to ride. Bring water & a snack. <https://dnrt.org/parsons/>

### CAPE HIKES

#### [Hike Long Point Provincetown](#)

**Sat., Apr. 23. 9:45 am-2 pm, Provincetown, MA.** 4 hour hike. Visit Herring Cove Beach, Wood End Lighthouse, and Long Point Lighthouse. Mostly beach walking. Bring a lunch. 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 - 2:00 pm.

#### [West Falmouth Bourne Farm Hike](#)

**Sun., Apr. 24.** This is a relatively easy hike across an old farm and through its adjacent woods. Along the way we will pass a tidal stream and cranberry bog. There are a few hills, the hike is four miles long, and will last two hours. There will likely be ticks, and rain cancels.

#### [Bell's Neck Conservation Lands Hike](#)

**Thur., Apr. 28. Hike Bell's Neck Conservation Lands. Harwich, MA.** 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. (No signage.) Arr 9:45 for 10 a.m. start. Rain cancels.



## Activities

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

### CAPE HIKING

#### [Crocker Neck Conservation Area Walk](#)

**Sat., Apr. 30, 9:45-11am, Cotuit, MA.** This 1 hour, 1.5 mile leisurely walk through Crocker Neck Conservation Area will offer pine and oak forest, salt and freshwater marsh, beach, and estuarine flats. We will stop and talk about the various habitats with some of the history of the area. Wear sturdy footwear, bring water. Be alert for poison ivy and ticks. Co-leader Gil Newton is a naturalist and author who has been active in teaching, leadership, and conservation in multiple local organizations over many years (<https://blueinstitute.org/gilbert-newton>). He will be adding his expert insights along the walk regarding the various habitats and flora.

#### [Bourne-T Hike](#)

**Sun., May 1, 12:45-3pm, Bourne, MA.** This pre-registered 4+ mile, 2 hour hike is limited to 19 participants and 1 leader. This hike is not suitable for novice hikers. The terrain is over wooded trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, and tick repellent. May have poison ivy exposure. Bring hiking poles if preferred. Driving directions to the trailhead will be sent to pre-registered participants.

#### [Horseneck/Westport Beach B3D](#)

**Thur., May 5, Meet 9:45 am-2:30pm, Westport, MA.** Meet at the Horseneck Beach main parking lot. This first section is a moderate 4.5 mile hike from the parking lot to the Westport River. After returning to the parking lot we will take a short drive (2.5 miles) to Gooseberry Island. The second hike on Gooseberry is less than 2 miles and is optional. The area offers exception views of Buzzard's Bay and a great place for viewing shore birds. Bring snacks/lunch sturdy footwear, water, and rain jacket. Rainy conditions may cancel the hike. Directions: Rte 195 to Exit 16 Rte. 88 south. Follow Rte 88 to parking lot.

#### [North Falmouth Crane Moraine Hike](#)

**Sat., May 7, 9:45am-1:30pm, Crane Wildlife Area West, North Falmouth, MA.** This moderately difficult hike has a lot of hills but rewards with some nice views of Buzzards Bay. We will cover 6 miles or so over 3 1/2 hours, which includes a stop for lunch. Boots and poles recommended. Bring a snack or lunch, and water. There will likely be ticks, and rain cancels.

#### [Crowes Pasture Hike](#)

**Sun., May 8., 12:45-3pm, Dennis, MA.** This is approximately a 4.5 mile hike that will be along a soft sand beach at low tide, include a wooded trail walk with limited elevations and a stretch through a historic neighborhood.

#### [Ryder Beach and National Seashore Trails](#)

**Thur., May 12, 9:45am-12:15pm, Truro, MA.** This 4+ hike includes a beach walk to adjacent woodland National Seashore trails. Points of interest include the Baker Biddle, Atwood Higgins and Hatch properties. Water, hiking boots and poles are recommended. Be prepared to encounter poison ivy and ticks. Directions: Rte 6 East to Orleans Rotary. Continue on 6E for 15 miles. Left on Prince Valley Rd to end (1.7 miles). Right on Old County Rd and next left on Ryder Beach Rd to parking lot at end.

#### [Clapps Pond Hike](#)

**Sat., May 14, 9:45am-1pm, Provincetown, MA.** 3 hour hike. Hike woods, sand dunes, and around pond. Lady Slippers should be in bloom. Directions: From Route 6 in Provincetown take Right on Race Point Road (first traffic light on Route 6 in Provincetown) and go 0.5 miles turning left into Beach Forest Parking Lot. Park at far end. Meet at 9:45 and hike 10 am - 1:00 pm.

#### [Punkhorn Hike](#)

**Thur., May 19, 9:45AM-12PM, Brewster, MA. Open.** Wooded trails over hills with pond views. Hiking boots & poles helpful. Directions: Rt 6 Exit 78B onto Rt 134 N. In 2 miles turn Rt on Setucket Rd & continue bearing Rt on StonyBrook In 0.3 miles turn Rt on Run Hill Road to large parking lot on left

#### [Ryder Lowell Holly Hike](#)

**Thu., May 26, Sandwich, MA.** Hike 4 miles along wooded trails with some elevation, lots of roots. We will have views of both Mashpee and Wakeby Ponds.. Bring fluid for hydration. This will be our end of year hike if you would like to stay at end of hike for a picnic on Wakeby Pond bring a lunch, maybe a treat to share and a beach chair or towel to sit on. Take exit 61 off midcape Rte 6 and turn south, (R from bridge, L from upper Cape). Stay on Quaker Meetinghouse Rd to traffic light and turn L, stay on Cotuit Rd., to small rotary and take first exit. Go short distance to entrance to Ryder on R. THIS IS A NEW START LOCATION., continue past little house to parking area on right. Meet up is 9:45 AM.



## HIKING

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

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

### [Beginner Hike at D. W. Field Park](#)

**Apr. 23., 9-10:30 am, Brockton, MA.** Do you want to start hiking with a group? This trip is for you! Join us to hike 2.5 miles around the Avon Reservoir on some dirt paths and some pavement. No experience needed. The trip will take about 1.5 - 2 hours. You don't have to be a member of the AMC. Bring a water bottle and wear some comfortable shoes. Meet us at 8:45 am for a 9:00 am start at the first parking lot off Oak St. If this parking lot is not open, park on the other side of Oak St. and walk across the road. Porta Potties are located in the first parking lot. To register or if you have any questions, email the leader and she will get back to you. Looking forward to meeting you and getting you hiking!

### [New Member Hiking Series-Ponkapoag](#)

**Sun., Apr. 24, 10AM. Canton, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers, whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers will be acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

### [Blue Hills Spring Conditioning Series: Hike 6 of 12](#)

**Tues., April 26, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. We will meet up at 9:45 AM and will end around 2 PM. Registration is required for each weekly hike. Group size is limited to 15 participants. Each week the hike distance will be longer, we will increase elevation gain, move faster along the trails and add pack weight. When considering this series please plan to attend most of the hikes as it is a building series. Expect challenging terrain including rocks and ledges on most ascents and descents. Weather permitting, we will finish the series on June 7, with an extended day hike on the Skyline trail. You will be ready to take on the NH mountains!

### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., Apr. 28, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. 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.

### [Belknap Traverse](#)

**Sat., Apr. 30. New Hampshire Lakes Region.** Join us to explore some of the eastern Belknap Mountains! The Belknap Mountains are a small range of peaks located in the east-central part of New Hampshire south of Lake Winnepesaukee. They are named after Jeremy Belknap, a renowned 18th century preacher, historian, and author of The History of New Hampshire. We plan to traverse 5 of the mountains - East & West Quarry, Rand, Klem, Mack - enjoying views of the Lakes Region along the way. We will hike at a moderate pace for approximately 6.5 miles and 1700 feet of elevation gain. After spotting cars at our endpoint, we will begin at the eastern point of the traverse, climbing nearly 800 feet to our first mountain. This hike is suitable for people who are in good hiking shape and have hiked similar distances and elevation in New England. In the event of adverse weather such as steady rain we will postpone the hike to the following day, May 1.

### [SEM Spring Hike to Mount Tom](#)

**Sat., Apr. 30, Holyoke, MA.** Enjoy spring flowers, soaring birds, and spectacular cliff top views of the Pioneer Valley, the Berkshires, and the Connecticut River Valley. Starting on Reservation Road in the Mount Tom State Reservation, we will follow the M&M/ NET along the cliff edge to Mount Tom. After backtracking we will then visit the Eire Hotel ruins and Mount Nonotuck before returning to Reservation Road. Distance: 10 miles; Elevation gain: 1500; Pace: Moderate; Time Estimate: 6 hrs. Requirements for the hike include: hiking shoes or boots, snacks and lunch, 2 liters water, rain gear, and hiking poles if you use them. Dress in wicking layers. Registration is a two-step process. First, click "Register Now" on the website. Second, expect to be contacted by one of the leaders who will tell you more about the trip and ask some questions to determine whether or not the hike is a good fit for you. You will not be a confirmed participant until after you have spoken with one of the leaders.





## Activities

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

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### HIKING

#### [Blue Hills Spring Conditioning Series: Hike 7 of 12](#)

**Tues., May 3, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. See April 26 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 5, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 28 listing for series details.

#### [Spring Migration Hike](#)

**Mon., May 9, Wompatuck State Park, Hingham, MA.** This moderately difficult hike has a lot of hills but rewards with some nice views of Buzzards Bay. We will cover 6 miles or so over 3 1/2 hours, which includes a stop for lunch. Boots and poles recommended. Bring a snack or lunch, and water. There will likely be ticks, and rain cancels.

#### [Blue Hills Spring Conditioning Series: Hike 8 of 12](#)

**Tues., May 10, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the EIGHTH hike in the 12-week series that runs every Tues. through June 7. See April 26 listing for series details.

#### [Thursday Morning Hike - World's End](#)

**Thur., May 12, 10AM-12PM, World's End, Hingham, MA. Open.** Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Moderate 4-5 miles on hilly carriage ways and 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. Directions, property map and reservation information can be found [here](#).

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 12, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 28 listing for series details.

#### [New Member Hiking Series-Foxboro](#)

**Sun., May 15, 10AM, Foxboro, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

#### [Blue Hills Spring Conditioning Series: Hike 9 of 12](#)

**Tues., May 17, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the NINTH hike in the 12-week series that runs every Tues. through June 7. See April 26 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 19, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 28 listing for series details.



## Activities

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

### HIKING

#### [Thur. Morning Hike Along the Lower Neponset River-Wheelchair Accessible](#)

**Thur., May 19, 10:00 AM - 3:00 PM, Open.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station, part of the Mattapan trolley extension off the red line. A parking lot next to the station is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I will have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. For this event everyone will be asked to provide proof that they either are fully vaccinated or have a current (within 72 hours) negative PCR test by emailing me an image of their vaccination card or test results prior to being approved for the hike. Masks will not be required on this hike, but anyone is welcome to wear a mask if desired. The American Planning Association has selected this waterfront trail which spans the city of Boston from its border with Milton to the Dorchester neighborhood as one of the 13 Great Places in America for 2019. This is a lovely urban walk and a great lunch location. I do hope you will join us.

#### [Western Belknap Range Hike](#)

**Sat., May 21, New Hampshire Lakes Region.** Stunning views for modest effort, this loop hike will take us over Gunstock, Belknap and Piper Mountains. Belknap is on the 52WAV list as well as NH Fire tower Quest. Elevation gain of approx. 1200', and 5.6 miles. If weather allows and the group is willing, this hike may be extended by 500' additional elevation and total of 3 more miles. There will be a short car spot required.

#### [Blue Hills Spring Conditioning Series: Hike 10 of 12](#)

**Tues., May 24, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the TENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Arnold Arboretum Hike](#)

**Thu., May 26, Arnold Arboretum, Jamaica Plain, MA.** This is the 5th annual "Spring-into-Spring" at the Arnold Arboretum in Jamaica Plain. Included are two vistas, the bonsai exhibit, and the "Explorer's Garden". We will explore this "tree museum" during an approximate five-mile hike at a moderate pace. Bring water, sturdy footwear, sunscreen, bug spray, snack or lunch. Meet at 9:45 for a prompt 10:00 am start. There's plenty of free on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange-Line MBTA station. The specific meetup point will be sent to all who register two days prior to the event. Steady rain will cancel. Well behaved leashed dogs are O.K. Group size is limited and activities are often waitlisted, 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 "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.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 26, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 28 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 11 of 12](#)

**Tues., May 31, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the ELEVENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.



## Activities

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

### HIKING

#### [Hike Six 4,000-Footers in 3 Days](#)

**Mon., June 6.** Join us for an ambitious, early June hike, summiting six 4,000 footers (Garfield, Galehead, South Twin, West Bond, Bond, and Bondcliff) with the comfort of a two-night stay at Galehead Hut. Weather permitting, we will witness some of the most spectacular panoramic views in the Whites. Participants must be in good physical condition, capable of hiking 12 miles with 3,000 ft. elevation gain. We have reserved eight bunks at the hut which are being held for us until May 5th. Once you register for the hike and speak with one of the leaders, you will be provided our group reservation number so you can book and pay for your hut stay directly through AMC. A detailed information sheet will be sent one week prior to the hike. Cars will be parked at two spots on Gale River Loop Road, allowing us to hike down a different trail on Wednesday than we hike up on Monday. We will hike up Garfield Trail, along the ridge to Galehead hut, where we will drop some of our things. Weather permitting, we will then summit Galehead and return to the hut in time for dinner. After an early breakfast, we'll begin a strenuous day. Beginning on Garfield Ridge, we'll head for the summit of South Twin, then travel along Twinway Trail to Bondcliff Trail, hitting the summits of West Bond, Bond and Bondcliff before returning to the hut in time for dinner. On our third day, we will hike out after a leisurely breakfast. Gear List: Sturdy hiking boots. Backpack and water bottles or hydration reservoir with at least 2-liter capacity. Hiking poles. Sleeping bag. Puffer jacket, hat & gloves. Bug dope & net. Rain gear - jacket and pants & pack cover. Headlamp with extra batteries. Personal first aid kit and medications.

#### [Lakes of the Clouds Hut Hike](#)

**Wed., June 8-Thu., June 9.** Enjoy expansive views on the shoulder of Mt Washington staying at the Lakes of the Clouds Hut. We will hike up the Ammonoosuc Ravine Trail passing waterfalls fueled by the spring melt along the way. Weather permitting, we hope to summit Mt Washington and then perhaps after dinner, Mt Monroe. The next day we hike to Mt Eisenhower's summit and then make our way out via the Edmands Path where we have cars spotted at the trailhead. Ours will be an above tree line experience and hopefully we'll witness an unforgettable sunset from Lakes of the Clouds. Approximate Total mileage 13 miles. Cost: See rate below - includes one night hut stay, dinner, and breakfast.

#### [New Member Hiking Series - Borderland](#)

**Sun., June 26, 10AM, Easton, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from you experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

### PADDLING

#### [Agawam Mill Pond](#)

**Sat., Apr. 23. 10 am-3 pm, Wareham, MA.** This trip will be a paddle on the Agawam River exploring the the tributaries that flow into the Mill Pond. The launch will be at the Fisherman's Launch on MA Rt 6/28 in Wareham, MA. Please bring lunch and arrive early enough that you will be in the water and ready to go at 10 AM PFD's are required for all paddlers.

### TRAILS

#### [Earth Day! Trail Maintenance in the Blue Hills](#)

**Sat., Apr. 23, 8:45AM-12PM, Milton, MA.** Join us on Earth Day as we clean the Skyline Trail (and possibly more) by removing small, downed trees, easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. SEM will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! No experience necessary! Everyone welcome! Trail: Skyline Trail, from Hillside Street eastward to Route 28. Directions will be emailed to registered volunteers. Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well.



*Happy  
Trails!*





# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | May 2022

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

Sign up for the AMC Activity Digest. Sign into your [Outdoors.org](https://www.outdoors.org) account, scroll to the bottom of the page, and click "View Trips" under Digest Emails to set preferences.

Or call 1-800-372-1758

Find past issues of *The Southeast Breeze* on our [website](#).

Like us on [Facebook](#).

Follow us on [Instagram](#).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Group rests in the shade during an 8-mile, 5-peak hike. *Photo by Diane Hartley*

## Belknap Mountain Traverse group summits 5 peaks

By Dexter Robinson, Hike Leader

Dexter Robinson and Tom Graefe led a group of eight on April 30th on a traverse of five mountains in the Belknap Range in the Lakes Region of New Hampshire. The Belknap Mountains are a range of 26 named peaks located in the east-central part of the state, south of Lake Winnepesaukee. The range extends for about eight miles, beginning at New Hampshire Rt.11A in Gilford, running south, then it curves east through the northern end of Gilmanton, before ending in the town of Alton, where it overlooks Alton Bay of Lake Winnepesaukee. The mountains are named after Jeremy Belknap (1744–1798), a renowned preacher, historian, and author of *The History of New Hampshire*.

We had great weather for this 7-mile traverse with cool temperatures, a breeze on the summits, and no bugs. The hike featured a variety of features, including woods, ledges, scrambles up and down, and scenic vistas. After reaching the five summits, it concluded with a visit to Round Pond, a beautiful and secluded mountain pond considered to be the jewel of the mountain range.

Additional information about the Belknap Mountains and a map can be found in the latest edition of the AMC Southern New Hampshire Trail Guide as well as [online](#).

Photos continue on p. 4

## View from the Chair: Get Active!



We are seeking applicants for several [Executive Committee positions](#). In the November annual meeting, members will vote on the Executive Committee slate. We currently are seeking applicants for Chapter Chair, [Vice Chapter Chair](#), and [Secretary](#). The Secretary position is perfect for someone who wants to give back but does not want to manage a committee and does not want the larger time commitment of the other roles. The Secretary takes the minutes of the monthly ExCom meetings and is also a voting member with a voice in how our chapter is run. Secretary is a very key role.

We also have openings for several Vice Chair positions, which are not part of the slate voted on by members. Committee Vice Chairs support the Committee Chairs with the expectation that they will move up to Chair when the current person steps down. Please contact me with questions.

Check out our [latest activities](#). We have bike rides, paddling, local hikes, and destination hikes. We've had recent activities for families and new members. We've already had a good number of Leaders-in-training from our April training session start their co-leads, so we look forward to more activities to come. In addition to outdoor activities, the Conservation Committee held several Zoom sessions on recycling and on ticks. I write more about what we're looking to do in the SEM Goals article in this issue.

At the 2021 annual meeting, members voted to accept the updated [Bylaws](#). In the meeting, I mentioned that the Executive Committee was also in the process of updating the SEM [Chapter Standing Rules](#), which have more details about the roles of Executive Committee members. The SEM Executive Committee approved the updated Standing Rules in our April meeting.

I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).

*Diane Simms, Chapter Chair*

### 2022 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary .....Natalie Halloran  
 Treasurer .....Earl Deagle  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair .....William Trimble  
**Biking Vice Chair .....OPEN**  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
 Communications Vice Chair... Alanna Halloran  
 Conservation Chair .....Shana Brogan  
 Conservation Vice Chair .....Kris Atkinson  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Doug Griffiths  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....Bill Belben  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Sandy Santilli

Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....Jenna Whitney  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20's & 30's Chair.....Shannon Garber  
**20's & 30's Vice Chair.....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

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

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





## AMC-SEM Updates Chapter Goals

By Diane Simms, AMC-SEM Chapter Chair

Our last deep dive discussion of goals was in 2019, so the SEM Executive Committee has been having lengthy discussions this year about updating our chapter goals. We worked towards those 2019 goals even while dealing with the difficulties caused by the pandemic. Some of our updated goals are a reaffirmation of our previous goals, while others are an expansion. In our May 11 Executive Committee meeting, we agreed on the goals listed below.

I appreciate every volunteer and everything they do for SEM. Do you want to help us meet our goals? Check out our [volunteer positions](#). I'm also interested in your feedback on our goals; email me at [chair@amcsem.org](mailto:chair@amcsem.org).

AMC-SEM is a volunteer-run organization. We have volunteer leaders, committee members, and executive committee members who support the programs, activities, and communications. Volunteers choose what work they want to do and what activities they want to lead. Leaders choose where and when they offer activities.

### Increase awareness of, belonging with, and inclusive participation in SEM by a wide variety of activities and outreach in our region.

1. Encourage weekend activities.
2. Encourage use of [MeetUp](#) for appropriate activities, and ease barriers to use by activity leaders and committees.
3. Expand activities for "affinity groups."
  - Conduct at least three new-member-focused outdoor activities (that is, activities specifically planned and promoted as new-member activities) by the end of 2022.

## 20's & 30's hikes Kick off June 12th!



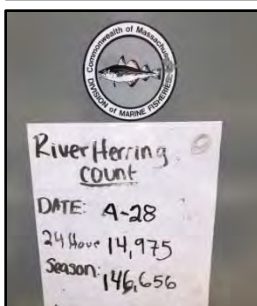
Come join us June 12th from 2:00 pm - 5:00 pm for our first 20s & 30s hike of the season. We will be hiking the Lind Farm Conservation area in Norfolk. This will be about four miles with minimal elevation gain.

[Registration is required, here.](#)



### 'The Belle' and 'The Spawn'

Fourteen hikers enjoyed a 4.6-mile hike in Bell's Neck, Harwich, on April 28th. We stopped to see the activity in the herring run and to pose with the statue we refer to as "The Belle of Bell's Neck." Photos by Barbara Gaughan



- Identify at least two leaders interested in leading family-focused activities and conduct at least one family-focused outdoor activity by the end of 2022.
  - Post and promote 20's and 30's activities.
1. Host SEM open house in connection with AMC 2022 FallFest at a location designed to increase awareness of AMC by people under-represented in SEM outdoor activities.
  2. Conduct leader gathering by end of 2022 that includes presentations and social interaction.

### Fight climate change through education, activism, chapter policies, and engaging members in measures they can take in their own homes and communities.

1. Include Breeze articles focused on different aspects of climate change.
2. Hold occasional activities that are proximate to public transportation.
3. Recruit speaker for SEM annual meeting to speak about climate change.





## Greenhouse gases and how you can help sustain our future

By Shana Brogan

A key contributor to climate change and air pollution in general is the release of greenhouse gases into the atmosphere. In the United States, carbon dioxide accounts for 80% of these gases released, according to the U.S. Environmental Protection Agency, followed by methane (10%), nitrous oxide (7%), and fluorinated gases (3%). Carbon dioxide is released through burning fossil fuels such as oil, gasoline, natural gas, and coal. The largest sector burning fossil fuels is power plants generating electricity (31%), followed by transportation (26%).

Globally, a group of 1,300 independent scientists provide public reports on climate change as part of the Intergovernmental Panel on Climate Change (IPCC). In their most recent report, they stated that the world has a “brief and rapidly closing window of opportunity to secure a livable and sustainable future for all.” Even though the window is closing, *it is still open!*

### Every Person Can Make a Difference—Stepping Forward:

- Minimize idling your vehicle.
- Combine errands, carpool, bike, and use public transportation.
- Consider buying electric, hybrid, or more fuel-efficient vehicles.
- Plant native trees.
- Calculate your carbon footprint (the amount of greenhouse gases produced by your actions) [here](#).
- Consider how far your purchases travel to get to you and buy local!
- Learn and support the AMC’s “30 by 30” initiative, instituted as “an ambitious and visionary goal to protect 30 percent of our nation’s lands and waters by 2030. Get more details [here](#).

Aside from actions we can take to help curb carbon emissions, we can protect the earth’s own resources that also serve to sequester carbon in the atmosphere. Known as “carbon sinks,” these natural elements absorb more carbon than they release. Trees, oceans, soil, salt marshes, and grasslands can help serve to capture and store carbon, according to the University of California, Davis. Carbon sinks are continuing to be studied as a means to off-set the effects of climate change.

## Belknap Range Hike **Continued from page 1**

Photos by Dexter Robinson



Scrambling down ledges between ascents.



The view on the way to Round Pond.



Round Pond: A site for sore feet.





A hike through sand dunes, probably on Cape Cod.

## SEM Memory: Hiking the Dunes

This photo, circa Summer 1991, shows a line of hikers following a sand dune trail, which some hikers would find more of a slog. That is the ocean in the background, and that might just be a small plane in the sky.

We are regularly adding AMC-SEM historical photos and stories to the Lookback page of our website [here](#). Please submit your own memories and pictures.



Photos by Bill Cannon

## ‘Beauty and the Beast’ in the Blue Hills

Lady slipper from the May 19 Trail Trace the Blue Hills hike. In contrast, some “dark magic,” also from the Blue Hills, in April! Learn about future TTBH hikes [here](#).

## Biking for Muffins by ‘the Dozen’

Photos by William Trimble

A soggy morning gave way to an overcast sky and 12 intrepid bikers completed the Mother's Day Muffin Ride. Jodi Jensen did a wonderful pacing job bringing us in at 12.2 mph. Jeannine Audet kept everyone safe as sweeper. She is working on a ride that will include a brewery. Check back soon!



First Brockton walk/hike of the season! We're planning to do this every month. Hope to see you at the next one.

Photo by Diane Simms



## Waste Not, Want Not

By Kris Atkinson, Conservation Committee Vice Chair

On April 27th the SEM Conservation Committee hosted a webinar by Neil Rhein, founder and executive director of Keep Massachusetts Beautiful (KMB), entitled *Talking Trash and Recycling*. It was refreshing to see the pieces of this puzzle nicely connected by an expert with extensive local experience.

The types of trash management, from the least to most desirable, are:

- Landfilling
- Waste to Energy, usually: burned
- Composting
- Recycling
- Reuse
- Reduction

These comparisons included all aspects of each process, such as transport, fuel costs, pollution and volume involved. The discussion focussed on details that we often don't consider, using broad statistical results instead of those of a single community.

One of the most startling slides was one developed by the Commonwealth, showing the ratios of trash by type: over a quarter of it is food waste. So composting or reducing food waste can reduce our trash problem by 25%.

KMB offers helpful articles on their Facebook page and through LinkedIn, touching on subjects such as Improving recycling through extended producer responsibility (EPR) laws, suggestions for organizing community cleanups, effective composting and environmental tips.

Neil's familiarity with various facets of the green community initiatives provided a good perspective on how these issues are all interrelated. He knows the results of efforts to preserve and restore our environment, such as the small-scale solar systems installed on homes and businesses in New England are generating more power during the middle of the day than our two remaining nuclear facilities. An important matter has become the equipment of recyclers becoming more automated, and unable to handle things such as black plastic, shredded paper or small objects. This has spurred some municipalities to return to sorting by type instead of single stream disposal.

In addition, the repercussion of China's ban of importing waste in 2018 led to our present status of less than 5% of plastics being recycled (cut in half), and the recycling programs of many municipalities went from being profitable into deficit. Worldwide, trash has storage facilities bursting at the seams.

We can do better at this, and new solutions are needed.







# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Paddling trip leader Joe Keogh, left, and Doug Griffiths take a shore break. *Photos by Lisa Robitaille*

## Perfect day for kayak paddling

Beautiful day kayaking the Namasket River to the Assawompset reservoir on the Middleboro/Lakeville border. Thank you, Joe Keogh, for leading us on a wonderful adventure! Approximately 5 miles, sun shining with light winds. Next time join us, you'll be glad you did!



Above: Jon Olney, left, and Joe. Below: Martha Griffiths.



New Member hike in the F. Gilbert State Forest in Foxboro. New members get preference, but all are welcome on these hikes. Join us to meet new hiking friends! *Photo by Diane Simms*



Early morning mist **at World's End in Hingham** on May 21. *Photo by Diane Simms*

### Free Gear Offer

15-foot two-person aluminum canoe suitable for camping, hunting, or just a fun time on the water. Includes two canoe paddles. Contact [len.ulbricht@gmail.com](mailto:len.ulbricht@gmail.com).







## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at outdoors.org, and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

## CAPE HIKES

**Mon., Jun. 13. Hike - Full Moon West Dennis Beach, West Dennis, MA.** Hike mile-long stretch on beach for sunset views, including inlet search for horseshoe crabs. Return on beach for moonrise. Meet 7:00 p.m. Approx. 2 hours. Option: Ice cream stop, post hike! L Janet Kaiser (774-534-2281 Before 8 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net)) CL Richard Kaiser (508-246-7582, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

## EXECUTIVE COMMITTEE

### Volunteer Opportunities

**Ongoing. Vice Chair, Southeastern Mass Chapter.** Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Help organize chapter special events. - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Secretary, SEM chapter.** SEM is seeking to fill the position of Secretary to the Executive Committee. The Secretary's responsibilities are to: \* Record, prepare and distribute the minutes of the monthly Executive Committee meetings (2nd Wednesday from 6:30-8:00 pm) for review and approval. (Meetings are via Zoom. There may be an infrequent in-person meeting, no more than annually.) \* As voting member, provide viewpoint in ExCom meetings. \* Volunteer for occasional ad hoc discussion meetings to provide input and assist with occasional special event sub committees (not note taking; all ExCom members to assist with ad hoc activities) Proficient writing, listening and proofreading skills appropriate to a recording secretary are desirable. Reasonably proficient with Powerpoint (for taking notes.) Access to a computer. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Education Vice Chair.** The role of the Education Vice Chair is to help the Chair to coordinate programs to improve the skills of SEM's members and activity leaders. The Education Committee's core program is Leadership Training. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The Vice Chair generally moves up to the Chair position when that person steps down. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email [chair@amcsem.org](mailto:chair@amcsem.org) for more information. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))





## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. SEM Bicycling Vice Chair.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair collaborates with the Biking Chair. They assist leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available here: <http://amcsem.org/assets/pdf/biking.pdf>. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Vice Chair SEM Trails.** Support the Trails Chair. Coordinates trailwork activities including volunteer events. This position opens in Nov 2022 when our longstanding Trails Chair steps down and the current Vice Chair moves up. Candidate for this position should have trailwork experience or a strong desire to learn. Would look for person to be involved in SEM trail events in 2022. More details about Trail committee responsibilities here: <http://amcsem.org/assets/pdf/trails.pdf>. For more information, contact [chair@amcsem.org](mailto:chair@amcsem.org). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Chapter Chair.** Executive and administrative officer of the Chapter and of the SEM Executive Committee, and representative to the Appalachian Mountain Club. Provides leadership and overall direction to all Chapter activities and operations. Email [Chair@amcsem.org](mailto:Chair@amcsem.org) to discuss. Position opens November 2022. More information: <http://amcsem.org/assets/pdf/chair.pdf>. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

### HIKING

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

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

**Tue., May 31- Blue Hills Spring Conditioning Series: Hike 11 of 12, Blue Hills Reservation.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the ELEVENTH hike in the 12-week series that runs every Tuesday through June 7, 2022. We will meet up at 9:45 AM and will end around 2 PM. Registration is required for each weekly hike. Group size is limited to 15 participants. Each week the hike distance will be longer, we will increase elevation gain, move faster along the trails and add pack weight. When considering this series please plan to attend most of the hikes as it is a building series. Expect challenging terrain including rocks and ledges on most ascents and descents. Weather permitting, we will finish the series on June 7, 2022, with an extended day hike on the Skyline trail. You will be ready to take on the NH mountains! L Pamela Johnson (617-448-4446, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam loves being outdoors! She is an AMC SEM Hike Leader and leads the Winter Trail Trace the Blue Hills series and the Blue Hills Spring Conditioning Series. Pam has climbed the NH48 and is working on the 52WAV.)

**Tue., May 31. WILSON MOUNTAIN & WHITCOMB WOODS - 5TH ANNUAL PERENNIALS HIKE!, WILSON MOUNTAIN/WHITCOMB WOODS RESERVATIONS.** Lady's Slippers galore! In a good year there are hundreds on both sides, located in sections of the well-marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large, tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain and a snack/lunch break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 3.5 - 6.5 miles at a moderate pace. Bring plenty of water, snacks, sturdy footwear, bug spray, and sunscreen. Steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoeing enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Former AMCSEM Hiking Vice Chair, Level I Hike Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) CL Larry Petrone (508-215-7736 Before 7:00 pm, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com))



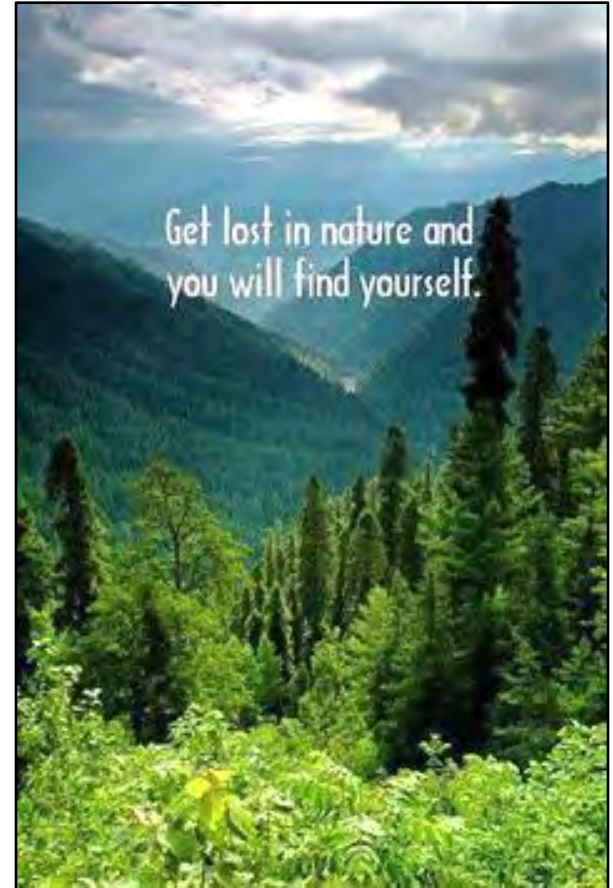
## Activities

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

### HIKING

**Thur., Jun 2, Trail Trace the Blue Hills, Thursday Evenings, 6 PM-8 PM, Blue Hills Reservation.** Wait listed. Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. 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. B

**Sat., Jun. 4. SEM Loves Hiking - Mt. Sandwich (3980'): SEM Intermediate/Advanced Summer Hike Series, Sandwich Range of the White Mountains.** Mt. Sandwich (3980'): SEM Intermediate/Advanced Summer Series Day Hike in the Whites Saturday, June 4th 8:30- 3:00. Join us for a fun day of adventure in the Sandwich Range of the White Mountains as we hike Sandwich Mountain (3,980') via the Sandwich Mountain and Drake's Brook Trails. All qualified hikers are welcome to register for this 9-mile, 2700' elevation-gain hike. This is a vigorous trek, featuring spectacular views from Jennings Peak and Sandwich Dome. While there will be time for photo ops, water breaks, and summit treats; we aim to hike at a steady, moderate pace. Weather permitting, you will see why Sandwich Mountain is on NH's 52 With a View list. We expect high demand on some of our summer hikes, so you may be placed on the wait list. Registration is a three-step process: 1. You will complete the online registration form. 2. Expect a call from one of the leaders who will tell you more about the trip and answer any further questions you might have. 3. You will be confirmed as a participant. One week prior to the hike, you will receive an information sheet detailing directions to the trailhead and the hike's route with a map for you to print and bring along. Essential Gear: Two liters of water in a hydration flask or water bottles Lunch and snacks Extra layer of clothing: fleece or wool (no cotton), hat, gloves, and puffer jacket or vest Rain jacket and pants Headlamp with fresh batteries Insect repellent and bug net (optional) A pack to carry it all. This hike will follow the AMC COVID-19 guidelines in place at the time of the hike. L Diane Hartley (508-566-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) CL Sujatha Srinivasan ([ncsuja2021@gmail.com](mailto:ncsuja2021@gmail.com), Sujatha is a four-season hiker and AMC Level 2 hike leader in training)



**Sat., Jun. 4. SEM's "It's All About the Views" - Hike Buck Hill, Blue Hills Reservation, Blue Hills Reservation, Hillside St. Milton Ma.** SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views". Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the wait list to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. Join us to hike Buck Hill, the second highest hill at the Blue Hills Reservation. See 360-degree views of Boston, the Harbor Islands, and Mt. Monadnock on a clear day! This loop hike will be 5 miles with 500' of elevation over some hilly terrain. There is one steep, but short climb to Buck Hill. We'll hike at a moderate pace of 1.5-2.0 mph, making the trip 2.5-3 hours. To be able to do this hike, you should have hiked 4 miles recently and have climbed some hills. Contact the leader if you are not sure this hike is appropriate for you. Register and come with us! L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net)) CL Kathleen Nash





## Activities

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

### HIKING

**Sat., Jun. 4-5. MAP AND COMPASS - TWO-DAY WEEKEND WORKSHOP, Blue Hills.** In this two-day weekend workshop, you will learn navigation skills using a map and compass. The course assumes no prior experience. We start with basic instruction and progress over two days to cover some intermediate and advanced skills. All activities will take place at the Blue Hills Reservation about 20 minutes south of Boston. Saturday morning will consist of classroom instruction. 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 using the DCR trail map. This will include a bushwhack between two trails. On Sunday groups will plan their own route to find flags hidden both on and off-trail. You will be using a topographical map that does not show the trails and will use terrain features such as valleys, brooks, and hills to reach your destination. Each group will have an instructor to help facilitate the learning. Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. For this activity you will need to provide proof that you are fully vaccinated by emailing an image of your vaccination card to the registrar or alternatively provide a PCR test taken within 72 hours of the workshop and showing a negative result. Masks will not be required on the hikes or during the classroom instruction. The registrar is on holiday for two weeks in April and will respond to registration requests submitted during this time when he gets back. L Paul Brookes (603-799-4399 After 8 AM and before 7 PM, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Varma Saripalli ([varma@saripalli.com](mailto:varma@saripalli.com)) L Stephen Conlin ([stephen.conlin@gmail.com](mailto:stephen.conlin@gmail.com)) CL Lindsey Meyers Bertone ([lmeyersbertone@gmail.com](mailto:lmeyersbertone@gmail.com)) CL Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com)), R Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com))

**Mon., Jun. 6-8. Hike Six 4000 Footers in 3 Days with a 2-Night Stay at Galehead Hut, Twin Mountain, NH.** Join us for an ambitious, early June hike, summiting six 4,000 footers (Garfield, Galehead, South Twin, West Bond, Bond, and Bondcliff) with the comfort of a two-night stay at Galehead Hut. Weather permitting, we will witness some of the most spectacular panoramic views in the Whites. Participants must be in good physical condition, capable of hiking 12 miles with 3,000 ft. elevation gain. We have reserved eight bunks at the hut which are being held for us until May 5th. Once you register for the hike and speak with one of the leaders, you will be provided our group reservation number so you can book and pay for your hut stay directly through AMC. A detailed information sheet will be sent one week prior to the hike. Cars will be parked at two spots on Gale River Loop Road, allowing us to hike down a different trail on Wednesday than we hike up on Monday. We will hike up Garfield Trail, along the ridge to Galehead hut, where we will drop some of our things. Weather permitting, we will then summit Galehead and return to the hut in time for dinner. After an early breakfast, we'll begin a strenuous day. Beginning on Garfield Ridge, we'll head for the summit of South Twin, then travel along Twinway Trail to Bondcliff Trail, hitting the summits of West Bond, Bond and Bondcliff before returning to the hut in time for dinner. On our third day, we will hike out after a leisurely breakfast. Gear List: Sturdy hiking boots, backpack and water bottles or hydration reservoir with at least 2-liter capacity Hiking poles Sleeping bag, puffer jacket, hat & gloves Bug dope & net Rain gear - jacket and pants & pack cover Headlamp with extra batteries Personal first aid kit and medications. L Diane Hartley (508-655-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of local conservation reserves and the wonders of our national parks and forests, as well as summer backpacking in New England; yet her ultimate passion is peak bagging. Diane completed AMC's Mountain Leadership Training in 2021.) L Anne B Duggan (508-789-5538, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Tue., Jun. 7. Blue Hills Spring Conditioning Series: FINAL Hike 12, Blue Hills Reservation.** See May 31 listing for series details.

**Wed., Jun. 8-9. Lakes of the Clouds Hut Hike, Lakes of the Clouds Hut.** Enjoy expansive views on the shoulder of Mt Washington staying at the Lakes of the Clouds Hut. We will hike up the Ammonoosuc Ravine Trail passing waterfalls fueled by the spring melt along the way. Weather permitting, we hope to summit Mt Washington and then perhaps after dinner, Mt Monroe. The next day we hike to Mt Eisenhower's summit and then make our way out via the Edmands Path where we have cars spotted at the trailhead. Ours will be an above tree line experience and hopefully we'll witness an unforgettable sunset from Lakes of the Clouds. Approximate Total mileage 13 miles. Cost: See rate below - includes one night hut stay, dinner, and breakfast. L Ann Hargleroad (617-935-9301, [ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), Love Hiking, Backpacking, Biking, and Kayaking.) L William Belben (781-801-6135, [william.belben@yahoo.com](mailto:william.belben@yahoo.com)) CL Maureen Kelly CL Henry (Tim) Harvey

**Thu., Jun. 9. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation.** See June 2 listing for series details.



## Activities

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

### HIKING

**Sat., Jun. 11. SEM Loves Hiking - Summer Hiking Series Mt. Moriah, Mount Moriah.** "SEM Loves Hiking" Summer Hiking Series Participation is open to all qualified hikers. We expect there could be high demand for this hike. You may be placed on the wait list to give other hikers a chance if you have already participated in the series. We want to have as many hikers join us as possible. Join us for a hike to Mount Moriah (4,049'). The mountain is part of the Carter-Moriah Range and is one of the 48- 4,000 footers. We will be hiking via the Stony Brook Trail. This is a challenging hike of approximately 10 miles with elevation gain of 2,600'. We will be hiking at a moderate pace, and we should complete the trip in around 6-7 hours. The summit is above tree line and is quite exposed, offering panoramic, 360-degree views of the Presidential Range and the Carter-Moriah Range on a clear day. Participants should be in good physical condition and have recent hiking experience of similar mileage and elevation. Registration is required to go on this hike. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Trip will be weather dependent, determined 1-2 days before the hike. Participants should have sturdy footwear suitable for a hike on wet and rocky terrain, rain gear, warm insulating layers, 2 liters of water and lunch/snacks. Appropriate hiking clothes and a small backpack are also required. Weather can change, so please check before coming to the hike. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. Participants will receive additional detailed information (including meeting location and time) via email approximately 1 week before the hike date. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) CL Dia Prantis

**Sun., Jun. 12. SEM Chapter 20s/30s Welcome Hike, Lind Farm Conservation Area, Norfolk.** Come join us for our first 20s & 30s hike of the spring. We will be hiking the Lind Farm Conservation area in Norfolk. This will be about 4 miles with minimal elevation gain. L Natalie Halloran (617-543-8560, [natalie.halloran@yahoo.com](mailto:natalie.halloran@yahoo.com))

**Wed., Jun. 15. SEM'S "IT'S ALL ABOUT THE VIEWS" - HIKE World's End, Hingham, MA,** World's End, Hingham, MA. SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views". Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the wait list to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. 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. Moderately paced, 4-5 miles on hilly carriage ways and rocky paths. Total elevation about 400'. Bring water, snacks/lunch. Heavy or steady rain cancels. Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees of Reservation 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. L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) CL Keith Magyar

**Thu., Jun. 16. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation.** See June 2 listing for series details.

**Sat., Jun. 18. SEM Loves Hiking - Mt. Garfield (4501 ft): SEM Chapter's Summer Series Day Hike in the Whites.** SEM Loves Hiking - Mt. Garfield (4501 ft): SEM Chapter's Intermediate/Advanced Summer Series Day Hike in the Whites Saturday, June 18th 8:30 - 3:00 Join us for a fun day of hiking in the Whites as we summit Mt. Garfield, weather permitting. Participation is open to all qualified hikers. This is a vigorous, 10-mile, 3100' elevation gain out-and-back trek on rocky terrain, featuring spectacular views from Mt. Garfield's peaked ledges above the Pemigewasset Wilderness. Registration is a three-step process: 1. You will complete the online registration form. 2. Expect a call from one of the leaders who will tell you more about the trip and answer any further questions you might have. 3. You will be confirmed as a participant. One week prior to the hike, you will receive an information sheet detailing directions to the trailhead and the hike's route with a map for you to print and bring along. Essential Gear: Two liters of water in a hydration flask or water bottles Lunch and snacks Extra layer of clothing: fleece or wool (no cotton). Hat, gloves, and puffer jacket or vest Rain jacket and pants Headlamp with fresh batteries Insect repellent and bug net (optional) This hike will follow the AMC COVID-19 guidelines in place at the time of the hike. L Diane Hartley (508-566-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Mountain Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) CL Pepi Rodriguez (Pepi is an avid four-season hiker who enjoys being outdoors and sharing her passion with other people. She has been hiking for over the past 20 years, mostly in her homeland of Spain. In New England, she has hiked mostly in the White Mountains, where she discovered the pleasures of backpacking. Pepi enjoys visiting the US National Parks, and on her bucket list is a rim to rim in Grand Canyon.)





## Activities

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

### HIKING

**Sat., Jun. 18. SEM loves Hiking - North and South Hancock Mtns.. North and South Hancock Mtns SEM's Moderate/Advanced Summer Hiking Series.** Participation is open to all qualified hikers. We expect high demand on some of the hikes so you may be placed on a wait list to give others a chance if you have already participated. We want to have as many hikers join us as possible. North and South Hancock Mtns ~9 miles, 2,500+ft elevation gain. This is not a beginner hike! Meeting location, packing list, et al. will be sent via email to all registered hikers one week before the hike! L Daniel Slavin ([D.Slavs@gmail.com](mailto:D.Slavs@gmail.com), Dan is an AMC SEM Level 2 Hike Leader. Dan boxes, bikes, runs, and does trail work. He likes day-hiking all over New England and New York and is getting back in to backpacking.) CL Raju Jaldu

**Sun., Jun. 19. SEM Loves Hiking - Summer Series Mount Osceola and East Osceola. Mount Osceola and East Osceola SEM's Moderate/Advanced Summer Hiking Series** Participation is open to all qualified hikers. We expect high demand on some of the hikes so you may be placed on a wait list to give others a chance if you have already participated. We want to have as many hikers join us as possible. Mount Osceola and East Osceola ~8 miles, 2,800+ft elevation gain. This is not a beginner hike! Meeting location, packing list, et al. will be sent via email to all registered hikers one week before the hike! L Daniel Slavin ([D.Slavs@gmail.com](mailto:D.Slavs@gmail.com), Dan is an AMC SEM Level 2 Hike Leader. Dan boxes, bikes, runs, and does trail work. He likes day-hiking all over New England and New York and is getting back in to backpacking.) CL Raju Jaldu

**Thu., Jun. 23. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation.** See June 2 listing for series details.

**Sun., Jun. 26. New Member Hiking Series - Borderland (start change to 9 am), Easton MA.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from you experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register. L Samantha Fisher (508-243-7594 before 9:00pm, [sahavah@yahoo.com](mailto:sahavah@yahoo.com), Level 1 hike leader) L Robert Branczewski (508-577-9253 before 9:00pm, [lv2cook@hotmail.com](mailto:lv2cook@hotmail.com), Level 1 hike leader) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Wed., Jun. 29-29. SEM'S "IT'S ALL ABOUT THE VIEWS" - HIKE Welch-Dickey Loop, Thornton, NH,** Welch-Dickey Loop Hike, Thornton, NH. SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views". Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the wait list to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. The Welch-Dickey loop trail is an intermediate hike that affords excellent views with nearly 2 miles of open ledge walking. On the south ledges of Welch Mountain, the trail runs through one of the few stands of jack pine (*Pinus banksiana*) that occur in NH. Some of the ledges provide mildly challenging rock scrambles. Hike length is 4.4 miles but with 1800' of elevation, it is a steep hike that we will take slowly. The terrain is wooded trails, granite slabs and a few rock scrambles. If the weather is wet, the hike is dangerous, and we will substitute a different hike in the same area. Register and join us! L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net)) CL Jan Su

**Thu., Jun. 30. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation.** See June 2 listing for series details.



*Happy Trails!*

The End



# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | June 2022

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

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

## Shop the Breeze Market for equipment bargains!

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Summit Hikers Robert Grecco, left, Mark Clerk, Ann Boland, Diane Hartley, William Dunham, Joanna Dixon, Michael Abbot, Diane Simms, Anne Duggan. *Photo by Friendly Brian*

## SEM hikers hit the High Summits

By Diane Hartley, Hike Leader

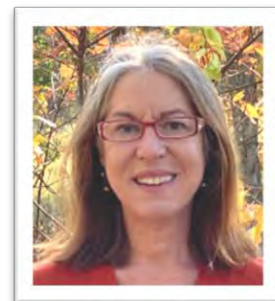
Anne Duggan and Diane Hartley led a group of seven hikers on a challenging, multi-day White Mountain hike that included summitting six 4,000-footers (eight since two were summited twice) and a two-night stay at AMC's Galehead High Mountain Hut.

After allowing time for car spotting at the Gale River Trailhead, the group had its initial circle-up, boots and backpacks on, at the Mt. Garfield Trailhead by 8:25 am on Monday morning, June 6th. Gaining 3,050' elevation in the five-mile ascent, they reached Garfield's summit in time for a photo-op-filled lunch break, taking in spectacularly clear views of Franconia Ridge and the Pemi Wilderness.

The group trekked along the Garfield Ridge Trail, an extremely rugged section of the AT, noted for its numerous, steep up-and-downs, and arrived at the Galehead Hut by mid-afternoon. There, they dropped their overnight gear and proceeded to Galehead's summit and overlook before returning to the Hut in time for a hearty dinner served by the Hut's entertaining "croo." It's unlikely that anyone was still awake at the official lights-out time of 9:30 that night...or the next.

Continued on page 5

## View from the Chair: Welcome new Biking Chair!



The SEM Executive Committee has approved Bill Trimble as Biking Chair. He recently joined AMC and quickly raised his hand when he saw SEM needed a Biking Chair. Bill has been a cyclist as long as he can remember. He frequently bikes with Narragansett Bay Wheelman on Sunday group rides throughout southeastern Massachusetts.

Bill is active in helping his community. He is an appointed member of the Dartmouth Pathways Committee which promotes the establishment and use of trails and bikeways in the Town of Dartmouth. He leads group rides with school youth for [Youth Opportunities Unlimited](#). He formed and organized a youth lacrosse program playing in the Mass Bay Youth Lacrosse League. Bill is a certified bike mechanic who is also proficient with Ride With GPS. (Note, SEM members can get a [free membership](#).) Thank you, Bill, for stepping up!



Bill Trimble  
SEM Biking Chair

Save the date! We've started planning the first SEM Open House since 2019. On Sunday, September 18, we plan a day of activities and "learn stuff" talks at Wompatuck State Park in Hingham. This is free and open to the public. We'd love to see you! We plan to post the activities for registration in August. I'll provide more information in the August email to SEM members and also on the home page of [amcsem.org](#).

*The Breeze* is going on its summer hiatus. You will receive your next issue in mid-September. We hope to have articles and pictures featuring all the fun activities SEM is leading this summer: a robust line-up of New Hampshire hikes and local hikes, paddles, and bike rides. Check our [schedule](#) of activities. Consider creating your personal [Activities Digest](#) to get notified of activities when they're posted.

I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).



Diane Simms, Chapter Chair

### 2022 Executive Board

Chapter Chair .....Diane Simms	Communications Chair .....Victoria Holland	Paddling Chair .....Barry Young
<b>Vice Chair .....OPEN</b>	Communications Vice Chair... Alanna Halloran	Paddling Vice Chair .....Joe Keogh
Secretary .....Natalie Halloran	Conservation Chair .....Shana Brogan	Regional Director.....Jenna Whitney
Treasurer .....Earl Deagle	Conservation Vice Chair .....Kris Atkinson	Skiing Chair .....Jeannine Audet
Past Chapter Chair .....Len Ulbricht	Education Chair .....Anne Duggan	Skiing Vice Chair .....Dia Prantis
Biking Chair .....William Trimble	Education Vice Chair .....Doug Griffiths	Trails Chair .....Skip Maysles
<b>Biking Vice Chair .....OPEN</b>	Hiking Chair .....Paul Brookes	Trails Vice Chair .....Steve Scala
Cape Hiking Chair.....Jane Harding	Hiking Vice Chair.....Bill Belben	20's & 30's Chair.....Filled
Cape Hiking Vice Chair .....Robin McIntyre	Membership Chair.....Samantha Fisher	<b>20's &amp; 30's Vice Chair.....OPEN</b>
	Membership Vice Chair .....Sandy Santilli	

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille	The Breeze Editor.....Mo Walsh
Webmistress.....Cheryl Lathrop	Blast Editor.....Marie Hopkins
Nominating Committee Chair.....Walt Granda	

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





*DEI Insight:*

## They Climbed the Highest Mountain(s)

By Ken Cohen, Hike Leader

*This is a new column, presented by your Diversity, Equity, and Inclusion (DEI) Committee. In this column we will briefly review an inspiring article which gives us insights into the great value of continuing efforts to welcome and include a more diverse population into the hiking community. It will appear monthly in future Southeast Breeze issues.*

This month we present a review of “Lofty Heights,” an article by Ernie Atencio.

“They” are two Chicanos. The “Mountains” were not only the Grand Tetons but also the barriers they faced while trying to achieve their goals.

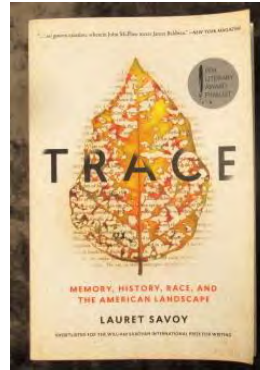
Here’s an interesting quote from the story: *“And in that stripped-down version of life, class distinctions faded, and I discovered strengths, skills and leadership abilities I never imagined I had. It very likely saved me from a dead-end life, or worse, in inner-city Denver.”*

I recently read this short, well written article, which was published in the Spring 2022 Issue of *National Parks* magazine.

The subjects’ desires and efforts to conquer Grand Teton Peak, and so much more, are quite telling.

Being fellow hikers with a cause, I thought you might enjoy reading this as much as I did. Just open [this hyperlink](#) for the captivating four-page story with photos.

Also, here are two book recommendations which you might like to add to your summer reading list:



### **Trace** by Lauret Savoy

After many years of research, along with her lifelong personal experiences, the author provides an insightful “history of racism in America”. The intricate details cover the periods from the “European Invasion” of the 1600’s through to the present day.

### **The Unlikely Thru-Hiker,** **An Appalachian Trail Journey** by Derick Lugo

As one reviewer noted: “Derick’s story takes us into a world of where his lack of AT knowledge, his unique perspective, his appearance, and his sense of humor opens the minds and hearts of those he encounters along the way. Change has come, and the AT will never be the same again.”



June 3rd paddle on the Weweantic River with leader, Joe Keogh. Thank you, Joe, for all you do for our chapter! Your leadership is very much appreciated. Keep paddling friends! *Photos from the AMC-SEM [Facebook](#) page.*





## Call for nominations for the Distinguished Service Award

By Leslie Carson, DSA Committee Coordinator

Every year since 2001, the AMC Southeastern Mass. Chapter has presented one of its members with a Distinguished Service Award (DSA) to recognize his or her outstanding contributions to the chapter. While a committee of past award recipients selects the ultimate recipient, all chapter members are encouraged to make nominations. Click [here](#) to see a list of past recipients.

The DSA is awarded to someone who:

- Is a current AMC-SEM member and has belonged to the SEM chapter for at least five years (to be verified by AMC Membership)
- Has contributed to the SEM Chapter “above and beyond” the high level of volunteer service typically provided by our activity leaders and other members;
- Whose contributions can be at the Board level, committee level, across multiple committees, or in some other chapter-wide capacity;
- Is actively contributing to the chapter or has contributed significantly in the past;
- Has not previously received the chapter’s Distinguished Service Award.

If you know of someone who is eligible for this award, please complete a [DSA Nomination Form](#) and send it to the 2022 [DSA Committee Coordinator](#). If you prefer, just email the person’s name with a brief explanation of why you think he or she deserves to receive this prestigious annual award based on the above criteria.

All nominations must be received by October 1, 2022. The DSA will be presented at the Annual Meeting on Saturday, November 5, 2022. Thanks! Get outdoors and stay well!



## SEM Cape Hikers enjoy Lowell Holly/Ryder Conservation Area

By Robin McIntyre, Cape Hikes Vice Chair & Debbie Hayden

On May 26, sixteen hikers enjoyed a sunny, cool hike in Lowell Holly and Ryder Conservation Areas. Leader Jane Harding with leader-in-training Keith Magyar led the group through wooded trails with views of both Mashpee and Wakeby ponds.

We were treated to a bald eagle, great blue herons, osprey, Baltimore orioles, and several shore birds in addition to at least 20 lady slippers and a group of wild yellow irises. The Town of Sandwich Natural Resources staff allowed us to park near a beach at Ryder so we could access our cars before our end-of-season picnic with food that only hikers can prepare.

Jane received a warm round of applause and flowers from the group for planning another full season of local hikes for us to enjoy. Our Cape Hikes group had a total of 64 hikes between September and May. Don’t forget to join us for Full Moon hikes in the summer!







Anne Duggan, left, and Diane Hartley on Boncliff. *Photo by Ann Boland*

## High Summit Hikers Continued from page 1

Tuesday morning, the group headed out at 7:45, full-bellied and eager to reach its goal of hiking four more 4,000-footers on a 12-mile out-and-back. The first and most challenging part of this trek was climbing up South Twin from Galehead. This section of the AT is steep and rocky, gaining 1,300' of elevation in .8 miles. They moved along at a good pace, all the time thinking about keeping some gas in the tank for this section in reverse at the end of the day.

After a short "ooh-ah" at the panoramic view from atop South Twin, they descended and traversed along Twinway Trail to Mt. Guyot then onto Bondcliff Trail, up and over Mt. Bond and on to Bondcliff in the clearest skies and brightest sunshine. The photo-ops and lunch break were brief to ensure time for an ascent of West Bond on the return route.

The weather held out for the entire afternoon; winds picked up, but clouds stayed at bay. The group of intrepid hikers returned to the hut at 5:35, just in time to clean up before another entertaining, delicious meal and evening of perusing the hut's library.

Around 9:00 pm the skies opened. The rain poured mightily, and the wind blew fiercely, rattling the hut's windows in their frames. By morning the weather had settled down to a light rainfall. The hikers packed up and hiked 4.8 miles down Gale River Trail to the three cars they had spotted before embarking on their adventure Monday morning.

The group gathering outside Galehead Hut.

Photo by Diane Hartley



Anne Duggan trying on the **Galehead Croo's** pack.

*Photo by Diane Hartley*

Joanna Dixon on the Bondcliff Trail.

Photo by Diane Hartley







Larry Petrone, left, co-led a hike at Wilson Mountain and Whitcomb Woods to complete his training as a Level 1 Hike Leader. *Photo by Ken Cohen*

## Larry Petrone takes the lead!

By Ken Cohen, Hike Leader/Mentor

He has recently become a Level 1 Hike Leader for our AMC-SEM Chapter.

Larry's progression from classroom to hike creation/lead may be a good template for anyone interested in becoming a Level 1 Hike Leader or their mentor.

Larry Petrone and I have known and hiked with one another for the past year during AMC-SEM programs such as Winter Trail Tracing the Blue Hills, as well as a few formal and informal AMC treks. With the knowledge that Larry had gained by his co-lead practice hikes during many AMC-SEM and Boston Chapter trips and programs, I thought that he'd be a great candidate for hike leadership.

His first co-lead went very well, as I allowed him to take the reins after the circle-up during our five-mile Arnold Arboretum hike on May 25th. Overall, Larry's group leadership performance was excellent! He learned quite a bit as the hike went on.

Larry's second required co-lead (his "qualifying hike") was virtually all his! I put him in charge of everything, except for the actual listing and participant administration of the hike, since he did not yet have full access to the AMC ActDB system. Actually, I took the time to walk him through the procedure I used to list the trip on the database, in a virtual way, via a Zoom call while sharing my screen.

Larry successfully designed the hike route (the 5th Annual Perennials Hike at Wilson Mountain and Whitcomb Woods); checked in all participants; conducted the circle-up; led the hike; helped to add points of interest and details along the way; organized separation and snack breaks; and conducted the circle-up at the end of the hike. Everyone accounted for. All-in-all he nailed it! Mostly I simply went along for the ride.

I strongly believe that Larry will make an excellent trip organizer and trip leader. His knowledge and hiking expertise will benefit and inspire many participants and future hike leaders.

It wouldn't surprise me to see Larry move towards a Level 2 Leader Certification in the not-too-distant future.



Above: Hike Leader and Mentor Ken Cohen, left, presents Larry Perone with his Level 1 Hike Leader badge. Below: The hiking group celebrates Larry's achievement. *Selfie photo by Susan Cummings.*







## Volunteer of the Month: Richard Kaiser

By Robin McIntyre, Cape Hiking Vice 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, Cape Hikes recognizes Richard Kaiser.

Richard has been a tireless hike leader on the Lower Cape this year, leading 14 hikes over the past nine months. He started at the National Seashore and led a hike every other Saturday making a path to Provincetown. The hikes have spectacular views in the National Seashore Park or overlooking the bay or oceanside of the Cape.

His hikes have a variety of wooded trails, beach frontage, marsh-side trails, and Cape Cod hills (yes, they do exist). He enjoys the history and geology of the area, sharing interesting facts about previous uses of the land by our forebearers and how the topography of the area was shaped centuries ago.

Richard is both willing and able to step up to fill in when needed, as he has a vast number of tracks of hikes, carefully catalogued and knowledgeably used. He is an enthusiastic leader who provides and exemplifies a welcoming nature to all hikers; preparedness; good interpersonal skills; and a love of the outdoors.

Congratulations, Richard, and thank you from all of us at Cape Hikes and AMC-SEM! Richard will receive a Volunteer of the Month Certificate and a \$50 gift card.

**“Volunteers do not necessarily have the time; they just have the heart.”** ~Elizabeth Andrew



Southern Presidential hike, June 10, 1995, NH White Mountains. Probably taken on Mt. Jackson, the last of mountains we climbed. Dexter Robinson in front with Doug Hutcheson, left, Ron Perry, and Dave Bennett. *Time-delay photo by Dexter Robinson*

## SEM Memories: 5 Presidents in 1995

By Dexter Robinson, Hike Leader

**From Dexter’s log:** This was a long, challenging 12-mile hike, traversing the five presidential mountains: Mt. Monroe, Mt. Franklin, Mt. Eisenhower, Mt. Clinton (Pierce), and Mt. Jackson. We stayed at the Crawford Hostel Friday night, spotted cars early Saturday morning for the end point and an escape route, then began our climb on the Ammonoosuc Ravine trail at 7:10 a.m.

We arrived at Lakes in the Clouds hut at 9:45, enjoying the bright crystal weather and terrific views. From there we headed south along the ridge. First was Mt. Monroe. We had hoped to celebrate Bruce Dunham’s 48th 4K, but he had to cancel joining us. We had lunch beyond Mt. Franklin.

Dex recorded compass readings for Mt. Jefferson and Mt. Washington for later triangulation on a topo map. We continued across Eisenhower and Clinton, then dropped down to the Mizpah Hut. After a change of socks, we assaulted Mt. Jackson.

By now the weather had changed to dense clouds, which swallowed up Mt. Washington. Heading down the Webster-Jackson trail was awful, since the trail was in poor condition. A devilish mix of large sharp rocks, mud, water, and roots made it a tiring end of a long day.

We arrived triumphantly at the trailhead at 5:35 p.m. This was Dexter’s first co-led AMC hike. Some suggestions for the future: reviewing with everyone their equipment at the trailhead making sure that have necessary items; bringing extra items if needed; and putting on more sunburn lotion, since everyone got sunburned.



## Conservation Corner



Trout Lily, *Erythronium americanum*

## Return of the Native: Gardening for Posterity

By Kris Atkinson

With all the buzz lately about planting pollinator gardens (oh, Kris...!), the need for native plants is front and center. Let's talk for a minute about why adding native plants to your home environment is so important and explore easy ways to do it.

### **The World of Native Plants**

First, what's native? The convention is, these are the plants that grew here (in this region, namely New England) prior to European colonization. Many wildflowers you knew from childhood were introduced, such as Queen Anne's lace, orange hawkweed, and ox-eye daisy. Some types like Japanese barberry, oriental bittersweet, Norway maple, garlic mustard, and bigleaf lupine (*Lupinus polyphyllus*) became invasive, choking out natives.

There's a label problem here: some purveyors call something "native" when it's from elsewhere on the continent, particularly many prairie or western flowers, such as the purple coneflower, *Echinacea purpurea*. So be like Santa and carefully check your list twice, using such sources as GoBotany or Mass.gov to determine the true native range for our region.

### **Why Native?**

The most important reason is that wildlife and other plants coevolved to depend on each other—the monarch butterfly can feed on other plants, but its offspring can only survive if laid on native *Asclepias* species (milkweeds). Severe losses in habitat from overpopulation and other anthropogenic causes—such as acid rain, air and water pollution, pavement, pesticides, herbicides, and invasives—have put many native plants in peril, as well as wildlife that depend on them.



Thanks to our previous owners for fostering the hayscented ferns (but the lawn has got to go).

A lovely perk of using natives is that they're well adapted to our conditions, often needing less watering and care. Replacing your lawn with native groundcovers such as sedges or violets means no mowing, irrigation, pesticides, or fertilizing. And for beautiful shrubs, winter color, flamboyant bark, or drought tolerance, *Lonicera sempervirens* (trumpet honeysuckle), *Cornus sericea* (redtwig dogwood), *Betula nigra* (river birch) and *Aster novae-angliae* (New England aster) are matchless. For attractive choices in managing drought tolerance, check this handy list (native plants have asterisks): <https://ag.umass.edu/landscape/fact-sheets/drought-tolerant-perennials>

### **Sources**

The hardest part of going native is finding the plants! Foraging for them in reservations and parks is absolutely verboten. I grow many from seeds exchanged in seed swaps or from organizations such as Maine's Wild Seed Project. But I must warn you, some are fussy about germination (just this week some winterberry seeds sown last spring decided to sprout in a tray forgotten in the garage for 15 months). But as you grow more adept, the ease and fun of winter sowing is a great pastime for the bleak cold months.

Continued on page 8





## Native Plants Continued from page 7



Left: Four species of milkweed, winter-sown in January: swamp, butterfly, poke, and common syriaca.

Right: Milkweeds and friends in June: wild blue indigo, asters, columbine, etc.

Finding a good source for truly native plants can be an ongoing long explore: my neighbor has trekked to Native Plant Trust (Garden in the Woods) for years; Grow Native Massachusetts has an annual plant sale, and many local plant sales can yield treasures. Don't be afraid of bareroot suppliers for perennials and trees, as they are experienced in supplying well rooted, sturdy plants years ahead of what you can grow from seed.

### **Plan First**

Your first step is to make a plan for what you want, perhaps just renovating a main bed, or replacing a plot of lawn with pollinator or rain gardens. Then carefully assess the site's sun exposure throughout the day, and the types of soil (wet or dry; clay, sand, or humus). Finding the right plants to suit sandy, moist soil in the shade is a quest done in advance, before entering the nursery: Hoping an attractive plant that caught your eye can be adapted to the wrong conditions is backwards, leading to heartache.

Some gaudy overachievers like Joe-Pye weeds (*Eutrochium*) and evening primrose (*Oenothera biennis*) give a fast sense of accomplishment. And the goldenrods--oh my, a gift to yourself--our *rugosa* seeds transported from Cambridge make fireworks of gold for many weeks. What you've been told is a weed by the Flat Lawn Believers may be your next early spring ground cover (common blue, sweet white, wooly blue, and meadow violets) or showy ornamental grass beside your birdbath (deer-tongue witchgrass, *Dicanthelium clandestinum*).

Your plan will change and expand with time but taking a few beginner steps is exciting.

### **Experience is the Best Teacher**

Plenty of help is available online; just type in the species name and your question. I keep a running spreadsheet of my findings; there's too much to remember. Some of your best knowledge can be gleaned by keeping your eyes peeled on hikes. Seeing masses of columbines in the wild taught me just the right spot at home for placement. Matching conditions like a mulch of pine needles, a bed of moss, or finding the partial shade to help a fern thrive is a rewarding puzzle with answers gleaned in the wild.



Deer tongue witchgrass: Natives are patient.

Patience is a virtue, and your effort involved in getting natives established is paid off by their service needing little care or maintenance later. Having more birds, butterflies, and bees visiting is very satisfying! And discovering the many beauties overlooked by most commercial vendors holds a wealth of happy surprises.



Sunny skies and warm temperatures greeted eight bikers in search of a dairy treat. Jack led this ride at the end of May and Sue served as co-leader. Congratulations to Sue as this ride qualified her as a bike leader! We stopped at Quittacus Reservoir where swans were nesting. Nice ride with nice people on a nice day!



## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at outdoors.org, and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

## BICYCLING

**Sat., Jul. 16. Biking & Brews in Westport, Buzzard's Bay Brewing, MA.** Join us for a summer ride through beautiful Westport & Dartmouth. We will meet at Buzzard's Bay Brewing. We will ride quiet, stone wall lined roads, past farms & conservations areas, with a stop at the beach. Afterward, we can enjoy beer/ wine, fare from the food trucks, & live music at the Brewery. The ride will be approximately 30 miles, with rolling hills, & 12 mph pace. A helmet is required to ride, as well as a bike that is in good working order. Bring water, a snack & spare tube. Steady rain will cancel. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com). Jeannine enjoys sharing the beauty of the area with fellow cyclists & aims for a "destination" with every ride.) L Jodi Jensen ([jodijensen@gmail.com](mailto:jodijensen@gmail.com), Jodi enjoys sharing cycling with others in the Southeastern MA region.)

## CAPE HIKES

**Tue., Jul. 12. Full Moon Hike Sandwich Canal, Sandwich, MA.** We will walk out to the end of canal and along Town Neck Beach to Mill Creek where we will observe the full moon rise around 7:48 PM. Then we will return through town streets. The beach can be very rocky sturdy footwear required no sandals. This can be a fun activity for families, responsible adult must accompany children. You may want to bring a headlamp or flashlight and bug repellent. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net)).

## EXECUTIVE COMMITTEE

### Volunteer Opportunities

**Ongoing. Secretary, SEM chapter.** SEM is seeking to fill the position of Secretary to the Executive Committee. The Secretary's responsibilities are to: \* Record, prepare and distribute the minutes of the monthly Executive Committee meetings (2nd Wednesday from 6:30-8:00 pm) for review and approval. (Meetings are via Zoom. There may be an infrequent in-person meeting, no more than annually.) \* As voting member, provide viewpoint in ExCom meetings. \* Volunteer for occasional ad hoc discussion meetings to provide input and assist with occasional special event sub committees (not note taking; all ExCom members to assist with ad hoc activities) Proficient writing, listening and proofreading skills appropriate to a recording secretary are desirable. Reasonably proficient with Powerpoint (for taking notes.) Access to a computer. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Bicycling Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair collaborates with the Biking Chair. They assist leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available here: <http://amcsem.org/assets/pdf/biking.pdf>. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))





## Activities

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

### EXECUTIVE COMMITTEE Volunteer Opportunities

**Ongoing. SEM Education Vice Chair.** The role of the Education Vice Chair is to help the Chair to coordinate programs to improve the skills of SEM's members and activity leaders. The Education Committee's core program is Leadership Training. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The Vice Chair generally moves up to the Chair position when that person steps down. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email [chair@amcsem.org](mailto:chair@amcsem.org) for more information. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Chapter Vice Chair, Southeastern Mass Chapter, MA.** Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Help organize chapter special events. - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Vice Chair SEM Trails, MA.** Support the Trails Chair. Coordinates trailwork activities including volunteer events. This position opens in Nov 2022 when our longstanding Trails Chair steps down and the current Vice Chair moves up. Candidate for this position should have trailwork experience or a strong desire to learn. Would look for person to be involved in SEM trail events in 2022. More details about Trail committee responsibilities here: <http://amcsem.org/assets/pdf/trails.pdf>. For more information, contact [chair@amcsem.org](mailto:chair@amcsem.org). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Chapter Chair, MA.** Executive and administrative officer of the Chapter and of the SEM Executive Committee, and representative to the Appalachian Mountain Club. Provides leadership and overall direction to all Chapter activities and operations. Email [Chair@amcsem.org](mailto:Chair@amcsem.org) to discuss. Position opens November 2022. More information: <http://amcsem.org/assets/pdf/chair.pdf>. L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

### HIKING

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

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

**Sun., Jun. 26. New Member Hiking Series - Borderland (start change to 9 am), Easton MA.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from you experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register. L Samantha Fisher (508-243-7594 before 9:00pm, [sahavah@yahoo.com](mailto:sahavah@yahoo.com), Level 1 hike leader) L Robert Branczewski (508-577-9253 before 9:00pm, [lv2cook@hotmail.com](mailto:lv2cook@hotmail.com), Level 1 hike leader) L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Tue., Jun. 28-28. Tuesday Morning Hike in the Blue Hills, Blue Hills Reservation, MA.** Please join me for a hike 6-7-mile hike on various trails in the beautiful Houghton's Pond, Hancock Hill and Hemminway Hill areas of the Blue Hills. The pace will be moderate (1 ½ - 2 MPH) and include about 1,000' elevation gain. The hike should be about 4 hrs. in duration. Some of the trails will include small hills, rocks and tree roots. Participants should be in good physical shape and have a recent hike history of similar length. The meeting time is 9:45am for circle up with a firm start time of 10AM. More details of meeting the meeting location and trail route will be provided to those who register and are confirmed for the hike. Participants should bring sturdy footwear, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))



## Activities

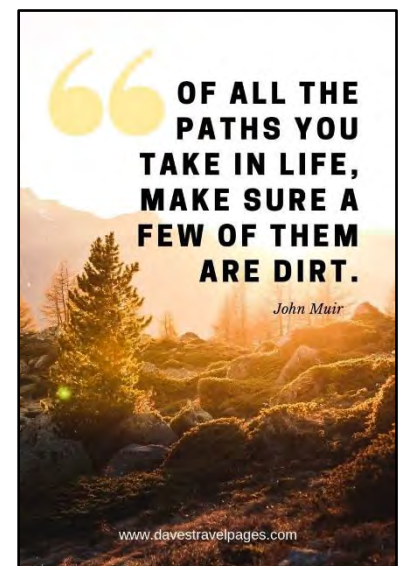
For the most current information, [search activities online](#)

### HIKING

**Tue., Jun. 28. SEM'S "IT'S ALL ABOUT THE VIEWS" - HIKE MT. CUBE, NH.** SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views." Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the waitlist to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. In addition to being on the 52 With-A-View list, Mt. Cube (2916') has a lot to offer. This western NH mountain in Oxford lies in the Appalachian trail corridor and thus has trails that can access it from both the north and south. It is also the eastern terminus and highest point of the 36-mile Cross Rivendell Trail, an educational and recreational trail. We will meet at the road crossing of the AT in Oxford then carpool to the trailhead of the starting point. Facemasks and open car windows will be required while carpooling. The hike will be a traverse first climbing to the south summit via the Cross Rivendell trail. This trail section has several short steep pitches including the final ascent to the south summit. After enjoying views to the south, we will hike .3 miles over to the north summit which offers stunning views of the Baker River Valley and beyond to the White Mountains. We then return to our cars via the Mt. Cube trail (AT). The hike is 6.3 miles and ascends 1600 feet. We will hike at a moderate pace of 1.5-2.0 mph, making the trip in about 4-5 hours. Steady rain cancels. Rain date is Wednesday, June 29. To be able to do this hike, you should have hiked 6 miles recently that included significant hills or have hiked other 52WAV mountains. Contact a leader if you are not sure whether this hike is appropriate for you. L Dexter Robinson ([dexpdoc@gmail.com](mailto:dexpdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four thousand foot mountains multiple times including winter. He also enjoys trail work and running.) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.)

**Thu., Jun. 30. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2.5 to 3 hours in The Blue Hills Reservation every Thursday evening, depending on much daylight we have. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. 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](mailto:newt665@comcast.net), Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, [wdoherthy1@verizon.net](mailto:wdoherthy1@verizon.net), Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net))

**Sat., Jul. 2. SEM's It's All About the Views - Red, White and Blue to Buck Hill, 821 Hillside Street, Milton, MA.** SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views." Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the waitlist to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible but no Pets/Dogs. This is a moderate 5 mile hike with an elevation gain of about 500ft from Houghton Pond to Buck Hill section of the Blue Hills Reservation at Milton, MA. This hike takes about 2 1/2 hours based on group pace and stops. We will hike up and down a few scrambles and steep sections along a mix of Red, White, Blue and other trails to catch wonderful views at Buck Hill. Plan is to hike rain or shine, but the destination and route may be altered for inclement weather or unsafe trail conditions. Sturdy shoes with good traction are required. No open toe shoes. We suggest you bring at least 1 liter of water and a snack. Insect repellent and sunscreen are recommended. In the event of rain, bring a rain jacket. Leader(s) will send out an info sheet with additional details 2-3 days prior to the hike. To be able to do this hike, you should have a cardio exercise routine or should have hiked at least 4 miles and climbed some hills with similar elevation gain recently. Contact the leader(s) if you are not sure this hike is appropriate for you. L William Doherty (781-857-4148 5-8pm, [wdoherthy1@verizon.net](mailto:wdoherthy1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker, occasional White Mountain hiker, and Trail maintenance volunteer.) CL Raju Jaldy (508-446-4220 5-8pm, [raju.jaldy@gmail.com](mailto:raju.jaldy@gmail.com))







## Activities

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

### HIKING

**Thu., Jul. 7. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. 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](mailto:newt665@comcast.net), Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net))

**Sat., Jul. 9. SEM Loves Hiking: Mt. Whiteface and Mt. Passaconway, Grafton County, NH.** Participation is open to all qualified hikers. We expect there could be high demand for this hike. You may be placed on the wait list to give other hikers a chance. Join us for a hike to Mt. Whiteface (4,019') and Mt. Passaconway (4043'). These mountains are part of the Sandwich Range and are part of the 48- 4,000 footers of NH. Mt. Whiteface has south facing cliffs and ledges which offer sweeping views of Lake Winnepesaukee and Squam Lake. Other ledges offer views towards Mt. Washington and Mt. Chocorua, and on a clear day, well into Maine. We will be hiking the loop via the Dicey's Mill, Tom Wiggins, Blueberry Ledge, and Rollins Trails. This hike would be rated as challenging. Our pace will be moderate at an average of 1-1 ½ mph. Total distance is approximately 11.4 miles with just over 4,000' elevation gain. You can expect the hike to take between 7-8 hrs. to complete. Appropriate hiking clothes and a small backpack are required. Weather can change, so please check before coming to the hike. Hiking shoes or other functional footwear are required (no work shoes or gym shoes). Please bring a minimum of 2 liters of water, snacks and a lunch. Anyone who does not register will not be allowed to join the activity. 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 "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. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. Participants will receive additional detailed information (including meeting location and time) via email approximately 1 week before the hike date. L william belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) CL Sujatha Srinivasan ([ncsuja@gmail.com](mailto:ncsuja@gmail.com))

**Tue., Jul. 12. SEM LOVES HIKING - MT. WAUMBEEK, NH.** SEM's Intermediate/Advanced Summer Hiking Series. Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the waitlist to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. Hike with us to Mount Waumbek (4,006'), one of the easier 48 four thousand footers. Along the way we will pass over Mt. Starr King (3,915'), one of the 52 With-A-View mountains. Both mountains lie along the western end of the Pliny Range which is north of US 2 in Jefferson. Although Mt. Waumbek's summit is wooded with no views, Mt. Starr King offers a unique opportunity to view the Northern Presidentials from a different angle. We will be hiking the Mt. Starr King trail to both summits which are below treeline. Grades are moderate and footing is generally good. The hike is 7.2 miles round trip and ascends 2700 feet. We will hike at a moderate pace of 1.5-2.0 mph, making the trip in about 6 - 7 hours. Appropriate hiking clothes, rain gear, sturdy footwear and a small backpack are required. The trip will be weather dependent, determined 1-2 days before the hike. Rain date, Wednesday, July 13. To be able to do this hike, you should have hiked 7 miles recently that included significant hills or have hiked another 4000 foot mountain. Registration is required to go on this hike. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Participants will receive additional detailed information (including meeting location, time to meet, and what to bring) via email approximately 1 week before the hike date. L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four thousand foot mountains multiple times including winter. He also enjoys trail work and running.) L Leslie Carson (508-737-6627, [lesliecarson929@yahoo.com](mailto:lesliecarson929@yahoo.com), Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4KFooters in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest since 2013. More recently, she has led/co-led Adventure Travel hiking/trekking trips in western US and internationally. She is certified in SOLO Wilderness First Aid and CPR.)



## Activities

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

### HIKING

**Thu., Jul. 14-14. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. 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](mailto:newt665@comcast.net), Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net))

**Sun., Jul. 17. Beginner hike in F. Gilbert State Forest, F. Gilbert Hills State Forest, MA.** Join us on a hike of Tupelo, HighRock and WolfMeadow trails. It will be roughly 3.5 to 4 miles. It is a beginner easy trail. The pace will be slow to moderate, good for walking and chatting at the same time. We will start the hike at 8:30 am and expect to be back at the car by 11 am. Depending on the day, if its not too hot, we can add an extra loop to the route or if it's a really hot day, we can cut it shorter as well. The goal is to get nice walk in the woods with good company. We will be stepping over rocks and roots. Please wear sturdy hiking boots. (no open toed shoes) Dress for the weather. Please bring about 2 litres of water, trail snacks and pack to carry them. Heavy rain will cancel. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The leaders will may have their well behaved dogs with them, no other dogs allowed. AMC Trip Policy COVID 19 Information: As of December 1, 2021 AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Sujatha Srinivasan ([ncsuja2021@gmail.com](mailto:ncsuja2021@gmail.com))

**Sun., Jul. 17. SEM It's All About the Views-Mt Hedgehog, NH.** SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views". Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the wait list to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. Join us on a hike to Hedgehog Mtn. While it is one of the lower peaks on the updated list of 52 With A View, it offers 10/10 views! This will be a loop hike, taking the UNH Trail, located on the Kangamangus Highway. The trail has all the variety New Hampshire trails can offer: hemlock forests, short scrambles and wide open ledges. Mileage will be approx. 4.8 miles with 1,400' el gain. We will hike at a moderate pace and stop to enjoy the views. L Peggy Qvicklund (774-893-3011 before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Emilie Bent (508-577-3679 before 9 pm, [emilieb1@yahoo.com](mailto:emilieb1@yahoo.com))

**Thu., Jul. 21-21. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. 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](mailto:newt665@comcast.net), Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net))





## Activities

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

### HIKING

**Thu., Jul. 28. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. 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](mailto:newt665@comcast.net), Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net))



*Happy  
Trails!*

Taunton River photo by Lisa Robitaille





# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | September 2022

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

Sign up for the AMC Activity Digest. Sign into your [Outdoors.org](https://www.beoutdoors.org) account, scroll to the bottom of the page, and click "View Trips" under Digest Emails to set preferences.

Or call 1-800-372-1758

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

Like us on [Facebook](https://www.facebook.com/beoutdoors).

Follow us on [Instagram](https://www.instagram.com/beoutdoors).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



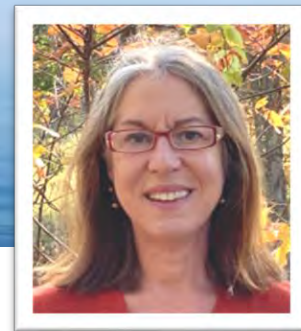
July 26, hanging out atop Mt. Jackson, with Mt. Washington in the distance behind us. The weather broke for a couple of days of lower temps and humidity, perfect summer hiking weather for our 6.5-mile Jackson-Webster loop. L to R: Jayne Olivere, Dexter Robinson, Whit Hanschka, Nancy Tutko, Peter Meggison, Stephen Buckman. *Photo by a Friendly Hiker*

## Registration still open for FallFest on Sept. 18th

Autumn kicks off with FallFest, from 9 am to 3:30 pm on Sunday, Sept. 18, at Wompatuck State Park in Hingham, MA. Are you a member of AMC-SEM but haven't tried any of our activities yet? Are you wondering what AMC-SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? Great, we have an event for you!

Explore the park on one of eight AMC-SEM hikes, including a 20's & 30's hike, Family Friendly hike, and Hike-Trail Work combo. Take a road tour by bicycle with AMC-SEM. Also check out mountain bike rides offered by the Southeastern Mass. chapter of the New England Mountain Bike Association. Listen to mid-day "Learn Stuff" talks about hiking, biking, navigating, and appreciating nature in the great outdoors.

Register for the individual activities through their listings on [Be Outdoors](https://www.beoutdoors.org). If there is room, leaders may accept people for their hikes, bike rides, and trail work that day, but to be sure you have a spot, please register for those in advance. No registration is needed for the mid-day "Learn Stuff" talks. Meet at the Visitor Center of the park at 204 Union St., Hingham, MA 02043. There is plenty of free parking and free snacks at check-in.



## View from the Chair: 2023 Executive Committee Slate

I am delighted to report that SEM has a full [2023 Executive Committee nomination slate](#). SEM members will vote on this slate at our November 5 Annual Meeting, the first in-person meeting since November 2019. [Register today!](#)

We have a very impressive group of people on the 2023 Executive Committee slate. Most of those that are highlighted in blue on the slate as “new to their positions” have been serving for months. All but one person on the slate has experience on their committees. The SEM ExCom has elected people in the past year to fill open positions, per the [SEM Bylaws](#). In the last meeting, there was a helpful suggestion that information be provided about those new on the slate in advance of the meeting.

I am very excited that Paul Brookes and Jeannine Audet have agreed to be on the slate for Chapter Chair and Chapter Vice Chair. In ExCom discussions and their actions, both Paul and Jeannine consider the overall impact to SEM, while also supporting their specific committees. Having the big view of SEM is very key for their future roles.

**Paul Brookes, Chapter Chair:** Paul was chosen as Hiking Vice Chair in May 2020 and elected as Hiking Chair in the following annual meeting. He has done an outstanding job as Chair of the Hiking Committee. He was one of the first active leaders after AMC reopened and helped to bring other leaders back. He implemented regular communication to hiking leaders, improved the [hiking section](#) of the website, encouraged participants to become new leaders—mentoring many himself—and supported SEM’s successful hiking series. Prior to being on ExCom, he was very active with SEM. Paul designed and conducted the SEM Map & Compass course, which sells out every time. He organized the annual Noble View weekend. He started the very popular Winter Trail Trace series. SEM will be in very good hands with Paul as future Chapter Chair.

**Jeannine Audet, Chapter Vice Chair:** Jeannine was the 2020 recipient of SEM’s Distinguished Service Award. A chapter member for more than 15 years, Jeannine has served as Skiing Chair since 2017. She is one of the few SEM multi-activity leaders: skiing, hiking, and biking. She helped the Biking Committee come out of COVID by mentoring two leaders and leading her own rides. She has also mentored hiking leaders-in-training. Jeannine is a Winter Workshop instructor. She is a regular contributor of articles and photos to the *Breeze*, including this month’s article on August Camp. She is part of the group who organized the Wompatuck Open House event, and she also volunteered for the new SEM Grant *ad hoc* committee. Paul will be fortunate to start his term with such a strong Chapter Vice Chair.



Continued on page 3

*Diane Simms, Chapter Chair*

### 2022 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair** .....**OPEN**  
 Secretary .....Lindsey Meyers Bertone  
 Treasurer .....Earl Deagle  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair .....William Trimble  
**Biking Vice Chair** .....**OPEN**  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
**Communications Vice Chair**..... **OPEN**  
 Conservation Chair .....Shana Brogan  
**Conservation Vice Chair** .....**OPEN**  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Doug Griffiths  
 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....Bill Belben  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Nancy Piedra

Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
 Regional Director.....Jenna Whitney  
 Skiing Chair .....Jeannine Audet  
 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20’s & 30’s Chair.....Shannon G.  
 20’s & 30’s Vice Chair.....Natalie Halloran

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

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

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





## 2023 Executive Committee Slate

Continued from page 2

**Lindsey Meyers Bertone, Secretary:** Lindsey was elected this month. She received a gift membership to AMC in 2020 and has been active in SEM hikes ever since. She helped teach the last Map & Compass course and has taken Wilderness First Aid. She works as a special education teacher. Lindsey has already signed up for the just posted [October 22 Leader Training](#).

**Earl Deagle, Treasurer:** Earl was elected in February 2022, and he completed training for the position in July. (The Treasurer requires training on software and AMC policies, as well as transition of signing authority.) Earl has a very strong finance and volunteer background, described in the [February Breeze](#). He is active on the ExCom, part of the group who organized the Wompatuck Open House event, and also on the new SEM Grant *ad hoc* committee.

**Bill Trimble, Biking Chair:** Bill was elected in May 2022. He has a strong biking and volunteer background, described in the [June Breeze](#). Bill has been active with his committee and will give two "Learn Stuff" talks at the Wompatuck [Open House](#). He has also helped organize the Wompatuck event and he is helping with the [SEM New England Mountain Bike Association](#) collaboration.

**Victoria Holland, Communications Chair:** Victoria was elected in February 2022. She has been very effectively managing the committee ever since, overseeing the monthly *Breeze* newsletters and monthly emails to members. She is an avid outdoors person with experience as a managing editor, as described in the [February Breeze](#).

**Anne Duggan, Education Chair:** Anne was elected shortly following the 2021 Annual Meeting. She is a longtime 4-season mountain hiking leader as well as a backpacking leader, as described in the [December Breeze](#). She is also a nurse and educator. She pulled together a strong committee to hold our first in-person leader training since COVID this past April, and will be managing the [October 22 Leader Training](#). Anne just finished her first-ever lead at August Camp.

**Bill Belben, Hiking Chair:** Bill was elected Hiking Vice Chair in April 2022 and is on the slate for Hiking Chair, the position held by Paul Brookes. Bill joined AMC in 2019 and quickly became a very active hike leader, as described in the [April Breeze](#). Even before becoming Hiking Vice Chair, Bill had started organizing two summer hiking series: SEM Loves Hiking and All About the Views. SEM had a big return to NH hiking, thanks to Bill.

**Barry Young, Paddling Chair:** Barry was elected in January 2022. Barry has been very active in many roles in our chapter (most notably as a past Chapter Chair), as described in the [January Breeze](#). In addition to his work to revitalize the Paddling committee, Barry provides valuable input during SEM ExCom discussions.

**Dia Prantis, Skiing Chair:** Dia has been serving as Skiing Vice Chair since 2020 and is on the slate for Skiing Chair, the position held by Jeannine Audet. In addition to being a Skiing leader, Dia is also a Hiking leader, who first started co-leading in 2016. She has led or co-led 15 local hikes, New Hampshire hikes, and skiing/snowshoe trips.

**Steve Scala, Trails Chair:** Steve was elected Trails Vice Chair, effective November 2020, and is stepping up to Trails Chair. He has helped to lead trail projects in the Blue Hills. He volunteers with Borderland State Park and is an avid New Hampshire hiker. Steve will be leading a trail work activity at the Wompatuck Open House.

**Shannon G., 20's & 30's Vice Chair:** Shannon was elected 20's & 30's Vice Chair in January 2022. As described in the [January Breeze](#), her career has focused on building community programs and volunteer leadership for nonprofits in Massachusetts. Shannon has helped organize several 20's & 30's activities. She's co-leading the 20's & 30's hike at the Wompatuck event.

**Jane Harding, Cape Hiking Chair; Samantha Fisher, Membership Chair; and Shana Brogan, Conservation Chair:** These three leaders were elected at the 2021 Annual Meeting and are continuing in their roles. They have all done an excellent job with their committees, and I am glad they are continuing to serve.

I want to hear your input. I generally offer several local hikes a month. Join me or email me at [chair@amcsem.org](mailto:chair@amcsem.org)

### Leadership Training October 22nd

The Education Committee is pleased to announce Leadership Training will be offered on October 22 in Sandwich, MA. This single-day training will cover the skills you will need to lead activities for the SEM chapter.

If you want to know if this course is for you, speak to your favorite activity leader or contact Anne Duggan at [EducationChair@amcsem.org](mailto:EducationChair@amcsem.org).

Click [here](#) for details and registration

Leaders, please speak to your participants about this opportunity. All referrals are appreciated.



New Level 2 leader Ann Hargleroad reaches a new height.

*Photo by Tim Harvey*

## Ann Hargleroad soars with SEM

By Bill Belben, Hiking Vice Chair

On June 8-9, Ann Hargleroad led a group of eager hikers on a fun and challenging hike up to Mount Washington and Mount Monroe that included an overnight stay at the Lake of Clouds Hut (LOC). In doing so, she obtained her Level 2 Hike Leader Certification for SEM.

The trip was certainly memorable for its changeable weather conditions: starting off with light rain at the trailhead; limited visibility due to dense fog at the summit of Washington; a gorgeous sunset on top of Monroe; and finally, sleet, pouring rain, and 50-60 MPH gusting winds as we traversed the Southern Presidential Ridge towards Eisenhower the following morning.

Through it all, Ann led with confidence and made decisions that kept the group safe and happy, while experiencing what conditions can be like on an exposed ridge above tree line in the White Mountains.

Ann is no stranger to hiking as she comes to SEM from the Boston AMC chapter, where she has been a member for more than 20 years and is certified as a 4-Season hike leader and paddling leader. Ann loves winter hiking and has summited all 48 New Hampshire 4,000-footers (4Ks) during the winter season. She has also completed the 67 New England 4Ks and several of the 52-With-a-View (WAV) peaks.

In addition to hiking, Ann enjoys photography, biking, rock climbing, kayaking, and cross-country skiing, and she has done so in many other locations in the U.S. and abroad. While her partner, Tim, whom she met in a Wilderness First Aid Class, tries to keep up, I suspect he is quite often looking at Ann from behind. 😊

As much as Ann loves to be active, she is also very passionate about spending time with her daughter, Melissa, her grandson, Dakota, and her dog, Hannah. Please congratulate Ann and be sure to keep on the lookout for future hike postings from her, and you will be guaranteed a great experience.

## Oct. 1 deadline for Distinguished Service Award nominations

By Leslie Carson, DSA Committee Coordinator

Every year since 2001, the AMC Southeastern Mass. Chapter has presented one of its members with a Distinguished Service Award (DSA) to recognize his or her outstanding contributions to the chapter. While a committee of past award recipients selects the ultimate recipient, all chapter members are encouraged to make nominations. Click [here](#) to see a list of past recipients.

The DSA is awarded to someone who:

- Is a current AMC-SEM member and has belonged to the SEM chapter for at least five years (to be verified by AMC Membership)
- Has contributed to the SEM Chapter “above and beyond” the high level of volunteer service typically provided by our activity leaders and other members;
- Whose contributions can be at the Board level, committee level, across multiple committees, or in some other chapter-wide capacity;
- Is actively contributing to the chapter or has contributed significantly in the past;
- Has not previously received the chapter’s Distinguished Service Award.

If you know of someone who is eligible for this award, please complete a [DSA Nomination Form](#) and send it to the 2022 [DSA Committee Coordinator](#). If you prefer, just email the person’s name with a brief explanation of why you think he or she deserves to receive this prestigious annual award based on the above criteria.

**All nominations must be received by October 1, 2022.** The DSA will be presented at the Annual Meeting on Saturday, November 5, 2022. Thanks! Get outdoors and stay well!





Photo by Michael Chiara on Unsplash.

*DEI Insight:*

**Nature’s awe-inspiring impact on us**

*By Ashley Stehn, SEM DEI Committee Member*

*This is a new column presented by your Diversity, Equity, and Inclusion (DEI) Committee. In this column we will briefly review an inspiring article which gives us insights into the great value of continuing efforts to welcome and include a more diverse population into the ACM-SEM community. It will appear monthly in The Southeast Breeze issues.*

This month we present a review of a July 7, 2022 *New York Times* article by Alisha Haridasani Gupta and Logan Lynette, “The Mental Health Benefits of an Inclusive Outdoor Escape: Amid pandemic stress and racial violence, many communities of color have turned to wilderness areas for healing.”

According to a 2021 Outdoor Foundation report, “Over the last three years, the number of Hispanic and Black people participating in outdoor activities has increased.” This is good news report Gupta and Lynette, since “people of color have not had equal access to some of the spaces that could provide mental health benefits...and were systematically excluded from outdoor recreational spaces.”

What particularly struck me in this article was the mention of “awe.” Awe is defined in this article as “the sensation of being confronted by something so vast that it forces us to reconsider our understanding of the world...and it is that sense of awe that [is] most strongly correlated with improved well-being.”

I can definitely relate to this concept when I think back to my recent hike along Franconia Ridge and the continual

awe I felt as I gazed out at the breathtaking beauty of the Pemigewasset Wilderness. The sheer vastness brought me feelings of solitude and genuine reverence, and I felt very connected to the natural world.

As SEM leader Maureen Kelly aptly observed, “We can all attest to the peace and calmness being outdoors brings...,” especially when we are able to feel safe and included in the outdoor environment.

At a time of so much upheaval in today’s ever-changing world, taking the time to connect with nature can bring us all fulfillment, and as research shows, lower blood pressure and cortisol levels. We can be comforted by a sense of belonging when we feel connected to something bigger.

If we can each reach out to just one person and help them to be in touch with the natural world in some small or big way, we will all be the better for it. Click on [this link](#) to read the full article:

Also, check out the new PBS series “America Outdoors with Baratunde Thurston.” [Episode 4](#), in particular, is filmed in Appalachia and includes segments about hiking the Appalachian Trail. Another episode focuses on the virtues of listening to the sounds of nature, as mentioned in the *New York Times* article. And thanks for reading!

*We are interested in your feedback/suggestions on the content of these monthly articles in the Southeast Breeze. Please email comments to the SEM DEI committee members: Maureen Kelly, Ken Cohen, or Ashley Stehn at [dei@amcsem.org](mailto:dei@amcsem.org).*

JOIN US FOR THE SOUTHEASTERN MASSACHUSETTS CHAPTER OF THE APPALACHIAN MOUNTAIN CLUB

**FALLFEST OPEN HOUSE**

WITH FRIENDS OF WOMPATUCK AND SE MASS NEMBA

**Sunday, September 18, 2022**  
**9 AM to 4 PM**

Wompatuck State Park Visitor Center  
204 Union St., Hingham, MA

**AMC-SEM Hiking, Biking, and Trail Work**  
9:00-11:30 AM and 1-3:30 PM

**SE Mass NEMBA Bike Rides**  
1:30-3:30 PM

**AMC-SEM Learn Stuff Talks**

**Session 1- 12-12:30 PM**

- Learn to Change a Tire
- Beginner Hiker Tips
- Navigation: Staying Found
- Leave No Trace

**Session 2- 12:30-1 PM**

- How to Clean Your Bike
- What to Bring on a Bike Ride
- Invasive Plants: How to Know When You Have a Close Encounter with an Alien

FREE & EVERYONE IS WELCOME!

BE OUTDOORS APPALACHIAN MTN CLUB | NEMBA | APPALACHIAN MOUNTAIN CLUB

Register NOW for hikes, bike rides, activity and nature talks—and FUN at FallFest Open House on Sunday, September 18.





## Here's the scoop on new Level 1 Hike Leader Sujatha Srinivasan

By Paul Brookes, Hiking Chair

Sujatha Srinivasan joined AMC in Jan 2020. After lots of hiking with SEM and Boston Chapter leaders, with their guidance and encouragement, she took the leadership training program to become a Level 1 leader with both SEM and the Boston Local Walks and Hikes group.

On her qualifying hike, which was in F. Gilbert Hills, she took us to her favorite spot for stretching and afterwards invited the group to a local ice cream parlor. As you can tell, Sujatha is friendly and welcoming as well as being on top of everything.

Thank you, Diane Hartley, Bill Belben, Paul Brookes, and others who helped her become a hike leader with the SEM chapter. Sujatha is now on her way to become a Level 2 three-season Mountain Hike Leader and is taking Wilderness First Aid on September 17.

Sujatha is also a full-time IT software architect. She and her husband, Srini, live in North Attleboro with their three kids and new golden puppy, Eiger. Sujatha hopes to bring Eiger on hikes soon once he's trained.

Her passion is to travel and see the world through hiking; she enjoys cooking different vegetarian cuisine from around the world.

Sujatha, welcome to the SEM chapter, and I look forward to going on more hikes with you.



Active volunteer Ellen Thompson is a "frequent flyer" on the trails. *Photo by Bill Cannon*

## Please welcome our new Level 1 Hike Leader Ellen Thompson

By Bill Cannon, Hike Leader

I have been hiking with Ellen Thompson since I started hiking with the Trail Tracers many years ago. I have been to many events, including the annual Noble View weekend, where I would run into Ellen on her cross-country skis. Ellen has also been to August Camp, and she hikes in New Hampshire with her husband.

As a very involved volunteer, Ellen served on the Membership Committee, organizing new leader hikes throughout southeastern Massachusetts. She now serves on the Conservation Committee and has introduced the Conservation Corner to the Breeze.

Ellen's qualifying hike was a Full Moon hike at Borderland State Park on Thursday, November 18, 2021. She registered each participating hiker, sent out the Poop Sheet, and led a very large group around the ponds in the dark.

Please congratulate Ellen when you see her on the trail!



Top Left: Sujatha on her qualifying hike in F. Gilbert Hills reservation. Left: Paul Brookes presents Sujatha with her new leader's gift bag. Above: Stretching out those hiking muscles. *Photo collage by Paul Brookes*







## Volunteer of the Month: Joe Keogh

By Barry Young, Paddling 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, the Paddling Committee recognizes Joe Keogh.

Joe has been an active kayaker since 2015 when he bought his first kayak, a Wilderness Systems Aspire 105, primarily for its large cockpit, which makes it easy to get in and out without having to be, as Joe says, a contortionist! In 2019 Joe became the Vice Chair of Paddling for SEM with the intent of primarily leading flat-water and small-stream paddles above the Cape Cod Canal.

While COVID-19 pretty much ended group paddling for a time, Joe has done a great job getting our SEM paddling program back up and running. This past year he has been mentoring two paddlers who should become Paddle Leaders for our chapter in the next month.

Joe also is our chapter representative on the AMC Inter-chapter Paddling Committee (IPC) and has a perfect attendance record for the past couple of years. The IPC meets about every two months via Zoom and is working on developing safety standards for all types of paddlers.

Congratulations, Joe, and thank you from all of us who paddle with SEM. Joe will receive a Volunteer of the Month Certificate and a \$50 gift card.

### CONSERVATION CORNER

## Save \$\$ Going Green: Let's look at the Inflation Reduction Act

By Ellen Thompson, Conservation Committee

“The Inflation Reduction Act” was signed into law August 16, 2022. This includes numerous investments in climate protection, including tax credits and rebates for homeowners who make their homes more energy efficient.

**Energy Efficient Home Improvement Credit.** As of January 1, 2023, the tax incentive to install new energy efficient windows, doors, water heaters, furnaces, air conditioners, etc., rises to 30% of cost for eligible home improvements. Homeowners can now take a maximum \$1,200 credit every year, which replaces a lifetime limit of \$500. In addition to the tax savings, homeowners will save on yearly electricity costs.

**Need a new car?** Existing tax credits of \$7,500 for “clean vehicles” are extended to 2032. Be careful checking details on income limits, vehicle price limits, and vehicle qualifications. A tax credit of \$4,000 is available on used vehicles. Also available, a tax break of up to \$1,000 for installing Electric Vehicle recharging equipment in your home.

**Residential Clean Energy Credit.** The credit is increased to 30% in 2023 for the cost to install renewable energy equipment: solar, wind, geothermal, fuel cell power to produce heat, cooling, hot water. This credit is also extended to battery storage technology to store residential energy. In addition to the financial benefits, renewable energy reduces dependence on the oil and gas markets.

**High Efficiency Electric Home Rebates:** Upfront rebates for heat pump stoves, clothes dryers, water heaters, heating and cooling are available for middle and lower-income Americans.

Stay tuned. More information will be published as the IRS issues regulations and clarifications.

Sources and more information are available [here](#) and [here](#).





Passionate hiker and backpacker becomes an SEM leader.  
*Photo by Joanne Newton*

## John Schepis makes it official as a new AMC-SEM Hiking Leader

By Joanne Newton, Hike Leader

On June 30, John Schepis was officially welcomed as an SEM Hike Leader and was presented with his leader's gift bag, which Paul Brookes brought to the hike that started at Fisherman's Beach. In addition to becoming an SEM Hike Leader, John has also completed the requirements for him to be a Hike Leader for the Boston chapter's Local Walks & Hikes Committee.

He attended Leadership Training and completed his qualifying hikes for both chapters!

John has been hiking for about seven years and has quickly learned that this is one of his passions. His first major hike in the White Mountains was Mt. Washington! Since then, he has climbed Washington two more times and has also summited many other peaks in the Whites. John also loves backpacking and has joined many of us on overnight packing trips in New Hampshire as well.

John has also hiked in many of the national parks, including the Grand Canyon, and has hiked a portion of the Appalachian Trail in Georgia. If you haven't seen John on the trails in the Blue Hills yet, chances are you will see him there soon, as he hikes three times per week.

John has been actively hiking with SEM for several years and has volunteered to lead the Trail Trace the Blue Hills hikes this season on numerous evenings. Bill Doherty and I very much appreciated his help as we organized this popular series this year.

John has many other interests as well, including kayaking, doing trail work, gardening, cooking, and being with family.

Congratulations, John, on this major achievement and for giving back so much to AMC. You are an inspiration to others and have helped so many people learn to appreciate hiking as you do! We all look forward to hiking with you in the future.

## SEM Memories: 'Yes, it should float, but why?'



DATELINE: May 18, 1985—Lois Fournier prepares to launch the newspaper canoe she made at Camp Farley in Mashpee, MA. As SEM Memory serves, the canoe--and Lois--stayed afloat.





Paul and Jeannine Audet were among five SEM leaders to attend various AMC August camp sessions. *Photo provided by Jeannine Audet*

## SEM leaders explore the Great Northwest during August Camp

By Jeannine Audet, Hike Leader

AMC August Camp 2022 was held in the beautiful and rugged North Cascades National Park in Washington. My husband, Paul, and I attended Week #4, August 6-13. It was our second time attending August Camp, and my first time as an August Camp leader. The weather was quite warm, but otherwise clear, affording beautiful views on the hikes and great swimming weather. For readers who have not had the opportunity to attend or lead at August Camp, it is an awesome experience. Read on and please consider!

Transportation via the fleet of vans to and from the SeaTac Airport and camp was well-organized by our transportation coordinator, Virginia Campbell. Our volunteer drivers got everyone to our destinations each day safely. Campers set up “home” for the week in the provided sturdy canvas tents with cots. We received a tour of the campgrounds by our Camp Director, Gina Cormody. We noted the location to refill water, the bear boxes, portapotties and the stalls to have our sun



Base Camp.  
*Photo provided by Jeannine Audet*

showers, as well as the gathering locations for meals and campfires. A bonus this year was the stream behind camp, a tributary of the Skagit River, which afforded a chilly rinse for brave campers.

Each evening, campers gathered around a roaring campfire to learn about and sign up for the activities offered the next day, hear reports from the completed activities of the day, recognize campers for kind and helpful acts (for which they were given a number of “cookie points”), and sing along to Gina’s guitar.

Each day began with the bugle call, followed by a hearty breakfast. The ever-attentive and enthusiastic Croo, led by Nick D’Amore, also packed our made-to-order sandwiches for the activities each day. Five or six activities at a variety of levels of challenge/ adventure were offered at camp each day by the team of volunteer leaders.



**Éva** Borsody Das & friend at Thunder Knob & Thunder Pass.

*Photo provided by Éva Borsody Das*

The activities included:

- » A short, relatively flat hikes to a pond or river (Baker Lake, Goat Lake, Sourdough Creek);
- » a kayaking trip from Anacortes;
- » hikes with 2000+ feet of elevation gain, rewarded with too many wildflowers to name;
- » wildlife (ground squirrels, mountain goats, marmots);
- » snowfields and breathtaking views (e.g. Cascade Pass, Maple Pass, Cutthroat Pass);
- » an overnight camping trip near Mt. Baker;
- » a tour of a sculpture garden;
- » and providing community service at a greenhouse, potting ferns.

Participation in a variety of activities such as swimming at the camp, gathering for meals, and singing at the campfire afforded campers the opportunity to get to know one another and form some new friendships.

Continued on page 10





Hike to Thunder Knob and Thunder Pass. *Photo provided by Éva Borsody Das*

## August Camp Continued from page 9

During week #4, there were several leaders from SEM Chapter, but many participants from the New York and Delaware Chapters, so there were many new faces. There was also a mama black bear and her cub, who made a brief appearance in camp!

The week concluded with "August Camp Follies," when participants showcased their talents in areas such as singing, playing instruments, reading (in some cases original) poetry, standup comedy, and performing skits. Our "goodbyes" at the end of the week were bittersweet. However, many of us shared photos, promised to stay connected via email, and are looking forward to August Camp 2023!

*Thank you, thank you, thank you* to the August Camp coordinators, leaders, and especially the Croo, who think of everything and help all to feel welcome and cared for, which makes August Camp such an awesome experience.



Snowfields at Cutthroat Pass *Photos provided by Jeannine Audet & Diane Hartley*



Left: Sauk River. Right: Éva Borsody Das leads a hike to Baker Lake. *Photos provided by Éva Borsody Das.*



Left: Crossing a rustic forest bridge. Right: Visit to a Sculpture Garden. *Photos provided by Diane Hartley*



Top: Maple Pass. Bottom: Amazing tree of the Northwest! *Photos provided by Jeannine Audet & Diane Hartley*

August Camp is the longest-running tradition in Appalachian Mountain Club's history, dating all the way back to 1887. The location of camp changes every year, ranging from Maine to Washington and many points in between.

This volunteer-run summer program offers four one-week sessions of group hiking and outdoor activities for adults in or near National Parks, Forests, and Wilderness areas, chiefly in the Western US.

Each summer August Camp sets up a tent community for about 60 people in the chosen area, which serves as a base camp. Most activities are within an hour's drive.

August Camp 2023 will take place July 15 through August 12 in the region near Mount Hood in Oregon. Visit [August Camp](#) for details.

Continued on page 11





## August Camp Continued from page 10



Jeannine Audet at Cut-Throat Pass. *Photos provided by Jeannine Audet*



Hike to Monte Cristo, a silver-mining center turned ghost town. *Photos provided by Jeannine Audet*



Still limber after passing the timber line. *Photo provided by Diane Hartley*

## 50-mile challenge & free 'Ride With GPS' for biking members

By Bill Trimble, Biking Chair

Did you know your AMC-SEM membership also includes a free subscription to Ride with GPS?

Ride with GPS is a Route Planner and Navigation app that lets you pre-plan rides, get turn by turn instructions, track your ride on GPS, and document time, distance, and elevation travelled.

AMC-SEM members can sign up for free Ride With GPS membership by going to the [AMC-SEM website](#). Select *Biking* from the menu at the left labelled Committees, then select *RidewithGPS* from Related Links on the right side of the page.

Once your membership is active, you can download and use the Ride with GPS routes in our club list. Or just record your own rides on the app using your cellphone or GPS enabled bike computer.

We have been working on a 50-mile challenge in September for members to document 50 miles of riding, and plan to do the same in October. Join up and start logging your distance now. Your commutes, errands, bike path rides, or beach cruises can all count toward the goal. Look for more challenges in the future as well.



Left: Sculpture Park visit. Right: Kayaking off Anacortes. *Photos provided by Éva Borsody Das & Jeannine Auddet*



Left: August Camp community service. Right: Picnic at the Blake River. *Photos provided by Éva Borsody Das*

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

## **47th Annual Meeting**

Saturday, November 5, 2022,

at

**The Bay Point Club**

**Buzzards Bay, MA**

<https://baypointclub.com/>

No charge if you just join us for the social hour and business meeting!

**4:30 pm - Doors Open, Registration & Cocktail Hour - free**  
appetizers and cash bar

**5:30 pm Annual Meeting** (no charge)

**6:30 pm Buffet Dinner & Guest Speaker - \$25 per person**  
(\$35 after October 28)

Guest speaker presentation abstract and registration form follow.

Questions? Contact Len Ulbricht at [pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org)



# THE CHANGING CAPE COD SHORELINE

## Presentation By Gil Newton

The shoreline of Cape Cod is rich in the diversity of marine plants and animals. Many of these species have washed up on the numerous sandy beaches, but several live embedded in the hostile intertidal zone, or attached to the many rocks and jetties in front of the beaches. This fascinating world of marine life can be seen by exploring the various marine habitats including the salt marshes, the mud flats, and the sand dunes. How are these organisms adapting to climate change? What species are being most affected by increasing water temperature and ocean acidification? And what can we expect as sea levels rise and coastal erosion increases? We will examine these topics and other related issues in this presentation and consider the implications of climate change in the coastal zone.

.....



AMC Southeastern Massachusetts Chapter 2022 Annual Meeting Registration Form

\$25 per person; \$35 after October 23

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

AMC SEM 2022 Annual Meeting Registration Form
Today's Date
Your Name
Guest's name
Your email address and cell number
Check for Vegetarian/Vegan meal: You [ ] Guest [ ]
List food allergies
Total Price



## **SEM Executive Committee 2023 Nomination Slate**

Chair	<a href="#">Paul Brookes</a>
Vice-Chair	<a href="#">Jeannine Audet</a>
Secretary	<a href="#">Lindsey Meyers Bertone</a>
Treasurer	<a href="#">Earl Deagle</a>
Biking Chair	<a href="#">Bill Trimble</a>
Cape Hiking Chair	<a href="#">Jane Harding</a>
Communications Chair	<a href="#">Victoria Holland</a>
Conservation Chair	<a href="#">Shana Brogan</a>
Education Chair	<a href="#">Anne Duggan</a>
Hiking Chair	<a href="#">Bill Belben</a>
Membership Chair	<a href="#">Samantha Fisher</a>
Paddling Chair	<a href="#">Barry Young</a>
Past Chapter Chair	<a href="#">Diane Simms</a>
Skiing Chair	<a href="#">Dia Prantis</a>
Trails Chair	<a href="#">Steve Scala</a>
20's & 30's Chair	<a href="#">Shannon G</a>

Names in **black** are continuing in their current post; names in [blue](#) are new to the position.

### **The Nominating Committee**

Walt Granda

[nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)

Pete Tierney

Susan Rollins

[nominating1.com@amcsem.org](mailto:nominating1.com@amcsem.org)





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at outdoors.org, and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

### BICYCLING

**Sun., Sep. 18. SEM FallFest Open House road bike ride, Wompatuck State Park, 204 Union St., Hingham, MA 02043.** Join AMC SEM's FallFest Open House for about a 20 mile Bike Ride. This bike ride is open to members and non members. Meet at Visitor Center, (water filling station, free snacks, and rest facilities available). Free parking. No one will be dropped on our rides. Please contact Bill Trimble if you have questions On this ride, we will ride 20-25 miles at a 10 to 12 mph pace starting from the Visitor Center. The terrain is mostly flat with some gentle hills. A bicycle in good working order, a bicycle helmet, appropriate clothing, a spare tube for your tires, and a water bottle are required. Head and tail lights, and a rear view mirror are recommended. Bring water and a snack. Free snacks available when you check in. There's a water bottle filler in the Visitor Center. A steady rain will cancel this event. (Drizzle will not cancel). L Jeannine Audet (774-301-1209, [jeannineaudet@icloud.com](mailto:jeannineaudet@icloud.com)) CL William Trimble (774-301-1209 8AM-8PM, [wmtj0824@gmail.com](mailto:wmtj0824@gmail.com), Bill is AMC SEM Biking Chair, an avid cyclist, and a certified bicycle mechanic.)

### CAPE HIKES

**Sat., Sep. 17. Hike Doane Rock Eastham, Eastham, MA.** We will be meeting at 9:45 AM at the Doane Rock Picnic Area. To find this area, turn from Route 6 in Eastham at the Cape Cod National Seashore Salt Pond Visitors Center and continue with no turns for 1.4 miles turning right into the Doane Rock Picnic Area and park in the first available spot. The hike will start at Doane Rock and proceed to the Three Sisters Light Houses over dirt roads and woods trails. Next, we will visit the Nauset Lighthouse and walk along the ocean to Coast Guard Beach and then return to Doane Rock. The total distance is 4.6 miles in about 2.5 hours. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Sep. 18. SEM FallFest Open House Intermediate Hike to Prospect Hill at Wompatuck State Park, 204 Union St., Hingham, Ma 02043** Meet at Visitor Center Free parking. Join AMC SEM's FallFest Open House for a hike inside the park. We will carpool to hike start. On this hike we will explore about 5.3 miles of trails starting from the Visitor Center. We will hike on peaceful wooded trails, paved roadways and will climb to an elevation of 215 ft, the highest point in Wompatuck. We do pass through one section that requires stepping through small boulders. On our way back to the transfer station we will pass some of Wompatuck's campsites. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. No pets. Sturdy shoes are required, dress for the weather. Bring water bottle and a snack. After the hike you can stay and attend "Learn Stuff" talks which start at noon. Learn how to clean your bike and change a flat, beginner hiker tips, navigation - staying found, and invasive plants - how to know when you have a close encounter with an alien. Feel free to bring your own lunch. SEM is not planning a Rain Date. Event will be cancelled if severe weather. (Drizzle will not cancel.) Decision will be made by Thursday, September 15. L Trish Crocker ([pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com)) CL Bill Crocker ([billcrocker@yahoo.com](mailto:billcrocker@yahoo.com))



## Activities

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

### CAPE HIKES

**Sun., Sep. 18. SEM Fallfest Open House Hike, Woodpecker Pond, Wompatuck State Park, 204 Union St., Hingham, MA.** Meet at visitor's center. Join AMC SEM's FallFest Open House for a 4.5 mile hike. This hike is open to members and non members. On this hike we will explore about 4.5 miles of trails starting from the Visitor Center. We'll have a nice view of Woodpecker Pond and a WWII bunker. The terrain is flat. Sturdy shoes are required, dress for the weather. Bring water and a snack. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. No pets. Stay after the hike to attend "Learn Stuff" talks which start at noon. Learn how to clean your bike and change a flat, beginner hiker tips, navigation - staying found, and invasive plants - how to know when you have a close encounter with an alien. Feel free to bring your own lunch. SEM is not planning a Rain Date. Event will be cancelled if severe weather. (Drizzle will not cancel.) Decision will be made by Thursday, September 15. AMC Trip Policy. L Jane Harding (203-500-3155). Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net) CL Keith Magyar ([kjm1020@comcast.net](mailto:kjm1020@comcast.net))

**Thu., Sep. 29. Hike--Great Neck Audubon Sanctuary, Wareham, MA.** This 4 mile, 2 hour Show and Go hike is suitable for novice hikers. The wooded trails are relatively flat with uneven ground and roots through tall pines and historic lands. No dogs are allowed on this Audubon property. Hikers should have sturdy footwear, water, and poles if desired. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. Directions from the Cape: Over Bourne Bridge, Route 25 for 6.7 miles. Off at new Exit 3/old Exit 2, Onset/Wareham/Glen Charlie Rd. Bear right on ramp and go thru 2 traffic lights. As you cross Rte 28/6/Cranberry Hwy, name changes to Depot St. As you cross Onset Ave/Minot Ave, name changes to Great Neck Rd. Stay straight on Great Neck for 3.2 miles. Pavement turns to gravel, turn left into Great Neck Audubon. Park in lot near white house. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.) L Denise Fronius

**Sat., Oct. 1. Hike Eastham Quarry, Eastham, MA.** We will be meeting at 9:45 AM on Saturday, October 1, at a bike trail parking lot in Eastham. To find this parking lot travel north on Route 6 in Eastham passing the National Seashore Salt Pond Visitors Center. Continue 2.2 miles north of the visitor's center and turn right at a traffic light onto Nauset Road, cross the bike trail, and park in a lot on right after the bike trail. This is a 2 hour and 45 minute hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.6 miles. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Oct. 8. Bourne Farm Hike and Family Pumpkin Day, Bourne Farm, West Falmouth, MA.** Bourne Farm, a lovely old homestead, has a fund-raising "Pumpkin Day" every October when kids can pick their own pumpkins. There are usually other family activities including hayrides, animals, paddleboat rides, and vendors. Families, including children five and older, are welcome on this 2-hour hike which will cross the farm and bike path and enter some woodlands with a few hills. We encounter two tidal streams and walk along a cranberry bog. We can adjust the pace and route of the hike so that everyone will enjoy it. Ticks and poison ivy might be encountered. Rain cancels the hike but not Pumpkin Day. To tell if the hike is cancelled, on the morning of the hike go to [amcsem.org](http://amcsem.org) and find the Cape Hike Schedule. If this hike's listing is gone, the hike is cancelled. If unsure about a cancellation, contact the leader. The farm activities begin at 9:00 and our hiking group will meet by the barn at 9:15 to hike from 9:30 to 11:30. On our return there might be opportunities to buy food, or you could bring a picnic lunch. The parking area will be expanded from the main lot to an adjacent field and should accommodate all. <https://saltpondsanctuaries.org/pumpkin-day/>. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), For 18 years has been a Level 1 SEM/Cape Hikes leader.) L Cindy Tobey

**Thu., Oct. 13. Ryder Beach and National Seashore Trails, Truro, MA.** Hike 4.6 miles beginning at Ryder Beach, then continuing on woodland trails of the National Seashore. Take Rte 6 to the Orleans Rotary. Then travel 15 miles to Prince Valley Rd in Truro. Take a left on Prince Valley Rd. At the end, take a right on Old County Rd and then an immediate left on Ryder Beach Rd. Go to the end and park. We will begin our hike at Ryder Beach and go inland by the Hatch, Biddle and Atwood properties on the National Seashore Trails. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check the postings on the day of the hike to ensure that it is still happening. Thank you. L Trish Crocker ([pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com))

**Sat., Oct. 15. Hike Marconi Beach, Wellfleet, MA.** We will be meeting at 9:45 AM at the Marconi Beach parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Beach and park at the far end on the right side of the lot. This is a 3 hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.2 miles. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))





## Activities

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

**Sun., Oct. 23. Hike Shawme Crowell State Park Sandwich, MA.** Two-hour, 4-mile hike on wooded trails through the scenic campground, some hills. Expect to encounter lots of roots and rocks along the trail, we will need to step over or under some blowdowns, lots of leaves and pine needles on trails. Hiking poles strongly recommended. Bring fluid for hydration. Ticks are still active. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell on L, drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell on right and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Thu., Oct. 27. Hike--Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA.** This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius

**Sat., Oct. 29. Hike Marconi Station Wellfleet, MA.** We will be meeting at 9:45 AM at the Marconi Station Site parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Station Site and park on the left side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 6.1 miles. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Nov. 3. Hike South Truro to Poors Hill, Truro, MA.** Woodland trails, hills, and pavement and beach walking. Scenic bay views, houses and places of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Turn right on County Road, then take next left on Ryder Beach Road. Park at the end in marked spaces, near beach entrance. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (774-534- x2281 Before 9 p.m., [jkaiser@comcast.net](mailto:jkaiser@comcast.net), AMC life member, Cape hikes leader many years.)

**Thu., Nov. 10. Hike Mashpee River Woodlands, West Side, Mashpee River Woodlands North Lot, Quinnaquisset Ave. Mashpee, MA.** Approx. 4 mile hike through woodland trails and dirt road along the Mashpee River with some marsh views. Generally easy terrain but with exposed roots and there are several short but steep inclines. Start/finish has a steep incline with a dozen or more eroding stairs. Hikers should have sturdy footwear, water, and poles if desired. If icy conditions, bring Yak Trax or similar boot spikes. Parking lot is very small so car pool if possible. Car poolers can meet and park at Mashpee commons. Directions: Mashpee River Woodlands NORTH LOT Head to Mashpee rotary intersection of Rte 28/Rte 151 next to Mashpee Commons. At the rotary take the exit for Rte 28 S towards Hyannis. In less than 1/2 mile take the first right at the sign for Cotuit. Woodlands North Parking lot is 1/10th mile on your right. L Janis Delmonte ([delmontej@gmail.com](mailto:delmontej@gmail.com))

## EDUCATION

**Sat., Oct. 22. Basic Activity Leadership Training, Sandwich, MA.** This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. Proof of Covid 19 vaccine or negative PCR result is required to take the course. Be advised that AMC requires volunteer leaders be vaccinated or receive a negative PCR test within 72 hours of the start of an event. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)



## Activities

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

### EXECUTIVE COMMITTEE

Volunteer Opportunities

**Ongoing. Vice Chair Conservation..** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities [here](#). For more information, contact Chapter Chair Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA.** The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to Chapter Chair Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Bicycling Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair collaborates with the Biking Chair. They assist leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Education Vice Chair, MA.** The role of the Education Vice Chair is to help the Chair to coordinate programs to improve the skills of SEM's members and activity leaders. The Education Committee's core program is Leadership Training. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The Vice Chair generally moves up to the Chair position when that person steps down. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email Chapter Chair Diane Simms for more information. ([chair@amcsem.org](mailto:chair@amcsem.org))

**Sat., Nov. 5. SEM's 47th Annual Meeting, Wareham, MA.** The 47th SEM annual meeting will be held on Saturday, November 5, 2022. It will commence at 4:30 pm with a social hour, followed by the business meeting, and a buffet dinner. The post dinner guest speaker, local naturalist Gil Newton, will address the changing Cape Cod shoreline and impact of climate change. Click "REGISTER NOW" button to access registration form appended to the annual meeting flyer. L Leonard Ulbricht ([pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org))

### HIKING

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

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

**Sun., Sep. 18. SEM FallFest Open House - Heron Pond Hike at Wompatuck StatePark, at 204 Union Street, Hingham, MA.** Join us on a morning hike from the Wompatuck's Visitor's Center to Heron Pond during SEM's Open House FallFest event. We plan to hike at a moderate pace for 2.5 hours and about 5 miles. On our hike, we'll pass a few decommissioned military bunkers from the Hingham Naval Ammunition Depot Annex. This hike is open to AMC members and non-members. L Lawrence Petrone (508-215-7736, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced year-round hiker, and an avid Nordic skier and snow shoe enthusiast) L Dexter Robinson ([dexpdoc@gmail.com](mailto:dexpdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four thousand foot mountains multiple times including winter. He also enjoys trail work and running.)

**Sun., Sep. 18. SEM FallFest Open House, Aaron River Reservoir, Wompatuck State Park, Hingham, MA.** Learn some the stories behind the acres of land that is Wompatuck State Park, as we wander trails along the Reservoir. We will view the large body of water from many angles along our route. This hike will be 5 miles, along wooded trails with roots and rocks to watch out for. Short sections are on pavement. Plan to wear sturdy shoes, and bring water and a snack. Sign in at the Visitor Center, then we will drive a short distance to the start of our hike. This hike is open to members and non members alike. There is a water bottle filler in the Visitor Center. Free snacks available when you check in. Sorry, no pets. After the hike you will be able to take advantage of the "Learn Stuff" offerings at the Visitor Center, from 12-1pm. So pack a lunch and stick around! L Peggy Qvicklund ([qvickan@comcast.net](mailto:qvickan@comcast.net))





## Activities

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

### HIKING

**Sun., Sep. 18. SEM FallFest Open House, Wompatuck State Park, 204 Union St., Hingham, MA 02043.** Meet at Visitor Center. Free parking, MA. Are you a member of AMC SEM but haven't tried any of our activities yet? Are you wondering what AMC-SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? We have an event for you! See individual activity listings to register for hikes in the morning and afternoon. Registration is required for hiking, biking, and trail work activities. If there is room, leaders may accept people for their hikes, bike rides, and trail work the day of, but to be sure you have a spot, please register for those in advance. This listing is for mid-day for "learn stuff" talks. Registration is not required for the mid-day talks. Just show up and enjoy. From noon - 12:30, the talks are how to change a flat, beginner hiker tips, navigation - staying found, and leave no trace. From 12:30 - 1:00, the talks are how to clean your bike, what to bring on a bike ride, and invasive plants - how to know when you have a close encounter with an alien. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. Questions? Email Chapter Chair L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) L Samantha Fisher L Robert Branczewski CL Earl Deagle

**Sun., Sep. 18. SEM FallFest Open House - Burbank Boulder Loop Hike, MA.** Join us for a moderately paced 5 mile hike through the woods to the biggest glacial erratic in the park, cleverly balanced on 3 points! We will stop for photos at this iconic landmark. Expect to be out for about 2.5 hours (1:15pm-3:45pm). We will be following mostly level paths, some wide, some narrow, with lots of roots and some rocks, so please wear sturdy shoes with good tread. Some of our trails are along old railroad beds with wooden ties still in evidence, from the days when the park was a military depot. We will also pass old bunker type structures, some with colorful graffiti. Snacks will be available at registration. There is a water bottle filling station at the Visitor Center where the hike begins. Everyone is welcome to come at noon (no need for advance registration) for a variety of info sessions. L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net))

**Sun., Sep. 18. SEM FallFest Open House - 20's & 30's - Woodpecker Pond Loop, Wompatuck State Park 204 Union St., Hingham, MA 02043** Meet at Visitor Center Free parking, MA. Join AMC SEM's FallFest Open House for a hike with 20's & 30's. This hike is open to members and non members. On this hike we will explore about 4 miles of trails starting from the Visitor Center. We'll have a nice view of Woodpecker Pond and a WWII bunker. The terrain is flat. Sturdy shoes are required, dress for the weather. Bring water and a snack. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. No pets. Come early to attend "Learn Stuff" talks which start at noon. Learn how to clean your bike and change a flat, beginner hiker tips, navigation - staying found, and invasive plants - how to know when you have a close encounter with an alien. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) CL 20's & 30's Chair ([20s30schair@amcsem.org](mailto:20s30schair@amcsem.org)) CL Kathleen Nash

**Sun., Sep. 18. SEM FallFest Open House - Family & Pet Friendly Hike To The Reservoir, Wompatuck State Park, MA.** Join AMC SEM's FallFest Open House for a 5-mile Pet Friendly hike. This is a family hike and pets are welcome. Children over the age of 7 are welcome, anyone under 18 will need a guardian to accompany them on the hike. This hike is open to members and non-members. We'll start at the Visitor Center and hike to the Aaron reservoir and back. There are no short-cuts to the reservoir so if you want to bring your pooch, please ensure they can hike that distance. In this park, most people have their dogs off-leash so our dogs should not mind being-around other excited dogs. Dogs should also be able to behave appropriately around kids. We'll keep our dogs on leash while at the visitor center. The terrain will be hilly in places, to keep us off the bike paths as much as possible, so sturdy shoes are required but no other specific hiking gear is needed. Dress for the weather. Bring water and a snack. There's a water bottle fill station in the Visitor Center. Free snacks are available when you check in. We'll stop at the reservoir so our dogs can cool off by the water. We'll walk at a moderate pace that is comfortable for walking and talking at the same time; so, expect to be on the trails close to 3 hours and bring sunscreen and hat if it's sunny. The hike will start at 1:30 PM but you may want to come early and attend free "Learn Stuff" talks which start at noon. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Marcella Rippele



## Activities

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

### HIKING

**Tue., Sep. 20. Hiking in the Blue Hills, Blue Hills Reservation, MA.** Please join me for a hike 6-7-mile hike on various trails in the Blue Hills. The pace will be moderate (1 ½ - 2 MPH) and include about 1,200' elevation gain. The hike should be about 4 hrs. in duration. Some of the trails will include small hills, rocks and tree roots. Participants should be in good physical shape and have a recent hike history of similar length. The meeting time is 9:45am for circle up with a firm start time of 10AM. More details of meeting the meeting location and trail route will be provided to those who register and are confirmed for the hike. Participants should bring sturdy footwear, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))

**Thu., Sep. 22. Thursday Morning Blue Hills Hike - Ponkapoag Pond Loop - Canton, MA.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike around the Pond. Bring hiking shoes or boots (preferably waterproof), snack/lunch, and water. Sunscreen and insect repellent are recommended. We'll take a lunch/snack break at the AMC Camp down at the pond, weather permitting. Steady rain will cancel. Well behaved dogs on leash are O.K. Group size is limited to 14 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level One Hike Leader for the past seven+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Former At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Nature - photo-journalism photographer) ([patriciae568@gmail.com](mailto:patriciae568@gmail.com))

**Fri., Sep. 23. Hiking around Highland center in Sept, White Mountains, NH.** Come join me for one day, two days or three days, and up to two nights Sept 23-25, 2022 hiking in the white mountains on trails close to the Highland Center. On Friday we will have a short hike to Arethusa fall to stretch our legs, ~ 2hours and 4 miles in the afternoon. Saturday we will complete the loop of Mt Tom, Mt Field and Avalon, for a total of 7 miles and 4/5 hours and if the group spirit is still high we can go to Mt Willey and bag another 4000. Avalon has the best view but the downhill is pretty taxing on the legs, due to uneven terrain and steep downhill. On Sunday, for those of us who need more, we can climb Mt Pierce with an early start around 6:30 am with the sunrise, to be back in our cars by 2 pm. I reserved a camp site for the period at the Twin Mountains campground that can accommodate 4 adults. Let me know if you are interested and I will give you details on accommodations. I will be leaving from Wellfleet after lunch on Thursday and I have room for three additional people in my car plus gears. I will pick you up if you are not too much out of the way. I plan to have breakfast at the Highland center (\$15 for AMC members) From 7- 8am on Friday and Saturday and from 6 to 6:30am on Sunday and we can have breakfast together. L Gilles Pipernos (860-986-4852, [blueskyat2018@gmail.com](mailto:blueskyat2018@gmail.com), CT and SME AMC leader. Wilderness EMT. Kayak guide. Walked AT, Long trail, Alpes etc.. Love fall winter hikes.) L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Sat., Sep. 24. Trail Trace The Blue Hills Hike, End To End, , Blue Hills Reservation, MA.** Join us for a Saturday End to End hike of the Skyline trail from Fowl Meadow to Shea Rink. This route is approximately 8.5 miles with over 2,000' of elevation gain. This is a difficult and strenuous hike - not for beginners. Participants should be in great shape and have been hiking regularly this season and be able to manage steep inclines, scramble over rock ledges and be prepared to keep up a good pace. Duration of the hike is expected to be 7 plus hours. We will need to spot cars at each end of the hike and carpool at the beginning and end to get everyone back to their cars. Extra time will be needed for this. Start time and trail head location will be sent out with the Information sheet a few days before the hike. We will limit this hike to 12 and hikers will be screened before they are approved to join. This is a hike of the Trail Trace Blue Hills series so Trail Tracers who have participated in the series will be given priority. Thunderstorms or severe weather will cancel this hike as conditions could be unsafe from heavy rain. This hike is for COVID vaccinated hikers or those who have a negative PCR test 72 hours prior to the event. I will ask you to share your documentation with me prior to the hike. L William Doherty (781-660-5534 5-8pm, [wdoherthy1@verizon.net](mailto:wdoherthy1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Occasional White Mountain hiker. Trail maintenance volunteer.) L Joanne Newton L Sujatha Srinivasan.





## Activities

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

### HIKING

**Sat., Sep. 24. Hills and Lakes of the Breakheart Reservation, Breakheart Reservation, MA.** We will hike at a moderate pace for about 4-5 miles (with a couple options to extend or shorten the route if the group will desire) and enjoy hills and lakes of Breakheart reservation. We will start at Helmock Road Entrance (there is plenty of parking available on weekends at Northeast Metro Tech Highschool Parking Lot). Ridge Trail will take us through a series of hills (the tallest one is about 300 feet) with beautiful open views of the Boston skyline and the reservation. It is a moderately difficult trail that follows ridgeline's ups and downs and includes some scrambling. A good physical exercise paid off generously with gorgeous views. For those familiar with Blue Hills skyline trail, that might feel a bit similar, but just a little bit less elevation. We will make short stops at viewpoints to rest and take pictures. On the way back we will follow a few different trails around Silver and Pierce Lakes. These trails will be mostly leveled forest trails with a few views over the lakes where we will stop and rest briefly. Heavy rain or thunder will cancel. Sturdy closed-toe shoes with good traction are required, hiking shoes/boots are ideal. Depending on weather sun protection, extra layers of clothing and rain gear might be needed. Make sure to bring enough water and consider packing a snack or a lunch. One of the leaders may have his well-behaved dog, Sunny, with him if the temperature is not too hot. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Anastasiya Dumma (I am training to be a hike leader for the Southeastern Massachusetts chapter of the AMC. This will be my qualifying hike).

**Thu., Oct. 6. Thursday Morning Hike - Buck Hill, Blue Hills Reservation, MA.** Moderate paced 2 1/2 -3 1/2 hour hike ascending Buck Hill twice and exiting via the White Triangle trail. This is a mostly wooded hike but with elevation gain. Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks and rain jacket (just in case). Heavy rains/thunderstorms will cancel. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed registrants. L William Doherty (-- x, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker, occasional White Mountain hiker, and Trail maintenance volunteer.)

**Thu., Oct. 6. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike the first Full Moon Hike of the season. This hike will be under a Full Hunter's Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. You must be able to endure a 5 mile hike in sometimes adverse weather conditions. A few days before the hike I will email all registrants with regards to additional equipment. A detailed information sheet will be sent to all who register with the meeting location. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com), Been an AMC member for 11 years) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Sat., Oct. 22. Basic Activity Leadership Training, Sandwich, MA.** This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. Proof of Covid 19 vaccine or negative PCR result is required to take the course. Be advised that AMC requires volunteer leaders be vaccinated or receive a negative PCR test within 72 hours of the start of an event. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Fri., Oct. 28-30. Fall Hiking B & B Weekend in the Berkshires, The Wainwright Inn, Great Barrington, MA.** Join us for a hiking weekend in the beautiful Berkshires! We will call the Wainwright Inn in Great Barrington our home base. The Wainwright is very cozy, with a delicious breakfast included. There are many wonderful hikes of varying degrees of challenge nearby, such as Alander Mountain, Monument Mountain, Mount Everett, & Bear Mountain. We will pack lunches for the trail & eat dinner @ local restaurants. Happy Hour will take place on Saturday after hiking. L Jeannine Audet (508-493-8221 Weeknights after 6:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine loves to hike & camp in the Berkshires & enjoys sharing these experiences with others.) L Len Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))



## Activities

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

### HIKING

**Sat., Nov. 5. SEM's 47th Annual Meeting, MA.** The 47th SEM annual meeting will be held on Saturday, November 5, 2022. It will commence at 4:30 pm with a social hour, followed by the business meeting, and a buffet dinner. The post dinner guest speaker, local naturalist Gil Newton, will address the changing Cape Cod shoreline and impact of climate change. Click "REGISTER NOW" button to access registration form appended to the annual meeting flyer. L Len Ulbricht ([lenu4@gmail.com](mailto:lenu4@gmail.com))

### PADDLING

**Tue., Sep. 20. Kayak Paddle and Safety Clinic, Mansfield, MA.** Join us for an easy 1 hour flat water paddle on Greenwood Lake in Mansfield, MA, followed by a 1.5 hour safety clinic conducted by an AMC Adventure Travel Kayak Leader. During the kayak safety clinic, a "wet exit," "assisted rescue," and "self rescue" will be demonstrated. Participants can watch the techniques and if desired, will have the opportunity to practice the rescues in a safe and controlled environment. After the safety clinic we will enjoy lunch overlooking the lake and observe all that nature has to offer. Bring your kayak, paddle, PFD, a dry change of clothes, and your lunch. Restrooms, changing areas, grill and picnic table provided by the leader. Inclement weather postpones till the following Tuesday 9/20. Complete details will be sent to all registered participants. This free kayak safety clinic will be limited to to 10 participants, so sign up soon! L Barry Young (508-386-6041 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net)) CL Robin Melavalin

**Sat., Oct. 1. Paddle Taunton and Three Mile River, Berkley, MA.** The Three Mile River branches off the Taunton River in Dighton, MA and provides a quiet, easy paddle for the sojourner. This small tree lined river flows under several picturesque bridges and ends at a waterfall/dam. Enjoy the fragrance of wild Concord grapes growing riverside as you keep an eye out for the abundant Great Blue Heron and Osprey and the occasional Bald Eagle. We will put in at Berkley Bridge Heritage Park in Berkley, MA at 10 AM. 5.5 mile round trip paddle with opportunity to explore several smaller waterways off the Taunton River. Bring your kayak, PFD, paddle, water and energy snacks. Register with registrar and complete details will be forwarded to all registered participants. Rain/inclement weather date will be October 15th. L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net)) CL John Littlefield (508-740-0561, [Jlittfield1@gmail.com](mailto:Jlittfield1@gmail.com)), R John Littlefield ([Jlittfield1@gmail.com](mailto:Jlittfield1@gmail.com))

### TRAILS

**Sat., Sep. 18. SEM FallFest Open House - Trail Work, Wompatuck State Park 204 Union St., Hingham, MA 02043.** Meet at Visitor Center Free parking, Join AMC-SEM's FallFest Open House for a hike and trail work. This hike is open to members and non members. We welcome children accompanied by parent / guardian. (Please include the child's name on the electronic waiver.) No strollers please. All participants must be able to walk at least 3 miles. If you have them, bring small clippers or loppers and gardening gloves. No saws. No heavy lifting. On this activity, we'll hike up to 3 miles, doing work as we go. The terrain is flat. Sturdy shoes are required, dress for the weather. Bring water and a snack. There's a water bottle filler in the Visitor Center. Free snacks available when you check in. No pets. Stay after this hike to attend "Learn Stuff" talks which start at noon. Learn how to clean your bike and change a flat, beginner hiker tips, navigation - staying found, and invasive plants - how to know when you have a close encounter with an alien. L Stephen Scala ([trailsvicchair@amcsem.org](mailto:trailsvicchair@amcsem.org))

**Sat., Oct. 22, Trail Maintenance in the Blue Hills, Milton, MA.** Skyline Trail, from Hillside Street eastward to Route 28 Where to meet: Directions will be, MA. Join us as we clean the Skyline Trail by removing small downed trees, easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. SEM will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! L Stephen Scala (774-254-5167 Text or email is best., [smsca59@gmail.com](mailto:smsca59@gmail.com))





**The End**

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | October 2022

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Sign up for the AMC Activity Digest. Sign into your [Outdoors.org](https://www.outdoors.org) account, scroll to the bottom of the page, and click "View Trips" under Digest Emails to set preferences.

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

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Jean Lynch, left, Co-Leader Robin McIntyre, Tina Sparuk, and Lorene Sweeney encounter the glacial erratic that gives Bigelow Boulder Loop its name. *Photo by Éva Borsody Das*

## Bigelow Boulder Loop tracks historic sites

By Robin McIntyre, Hike Leader

Five hikers enjoyed 4.5 miles of the wooded trails of Wompatuck State Park on a warm, humid afternoon. After sharing some history about Wompatuck, including its farming and former military use, Éva Borsody Das and Robin McIntyre led the group along old railroad beds, rocky trails, and wooded pathways. We enjoyed identifying some of the flora along the way and saw remnants of Wompatuck's military use. One of the highlights was the glacial erratic, Bigelow Boulder, with its three-cornered support.

We noticed many dry stream beds and very low water levels at Wildcat Pond, reminding us of the summer's drought conditions on the South Shore.

The hike was one of eight offered at the SEM chapter Open House on Sunday, Sept. 18, along with four "Learn Stuff" talks, and several bike rides in conjunction with the New England Mountain Bike Association. See more photos on page 6.



## View from the Chair: My Last View



The view is bright! We just finished up a very active summer with paddling, hiking, biking, and trail work. Now we have an incredible line-up of over 40 [activities](#), including the always popular Winter Workshop (both [in-person](#) and [Zoom](#)), [Cape hikes](#), Full Moon hikes, Cross Country skiing weekends, New Member hikes, Winter Trail Trace, [Blue Hills Trail Maintenance](#), and more! Want to help with future activities? Consider taking in-person [leader training](#) October 22.

I'm excited for [SEM's 47th Annual Meeting](#), November 5, in person again at the Bay Pointe Club in Buzzard's Bay. I encourage you to attend and vote for the [Executive Committee slate](#). Everyone on the slate is currently serving as an Officer, Committee Chair, or Committee Vice Chair. Thank you, Nominating Committee, for filling roles throughout the year. Want to help the chapter? Consider one of the open [committee Vice Chair](#) positions. Email [nominating1@amcsem.org](mailto:nominating1@amcsem.org) for more information.

My term as SEM Chapter Chair is coming to a close, ending officially following the SEM Annual Meeting. Thank you for the opportunity to serve our chapter. In my two years as Chapter Chair, SEM went from the trying times of COVID restrictions to the vibrant chapter we are again. Credit for our resurgence goes to those in the Executive Committee who have served in the past two years, all the other committee volunteers, and our incredible activity leaders. It has been an honor and a privilege to work with them. I look forward to still being involved with SEM as the Past Chapter Chair and as a hike leader. Hope to see you on the trails!

*Diane Simms, Chapter Chair*

### 2022 Executive Board

Chapter Chair .....Diane Simms  
**Vice Chair .....OPEN**  
 Secretary.....Lindsey Meyers Bertone  
 Treasurer .....Earl Deagle  
 Past Chapter Chair .....Len Ulbricht  
 Biking Chair .....William Trimble  
**Biking Vice Chair .....OPEN**  
 Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
**Communications Vice Chair.....OPEN**  
 Conservation Chair .....Shana Brogan  
**Conservation Vice Chair .....OPEN**  
 Education Chair .....Anne Duggan  
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 Hiking Chair .....Paul Brookes  
 Hiking Vice Chair.....Bill Belben  
 Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Nancy Piedra

Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
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 Skiing Vice Chair .....Dia Prantis  
 Trails Chair .....Skip Maysles  
 Trails Vice Chair .....Steve Scala  
 20's & 30's Chair.....Shannon G  
 20's & 30's Vice Chair.....Natalie Halloran

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

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

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

## Winter Hiking Workshop

# It's beginning to look a lot like Christmas... hiking season

By Bill Belben, Hiking Vice Chair

Well maybe not quite yet... But it is time to start thinking about Winter Hiking! And what better way to prepare than by attending the SEM Annual Winter Hiking Workshop. Even if you have never hiked in the winter before, come learn how much fun winter hiking and snowshoeing can be from our panel of experienced and knowledgeable winter hiking leaders. Speakers will cover topics such as clothing, footwear, equipment, nutrition/hydration, and group management—all geared towards preparing you for a safe and enjoyable winter hiking experience.

This year we are offering two options. The first is our in-person workshop scheduled for Saturday, November 5th, from 12:30 to 3:30 pm. The workshop will be held at the Pocasset Community Center in Pocasset, MA.

If you are not able to attend the in-person session, we will be offering an on-line webinar at 7 pm on Thursday, November 10th, hosted by Paul Brookes and myself. We will be streaming portions of the 2021 recorded workshop and taking any questions.



Participants in last year's winter hike series at the summit of Mt. Pierce, with Mount Washington in the background.

Attendance at either workshop is free, but registration is required. If you wish to attend the in-person workshop on Nov. 5, please [register here](#). If you wish to attend the on-line webinar on Nov. 10, please [sign up here](#).

In conjunction with the workshops, we will offer a series of winter hikes designed for both beginners and intermediate hikers. The series will start out with local hikes and then proceed to progressively more difficult hikes in Western Massachusetts and New Hampshire. If you want to attend any of the winter hikes, you must have attended an AMC Winter Hiking Workshop or have prior winter hiking experience. If you want to find out more about the winter hiking series, [click here](#).



Hiking Chair Paul Brookes presents Kris Atkinson with her official Hike Leader bag. Photo by Diane Simms

## New hike leader Kris Atkinson has roots in botany, conservation

By Diane Simms, AMC-SEM Chapter Chair

SEM welcomes Kris Atkinson as a new Hike Leader. Hiking Chair Paul Brookes presented Kris with her new leader gift bag at the Wompatuck Open House in September, where Kris gave a "Learn Stuff" talk: "Invasive Plants—How to Know When You Have a Close Encounter with an Alien." Kris is well versed in this topic, having a vast knowledge of local and invasive plants. She is a certified Massachusetts master gardener, Plant Conservation Volunteer for Native Plants of New England, and was recently appointed to the Green Communities Committee for the Town of Easton. Kris is also a volunteer on SEM's Conservation Committee.

Kris is a retired scientist (Ph.D. in genetics, U.S. patent agent) who recently moved to our region. Her experience with the Boston chapter in trail work and conservation is supplemented with AMC trail maintenance volunteer vacations in Costa Rica, Virgin Islands, Acadia Maine, the Bay Circuit Trail, and numerous New England sites.

Prior to her qualifying hike, Kris introduced me to hiking at Wompatuck State Park, which was a huge help in overall planning for the event. Her qualifying hike was a naturalist walk. During the hike, she made many observations of the local plants. People were very engaged and clearly having a great time. One person had never hiked with AMC before. Few people knew each other but all were chatting like old friends soon into the hike.

Thank you, Kris, for becoming an AMC-SEM leader and being part of the SEM community.





## DEI (Diversity, Equity, Inclusion) Insight: Fat Girls Hiking group promotes 'Trails not Scales' philosophy

By Maureen Kelly, AMC SEM Hike Leader  
SEM DEI Committee Chair

Our culture discriminates against fat people as active outdoors people. The stereotypes of hikers, runners, mountain bikers and mountain climbers are thin and medium-bodied folks, but not fat ones. We do a double take if we see a fat person lining up at the beginning of a race or putting on hiking boots. We question if they can perform the activity and even why they are there. We don't include them.

Fat Girls Hiking says they are "fat activism, body liberation, and outdoor community." They want to take the shame and stigma out of the word FAT and empower it. Their motto, "Trails Not Scales," puts the emphasis on enjoying fun outdoor experiences and bans talk of losing weight. "Go at your own pace" is one of their slogans, and they lead hikes from the back so they can be sure that no one is left behind.



Fat Girls Hiking has created a safe space in which fat folks feel included in the outdoors. That's good for everyone. The group has also written a book: *Fat Girls Hiking: An Inclusive Guide to Getting Outdoors at Any Size or Ability* by Summer Michaud-Skog. Local chapters are in New Haven, CT, and Manchester, NH. For more information visit [fatgirlshiking.com](http://fatgirlshiking.com).

### Other interesting DEI news:

100-year-old National Park Service Ranger Betty Reid Soskin retires after remarkable career. [Read it here.](#)

An all-Black team has summited Mt Everest – and made history in the process. [Read it here.](#)

We welcome your comments and suggestions on this article or any DEI issue. Contact the DEI Committee at [DEI@amcsem.org](mailto:DEI@amcsem.org).



Besides leading hikes, Raju Jaldu is working on our chapter's web site and other online resources.

Photo by a friend

## Raju Jaldu makes rapid ascent to Level 2 SEM Hike Leader

By Bill Belben, Hiking Vice Chair

Upon completion of his Wilderness First Aid (WFA) course on September 17th, Raju Jaldu officially became certified as a Level 2 Hike Leader for SEM. An incredibly fast journey as he had just been certified as a Level 1 hike leader back in July of this year. Not only has Raju completed the co-lead and qualifying hikes to become certified, but he has also been one of the most active leaders in our chapter this year with a total of 11 hikes led (and still going) in places such as the Blue Hills and White Mountains. Raju is quickly becoming a very popular and well-known hike leader for our chapter.

Since becoming involved with SEM, he volunteered to help out on many initiatives. He recently participated in the annual project to review and update the SEM web page and related hiking documents and links. He has also volunteered to be part of the Winter Hiking Workshop and the Winter Hiking Series. All of this while still working a full-time job as an engineer!

Please congratulate Raju for achieving his Level 2 status, and if you haven't had an opportunity to participate in one of his hikes yet, you should definitely lace up your boots and join him on a hike soon.







Cape hike group back row: **Robin McIntyre, left, Judy Melanson, and Earl Deagle.** Front row: Leader Cathy Giordano and Jeanne Cunningham. *Photo by co-Leader Denise Fronius*

## Cape Hikes kick off with natural diversity on the Bourne Trails

By Cathy Giordano, Hike Leader

SEM Cape Hikes kicked off their fall season with a hike on the diverse Cataumet Greenways Trails in Bourne, Massachusetts, on September 8th. Hikers enjoyed refreshing temperatures with a gentle Cape Cod breeze as they traversed well maintained, foot-friendly paths.

We experienced diverse habitats, including harbor and pond views, cranberry bogs with bright red berries, as well as a variety of new and old growth in the tree farm.

In keeping with Bourne Conservation Trust's mission of keeping the land as natural as possible or in agricultural operation, we were greeted by the resident goats at Spring Hill Farm. I'm not sure who enjoyed the visit more—the hikers or Ruff, Tuff, and Sunbeam!



Above: View of Red Brook Pond. Right: Star fungi. *Photos by Cathy Giordano*



## Here's the scoop on new Level 1 Hike Leader Anastasiya Dumma

By Paul Brookes, Hiking Chair



*Photo provided by Anastasiya*

Anastasiya Dumma joins us as a new Level 1, local Hike Leader. This has been coming for a while as she had to reschedule her first qualifying hike in Breakheart Reservation, due to fires shutting down the park. I joined her on a lovely Saturday

morning late in September for her rescheduled hike. The hike started with a traverse of a ridge line, where she took us up to some amazing viewpoints. We could see all the way past the Boston skyline to the Blue Hills 20 miles south of us (and, yes, they were blue).

Once we left the ridgeline, we continued in woodlands past the lakes and ponds of the reservation. It was lovely, and more so since this is a reservation I don't often visit. The group hiking was quite international, with Anastasiya being from Russia, another participant from Iran, two Americans and myself from England. Everyone had a good time and at the end of the hike, she was awarded her new leaders gift bag.

Anastasiya is a very interesting person. She enjoys hiking in the Caucasian Mountains (*Editor: A range in the Caucasus*) and spent four months hiking the Appalachian Trail and practicing meditation. She owns a home in southeastern Siberia near Lake Baikal. This is the deepest and biggest lake in the world and contains 22 percent of the world's freshwater!

Anastasiya lives in Revere on the North Shore with her partner. She does not own a car, so to get to the Leadership Training last April in Rochester, it required her to walk, take a train, catch a bus, and then hail an Uber. As you can imagine, most of her hikes will be based around parks and reservations accessible to public transportation. This is terrific! Access to public transportation is something we should all consider when putting on local hikes.

Anastasiya has an interest in leading family and youth hikes. She is a substitute teacher for one of the local Montessori schools and would make a terrific youth leader. Welcome Anastasiya to the SEM chapter!





Six Cape hikers enjoyed a beautiful, sunny, 4 mile hike at Great Neck Audubon Sanctuary in Wareham on Sept 29. *Photo by Robin McIntyre*



**SEM's Open House** included three "Learn Stuff" talks on bike maintenance and things to bring on a ride. *Photo by Lisa Robitaille*



The morning Woodpecker Pond hike participants at **SEM's Open House**. This hike was Keith Magyar's qualifying hike to become an SEM hike leader. *Photo by Éva Borsody Das*



This group hiked 5+ miles along wooded trails and roadways to the highest point in Wompatuck. *Photo by Lisa Robitaille*



Volunteers who made the SEM Open House possible included Robin McIntyre, left, Nancy Piedra, Bill Trimble, Diane Simms, Earl Deagle, Robert Branczewski, and Samantha Fisher. *Photo by Lisa Robitaille*





SEM MEMORIES

**Eddie DeSantis: From the Civilian Conservation Corps to the Blue Hills**  
By Ken Cohen, Hike Leader



Eddie DeSantis  
Photo by  
Ken Cohen

The anniversary of the passing of Eddie Desantis (1921-2014), my dear friend and also a friend to so many in our SEM chapter, recently came to memory during one of our Thursday morning hikes. It was September 29, 2022, which marked eight years since Eddie passed away at the age of 93. He was a frequent AMC-SEM hiker until the age of 92!

He was born in the North End of Boston and was put to work for the Civilian Conservation Corps (CCC 1933-1942) as a teenager during the Great Depression. "If it wasn't for the

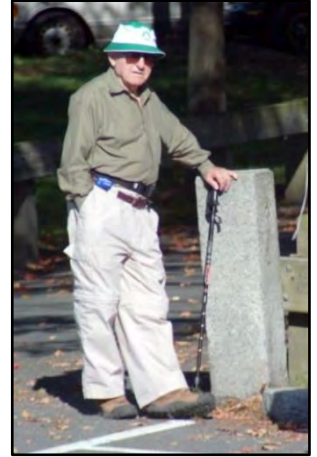
CCC, I would have become a North End hoodlum," Eddie said. "Instead, I had a warm bed, three square meals each day, sent my salary home to my parents, and worked with many other young men building and maintaining trails in the White Mountains." Many of the stairways in the Blue Hills Reservation were also installed by local CCC crews during those FDR years.

Eventually Eddie became the full-time barber at the *Boston Globe* Headquarters in Dorchester, MA. The *Globe's* owners, top executives, and middle management enjoyed his expertise, his life's stories, and his wisdom. In fact, he was so well loved and admired that when the *Globe* was sold to the *New York Times*, the owners (its founding family) insisted that Eddie must stay on as the corporate barber as long as he'd like to. It was a clause written into the purchase and sales agreement!



Eddie at work at the *Boston Globe* headquarters c. 1979

During his sixties, Eddie's doctor insisted that he start a vigorous exercise routine after a life-changing health event. That's when he began to hike—with a passion! He joined the AMC, was a founding member of DCR's Trail Watch crew in the Blue Hills, participated in most every SEM Thursday morning hike—providing "trail magic" to all midway through each hike in the form of Werther's butterscotch candy—and attended many other AMC-SEM events. Eddie resided in Canton, MA, and adopted the Ponkapoag Pond trails as their chief supporter and lookout. Trail maintenance was a passion, perhaps due to his CCC experiences earlier in life. He always alerted the Blue Hills DCR Park Rangers when trail hazards appeared and attended to many of them personally.



Eddie ready to hike on October 8, 2006 at age 84. Photo by Ken Cohen

The following article by AMC member and *Patriot Ledger* Reporter Sue Scheible provides more insight into the life and admiration for Eddie DeSantis.

**A Tree Grows at Ponkapoag for Eddie DeSantis**

By Sue Scheible

[scheible@patriotledger.com](mailto:scheible@patriotledger.com)

CANTON, MA—Dec. 13, 2018--On a brisk December morning, it was good to stop a moment for warm thoughts of the late Eddie DeSantis beside the sugar maple tree planted in his memory at the Ponkapoag Golf Course.

Eddie was a *Boston Globe* barber who became active in retirement with the state's Blue Hills Trail Watch volunteers and the Appalachian Mountain Club. He died in September 2014 at the age of 93.

This morning, a group of hikers with the Southeastern Massachusetts Chapter of the Appalachian Mountain Club were walking the four-mile Ponkapoag Trail around Ponkapoag Pond in Canton. Ken Cohen of Brockton, the leader, stopped by the tree planted in memory of Eddie and shared a few thoughts. "Eddie was the volunteer who looked after the trail around the pond for many years; I walked it with him when he was in his late 80s and had to step along quickly to keep up.

When he turned 90 in 2011, his AMC friends had a walk around Ponkapoag Pond in his honor. He enjoyed it a great deal.

Continued on page 8





**Eddie DeSantis** Continued from page 7

*(Patriot Ledger, December 13, 2018)*



Eddie in the Lead. *Photo by Sue Scheible*

The state Department of Conservation and Recreation and his friends from the Friends of the Blue Hills and the AMC were proud to have the state plant a sugar maple tree on Maple Avenue by the golf course after he died. The first tree, however, did not thrive and was reportedly hit by a golf cart; last year the state planted a larger replacement.

In December 2017, the DCR's Visitor Services Supervisor Maggi Brown reported: "Ranger Tom Bender and I replaced Eddie's tree this October 2017 with a new sugar maple—hopefully bigger and better than the last one. We are hoping this tree will grow big and strong as a lasting memory of Eddie's spirit!"

When Eddie's friends walk around the pond, Maggi said, "You are walking in Eddie's footsteps! I'm sure he was smiling down on you!"

The tree is doing very well. Thank you to Maggi, Tom, and all of Eddie's AMC and Friends of the Blue Hills for making sure he is not forgotten.

So many people have fond memories of Eddie that have been shared in the past few years. All enjoy talking about his special qualities.



Eddie's Tree at Ponkapoag Pond. *Photo by Sue Scheible*



John Nery saddles up as a new SEM Bike Leader. *Photo by Len Ulbricht*

**New SEM Biking Leader John Nery is certified bike safety teacher**

*By Len Ulbricht, Biking Leader & Past Chapter Chair*

Please welcome John Nery as our newest SEM biking leader. I say "newest SEM" because John, for about 10 years, was and still is a biking leader for the AMC Narragansett Chapter. A Rhode Island resident, he lives just over the MA/RI border and enjoys riding in the Westport and Tiverton areas. John has offered to lead trips for SEM. He recently planned and completed his qualifying ride, a loop that started in Tiverton, headed to Westport's South Beach, and returned with the requisite ice cream stop at Moose Cafe.

Over the years, John has volunteered at several recycling programs, and he is currently volunteering at the bicycle cellar at Fall River City Hall. All cyclists and anyone wanting a hands-on learning experience is welcome to join in at City Hall to work on their own bike or one that has been donated. A few AMC members have done so.

As an interesting sidelight, in the 1980s and 1990s John traveled the world while in the Merchant Navy, toting along his trusty Trek. He and rode in numerous European and Asian countries during his travels.

John qualified as a Certified Bicycle Safety Instructor by the League of American Bicyclists, and he is also an ASA certified sailing instructor. He gives lessons on his 16-foot sailboat—at no charge.

I am pleased to congratulate John Nery on becoming an SEM bike leader.





Hikers stop to admire a thicket of colorful winterberry along the trail. *Photo by Nancy Tutko*

## Winterberry in the landscape

By Nancy Tutko

In early winter, deciduous shrubs covered with red berries offer pops of color in an otherwise muted landscape. As AMC hikers on Martha’s Vineyard last year rambled through hilly woodlands, wetlands, and open pastures, they stopped often to photograph and examine the different specimens they spotted along the trails. Many turned out to be invasive non-native species.

One member of the group, landscape architect Kristen Reimann of Oak Bluffs, identified the invasive shrubs as Japanese barberry (*Berberis thunbergii*) and multiflora rose (*Rosa multiflora*). Both species were likely introduced as residential landscape specimens that spread quickly into wild habitats, she explained. Now those species are listed by the Massachusetts Department of Agricultural Resources as invasive non-native plants, banned from being sold or propagated anywhere in the state.



Left: Japanese barberry. Right: Close up of berries. *Photo by Nancy Tutko*

Though the shrubs we saw on the hike had lost most of their foliage, there were other clues that helped identify them. Barberry has spiny, grooved brown branches with hanging clusters of shiny oval berries. Multiflora rose grows in dense thickets with upright, arching stems and tiny red rose hips that get darker and more leathery as the weather cools. Both species can outcompete many native plants, but multiflora rose is especially aggressive. It is considered a noxious weed throughout much of the country, despite the considerable charm of its tiny, fragrant white blossoms in the warmer months.

Along with the invasive shrubs, the Martha’s Vineyard walkers came across several impressive stands of winterberry (*Ilex verticillata*), a deciduous holly shrub native to the eastern United States. Winterberry thrives in open wet areas but is found in drier habitats as well. Its densely packed clusters of round, bright-red berries on bare stems make a dramatic impact in the early-winter landscape and are an important winter food for birds.



Left: Multiflora rose. Right: Close up of berries. *Photo by Nancy Tutko*

“Winterberry is really pretty in the wild, and it’s a great choice for the home landscape, too, especially for people who want to use native species,” Kristen said. She recommends choosing one of the cultivated forms for their more dense, visually appealing berry clusters, such as Sparkleberry (a larger shrub) and Red Sprite (a dwarf species). She noted that winterberry, though hardy and easy to grow, is a dioecious species, requiring female and male varieties for cross-pollination; otherwise, the woody shrubs won’t bear fruit.

For information on growing winterberry in the home landscape, click [here](#) and [here](#).



Winterberry holly. *Photo by Nancy Tutko*





CONSERVATION CORNER

## Residential Water Saving Tips

By Barry Young, Conservation Committee

Despite the recent heavy rainfall in some areas, most of us living in southeastern Massachusetts still have constant reminders of the severe and extreme drought in our area this past summer. As we hike, we see dried up stream beds and water holes, and as we paddle, we see very low lakes, ponds and rivers. As members of AMC SEM, we should be asking ourselves, "How can I do my part to save water?"

Here are a few ideas to save water around your home:

**Limit watering lawns.** If you feel you must water your lawn, then only water 1-2 days a week and only when your city or town allows you to water. To prevent excess evaporation, only water before 9 am and after 5 pm. In households with large lawns, up to 50 percent of domestic drinking water is used for lawn watering, and often large quantities of water are wasted by over watering, evaporation, and misdirected sprinklers that water sidewalks and driveways.

Speaking of driveways, sweep your driveway; don't use your hose to do what a broom will do! Even if you are using well water instead of municipal water, you are still drawing water from the watershed, so don't waste it. Every year, try to reduce the size of your lawn and let areas go back to being natural.

\* **Install water-efficient fixtures.** Some older toilets use five times the water of a newer efficient toilet! Only use the toilet for its intended purpose. Don't use the toilet to dispose of trash or tissues. Use low-flow shower heads.

\* **Fix leaks as soon as possible.** Don't let faucets drip, drip, drip. Make sure your toilet does not run.

\* **Use a compost bin.** A sink garbage disposal needs a lot of water to work efficiently, so opt for a compost bin instead. It's healthier for the environment, and your plants and garden vegetables will thank you.

\* **Be efficient.** Only run the washing machine and the dishwasher when they have a full load. Turn off the faucet while brushing your teeth and while shaving.

**CHALLENGE YOURSELF.** I'm sure you can think of many more ways to save water around your home. If you are a homeowner, look at that last water bill, which will show the water consumption for the time period, then "challenge yourself" to reduce the consumption by the next water bill.

## SEM Executive Committee 2023 Nomination Slate

Chair	<b>Paul Brookes</b>
Vice-Chair	<b>Jeannine Audet</b>
Secretary	<b>Lindsey Meyers Bertone</b>
Treasurer	<b>Earl Deagle</b>
Biking Chair	<b>Bill Trimble</b>
Cape Hiking Chair	<b>Jane Harding</b>
Communications Chair	<b>Victoria Holland</b>
Conservation Chair	<b>Shana Brogan</b>
Education Chair	<b>Anne Duggan</b>
Hiking Chair	<b>Bill Belben</b>
Membership Chair	<b>Samantha Fisher</b>
Paddling Chair	<b>Barry Young</b>
Past Chapter Chair	<b>Diane Simms</b>
Skiing Chair	<b>Dia Prantis</b>
Trails Chair	<b>Steve Scala</b>
20's & 30's Chair	<b>Shannon G</b>

Names in **black** are continuing in their current posts; names in **blue** are new to the position since the last annual meeting.

### The Nominating Committee

Walt Granda	<a href="mailto:nominating.com@amcsem.org">nominating.com@amcsem.org</a>
Pete Tierney	<a href="mailto:nominating1.com@amcsem.org">nominating1.com@amcsem.org</a>
Susan Rollins	<a href="mailto:nominating1.com@amcsem.org">nominating1.com@amcsem.org</a>

*The Southeastern Massachusetts Chapter  
of the Appalachian Mountain Club  
invites members, friends and families to our  
47th Annual Meeting  
Saturday, November 5, 2022,  
At the Bay Point Club, Buzzards Bay, MA*

*No charge if you just join us for  
the social hour and business meeting!*

*4:30 pm - Doors Open,*

*Registration & Cocktail Hour:*

*Free appetizers and cash bar*

*5:30 pm Annual Meeting (no charge)*

*6:30 pm Buffet Dinner & Guest Speaker*

*\$25 per person (\$35 after October 28)*

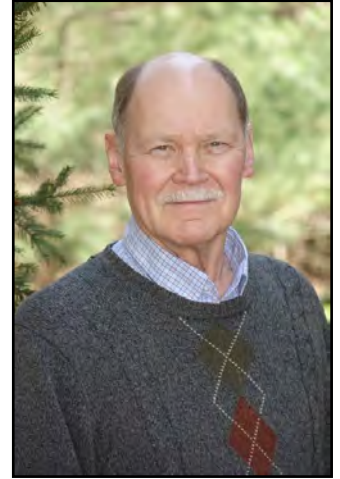
*Guest speaker presentation abstract  
and registration form follow.*

*Questions? [Contact Len Ulbricht](#)*

## THE CHANGING CAPE COD SHORELINE

### Presentation By Gil Newton

The shoreline of Cape Cod is rich in the diversity of marine plants and animals. Many of these species have washed up on the numerous sandy beaches, but several live embedded in the hostile intertidal zone, or attached to the many rocks and jetties in front of the beaches. This fascinating world of marine life can be seen by exploring the various marine habitats including the salt marshes, the mud flats, and the sand dunes. How are these organisms adapting to climate change? What species are being most affected by increasing water temperature and ocean acidification? And what can we expect as sea levels rise and coastal erosion increases? We will examine these topics and other related issues in this presentation and consider the implications of climate change in the coastal zone.



AMC Southeastern Massachusetts Chapter 2022 Annual Meeting Registration Form  
\$25 per person; \$35 after October 23

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

AMC SEM 2022 Annual Meeting Registration Form
Todays Date
Your Name
Guest's name
Your email address and cell number
Check for Vegetarian/Vegan meal: You [ <input type="checkbox"/> ] Guest [ <input type="checkbox"/> ]
List food allergies
Total Price





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at outdoors.org, and then click My Outdoors

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

#### BIKING

**Wed., Oct. 19. Bike Seapowet Marsh to Sakonnet Point Lighthouse, Tiverton, RI /Little Compton RI, MA.** A casual 24-mile-ride along the Sakonnet River in Tiverton to Sakonnet Point in Little Compton. Tiverton to Little Compton Ride starting at the Emilie Ruecker Wildlife Refuge Address: 116 Seapowet Avenue, Tiverton, RI 02878. L John Nery (401-624-4576 8A to 8P only please, [jpnery@yahoo.com](mailto:jpnery@yahoo.com), AMC approved ride leader. LAB certified safety instructor dedicated to a safe ride.) CL William Trimble (774-301-1209 8AM-8PM, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com))

#### CAPE HIKING

**Thu., Oct. 20. 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. Heavy precipitation cancels--please check the website for any cancellation since this is a Show and Go hike. L Deborah Hayden (508-274-2820, [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Sun., Oct. 23. Hike Shawme Crowell State Park Sandwich, MA.** Two-hour, 4-mile hike on wooded trails through the scenic campground, some hills. Expect to encounter lots of roots and rocks along the trail, we will need to step over or under some blowdowns, lots of leaves and pine needles on trails. Hiking poles strongly recommended. Bring fluid for hydration. Ticks are still active. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell on L, drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell on right and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Thu., Oct. 27. Hike--Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA.** This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius



## Activities

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

### CAPE HIKES

**Sat., Oct. 29. Hike Marconi Station Wellfleet, MA.** We will be meeting at 9:45 AM at the Marconi Station Site parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Station Site and park on the left side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 6.1 miles. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Nov. 3. Hike South Truro to Poors Hill, Truro, MA.** Woodland trails, hills, and pavement and beach walking. Scenic bay views, houses and places of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Turn right on County Road, then take next left on Ryder Beach Road. Park at the end in marked spaces, near beach entrance. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (774-534- x2281 Before 9 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net), AMC life member, Cape hikes leader many years.)

**Thu., Nov. 10. Hike Mashpee River Woodlands, West Side, Mashpee River Woodlands North Lot, Quinnaquisset Ave. Mashpee, MA.** Approx. 4 mile hike through woodland trails and dirt road along the Mashpee River with some marsh views. Generally easy terrain but with exposed roots and there are several short but steep inclines. Start/finish has a steep incline with a dozen or more eroding stairs. Hikers should have sturdy footwear, water, and poles if desired. If icy conditions, bring Yak Trax or similar boot spikes. Parking lot is very small so car pool if possible. Car poolers can meet and park at Mashpee commons. Directions: Mashpee River Woodlands NORTH LOT Head to Mashpee rotary intersection of Rte 28/Rte 151 next to Mashpee Commons. At the rotary take the exit for Rte 28 S towards Hyannis. In less than 1/2 mile take the first right at the sign for Cotuit. Woodlands North Parking lot is 1/10th mile on your right. L Janis Delmonte ([delmontej@gmail.com](mailto:delmontej@gmail.com))

**Sat., Nov. 12. Hike Cahoon Hollow Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 12, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 4.6 miles of forests, soft beach hills, and 1 mile of beach walking. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Nov. 17. Hike--Punkhorns, Brewster MA.** We will taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Lft @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left Unfortunately, last minute unexpected events often weather forces extend cause us to cancel @ the last minute. Pls check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Nov. 27. Hike Ryder Conservation/Lowell Holly Reservation, Cotuit Rd. Sandwich, MA.** Join us for a 4.3 +/- mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Much of trail is crisscrossed by tree roots. Meet at 12:45 for a 1 p.m. start. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. Carpooling recommended. Since this is a Show 'n' Go hike participants will need to check this website on the day of hike for any cancellation due to adverse weather. L Barbara Gaughan (781-572-1321 before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 hike & bike leader)

### EDUCATION

**Sat., Oct. 22. Basic Activity Leadership Training, Sandwich, MA.** This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. Proof of Covid 19 vaccine or negative PCR result is required to take the course. Be advised that AMC requires volunteer leaders be vaccinated or receive a negative PCR test within 72 hours of the start of an event. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)





## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Vice Chair Conservation..** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities [here](#). For more information, contact Chapter Chair Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA.** The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to Chapter Chair Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Bicycling Vice Chair, MA.** Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair collaborates with the Biking Chair. They assist leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. SEM Education Vice Chair, MA.** The role of the Education Vice Chair is to help the Chair to coordinate programs to improve the skills of SEM's members and activity leaders. The Education Committee's core program is Leadership Training. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The Vice Chair generally moves up to the Chair position when that person steps down. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email Chapter Chair Diane Simms for more information. ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Vice Chair SEM Skiing, MA.** Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross country skiers and snowshoers. More details about Skiing responsibilities [here](#). L Dia Prantis ([xcskchair@amcsem.org](mailto:xcskchair@amcsem.org)) L Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org))

**Sat., Nov. 5. SEM's 47th Annual Meeting, Wareham, MA.** The 47th SEM annual meeting will be held on Saturday, November 5, 2022. It will commence at 4:30 pm with a social hour, followed by the business meeting, and a buffet dinner. The post dinner guest speaker, local naturalist Gil Newton, will address the changing Cape Cod shoreline and impact of climate change. Click "REGISTER NOW" button to access registration form appended to the annual meeting flyer. L Leonard Ulbricht ([pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org))

### HIKING

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

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

**Sun., Oct. 16. Hiking Fall River Bioreserve, MA.** Enjoy a 5 1/2 mile hike in the Fall River Bioreserve. We will be hiking by North Watuppa Pond to Doctor Durfee's Mill Pond. Beautiful water views! Mostly shaded trails. The hike will be about 3 hours. Beginner hikers welcome but you must have recently walked a comparable distance. Trails are mostly flat but there are several short steep dirt inclines and declines. Sturdy shoes and long pants required. Bring a liter of water and a snack. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed to those with confirmed registrations. No pets. L Susan Rollins ([rollins\\_s@outlook.com](mailto:rollins_s@outlook.com)) L Paul Audet CL Kathleen Nash

**Sun., Oct. 16-16. New Member beginner hike, Whitney Thayer Woods, MA.** Come join our beginner hiking series and start discovering the great outdoors! Our beginner hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 5 miles and in a fairly easy terrain. Hiking boots/ sneakers will be acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Halfway through the hike we will stop to have snacks and open discussions to answer any questions you may have. Heavy rain or inclement weather will cancel. L Samantha Fisher (508-243-7594 before 9pm, [sahavah@yahoo.com](mailto:sahavah@yahoo.com), level 1 hike leader) L Walt Granda ([wlganda@aol.com](mailto:wlganda@aol.com), experienced hike leader)



## Activities

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

### HIKING

**Sun., Oct. 16. Fall River Bioreserve - Easy Hike**, Fall River Bioreserve, intersection of Wilson and Riggerbach Roads, MA. Spark your sense of adventure! We invite anyone who is interested to join us on a simple loop trail a little over 1 mile long on the northwest corner of the North Watuppa Pond. It rises gradually through pine and oak forests, past iconic stone walls and pudgy cheeked chipmunks, culminating in a scenic vista known as East Look - known as a great place to spot bald eagles! The return trail joins an ancient cart path leading to a winding descent through a dense spruce grove planted by the Civilian Conservation Corps (CCC) in the late 1930's. We'll then head down to enjoy the North Watuppa Pond views for an overall hike length of 2 miles. All are welcome on this family-friendly hike. Parent/guardian will need to sign the waiver for their child(ren). Mother Nature is for everyone, no matter what your fitness level, quality of gear, style, or age. So, hike on over! We'd love to meet you and discover what the great outdoors means to you! Suggested items to bring/wear: comfortable closed-toe footwear, water, snack, insect repellent, and layers. No pets please. Registration is required for this activity. Email Julie at [julierm@msn.com](mailto:julierm@msn.com). L Diane Simms ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Julie Manley. Julie is a leader-in-training. This will be her qualifying lead to be a new SEM Hike leader.), R Julie Manley ([julierm@msn.com](mailto:julierm@msn.com))

**Thu., Oct. 20. Thursday Morning Hike, Borderland Fall Exploration, 259 Massapoag Avenue, North Easton MA.** We will hike the most interesting sections of Borderland State Park, including the French Trail, Moyles Quarry, and both Leach ponds. We will also stop at a scenic spot for lunch/snack at the halfway point in our hike. The hike is expected to be a total of 7 miles. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced 4-season hiker. He is also a XC ski and snow shoe enthusiast.)

**Sat., Oct. 22. Basic Activity Leadership Training, Sandwich, MA.** This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. Proof of Covid 19 vaccine or negative PCR result is required to take the course. Be advised that AMC requires volunteer leaders be vaccinated or receive a negative PCR test within 72 hours of the start of an event. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Tue., Oct. 25. Autumn Hike - Blue Hills Reservation - Fox Hill, Rattlesnake Hill Area, Blue Hills Reservation, MA.** Enjoy a 4.8 to 5-mile hike in the Blue Hills Reservation. The hike will be about 3 to 3 ½ hours depending on the group pace. The terrain will include gently rolling hills and narrow footpaths with rocks and roots. We will ascend and descend Fox Hill and make our way to Rattlesnake Hill where after a quick scramble we will get a view. Total elevation gain and loss will be about 596 ft. You must have walked or hiked at least 5 miles recently. Hiking boots are best for the roots, rocks and scrambles. No open-toe shoes. Bring at least 1 liter of water and a snack. Insect repellent and sunscreen are recommended. The exact meeting location for the hike will be emailed to you a few days before the hike. Steady rain or threat of thunderstorms will cancel. No dogs. Click the "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. AMC membership is not required but you will need to set up a free AMC online account if you do not already have one. L Patricia Everett (508-562-2152 before 7pm, [patriciae568@gmail.com](mailto:patriciae568@gmail.com), Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)

**Thu., Oct. 27. Thursday Morning Hike - Arnold Arboretum, Jamaica Plain (Boston), MA.** Please join us for the "6th Annual Autumn Peak Hike at The Arnold Arboretum"! We will summit the arboretum's two tallest hills, visit their spectacular bonsai exhibit, and wander thru "Explorer's Garden". We'll explore this "Tree Museum" during a 4.5 - 5.5-mile hike at a moderate pace. There will be a number of stops and photo-ops. Bring water, sturdy footwear, snack or lunch. We will meet in Jamaica Plain (Boston) at 9:45 for a prompt 10:00 am start. The exact meeting point will be sent to those who are registered; 24-48 hours prior to the day of the hike. There's plenty of on-street parking along both sides of the nearby Arborway; or you can walk to the entrance from the Forest Hills Orange-Line MBTA Station. The group will be limited to 14 participants plus the leader. Steady rain will cancel the trip. Well behaved dogs on leash will be permitted. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level I Hike Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)





## Activities

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

### HIKING

**Fri., Oct. 28. Hike Mt. Cube—a 52 With a View Peak Day Hike, Orford, NH.** Mt. Cube is one of the mountains traversed by the Appalachian Trail in the section south of the White Mountains. Upon reaching the summit, there are expansive views from open ledges looking towards southern NH and eastern VT. We will also take a short spur trail which offers wide views over the countryside to the north. If we have a clear day, there are numerous peaks that we will be able to identify, including Mt. Cardigan, Mt. Kearsarge and Mt. Moosilauke. This is a 6.8 mile round trip out and back with about 2,100' of elevation gain. The summit is listed as 2,909'. We will be following the Appalachian Trail, which crosses several streams; it gradually starts to climb through the forest; after several switchbacks, the trail becomes moderately steep. There are even some wooden steps for us to climb. This hike is estimated at 2 hours and 45 minutes one way, so plan on 6.5 hours or more depending on the hiking speed of our group and how many times we stop. Sunset is at 5:43 PM on this day, so we won't want to linger too long so we can get back to our cars before dark. L Joanne Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net), Joanne is a Level 2 leader for the Southeastern MA Chapter and a leader for the Boston Local Walks & Hikes Committee.) L Bob Vogel ([vogel.2356@comcast.net](mailto:vogel.2356@comcast.net), Bob is a 4 season hike leader for the Southeastern Mass Chapter, as well as a 4 season hike leader for Boston Local Walks & Hikes and Boston H/B committees.)

**Fri., Oct. 28-30. Fall Hiking B & B Weekend in the Berkshires, The Wainwright Inn, Great Barrington, MA.** Join us for a hiking weekend in the beautiful Berkshires! We will call the Wainwright Inn in Great Barrington our home base. The Wainwright is very cozy, with a delicious breakfast included. There are many wonderful hikes of varying degrees of challenge nearby, such as Alander Mountain, Monument Mountain, Mount Everett, & Bear Mountain. We will pack lunches for the trail & eat dinner @ local restaurants. Happy Hour will take place on Saturday after hiking. L Jeannine Audet (508-493-8221 Weeknights after 6:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine loves to hike & camp in the Berkshires & enjoys sharing these experiences with others.) L Len Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))

**Thu., Nov. 3. Hike Destruction Brook Woods, South Dartmouth, MA.** Hike a moderate 5 1/2 mile hike while exploring some of the more interesting features of this Dartmouth Natural Resources Trust property, showcasing brooks, a vernal pool, ledges, wildflowers in the spring and an historic farmstead foundation and cemetery. You must have recently walked a comparable distance. Trails are mostly flat with some moderate inclines. Be prepared to step over tree roots and some rocks. Hiking shoes are recommended. No open-toed shoes. Bring at least 1 liter of water and snacks. Insect repellent is recommended. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location and directions will be emailed after you are registered with the hike leader. Contact information is listed below. This hike is limited to 15 participants. Heavy rain cancels. L Susan Rollins (401-258-0462, [rollins\\_s@outlook.com](mailto:rollins_s@outlook.com), Level 1 Hike Leader)

**Sat., Nov. 5. SEM Winter Hiking Workshop, Pocasset, MA. 2022-23 Winter Hiking Series.** If you love hiking but have never experienced it in the winter, come join the Southeast Mass (SEM) Chapter for our free annual Winter Hiking Workshop. For the first time in 2 years, our workshop will be held in person. At the workshop, you will learn everything you need to know from our knowledgeable and experienced winter hike leaders. Whether you are brand new to hiking or just want to brush up on the latest info, this is a great opportunity to learn about equipment, clothing, nutrition and conditioning that will help prepare you for a safe and enjoyable winter hiking experience. This workshop is a prelude to the SEM Winter Hiking Series. In combination, the workshop and instructional series are designed to introduce three-season hikers to the joys of winter hiking/snowshoeing and provide a solid foundation of knowledge. We will start out with one or more local hikes then proceed to progressively more challenging winter hikes in MA and NH. The series will culminate with the opportunity to participate in an overnight trip to an AMC hut in the White Mountains. Participation in an AMC Winter Hiking Workshop (or prior winter hiking experience) will be a prerequisite for participation in the SEM Winter Hiking Series. The workshop will be held on Saturday 11/5 from 12:30-3:30PM at the: Pocasset Community Center 314 Barlows Landing Rd Pocasset, MA 02559. Registration is required for this event. Participants will be required to provide proof of vaccination or a current (within 72 hours) negative PCR test as a condition of attending this event. If you have any questions about the event, please feel free to contact the event coordinator at [william.belben@yahoo.com](mailto:william.belben@yahoo.com). L Bill Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

**Sat., Nov. 5. SEM's 47th Annual Meeting, MA.** The 47th SEM annual meeting will be held on Saturday, November 5, 2022. It will commence at 4:30 pm with a social hour, followed by the business meeting, and a buffet dinner. The post dinner guest speaker, local naturalist Gil Newton, will address the changing Cape Cod shoreline and impact of climate change. Click "REGISTER NOW" button to access registration form appended to the annual meeting flyer. L Len Ulbricht ([lenu4@gmail.com](mailto:lenu4@gmail.com))



## Activities

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

**Tue., Nov. 8. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike the second Full Moon Hike of the season. This hike will be under a Full Beaver Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. You must be able to endure a 5 mile hike in sometimes adverse weather conditions. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

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

**Thu., Nov. 10. SEM On-Line Winter Hiking Workshop, On Line.** Learn how much fun winter hiking can be by participating in our free annual workshop! In this on-line interactive Zoom meeting, experienced Southeastern Mass. Chapter winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. In combination, the workshop and instructional Series are designed to introduce three-season hikers to the joys of winter hiking/snowshoeing and provide a solid foundation of knowledge. We will start out with one or more local hikes then proceed to progressively more challenging winter hikes in MA and NH. The series will culminate with the opportunity to participate in an overnight trip to an AMC hut in the White Mountains. Participation in an AMC Winter Hiking Workshop (or prior winter hiking experience) will be a prerequisite for participation in the Southeastern Mass. Chapter's Winter Hiking Series. To Register, please use [this link](#). After registering, you will receive a confirmation email containing information about joining the webinar. L Bill Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

**Thu., Nov. 17. Thursday Morning Hike at Rocky Woods Reservation, Medfield, MA.** Meet at 9:45 am in the first parking lot. The \$6.00 parking fee for non members of the Trustees of Reservation is paid at the self service parking kiosk. Trustee members can use their membership number for a free parking pass. Rocky Woods 491 acres has 6.5 miles of trails to explore. Our hike is 4.5-6 miles along two scenic ponds, winding trails and a moderate climb to the 435ft Cedar Hill peak. Heavy or steady rain may cancel the hike Hiking shoes, rain gear, water, and snacks/lunch recommended. Weather, pace or trail conditions may shorten the hike. After returning to the parking lot you have the option to hike another mile at the Fork Factory Brook trail, located across the street. L Walt Granda (508-644-6444, [wigranda@aol.com](mailto:wigranda@aol.com))

**Fri., Dec. 2-4. Weekend Hiking with Stay at Cardigan Lodge, Mt. Cardigan in Alexandria, NH.** Join us for a winter hiking kick-off while staying in the cozy, heated comfort of Cardigan Lodge. We'll explore many of Cardigan's trails and its summit over the weekend, enjoying scenery and our time together, while breaking out our winter equipment and/or testing our new gear. Participants are expected to be physically fit and have prior winter hiking experience. We plan to meet Friday afternoon for check-in and a short pre-dinner hike (for those who can arrive early) followed by social hour and dinner at 6:00. On Saturday, we'll have breakfast at 8:00, grab our lodge-prepared trail lunch, and head out for a day of fun. We will explore trails and head up to Cardigan's bald summit with its expansive views (weather permitting). We will return in time for another social hour and dinner. On Sunday, we might be joined by some SEM winter hikers after breakfast. We will head out on the trails again (TBD) with our trail lunches and plan an early to mid-afternoon finish time. We currently have three bunk rooms reserved for Friday and Saturday night. The lodge has shared bathrooms equipped with hot water and showers. Our accommodations include linens, towels, family-style dinners and breakfasts, and trail lunches. That is dinner on Friday and Saturday, with breakfasts and lunches on Saturday and Sunday. Dietary restrictions will be accommodated, so be sure to mention them when you speak with the trip leader. The cost for this 2-night, three-day trip is \$176.00 More details available upon registration. The only food or drink you'll be responsible for is whatever you'd like to drink or snack upon during social and trail snacks. *(Listing continued on next page)*





## Activities

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

### HIKING

*(Listing continued from previous page)* **Fri., Dec. 2-4. Weekend Hiking with Stay at Cardigan Lodge, Mt. Cardigan in Alexandria, NH.** Gear List: Winter Boots Trekking Poles with snow baskets (if there is snow) Headlamp with extra batteries if not rechargeable Micro Spikes or Hills Hound Spikes Snowshoes (if there is snow) Insulated water bottles or thermoses capable of holding two liters Hand warmers Personal first aid kit and medications Backpack capable of carrying all your winter gear Straps and Clips to attach gear to backpack. Clothing: Warm base layers - preferably wool - definitely no cotton Fleece or wool mid-layers Puffer vest or jacket for extra insulation Waterproof outer wind layer - jacket and pants Wool or fleece hat Neck Gaiter Warm mittens and glove liners (2 pair) Goggles. L Diane Hartley (508-566-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring wilderness trails, hiking anything with elevation, and summer backpacking in the Northeast, but her true passion lies in reaching higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Thu., Dec. 8. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike the last Full Moon Hike of this year. This hike will be under a Full Cold Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. Micro spikes or even snow shoes may be required at this time of year. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Tue., Dec. 27. Jan. 3, 10, 17, 24, 31. Feb. 7, 14, 21, 28. Mar. 7, 14. Winter Trail Trace the Blue Hills - A Tuesday morning hiking / snowshoeing series, Blue Hills, MA.** You may have heard of "Trail Trace the Blue Hills," an honor system quest to hike all the mapped trails in the Blue Hills Reservation. Well, "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. There will be ups and downs and we will endeavor to maintain a steady but moderate pace, especially if it's cold. We will stop to enjoy lunch on the trail. On the few coldest days of winter, we may snack as we walk to keep warm. We are a cohesive group that hikes together, waits at intersections, and watches out for one another. People new to winter hiking are welcome and encouraged to register. You will be asked to attend the excellent SEM winter hiking workshop on November 5. If you have a scheduling conflict, you can attend any winter hiking workshop with any AMC chapter or watch our winter hiking workshop video. So, come on out on Dec. 27, the first Tuesday of winter, and start "Winter Trail Tracing"! It's also easy to join, register once, then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. The series has 12 hikes and runs through March 14, 2023. The last hike of the series will be a shorter hike followed by a celebratory luncheon at a local restaurant.

Winter hiking clothes, insulated hiking boots, hiking poles and traction equipment such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers should bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A recommended clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be cancelled during active snowstorms; but other than that, the hike goes on. If it's raining, we put on a shell. Icy conditions, on go our traction devices. Super cold, we layer up. You choose, however, when the conditions are no longer fun for you. Join us when you can and want. Why hike in the winter? Well, it's pleasant hiking without bugs, an effective way to keep fit during the long cold dark days of winter, and you get to experience gorgeous winter landscapes! We hope you consider this winter series; it's fun and a great introduction to winter hiking. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny with him on some hikes. No other pets allowed. L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.), R Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com))



## Activities

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

### SKIING

**Fri., Dec. 2-4. X/C Skiing in Stowe, VT.** Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will be staying at the highly rated Brass Lantern Inn in Stowe, VT. On Friday evening guests can check in anytime from 3pm on. Perhaps after a long drive, you might want to relax under the stars in the outdoor hot tub. At breakfast Saturday morning, we'll discuss the ski options for the weekend. While we are planning for snow, we will offer winter hiking as an alternative if the weather does not cooperate for x/c skiing, although downhill would likely be available for those interested. L Dia Prantis (617-504-8797. Dia has been leading x/c ski trips for several winters with Jeannine and is a level 2 hike leader.) L Jeannine Audet (508-675-8055, Jeannine has been leading cross-country ski trips for 10 years and is the skiing chair for the SEM chapter.), R Dia Prantis (6 Janell Lane, East Sandwich, MA 02537, 617-504-8797 Anytime and I'll return your call. (Text is often better.), [dprantis@yahoo.com](mailto:dprantis@yahoo.com))

**Fri., Jan. 13-16. XC Skiing in Waterville Valley, Mountain Fare Inn, Campton, NH.** Join us for a weekend of cross country skiing in Waterville Valley, NH. We will call the cozy Mountain Fare Inn in Campton our home base. The xc ski resort is a short drive away, & has beautiful, well-groomed trails. We welcome skiers of all levels of experience. There also may be options for winter hiking/snowshoeing. Our group will prepare breakfast at the B & B, pack lunches for the trails, & have options to dine out at nearby restaurants for dinner or cook at the B & B. Rooms accommodate between 1-5 people, & most have a private bathroom. We gather by the fireplace in the evenings for happy hour. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime. Jeannine is the SEM xc skiing chair. She enjoys sharing the enjoyment of the outdoors with others.) L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the SEM xc skiing vice chair. She favors winter activities & is a fabulous cook.), R Jeannine Renee Audet (508-493-8221)

**Fri., Feb. 3-5. X/C Skiing at Grafton Ski and Outdoor Center, Grafton, VT.** Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will stay at the Grafton Inn and have complimentary access to the Grafton Outdoor and Ski Center. Weekend will start on Friday evening and check-in is anytime after 3. Inn includes a full breakfast and from there we can use the Outdoor center for x/c skiing, snowshoeing, and tubing. A range of levels is welcome. Passes and rentals are included with our stay. L Dia Prantis. Dia is skiing vice-chair and hike leader for SEM chapter.) L Jeannine Audet (508-493-8221, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Jeannine is the SEM chapter ski chair and has been leading x/c ski weekends for the last 10 years. She is also a year round avid hiker and leader.) [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com). R Dia Prantis (617-504-8797 Anytime and I'll return your call. (Text is often better.), [dprantis@yahoo.com](mailto:dprantis@yahoo.com))

### TRAILS

#### Volunteer Opportunity

**Sat., Oct. 22. Trail Maintenance in the Blue Hills, Milton, MA,** Skyline Trail, from Hillside Street eastward to Route 28 Where to meet: Directions will be, MA. Join us as we clean the Skyline Trail by removing small downed trees, easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. SEM will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! L Stephen Scala (774-254-5167 Text or email is best., [smsca59@gmail.com](mailto:smsca59@gmail.com))





**THE END**

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | November 2022

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

Sign up for the AMC Activity Digest. Sign into your [Outdoors.org](https://www.outdoors.org) account, scroll to the bottom of the page, and click "View Trips" under Digest Emails to set preferences.

Or call 1-800-372-1758

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

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Follow us on [Instagram](https://www.instagram.com/outdoors.org).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business ads start at just \$15/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Hikers on the Cape enjoyed the unseasonably warm weather, the changing fall colors, and a harvested cranberry bog. *Photo by Robin McIntyre*

## Bourne area explorers enjoy Nature's beauty

**By Robin McIntyre, Cape Hiking Vice Chair**

On October 27, thirteen hikers enjoyed a glorious sunny day to hike on Bourne Conservation Trust and Town of Bourne properties. The four-plus miles of trails took us through the Bourne Sisters, Perry Woodlands, and the Leary Property. The rolling hills through wooded paths gave way to a wet picked bog and later the views of Back River.



*Serenity on the Back River.*  
*Photo by Denise Fronius*



## View from the Chair: Our chapter is strong

Thank you for your confidence and support in electing me Chair of the SEM Executive Committee; it's truly an honor. I joined AMC eight years ago and quickly switched my membership to the SEM chapter, having made friends during SEM activities. I soon became a local hike leader and later a winter leader. I loved learning the skills needed to safely lead hikes in all seasons. I also enjoy teaching and created a weekend Map & Compass workshop. For the last two years, I have served as Chair of the Hiking Committee.

As I now take on the role of Chapter Chair, I want to first thank Diane Simms, who is now Past Chapter Chair. She successfully steered our chapter through a once-in-a-lifetime pandemic. Whereas many small organizations failed this test, we have in fact thrived (check out our [Annual Report](#)). This is a testament to her leadership and hard work. Thank you, Diane.

Over the last couple of months, Diane has been getting me ready for the new role. She has generously spent many hours going over my various tasks and responsibilities as well as providing me her keen insight. I will continue to seek counsel from her as well as the other former chapter chairs.

I am thrilled that Jeannine Audet is serving as Vice Chair, and I am looking forward to getting started with the new Executive Committee. This is a strong team, and I'm excited to see what ideas and creativity they bring to their roles.

I also want to thank Bill Belben, who now takes over my previous role as Hiking Chair. As Hiking Vice Chair, he reinvigorated our summer hiking series and organized our first in-person Winter Hiking Workshop in two years. Hiking could not be in more capable hands.

Our chapter is strong because we have an amazing team of volunteers leading activities and sharing their passion for the outdoors. Last Saturday (Nov 5) was our Annual Meeting, and Diane talked about our accomplishments to many outbursts of applause. As we close out the SEM year, I wanted to end with a short synopsis of her terrific presentation:

**Hiking Is on the Go** both on and off Cape; we have a full schedule that suits all levels and interests. → **Trails Work** volunteers have been at work repairing and building bridges and blazing over 20-miles of trail. → **Skiing Travels** with three weekend trips in the Berkshires and New Hampshire. → **Biking Takes Off**, starting the year with two active bike leaders and no Chair. They now have eight active leaders and put on 14 bike rides this season. → **Paddling Rises to the Challenge** with a new Chair, two new leaders, and a resurgence in activities. → **Education Delivers** with an in-person training in April and October, a backpacking demo, and a sold-out Map & Compass weekend workshop. → **Conservation Educates** with monthly Breeze articles, a terrific Naturalist walk with Gil Newton, and Zoom education events. → **Communication Keeps Us Informed** with monthly Breeze newsletters, emails, an informative website and a very active Facebook page.

All our committees are active, and we led more than 325 activities in 2022, up from 275 in 2021. Super encouraging, we welcomed more than 20 new leaders with diverse passions and experience.

*Thank you!*

*Paul Brookes, AMC-SEM Chapter Chair*

### 2023 Executive Board

Chapter Chair .....Paul Brookes  
Vice Chair .....Jeannine Audet  
Secretary.....Lindsey Meyers Bertone  
Treasurer .....Earl Deagle  
Past Chapter Chair .....Diane Simms  
Biking Chair .....Bill Trimble  
**Biking Vice Chair .....OPEN**  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
**Communications Vice Chair.....OPEN**  
Conservation Chair .....Shana Brogan  
**Conservation Vice Chair .....OPEN**  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar  
Hiking Chair .....Bill Belben  
**Hiking Vice Chair.....OPEN**  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra

Paddling Chair .....Barry Young  
Paddling Vice Chair .....Joe Keogh  
Regional Director.....Jenna Whitney  
Skiing Chair ..... Dia Prantis  
**Skiing Vice Chair .....OPEN**  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone  
20's & 30's Chair.....Natalie Halloran  
**20's & 30's Vice Chair.....OPEN**

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

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

If you are interested in any position, please contact [chair@amcsem.org](mailto:chair@amcsem.org) or [nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)



Leslie Carson presents Walt Granda with the DSA engraved cup and certificate. *Photo by Lisa Robitaille*

## Walt Granda receives AMC-SEM's 2022 Distinguished Service Award

By Leslie Carson

Congratulations to the 2022 Distinguished Service Award recipient, Walt Granda!

Walt joined AMC in 1997 and became involved in SEM activities in 2006. His first hike as a co-leader was with Dexter Robinson in 2008 on a section hike of the Appalachian Trail in the Berkshires. Since then, Walt has been a very active hiking leader in a variety of capacities and has archived over 200 activities in the Activities Data Base (ActDB). He has led local hikes one to two times a month (e.g., Blue Hills Hike Series, DNRT properties, Myles Standish, Wampatuck), and has been instrumental in increasing awareness and interest in the Fall River Bioreserve. He has also led trips in the Berkshires and



White Mountains, including overnight trips to the high huts.

On many of his trips, Walt mentored co-leaders. He continues to be instrumental in leading and coordinating Thursday Morning Hikes.

Walt has been a leader in the Winter Hiking Series and has presented at the Winter Hiking Workshops. These workshops focused on hard skills and appropriate gear, and they were followed by a progressive series of four trips appropriate to each workshop group. Many new participants and developing trip leaders benefited from these workshops.

Along with leading many hikes, Walt served on the chapter executive committee as Hiking Committee Vice Chair (2010-2011), Hiking Committee Chair (2012-2013), and on the Nominating Committee.

Thank you, Walt, for everything you do!

## 2022 Annual Meeting in brief

The volume in the room was high as people happily caught up at the first Annual Meeting since 2019. The weather was so amazing that doors were open to the beautiful grounds outside.

Outgoing Chapter Chair Diane Simms reported that SEM was vibrant and described the work of every committee. She thanked all the Executive Committee members, vice chairs, committee members, and activity leaders for all their work. She extended a special thank you to retiring ExCom members, Trails Chair Skip Maysles and Past Chapter Chair Len Ulbricht.

Len was also acknowledged with appreciation for all his work organizing the Annual Meeting.

Chapter Treasurer Earl Deagle reported on SEM's robust financial condition.

AMC representative Kristen Sykes gave an update on the Appalachian Mountain Club. She is director of Southern New England Conservation Projects and Partnerships. Kristen presented a special award to Skip Maysles and Pete Tierney. They received the Al French Bay Circuit Trail Service Award for their years of work on the BCT in the SEM region.

Guest Speaker Gil Newton spoke engagingly on the changing Cape Cod coastline and offered his book, *Thinking Green on Cape Cod*, free to all attendees.

AMC-SEM chapter members approved the proposed slate of candidates for the 2023 Executive Committee. The new Chapter Chair is Paul Brookes.

Get the Details of AMC-SEM in 2022  
The 2022 Annual Report is available on our chapter website [here](#).

See the photos on page 5





Photo by  
Paul Brookes

## Volunteer of the Month:

Joanne Newton

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 Joanne Newton.

For those who participate in SEM Hikes, I am sure this comes as no surprise. Joanne has contributed so much to SEM throughout 2022. Perhaps one of her biggest efforts involved her work with the Trail Trace the Blue Hills (TTBH) Hike Series. While this is not a new series, Joanne was the architect behind the implementation of improvements and changes aimed at streamlining the administrative processes and she, along with Bill Doherty, took on many of the tasks so that leaders just needed to worry about leading their hikes.

Bill Doherty notes that “Along with handling all the weekly communication that included information sheets, routes, as-hiked maps, attendance, and AMC waivers, she personally led over half the hikes in the series and also found time to mentor new hike leaders. Joanne worked with them explaining the process, had them create Information sheets, and then co-led some of the hikes. They all became proficient with the tasks and got comfortable taking a more active role. Many of them, with the help of other leaders as well, are now Level 1 leaders.” Joanne also managed all the proof-of-vaccination requirements, updating the list of those who had provided proof pre-hike and discretely checking at the trailhead for anyone who had not provided this information pre-hike.

Joanne is very generous with her time and always puts in the extra effort to make sure all tasks are done efficiently and correctly. She is helpful to anyone who comes to her and readily shares her expertise to assist others. In Joanne’s words, she “gets great pleasure helping a new leader get started and to see them flourish. They, in turn, pay it forward to help get more people out on the trails and create hiking memories.”

We love Joanne and are honored to have her as part of our chapter! Joanne will receive a Volunteer of the Month Certificate and a \$50 gift card.

Thanks Joanne!

Conservation Corner

## November: Set your thermostat one degree lower this month

By Ellen Thompson

An average American home uses a substantial percentage of the utility costs in space heating, which can be a large source of fossil fuel consumption. More than 40 percent of the nation’s home utilities run on natural gas.

Setting your thermostat lower means you’re curbing your reliance on fossil fuels that much more. On chilly mornings and evenings, layer up and keep yourself warm. A thick pair of wool socks usually does the trick. This will save you money and be good for our planet.

## Textile & Mattress Waste Bans in Effect

As of Nov. 1, 2022, new Massachusetts regulations ban the disposal of mattresses and textiles in the trash.

Each year, the Commonwealth throws out more than 200,000 tons of textiles in the trash. This includes old clothing, as well as other things like towels, linens, and even bags, belts, and shoes. Massachusetts has an extensive collection infrastructure of both non-profit and for-profit textile recovery organizations that can find a new use for these materials, either through selling or donating for reuse, or recycling into products such as carpet padding, insulation, or wiping rags.

More than 75 percent of mattresses can be effectively separated and recycled, including metal, wood, fabric, and padding. MassDEP has provided grants to help establish mattress recycling programs in 137 municipalities.

More information on the waste disposal bans is available on MassDEP’s [website](#).





# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



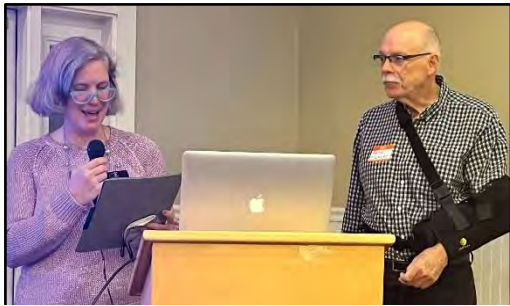
Chapter Chairs from most current, left to right: Paul Brookes, Diane Simms, Len Ulbricht, Barry Young, Maureen Kelly, Cheryl Lathrop, Mike Woessner.



Guest Speaker Gil Newton offers free copies of his book on Cape Cod.



DSA winner Walt Granda & his wife, Lorraine



AMC Rep Kristen Sykes presents an award to Pete Tierney for his and Skip Maysles' **work** on the Bay Circuit Trail.



New Chapter Chair Paul Brookes at ease with predecessor Diane Simms.



Web Guru Cheryl Lathrop



Past Chapter Chair Len Ulbricht planned a terrific event for SEM.



Membership Chair & Vice Chair Samantha Fisher & Nancy Piedra



SEM Secretary Lindsey Meyers Bertone



Pete Tierney, Susan Dew, Paul Brookes, Jennifer Wong

*Photos by Lisa Robitaille*





Bill Trimble receives his Biking Leader patch from then Chapter Chair Diane Simms with onlookers Anne Hargleroad, left, Len Ulbricht, and Jeannine Audet. *Photo by Paul Brookes*

## Bill Trimble takes unusual path to become SEM Biking Leader

By Diane Simms, Past Chapter Chair

SEM welcomes Bill Trimble as our newest Biking Leader. Bill was new to our chapter when he volunteered to be Biking Chair. Generally, SEM prefers that Activity Chairs are already Activity Leaders; however, we started 2022 with only two active bike leaders, neither of whom was interested in the chair role. The Executive Committee elected Bill in May, based on his strong background.

Bill is an appointed member of the Dartmouth Pathways Committee, which promotes the establishment and use of trails and bikeways in the Town of Dartmouth. He leads group rides with school youth for Youth Opportunities Unlimited. He formed and organized a youth lacrosse program playing in the Mass Bay Youth Lacrosse League. Bill is a certified bike mechanic, who is also proficient with Ride With GPS.

Bill's journey to become a leader has not been the typical path. To take on Biking Chair responsibilities and prepare to be an SEM leader, he attended multiple Zooms with me for an abbreviated version of AMC/SEM leader training; had solo rides with Past Chapter Chair Len Ulbricht to learn more about SEM and leadership; rode with many of the Biking leaders to build relationships and observe SEM leadership; co-led at the SEM Open House

and again last month; and took the recent full-day SEM Leadership Training.

In addition, Bill held two Biking clinics at SEM's Open House, and held another workshop just last week. The Biking Committee is now thriving with seven other leaders. Bill has been meeting with them to make robust plans for 2023.

Thank you, Bill, for being part of the SEM community.

## Longtime members are the Heart of our SEM chapter

AMC-SEM pays tribute to our longtime members who have reached these milestones:

### **50 Year Members**

Jeanne Arnone  
Warren Sass  
Miriam Selig  
Peter Selig  
Martha Stone  
Jason Stone

### **25 Year Members**

John Galvin  
Laurie Galvin  
Ed Giordano  
Catherine Giordano  
David Gouveia  
Walter Granda  
Arthur Hart  
Arthur Lage  
Michael Maddigan  
Peter Meggison  
Bob Roffinoli  
Dave Swords  
Christine Waters



## Hike leader Julie Manley plans local hikes for all

By Diane Simms,  
SEM Hike Leader



*Photo provided by Julie*

SEM welcomes Julie Manley as a new Hike Leader. Julie has led two family-friendly hikes in the South Coast region, including two at the Fall River Bioserve. She is very interested in promoting local hikes, especially Family Hikes. She plans on her hikes being shorter with a pace suitable for exploration. All are welcome!

Julie became interested in being a Hike Leader because of the enjoyment she has hiking with her young grandkids. She puts a lot of thought into making her hikes interesting and fun for all ages. She looks for great locations and plans how to engage everyone. On her co-leads, Julie had hands-on teaching about trail blazes, signs, and local wildlife through a scavenger hunt activity.

As Julie wrote in her hike posting: "Mother Nature is for everyone, no matter what your fitness level, quality of gear, style, or age. So, hike on over! We'd love to meet you and discover what the great outdoors means to you!"

Thank you, Julie, for become an SEM leader and being part of the SEM community!



Julie Manley, at rear in sunglasses, takes a break with fellow hikers. *Photo by Kieran*

## Mountain Top Perspective

By Julie Manley, New Hike Leader

A date was set for my qualifying hike, the hike I needed to complete the requirements to become a level one hike leader, and I had a vision for how I wanted to lead it. Along with arriving early, being prepared, and showing up strong, I also wanted to incorporate some bits of history.

I had participated in prior hikes when some of the leaders shared fun facts like the evolutionary history of a birch tree. "So fascinating!" I thought. Treks were enriched by short stories of how the stone wall came to be or the origin of the trail name. Acquiring tidbits of knowledge that spark wonder and curiosity *while* enjoying nature? This was the ultimate!

My goal was set. I had thirty days to do some research.

Time passed and I fell short. It was the day of the hike and I had nothing. Critical thoughts trickled in about my failure to achieve my goal. Then, a rumination loop started to develop. A silent self-flagellation ensued.

Fortunately for me, awareness struck, and I noticed a change in my state of mind.

That pivotal moment gave me the leverage to elevate my consciousness enough to hit the pause button, open up the aperture, and get curious. My attention became more panoramic, like a mountaineer's view from the top of a mountain.

All of us have a narrative that we carry around about ourselves; this is what the human mind does. What is important is not so much changing the narrative but changing the relationship to the narrative, so we can see it for what it is, which is really a bunch of thoughts.

With insight, I was able to gain perspective and see other possibilities. "What if all I brought to my qualifying hike today was me?" I questioned. "I am enough," I asserted. And with that, I calmly and contentedly went on my way, qualifying with what I had in that moment.







Cutting the ribbon for the new trail loop: State Rep. Carol Fiola, left, Community Utilities Director Paul Ferland, Forester Mike Labossiere, and Fall River Mayor Paul Coogan. *Photo by Diane Simms*

## SEM Helps Blaze a New Path

By Larry Petrone, Trails Vice Chair

On a crisp fall New England day last month, the Mayor of Fall River and other political dignitaries, leaders of AMC’s Southeastern Massachusetts chapter (SEM), DCR representatives, and other interested parties gathered to commemorate the opening of an extensive trail loop in the Southeastern Massachusetts Bioreserve. While the ceremony was just a fleeting moment in time, it belied the three years of planning and hard work, the many people involved, and one of the most extensive trails projects supported by SEM.

The genesis of the project and SEM’s involvement started modestly enough. After hiking the Tully Trail in western Massachusetts with his sons and nephew, Mike Labossiere (Forest/Project Manager for the City of Fall River), envisioned a similar loop that capitalized on the beauty of the Southeastern Bioreserve.



Forester Mike Labossiere, center, and SEM members Paul Audet and Larry Petrone work on the new loop trail.

*Photo by Skip Maysles*

The 16,000-acre bioreserve is the first of several created by the Commonwealth to protect a large-scale ecosystem and watershed across several properties in the Fall River-Freetown area. The Bioreserve is a stunning preserve of hills and thick forests, brooks and streams, bordered by a large pond and reservoir. Yet its hiking trails were a loose collection of old paths, sometimes poorly marked and not up to Mike’s vision of a quality hiking experience. His objectives included the linking of existing trails to maintain the unspoiled nature of the bioreserve and create the loop; the cleanup and widening of some trails; and the installation of bridges across water passages.

Funding was critical to achieving that vision. Through an introduction from former SEM Chapter Chair Barry Young, Mike met then-SEM Chapter Chair Diane Simms in late 2020. Their initial discussion focused on SEM’s support for a Mass. Trails grant Mike was seeking; it also led to SEM’s financial support for the project—SEM allocates part of its annual budget for trails maintenance—and eventual member support of the actual work.

Starting in the spring of this year, the work involved a weekly process of cleaning trails, trimming trees and brush, occasional building of small connector trails and bridges, and lots and lots of trail blazing (think paint, not Sacagawea and Meriwether Lewis). Under the direction of Mike and then Trails Chair Skip Maysles, AMC-SEM volunteers helped Mike and his staff over a 16-week period connect and mark the trails that formed a 20-mile loop.



The first hikers set off on the new trail. *Photo by Larry Rollins*

And that brings us to the ceremony last month. The moment was truly the culmination of a long journey. Yet the vision doesn’t end with the work this year, as future plans call for the creation of smaller loops within the 20-mile trail, workshops for local residents and hikers, and future plans for an education center. And, as with all trails, the loop will require ongoing maintenance and cleanup.

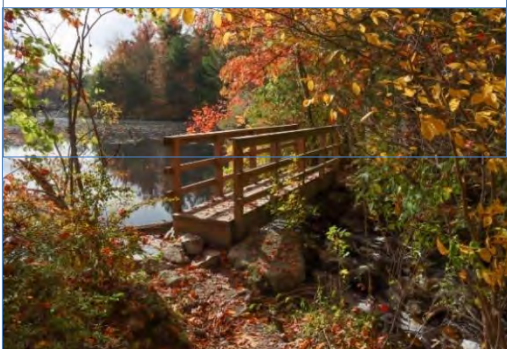




## A Perfect Fall Day at the Fall River Bioreserve

*Photos by Robert Price*

Susan Rollins led the hike on Sunday, Oct. 16, to North Watuppa Pond.







## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at outdoors.org, and then click My Outdoors

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

### CAPE HIKING

**Thu., Nov. 17. Hike--Punkhorns, Brewster, MA.** We will taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Lft @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left Unfortunately, last minute unexpected events often weather forces extend cause us to cancel @ the last minute. Pls check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sat., Nov. 19. Hike Cahoon Hollow Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 19, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 4.6 miles of forests, soft beach hills, and 1 mile of beach walking. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Nov. 19. Hike Corn Hill (Truro) history walk, Truro, MA.** Walk the hidden history of Corn Hill, Truro. You'll see where Martin Pring took the first summer vacation in Truro (1603), where the Pilgrims stole corn from the Indians (1620); and where Bartholomew Gosnold named Cape Cod (1602). See where the train line to Ptown was completed in 1873 and the Pamet Harbor lighthouse sat (with a red beacon) 1849-1856. Add in the house of Margaret Sanger (founder of Planned Parenthood) and John Reed (one of only 3 Americans buried in the Kremlin), mourn the loss of hundreds of Truro men and boys lost at sea, plus visit the site of a German glider school that set gliding records in the late '20s, far surpassing the Wright brothers' 1911 record. About 2 miles walking on paths and road. Almost 3 hours due to frequent stops to talk history. Friendly well-behaved dogs welcome with prior-to-hike-day agreement of leader. L Jay Vivian (508-858-4855, [jvivan0@comcast.net](mailto:jvivan0@comcast.net))

**Sun., Nov. 20. Hike--Great Neck Wareham (NOT Audubon), Wareham, MA.** This Show and Go hike is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent. Note we are NOT meeting at the Great Neck trailhead on the map. Directions: over Bourne Bridge on Rte 25 for 6.7 miles to Exit 3/old Exit 2 (Rte 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3 way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike Leader with previous WFA training.)



## Activities

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

### CAPE HIKING

**Sun., Nov. 20. Train On The Moraine Hike #3, Falmouth, MA.** Are you up for a challenge? Our plan is to hike the 9-mile Falmouth Moraine Trail. Enjoy forested areas, colorful woodlands, and glacial erratics as you ascend and descend numerous hilly trails. Some areas require cautious footing due to erosion and leaf cover. Our pace will be moderate. It will be a workout! Registration is required for your attendance. A detailed information sheet will be sent to participants 3-4 days prior to the hike. You must be fully boosted for this event. L Catherine Giordano ([cmgiordan@msn.com](mailto:cmgiordan@msn.com), Cathy has been leading AMC hike for 12 years and is WFA trained.) L Cindy Tobey.

**Sat., Nov. 26. Hike Great Pond Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 26th, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 5.2 miles of forests, soft beach hills, and a beach overview. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Nov. 27. Hike Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area Cotuit Rd. Sandwich, MA.** Join us for a 4.3 +/- mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Much of trail is crisscrossed by tree roots. Meet at 12:45 for a 1 p.m. start. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. Carpooling recommended. Since this is a Show 'n' Go hike participants will need to check this website on the day of hike for any cancellation due to adverse weather. L Barbara Gaughan (781-572-1321 before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 hike & bike leader)

**Thu., Dec. 1. Hike/Forest Bathing, Martin Rd. E. Falmouth 41.59199 N / 70.50746 W, MA.** This hybrid experience will include both a typical hike and a saunter-paced Mindful Outdoor Experience also known as Forest Bathing. This 2 mi. Show 'n Go will begin with a steady-paced hike along the Quashnet River for 60 minutes. The remaining portion of our time together will provide time for you to walk at a pace that allows you to slow down, immerse yourself in the forest, connect with your breath, and feel the quality of the crisp air on your skin while listening to the sounds of the wind, water, and birds, and to allow your eyes to take in the ever-shifting beauty and movement of the land. This Mindful Outdoor Experience will conclude with a gratitude tea ceremony. There are hilly portions of the trails as well rocks and roots. Participants should wear sturdy hiking shoes and bring water. Poles for the hills may be helpful. No Dogs. Toilet facilities are not available. Since this is a Show and Go hike, participants will need to check the website on the morning of the hike in the event of cancellation. Directions: From the Mashpee Rotary, take Rt. 28 N towards Falmouth for 2.1 miles. Turn right on Martin Rd., parking is .1 mile straight ahead. From Falmouth, take Rt. 28 S towards Mashpee. After the blinking light in Waquoit .5 mi., turn left on Martin Rd., parking is on left. L Denise Fronius (508-274-4769 Before 8:00 PM, [denisefronius@comcast.net](mailto:denisefronius@comcast.net), AMC Level 1 Certified, Kripalu Mindful Outdoor Guide Certified Wilderness First Aid, CPR)

**Sat., Dec. 10. Hike Newcomb Hollow, Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, December 10, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Dec. 15. Hike - Gray's Beach conservation lands, Yarmouth Port, MA.** Hike in Conservation land areas over trails along marsh, on roads and through woods, includes the boardwalk with distant views of Sandy Neck, Chapin Beach. Rte 6 to Exit 75 North (old Exit 8) onto Union Street. Continue to Rte 6A., turn left. Go 1 block and turn right on Center St. Go 1.0 mile, follow signs to beach, bearing left, and park in lot at end. Meet at 9:45 a.m. Start 10:00 am. 2 1/2 hours. Please check the website just prior to the hike in case of a weather cancellation since this is a Show and Go hike. L Janet Kaiser (774-534-2281 before 8:00 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net))





## Activities

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

### CAPE HIKING

**Sun., Dec. 18. Hike--Bourne Town Forest/Four Ponds, Bourne, MA.** This Show and Go 4+ mile, 2 hour hike is in the Bourne Town Forest and Four Ponds Conservation area. This hike is not suitable for novice hikers. The terrain is over wooded mountain bike trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, orange, and tick repellent. May have poison ivy exposure. Microspikes encouraged if icy and hiking poles if preferred. Directions: NOTE NOT meeting at Four Ponds trailhead and GPS will not work. From Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Go right onto Clay Pond Road--green state sign says Monument Beach--before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and park on the left side of the road. Since this is a Show and Go hike, check the website just prior to the hike for any weather cancellation. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA.** The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) - Social media updates (Facebook and Instagram) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vibrant and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Vice Chair SEM Skiing - Southeastern Mass. Chapter, MA.** Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross country skiers and snowshoers. More details about Skiing responsibilities here: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)) Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org)); Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, do you have a vision for how we can continue to grow and promote hiking, are you good with people? Do you have a knack for planning and organization, are you somewhat tech savvy? If this describes you then please check out the roles and responsibilities below and consider applying for the Hiking Vice Chair position. The Hiking Vice Chair assists the Hiking Chair. Responsibilities include: • Coordinating hiking series, workshops and ad-hoc hiking task forces • Leading your own hikes and participating in other leaders' hikes • Recruiting and mentoring new hike leaders • Participating in monthly board meetings and working with other committees as needed e.g. soliciting Breeze articles for communications and working with education on WFA needs • Partnering with the hiking chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter. Applicants need to have access to a desktop or laptop computer and be comfortable leading online meetings. If interested in applying for the role send an email to Bill Belben ([Hikingchair@Amcsem.org](mailto:Hikingchair@Amcsem.org)) and a member of the Nominating Committee: Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) Pete Tierney ([nominating1@amcsem.org](mailto:nominating1@amcsem.org)), Susan Rollins ([nominating2@amcsem.org](mailto:nominating2@amcsem.org)); or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Vice Chair Conservation - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).



## Activities

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

### HIKING

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

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

**Thu., Nov. 17. Thursday Morning Hike at Rocky Woods Reservation, Medfield, MA.** Meet at 9:45 am in the first parking lot. The \$6.00 parking fee for nonmembers of the Trustees of Reservation is paid at the self-service parking kiosk. Trustee members can use their membership number for a free parking pass. Rocky Woods 491 acres has 6.5 miles of trails to explore. Our hike is 4.5-6 miles along two scenic ponds, winding trails and a moderate climb to the 435ft Cedar Hill peak. Heavy or steady rain may cancel the hike. Hiking shoes, rain gear, water, and snacks/lunch recommended. Weather, pace or trail conditions may shorten the hike. After returning to the parking lot you have the option to hike another mile at the Fork Factory Brook trail, located across the street. L Walt Granda (508-644-6444, [wigranda@aol.com](mailto:wigranda@aol.com))

**Sat., Nov. 19. SEM Beginner Winter Hiking Series #1- Blue Hills Reservation, MA.** If you're new to winter hiking, join us for hike #1 in our Winter Hiking Series. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. The day will kick-off with a winter gear "show and tell" in the open pavilion in the Houghton Pond Parking Lot from 9:00am to 10:00am. Many of SEMs most experienced winter hike leaders will be there to show off their winter gear and answer any questions you may have. At 10:00 we will circle up for a refreshing hike of about 4 miles on various trails in the areas around Hillside St. Bring your large day pack, the pack you intend to use on the next winter series hike. There may not be snow but bring snowshoes (if you've already purchased them) and traction devices as well as your winter layers. We will hike with all the gear we expect to need when we do Hike #2 which will be Mt. Wachusett. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

**Sun., Nov. 20. Hiking Fall River Bioreserve, Yellow Hill Road, Fall River, MA.** Enjoy a 4 mile hike in the Fall River Bioreserve. Beginner hikers are welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. No open-toed shoes. Traction devices required if packed snow/ice. Dress for the weather. Heavy rain or thunderstorms will cancel. No pets. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Susan Rollins L Paul Audet CL John Nery

**Wed., Nov. 23. Pre Thanksgiving Day Family and Friends hike @ Blue Hills Reservation, MA.** This is a Pre Thanksgiving day hike at Blue Hills Reservation, Milton MA to get outdoors and energize your body and mind in getting geared up for the upcoming big event. You are welcome to bring along your friends, family and pet dogs but please let the leaders know ahead of time. They (excluding the pet dogs) either need to register online or need to sign the paper waiver at the trailhead. Pet dogs need to be on a leash but may be relaxed on the hike per group's comfort. Plan is to hike 4 to 6 miles on mixed trails at a moderate pace rain or shine or snow or wind. The actual route and elevation gain will be decided based on weather and trail conditions at that time and group interest. The hike will be canceled due to severe inclement weather and/or unsafe trail conditions. Recommend hiking shoes/boots but sturdy shoes with good traction may be fine. Need to carry 1-2 liters of water or hydrating liquids and energy snacks and/or a pack of lunch. Leaders will share additional information about the hike and gear requirements 2 to 3 days before the hike. Please bring a mask with you for emergency situations but do not anticipate needing to wear it on the hike. L Raju Jaldu (508-446-4220, [raju.jaldu@gmail.com](mailto:raju.jaldu@gmail.com), AMC SEM chapter 3 season hike leader. Hikes all 4 seasons in MA Hills/Mountains and NH Whites. Done over 50 4K/WAV hikes in MA and NH during the past year and also led some. On a mission to conquer the NH 48 4Ks soon for the 1st time.)

**Sat., Nov. 26. Thanksgiving Weekend Hike at the Blue Hills, MA.** Join us for a leisurely hike at the Blue Hills Reservation in Milton, MA. The Blue Hills Reservation has 125 miles of hiking trails through forests, meadows and scenic waterways. The hike will be approximately 4 miles and will be completed within 2 hours. This hike will be appropriate for those new to hiking. We will hike at a slow-to-moderate pace with minimal elevation gain. Please wear appropriate footwear as we will be hiking over uneven terrain with roots and rocks. We will meet at the Houghton Pond Parking area at 725 Hillside in Milton, MA. L Nancy Piedra (781-354-7330, [nancy\\_piedra@yahoo.com](mailto:nancy_piedra@yahoo.com)), R Nancy Piedra (781-354-7330, [nancy\\_piedra@yahoo.com](mailto:nancy_piedra@yahoo.com))



## Activities

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

### HIKING

**Tue., Nov. 29. Long Mt & Mt Norwottuck, MA.** Let's hike off the last slice of Thanksgiving pie by hiking section 8 of the NET/M&M Trail in the Mt Holyoke Range State Park. This section is just under 5 miles, with multiple ups and downs, (around 5?), giving us 1,200' el. gain. We will hike up Long Mt, stop for views at Rattlesnake Knob and squeeze through a cluster of boulders known as "The Horse Caves", where legend has it horses were sheltered during Shay's Rebellion. Our pace will be moderate, taking into consideration leaves covering the trail. We will start and finish as a group. This will be an end-to-end hike. We will meet at the Notch Visitor Center on Rt 116 in Amherst, and carpool 6 miles to the start of our hike on Harris Mt. Rd. Expect to wear sturdy footwear, dress in layers, (no cotton), bringing rain gear, hat and gloves, snacks and lunch, 2 liters water, a pad to sit on, hiking poles and have micro spikes with you in the car. Please wear some orange too. L Peggy Qvicklund (774-893-3011 before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Walt Granda (508-971-6444, [wgrand@aol.com](mailto:wgrand@aol.com))

**Thu., Dec. 1. Thursday Morning Hike - Little Blue Hill, Blue Hills Reservation, MA.** Little Blue Hill Moderate paced 2-3 hour approximately 5 mile hike completing the trails around Little Blue Hill. Also included will be the Skyline trail out to the beginning of Fowl Meadow. This is a mostly wooded hike with some occasional elevation gain. Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks and rain jacket(just in case). Heavy rain/thunderstorms will cancel. No dogs. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed registrants. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Occasional White Mountain hiker. Trail maintenance volunteer.)

**Thu., Dec. 1. Weetamoo Woods Hike, Tiverton, RI.** Enjoy a 4.5-5 mile hike in the Tiverton Weetamoo Woods -1,500 acres in the South end of Tiverton. Meet at the East Road parking lot, 250 East Road. Beginner hikers are welcome! You must have recently walked a comparable distance. Trails are mostly flat. No open-toed shoes. Dress for the weather. Bring water, snacks and a rain jacket. Heavy rain or thunderstorms will cancel. No pets. L Walt Granda ([wgranda27@gmail.com](mailto:wgranda27@gmail.com)) CL/R John Nery (401-624-4576, [jpnery@yahoo.com](mailto:jpnery@yahoo.com)).

**Fri., Dec. 2-4. Weekend Hiking with Stay at Cardigan Lodge, Mt. Cardigan in Alexandria NH.** SEM Weekend at Mount Cardigan December 2-4, 2022 Join us for a winter hiking kick-off while staying in the cozy, heated comfort of Cardigan Lodge in Alexandria, NH. We'll explore many of Cardigan's trails and its summit over the weekend, enjoying scenery and our time together, while breaking out our winter equipment and/or testing our new gear. Participants are expected to be physically fit and have prior winter hiking experience. We plan to meet Friday afternoon for check-in and a short pre-dinner hike (for those who can arrive early) followed by social hour and dinner at 6:00. On Saturday, we'll have breakfast at 8:00, grab our lodge-prepared trail lunch, and head out for a day of fun. We will explore trails and head up to Cardigan's bald summit with its expansive views (weather permitting). We will return in time for another social hour and dinner. On Sunday, we might be joined by some SEM winter hikers after breakfast. We will head out on the trails again (TBD) with our trail lunches and plan an early to mid-afternoon finish time. We currently have three bunk rooms reserved for Friday and Saturday night. The lodge has shared bathrooms equipped with hot water and showers. Our accommodations include linens, towels, family-style dinners and breakfasts, and trail lunches. That is dinner on Friday and Saturday, with breakfasts and lunches on Saturday and Sunday. Dietary restrictions will be accommodated, so be sure to mention them when you speak with the trip leader. The cost for this 2-night, three-day trip is \$176.00 More details available upon registration.

The only food or drink you'll be responsible for is whatever you'd like to drink or snack upon during social and trail snacks. Gear List: Winter Boots Trekking Poles with snow baskets (if there is snow) Headlamp with extra batteries if not rechargeable Micro Spikes or Hills Hound Spikes Snowshoes (if there is snow) Insulated water bottles or thermoses capable of holding two liters Hand warmers Personal first aid kit and medications Backpack capable of carrying all your winter gear Straps and Clips to attach gear to backpack Clothing: Warm base layers - preferably wool - definitely no cotton Fleece or wool mid-layers Puffer vest or jacket for extra insulation Waterproof outer wind layer - jacket and pants Wool or fleece hat Neck Gaiter Warm mittens and glove liners (2 pair) Goggles. L Diane Hartley (508-566-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring wilderness trails, hiking anything with elevation, and summer backpacking in the Northeast, but her true passion lies in reaching higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

## Activities

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

### HIKING

**Sat., Dec. 3. SEM Beginner Winter Hiking Series #2 - Mt Wachusett, MA.** Please join us for hike #2 in our beginner winter hiking series. In this progressively more challenging series, you will have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For this hike we will summit Mt Wachusett. Mt Wachusett in Princeton, MA is a little under 2 hours' drive from most areas in the Southeastern Mass region. At a little over two thousand feet, the summit is the highest point in MA east of the Connecticut River. The summit plateau has an 80-foot fire tower that you can climb and on a clear winter day, the enclosed observation deck offers views to the east of the Boston skyline, views to the west of the Berkshire Hills including Mt. Greylock the highest peak in MA, and views of Mt. Monadnock in southern NH. Proper winter clothing & gear are required. It's still early in season and Wachusett is low elevation, but we should have an opportunity to practice 'layering' for winter, food and hydration, and using microspikes. With luck and a good snowfall we may get to try out our snowshoes. We will practice carrying our full winter backpack. The route to the summit avoids the ski slopes. Distance and trails used will be determined closer to the event based on weather and snowfall but will be between 4 and 5 miles and include 1,000 to 1,300 feet of elevation gain. Expect to be on the trails for between 4 and 5 hours and back at your cars mid-afternoon. We hope you can join us on this enjoyable winter hike. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net)) L Raju Jaidu

**Thu., Dec. 8. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike the last Full Moon Hike of this year. This hike will be under a Full Cold Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. Micro spikes or even snow shoes may be required at this time of year. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Thu., Dec. 22. Thursday Walk Noanet Woodlands, MA.** On this first full day of winter, join us for a lovely walk through Noanet Woodlands, a Trustees of Reservations property. A myriad of trails crisscross through the forest, and we will stop at the remnants of the iron mill from 1815 and also be treated to a view of Boston from Noanet peak. We will cover approx. 5-6 miles on mostly level terrain, plus the short walk up to the peak at 387 feet. Depending on conditions, "micro spikes" (or hopefully snowshoes!) may be needed. Dress in appropriate layers. Plan on carrying water, snacks/lunch and a pad to sit on. Hazardous driving conditions will cancel. This Trustees property does have a ticket kiosk, \$6 fee for non members, free for members. L Peggy Qvicklund (774-893-3011 please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. Has completed the NH 48 and 52 With A View, but mainly enjoys sharing the outdoors with likeminded folks.)

**Tue., Dec. 27; Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; Mar, 7, 14. - Winter Trail Trace the Blue Hills - A Tuesday morning hiking / snowshoeing series, Blue Hills, MA.** You may have heard of "Trail Trace the Blue Hills", an honor system quest to hike all the mapped trails in the Blue Hills Reservation. Well, "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. There will be ups and downs and we will endeavor to maintain a steady but moderate pace, especially if it's cold. We will stop to enjoy lunch on the trail. On the few coldest days of winter, we may snack as we walk to keep warm. We are a cohesive group that hike together, wait at intersections, and watch out for one another. People new to winter hiking are welcome and encouraged to register. If you did not attend the Winter Hiking Workshop, you will be asked to attend any winter hiking workshop with any AMC chapter or watch our winter hiking workshop video. So, come on out on Dec. 27, the first Tuesday of winter, and start "Winter Trail Tracing"! It's also easy to join, register once, then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. The series has 12 hikes and runs through March 14, 2023. The last hike of the series will be a shorter hike followed by a celebratory luncheon at a local restaurant. (*Continued on page 16*)





## Activities

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

### HIKING

*(Continued from page 15)* **Tue., Dec. 27; Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; Mar. 7, 4. - Winter Trail Trace the Blue Hills.** Winter hiking clothes, insulated hiking boots, hiking poles and traction equipment such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers should bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A recommended clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be cancelled during active snowstorms; but other than that, the hike goes on. If it's raining, we put on a shell. Icy conditions, on go our traction devices. Super cold, we layer up. You choose however when the conditions are no longer fun for you. Join us when you can and want. Why hike in the winter? Well, it's pleasant hiking without bugs, an effective way to keep fit during the long cold dark days of winter and you get to experience gorgeous winter landscapes! We hope you consider this winter series; it's fun and a great introduction to winter hiking. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny with him on some hikes. No other pets allowed. L/R Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

**Thu., Dec. 29. Thursday Morning Hike- Allens Pond Wildlife Sanctuary, Westport, MA.** Meet at 9:45 AM, Stone Barn Farm, Allens Pond Wildlife Sanctuary. Our hike at the Allens Pond Wildlife Sanctuary is 5+ miles winding through forests, salt marsh, and a beach. The Mass Audubon reserve is an excellent habitat for wildlife, birds and plants. After returning to the parking lot I will offer a second optional 2-3 mile hike for anyone wishing to explore another section of Allens Pond Hiking shoes, rain gear, water, and snacks/lunch required. Weather, pace or trail conditions may shorten the hike. Dogs are not allowed at Allens Pond Wildlife Sanctuary. L Walt Granda (508-971-6444, [wgranda27@gmail.com](mailto:wgranda27@gmail.com))

Tue., Jan. 3. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details,

**Sat., Jan. 7. SEM Beginner Winter Hiking Series #3 - Mt. Kearsarge North, Mt. Washington Valley, MA.** Please join us for hike #3 in our beginner hiking series. In this progressively more challenging series, you will have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. Mt Kearsarge North is a winter hike not to be missed in Intervale, NH, just north of North Conway. The out and back hike is 6.2 miles and 2600' elevation. The climb is fairly constant with some sections of open slabs and some steep sections near the summit. In one location you can look back and see Mt. Chocorua and Moat Mountain. Once you reach the summit you will feast on 360 degree views from the glass-enclosed fire tower! It is a great lunch spot. Full winter gear and clothing (snowshoes, microspikes, winter-rated boots, etc.) required. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a four-season hike leader for SEM and enjoys encouraging new hikers.) L Ann Hargleroad ([ahargleroad@gmail.com](mailto:ahargleroad@gmail.com))

**Sun., Jan. 8. SEM Intermediate Winter Hike 2 - Mount Hancock Loop, Lincoln NH.** Please join me on a fun hike to two 4,000 footers Mount Hancock and South Hancock, near Lincoln, NH. The hike will be a semi-loop of approximately 9.1 miles and 2,631 feet of elevation gain. The hike will be a moderate-strenuous hike in winter conditions. Near the North Hancock summit hikers will have to trek on rocks and scrambles which could also be icy and snowy at this time of the year. Views near the summit include the Tripyramids, Carrigain, and the Oseolas. Participants should be in good physical condition and have completed a similar winter hike within the past 2 months. Micro-spikes, snowshoes, crampons and full winter gear are required. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) L Diane Hartley (508-566-6517 5:00-8:00 pm), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) L Leslie Carson (508-737-6627, [lesliecarson929@yahoo.com](mailto:lesliecarson929@yahoo.com), Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4KFooters in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest since 2013. More recently, she has led/co-led Adventure Travel hiking/trekking trips in western US and internationally. She is certified in SOLO Wilderness First Aid and CPR.) L Jeannine Audet CL Pepi Regueiro (774-222-8005 before 9 pm, [peparegueiro@yahoo.es](mailto:peparegueiro@yahoo.es)) CL Sujatha Srinivasa

Tue., Jan. 10. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details,

Tue., Jan. 17. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details,



## Activities

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

### HIKING

Tue., Jan. 24. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details,

Tue., Jan. 31. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details,

**Sat., Feb. 4. SEM Beginner Winter Hiking Series #4- Mount Pierce, Crawford Notch, NH.** If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Tue., Feb. 7. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb. 14. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb. 21. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb. 28. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Mar. 7. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Mar. 14. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

### SKIING

**Fri., Dec. 2-4. X/C Skiing in Stowe, VT.** Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will be staying at the highly rated Brass Lantern Inn in Stowe, VT. On Friday evening guests can check in anytime from 3pm on. Perhaps after a long drive, you might want to relax under the stars in the outdoor hot tub. At breakfast Saturday morning, we'll discuss the ski options for the weekend. While we are planning for snow, we will offer winter hiking as an alternative if the weather does not cooperate for x/c skiing, although downhill would likely be available for those interested. L Jeannine Audet (508-675-8055, Jeannine has been leading cross-country ski trips for 10 years and is the skiing chair for the SEM chapter). L/R Dia Prantis (6 Janell Lane, East Sandwich, MA 02537, 617-504-8797 Anytime and I'll return your call. (Text is often better.), [dprantis@yahoo.com](mailto:dprantis@yahoo.com)). Dia has been leading x/c ski trips for several winters with Jeannine and is a level 2 hike leader.

**Fri., Jan. 13-16. XC Skiing in Waterville Valley, Mountain Fare Inn, Campton, NH.** Join us for a weekend of cross country skiing in Waterville Valley, NH. We will call the cozy Mountain Fare Inn in Campton our home base. The xc ski resort is a short drive away, & has beautiful, well-groomed trails. We welcome skiers of all levels of experience. There also may be options for winter hiking/snowshoeing. Our group will prepare breakfast at the B & B, pack lunches for the trails, & have options to dine out at nearby restaurants for dinner or cook at the B & B. Rooms accommodate between 1-5 people, & most have a private bathroom. We gather by the fireplace in the evenings for happy hour. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine is the SEM xc skiing chair. She enjoys sharing the enjoyment of the outdoors with others.) L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the SEM xc skiing vice chair. She favors winter activities & is a fabulous cook.), R Jeannine Renee Audet (508-493-8221)

**Fri., Feb. 3-5. X/C Skiing at Grafton Ski and Outdoor Center, Grafton, VT.** Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will stay at the Grafton Inn and have complimentary access to the Grafton Outdoor and Ski Center. Weekend will start on Friday evening and check-in is anytime after 3. Inn includes a full breakfast and from there we can use the Outdoor center for x/c skiing, snowshoeing, and tubing. A range of levels is welcome. Passes and rentals are included with our stay. L Jeannine Audet (508-493-8221), Jeannine is the SEM chapter ski chair and has been leading x/c ski weekends for the last 10 years. She is also a year-round avid hiker and leader., L/R Dia Prantis (617-504-8797) Anytime and I'll return your call. (Text is often better.), [dprantis@yahoo.com](mailto:dprantis@yahoo.com)). Dia is skiing vice-chair and hike leader for SEM chapter.





## Activities

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

### SOCIAL

**Tue., Nov. 29. SEM Diversity, Equity and Inclusion (DEI) Meeting, Online, MA.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all SEM members, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen ([k-cohen@comcast.net](mailto:k-cohen@comcast.net)).

### TRAILS

#### Volunteer Opportunities

**Sat., Nov. 19. Trail Work in the Blue Hills, Blue Hills trails to be determined., MA.** Please join us to maintain trails in the Blue Hills by removing small downed trees, trimming vegetation, cleaning water bars, removing rocks, and other basic maintenance. SEM will supply tools. The specific trails on which we will focus will be determined prior to the event, and specific details as well as meeting place and directions will be emailed to registered volunteers. Please bring your own work gloves, water, snacks, sunscreen, bug spray, and wear appropriate clothing (long pants/long sleeve shirt, boots, hat). L Stephen Scala ([smsca59@gmail.com](mailto:smsca59@gmail.com))



**THE END**



# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | December 2022

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

Sign up for the AMC Activity Digest. Sign into your [Outdoors.org](https://www.outdoors.org) account, scroll to the bottom of the page, and click "View Trips" under Digest Emails to set preferences.

Or call 1-800-372-1758

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

Like us on [Facebook](https://www.facebook.com/outdoors.org).

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

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

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

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

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



For the first outing in the Winter Hiking Series, the Boston skyline is visible from this vantage point in the Blue Hills.

*Photo by  
Maureen Kelly*

## Kicking Off the Beginner Winter Hiking Series

By Bill Belben, Hiking Chair

On November 19 a large group of eager hikers assembled in the Blue Hills for the first hike in the Beginners Winter Hiking Series. The day began with a gear "Show and Tell," when many of our experienced winter hike leaders and leaders-in-training brought their winter gear for participants to see and ask questions. Participants were also encouraged to bring their own gear to get feedback on suitability for the upcoming winter hiking season. Following the gear show, the participants and leaders broke off into three groups for a beautiful fall hike in the Blue Hills.

The second hike in the series was postponed due to weather from Dec. 3rd to the 10th. Despite the lack of winter conditions, a group of 24 hikers completed a hike of 6 miles and 1,400 feet of elevation gain at Mount Wachusett. For January, we'll continue to increase the miles and elevation as we hike North Kearsage in North Conway, NH, where we hope to have some snow on the ground to test out our traction devices. The series culminates in March with an overnight at the AMC Carter Notch Hut in New Hampshire.



**Hike #1 was short on cold or snow, but a good climb!**

*Photo by Nancy Tutko*



## View from the Chair: New and ongoing goals

In my first view from the chair, I shared a little about my personal AMC journey, thanked Diane Simms (our previous chapter chair) for a job well done, and expressed my excitement to get started with the Executive Committee and all the leaders. In this view I want to share some of my personal goals as your new chair.

- Many of our participants are choosing to become leaders—over 20 new leaders just this year. We now have more leaders than at any time in our past, and they are a younger, more diverse group. I would like to see this continue.
- Although we are the seventh smallest chapter in membership, we put on more activities than any chapter other than Boston. Having said that, only about 10% of our membership regularly participate in these activities. I would like to see more of our members getting to enjoy the outdoors. Many of our activities are suitable for beginners or those who have lost much of their fitness during COVID. Check out our [activity listings](#).
- This year AMC headquarters has two initiatives that will impact all chapters. First is a replacement for ActDB (the activities listing system). The second is common definitions of leader levels. Change can be difficult; and I would like to see us move through these transitions as smoothly as possible.
- With these unusually mild days, you need a calendar to know Winter is Coming. It is one of our chapters stated goals to do its part in fighting climate change. We made a good start last year, including monthly articles in the Breeze. I would like to see us do more. I welcome your ideas.

Best wishes for a happy holiday season and see you Outdoors!



*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre  
Communications Chair .....Victoria Holland  
**Communications Vice Chair.....OPEN**  
Conservation Chair .....Shana Brogan  
**Conservation Vice Chair .....OPEN**  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar  
Hiking Chair .....Bill Belben  
**Hiking Vice Chair.....OPEN**

Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair .....Barry Young  
Paddling Vice Chair .....Joe Keogh  
Skiing Chair .....Dia Prantis  
**Skiing Vice Chair .....OPEN**  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone

### 2023 Standing Committees

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

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Regional Director.....Jenna Whitney  
The Breeze Editor.....Mo Walsh  
Blast Editor.....Marie Hopkins

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





# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Hikers on the Cape enjoy beautiful scenery and the colorful history of Truro. *Photo by Mark Howards*

## Hiking group takes a scenic stroll through the history of Truro

By Jay Vivian, Cape Hike Leader

More than 20 hikers gathered November 20th in Truro on Cape Cod for a beautiful day exploring the history of the Corn Hill area. As a local AMC member and amateur historian, I led the loop hike, starting at the little park at Corn Hill Beach.

First, we headed south to the area British explorer and ship's captain Martin Pring visited for seven weeks in 1603 (the first English "summer vacation" on Cape Cod), 17 years before the Pilgrims arrived. We learned about the changes resulting from the steam train's arrival in 1873. And on the Pammet River, we viewed the former houses of early birth control activist Margaret Sanger and socialist author and journalist John Reed.



Inscription on the Corn Hill monument:

SIXTEEN PILGRIMS  
...FOUND THE PRECIOUS  
INDIAN CORN ON THIS  
SPOT WHICH THEY  
CALLED CORN HILL ...AND  
SURE IT WAS GODS GOOD  
PROVIDENCE THAT WE  
FOUND THIS CORN FOR  
ELSE WE KNOW NOT HOW  
WE SHOULD HAVE DONE.

Pamet Harbor was home to thriving 18th and 19th century businesses of boatbuilding, salt-farming, and fishing. Now, it is largely silted in, with a "yacht club" of kayak racks, and water so shallow that access is sometimes only possible at high tide.

Next, the group followed the old railbed north to see where the Pamet (Nauset/Wampanoag) indigenous peoples farmed in 1620, and then climbed Corn Hill to see the spot where the Pilgrims discovered and stole seed corn the Pamet had buried for their crop the next year.

Overlooking Cape Cod Bay, we discussed the loss over the years of more than 300 Truro men and boys to the sea, and I was able to point out the locations of several of the wrecks. From our vantage point, we observed various sites of interest around Cape Cod Bay, including the interwar German glider school set up on Corn Hill by J.C. Penney III in the late 1920s.

Our history walk covered just over two miles from 10 am to 12:30 pm because of the various stops and history discussions, many of them with readings from primary sources.



Of the Corn Hill seaside resort cottages built by Bostonians more than 100 years ago, many still exist for touring or rental. Breathtaking views from the west-facing cottages include the sunsets over Cape Cod Bay. *Historic post card*



Q: How do reindeer stay in shape to fly?

A: They sleigh their workouts!



## Volunteer of the Month: Paul Audet

By Skip Maysles, Past Trails Committee Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best. This month, the Trails Committee recognizes Paul Audet.

Every Tuesday since April and continuing through this fall, Paul has been volunteering in the Bioreserve in Fall River as we blazed 20 miles of the loop trail. The heavy work involved clearing overgrown brush along the trails, cutting and removing branches blocking the paths, and painting blue blazes as markers along this newly formed loop trail. He has also been working on the installation of new bridges to cross over the perpetually wet areas.

Paul and his wife, Jeannine, have been SEM members for many years. Paul enjoys trips to winter cross-country skiing destinations in New Hampshire and at Noble View in Russell, MA. He enjoys hiking in all seasons, but he seems to attract the rain clouds and misses the great views on many Granite State hikes!

On a personal note, Paul is a local history fanatic and enjoys learning more about the history of places, people, and events of the south coast area. He has many old and interesting books in his collection.

Paul has had several exciting adventures this year. Next time you see him, ask about his encounter with black bears at August Camp this past summer. And Paul is one of the few people I know who has been attacked by Allegheny Mound (red) Ants not far from his home! A very interesting guy with good stories!

Congratulations, Paul and thank you from all of us from SEM. Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.



Avid hiker Ken Cohen, left, is presented with his 1,500-mile patch by Hiking Chair Bill Belben. *Photo by Paul Brookes*

## Ken Cohen will soon need a new pair of hiking boots

If you want to find Ken Cohen, your best bet would be to head to the Blue Hills. Despite some early season sitting on the bench due to an injury, Ken has more than made up for it with over 60 hikes recorded this year. Ken was recently awarded a well-deserved patch for reaching 1,500 miles of AMC hikes. Quite a significant accomplishment. Congratulations Ken!!

## Fall River Herald lauds AMC-SEM work on Bioreserve Loop Trail

This excerpt is from an article by Dan Medeiros in the November 2, 2022, issue of The Fall River Herald [here](#).

### The Bioreserve Loop Trail is 'an effort of love'

... Visitors can walk through the Copicut Woods land owned by the Trustees of Reservations, to Copicut Reservoir near Dartmouth, through areas known as Boiling Spring and the Cedar Swamp, then head north along the Freetown border, west to the Ledge, and back....

The effort to create the Bioreserve Loop Trail involved more than just drawing a line on a map connecting trails. City staff and volunteers from the Appalachian Mountain Club Southeastern Massachusetts chapter spent every Tuesday since April, weather permitting, making sure this trail was clear and well-marked with blazes — patches of blue paint on trees marking the route....

Their work even involves some light carpentry—perpetually wet areas will need four wooden bridges, which the club is also paying for.





## CONSERVATION CORNER

### Small Steps to Conservation



## December: Go greener with your Christmas and Holiday wrapping

By Ellen Thompson

It's time to start planning how to wrap your gifts in an environmentally safe manner. That shiny gift wrap is often non-recyclable.

- Pick up some Kraft paper; it's lightweight, easy to work with, and recyclable. Add a sprig of evergreen and ribbon. Get 40 clever brown paper gift-wrapping ideas at the My Paradizzi website [here](#).

Use other recyclable or reusable materials for wrapping:

- Linen/Burlap sacks...
- Wrapping gifts in cloth is a common practice in Japan called *Furoshiki*...
- Old packaging...
- Magazines/newspapers...
- Baskets/boxes...
- Glass jars for treats...
- Reusable gift bags...

You can also hit the thrift shops for wrapping paper and package ornaments:

- Decorative brooches...
- Vintage cards...
- Old maps...
- Old jars and cookie tins...



**HAPPY HOLIDAYS!**



Hikers cross footbridge over a wet portion of the 20-mile Loop. Photo by Lisa Robitaille

## Splitting groups by energy allows more hikers to enjoy Bioreserve

By Lisa Robitaille

Sixteen hardy souls hiked the Fall River Bioreserve on Sunday, Nov. 20th. It was a chilly start, but we soon warmed up as we got moving. Three leaders and a leader-in-training mapped out our route, and the rest of us just had to show up. We had two groups, depending on the energy level of the participants. This is such a great idea as sometimes you want to get out in nature but you're not sure of your energy. The Southeast Massachusetts chapter has you covered!

Consider joining us next time. We would love to meet you! See the following link for upcoming activities. <http://amcsem.org/schedules.html>



Left: The blue blaze on the left is part of the newly cleared and marked 20-mile loop in the Bioreserve thanks to AMC-SEM Trails volunteers and Fall River. Right: SEM hikers consult the descriptive map and brochure for details on the Loop Trail. Photos by Lisa Robitaille





## Longtime members are the Heart of our AMC-SEM chapter

In the November *Breeze* we paid tribute to our longtime SEM members who have reached 50 Years and 25 Years of uninterrupted membership with AMC this year. In this edition, we pay tribute to those who this year have reached their 10 Year milestones:

Brendan Annett	Peter Lyons
Julie Bannister	Kristen Magas
Lenard Bolton	Darren Magas
Susan Bolton	Bradford Malo
Maurice Botelho	Palmer Marrin
Susan Bruce	Joan Martinelli
Bertram Bruce	Steven Minarovich
Richard Carnes	Alan Mitchell
Jeff Cedrone	Linda Murphy
Eileen Cerne	Walter Murphy
Wendell Cerne	Kate Nelson
Magdalena Clowes	Maria Nichols
Brian Confalone	Nathaniel Nichols
Christine Davis	Joseph O'Loughlin
Alexander Delorey	Jinx O'Loughlin
David Farber	Victor Oliver
Michaela Farber	Cynthia Olsen
Paul Finn	Richard Peirce
Julie Fitzgerald	Charles Pratt
Katherine Foster	Zoe Rath
Roderick Gaskell	Anne Reynolds
Judith Gibbs	Patricia Shannon
Brian Gorman	Carl Sjolund
Whit Hanschka	Eva Sommaripa
Terence Hayes	Anthony Spark
Jeffrey Hetu	Barbara Stephens
Craig Hiltz	Mark St John
Jayne Iafrate	Nancy Tutko
Jon Jensen	Steven Valero
Robert Kaufman	David Winther
Haralyn Kuckes	Karen Wood
Jeannine Lapriore	Lorenzo Wood
Leon Litchfield	Robert Wood
	Barry Young



### SEM Memories: 'Gimme Shelter'

Five skiers rest up in a three-sided shelter on the Bretton Woods, NH, trip in the winter of 1984. *Photo by John Smarter*

### Winter Workshop draws a cool crowd

AMC-SEM hosted a full house November 5th at our Winter Hiking Workshop. It's best to be prepared when you're out in nature, especially during New England winters!

Experienced winter hiking leaders covered such topics as clothing, footwear, equipment, nutrition/hydration, and group management—all geared towards preparing hikers for a safe and enjoyable winter experience.

Thank you, Varma Sarapelli, for sharing your photos!







## Wintery weekend at Cardigan Lodge

Photos by Diane Hartley





# AMC's 147th Annual Summit

will be held as an in-person event on  
Saturday, February 4th, 2023  
Four Points by Sheraton, Norwood, MA

**This year's Annual Summit will focus on** volunteers in committee, facilitator, and leadership roles by providing discussion sessions, interpersonal-skills training, and opportunities for collaboration. This 1-day event will include a full schedule of learning opportunities, a catered lunch in the Four Points ball room, the presentation of club-wide awards, and an organizational update by **AMC's new CEO Nicole Zussman.**

## Overnight Accommodations:

For those who are traveling from longer distances the Four Points has put aside rooms for attendees at a discounted rate. To reserve a room at a discounted rate you must book directly through the hotel by calling hotel reservations 781-769-7900 or via email to Lucy.Finnery@hobbsbrook.com. Discounted room rates are only available through January 4th, 2023.

## Hybrid Wilderness First Aid offered at Summit:

Attendees of this course will do so in lieu of attending Summit workshops. Under the hybrid Wilderness First Aid model, you will be required to view roughly 12 hours of the content virtually at your own pace, followed by a single day practicum hosted **at Summit, led by one of AMC's professional staff** members. Participants who successfully demonstrate the skills taught during the virtual and practical components of the course will be issued a SOLO Wilderness First Aid certification. This course may be used to recertify a current SOLO WFR in the evening of certification. An optional CPR certification will be offered the practical day. Registration for this WFA is separate from Annual Summit registration, if you are interested in taking this course, you **MUST** sign up in advance. Registration for the WFA course is coming soon

## Questions about Annual Summit?

Please contact AMC's Volunteer Relations Department [here](#).

Register now for the 147th!





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at outdoors.org, and then click My Outdoors.

### COVID 19 INFORMATION

COVID-19 Information: **Updated November 2022.** AMC requires volunteers be vaccinated or receive a negative result of a COVID-19 antigen test taken within 24 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a result of a COVID-19 antigen test taken within 24 hours of the start of an event. Photo documentation may be required as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

### CAPE HIKING

**Thu., Dec. 15. Hike - Gray's Beach conservation lands, Yarmouth Port, MA.** Hike in Conservation land areas over trails along marsh, on roads and through woods, includes the boardwalk with distant views of Sandy Neck, Chapin Beach. Rte 6 to Exit 75 North (old Exit 8) onto Union Street. Continue to Rte 6A., turn left. Go 1 block and turn right on Center St. Go 1.0 mile, follow signs to beach, bearing left, and park in lot at end. Meet at 9:45 a.m. Start 10:00 am. 2 1/2 hours. Please check the website just prior to the hike in case of a weather cancellation since this is a Show and Go hike. L Janet Kaiser (774-534-2281 before 8:00 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net))

**Sun., Dec. 18. Hike--Bourne Town Forest/Four Ponds, Bourne, MA.** This Show and Go 4+ mile, 2 hour hike is in the Bourne Town Forest and Four Ponds Conservation area. This hike is not suitable for novice hikers. The terrain is over wooded mountain bike trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, orange, and tick repellent. May have poison ivy exposure. Microspikes encouraged if icy and hiking poles if preferred. Directions: NOTE NOT meeting at Four Ponds trailhead and GPS will not work. From Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Go right onto Clay Pond Road--green state sign says Monument Beach--before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and park on the left side of the road. Since this is a Show and Go hike, check the website just prior to the hike for any weather cancellation. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.)

**Thu., Dec. 22. Hike Scorton Creek, East Sandwich, MA.** The hike will be on wooded trails with great views of the saltmarsh, we will skirt cranberry bogs and see remnants of a state-run bird farm. Terrain is flat with lots of roots. Sturdy footwear is essential. Bring fluid for hydration. If snowy or icy conditions, consider bringing microspikes and poles. Driving directions: If coming from off Cape take Sagamore Bridge to Rte. 6 and drive to Exit 61 Quaker Meetinghouse Rd, turn L off ramp and drive to Rte 6A and turn R proceed to Old County Rd opposite E Sandwich Post Office turn R proceed to 2nd cutout opposite Nye Estate and park in cutout off the road. From outer Cape take Rte 6 to exit 63 Chase Rd/, turn R off of ramp and proceed to Ild County Rd on L, turn L and proceed to 1st cutout on L across from Nye Estate and park in cutout off of pavement. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), current Cape Hike Chair, many years as leader.)



## Activities

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

### CAPE HIKES

**Sat., Jan. 14. Hike Pamet Hill, Truro, MA.** We will be meeting at 9:45 AM on Saturday, January 14, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. This 2.5-hour hike covers 4.5 miles of steep hills, forests, and amazing ocean views 150 feet above the beach. If icy conditions, you will need crampons or spikes on your boots and poles. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Jan. 15. Scusset Beach State Reservation Afternoon Hike.** Join us for an easy 5-mile hike with one hill and some beach walking. We'll hike Sagamore Hill for views of Cape Cod Bay, walk through the woods, along the beach to the jetty, and back along the Cape Cod Canal. There is a creek crossing over a plank. This is a figure eight loop, with the opportunity to leave after the first half. L Marcella Rippel ([marcellarippel@gmail.com](mailto:marcellarippel@gmail.com))

**Sat., Jan. 28. Hike Bearberry Hill, Truro, MA.** We will be meeting at 9:45 AM on Saturday, January 28, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. This 2.5-hour hike covers 4.2 miles of hills, forests, amazing ocean views, and a short beach walk. If icy conditions, you will need crampons or spikes on your boots and poles. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Feb. 11. Hike Long Nook, Truro, MA.** 2 hour hike. Visit AF Base and Jenny Lind Tower. Excellent high cliff ocean views. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Feb. 25. Hike Head of the Meadow, Truro, MA.** 2.5 hour hike. Visit Head of the Meadow and Coast Guard Beaches and hike in the rolling hills of pine forests. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am - 12:30 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

### EXECUTIVE COMMITTEE:

#### Volunteer Opportunities

**Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA.** The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) - Social media updates (Facebook and Instagram) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vibrant and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).





## Activities

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

### EXECUTIVE COMMITTEE:

#### Volunteer Opportunities

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Vice Chair SEM Skiing - Southeastern Mass. Chapter, MA.** Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross-country skiers and snowshoers. More details about Skiing responsibilities here: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)) Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org)); Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Vice Chair Conservation - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

### HIKING

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

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

**Thu., Dec. 15. Thursday Morning Hike - Burrage Pond WMA, 15 Hawks Ave, Hanson, MA.** Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. NO PETS. Please wear bright orange clothing (Hat or Vest or something bright) as this hike is in a hunting area and it is hunting season. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Sat., Dec. 17. Blue Hills Lowland Hike/Snowshoe - Sat. Morning, Blue Hills Ponkapoag Pond.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike or snowshoe around Ponkapoag Pond. Bring waterproof hiking shoes or boots, snack/lunch, and water. MICROspikes and/or snowshoes may be necessary depending on trail conditions. We'll take a break at the AMC Camp down at the pond, weather permitting. Steady rain or snow will cancel. Well behaved dogs on leash are O.K. the group size will be limited to 14 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend. Details and directions to the meet-up location will be sent 24-48 hours prior to the hike to those who register. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net). Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hike Leader for the past six years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Former At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Nature and photo-journalism photographer.)([patriciae568@gmail.com](mailto:patriciae568@gmail.com))

## Activities

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

### HIKING

**Sat., Dec. 17. SEM 2022- 2023 Snowshoe #1 - Mount Hedgehog, Wonalancet, NH.** Join SEM for the season first snowshoe to Hedgehog Mountain (2500 ft), the smallest of the "NH 52 With a View list., This is a 5-mile loop with 1500 feet of elevation gain and lots of charm. Situated behind Mount Passaconaway, the UNH trail climbs through a pine forest up to the East Legdes, the Summit, and Allen's Ledges. Enjoy views to the south, east, and west along the way. Difficulty: Moderate. Time: 5 - 6 hours. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) L Sujatha Srinivasan

**Sun., Dec. 18. Fall River Bioreserve Hike, Fall River, MA.** Join us for a 3+ mile hike in the beautiful, historic Fall River Bioreserve. We will hike portions of the recently blazed 20-mile Loop Trail. Historical features will be highlighted. The trail is flat, but has rocks & roots, so sturdy shoes or hiking boots are required. Dress in layers to stay warm. Foot traction may be needed. Bring water & a snack. Steady rain will cancel. L Paul Audet (508-287-3122, [milmod@aol.com](mailto:milmod@aol.com)) L Jeannine Audet (508-493-8221, [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com))

**Thu., Dec. 22. Thursday Walk Noanet Woodlands, MA.** On this first full day of winter, join us for a lovely walk through Noanet Woodlands, a Trustees of Reservations property. A myriad of trails crisscross through the forest, and we will stop at the remnants of the iron mill from 1815 and also be treated to a view of Boston from Noanet peak. We will cover approx. 5-6 miles on mostly level terrain, plus the short walk up to the peak at 387 feet. Depending on conditions, "micro spikes" (or hopefully snowshoes!) may be needed. Dress in appropriate layers. Plan on carrying water, snacks/lunch and a pad to sit on. Hazardous driving conditions will cancel. This Trustees property does have a ticket kiosk, \$6 fee for nonmembers, free for members. L Peggy Qvicklund (774-893-3011 please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. Has completed the NH 48 and 52 With A View, but mainly enjoys sharing the outdoors with likeminded folks.)

**Tue., Dec. 27; Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; Mar. 7, 14. - Winter Trail Trace the Blue Hills - A Tuesday morning hiking / snowshoeing series, Blue Hills, MA.** You may have heard of "Trail Trace the Blue Hills", an honor system quest to hike all the mapped trails in the Blue Hills Reservation. Well, "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. There will be ups and downs and we will endeavor to maintain a steady but moderate pace, especially if it's cold. We will stop to enjoy lunch on the trail. On the few coldest days of winter, we may snack as we walk to keep warm. We are a cohesive group that hike together, wait at intersections, and watch out for one another. People new to winter hiking are welcome and encouraged to register. If you did not attend the Winter Hiking Workshop, you will be asked to attend any winter hiking workshop with any AMC chapter or watch our winter hiking workshop video. So, come on out on Dec. 27, the first Tuesday of winter, and start "Winter Trail Tracing"! It's also easy to join, register once, then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. The series has 12 hikes and runs through March 14, 2023. The last hike of the series will be a shorter hike followed by a celebratory luncheon at a local restaurant. Winter hiking clothes, insulated hiking boots, hiking poles and traction equipment such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers should bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A recommended clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be cancelled during active snowstorms; but other than that, the hike goes on. If it's raining, we put on a shell. Icy conditions, on go our traction devices. Super cold, we layer up. You choose however when the conditions are no longer fun for you. Join us when you can and want. Why hike in the winter? Well, it's pleasant hiking without bugs, an effective way to keep fit during the long cold dark days of winter and you get to experience gorgeous winter landscapes! We hope you consider this winter series; it's fun and a great introduction to winter hiking. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny with him on some hikes. No other pets allowed. L/R Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) in the Blue Hills with my dog Sunny.)





## Activities

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

### HIKING

**Thu., Dec. 29. Thursday Morning Hike- Allens Pond Wildlife Sanctuary, Westport, MA.** Meet at 9:45 AM, Stone Barn Farm, Allens Pond Wildlife Sanctuary. Our hike at the Allens Pond Wildlife Sanctuary is 5+ miles winding through forests, salt marsh, and a beach. The Mass Audubon reserve is an excellent habitat for wildlife, birds and plants. After returning to the parking lot I will offer a second optional 2-3 mile hike for anyone wishing to explore another section of Allens Pond. Hiking shoes, rain gear, water, and snacks/lunch required. Weather, pace or trail conditions may shorten the hike. Dogs are not allowed at Allens Pond Wildlife Sanctuary. L Walt Granda (508-971-6444, [wgranda27@gmail.com](mailto:wgranda27@gmail.com))

Tue., Jan. 3. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details,

**Sat., Jan. 7. SEM Beginner Winter Hiking Series #3 - Mt. Kearsarge North, Mt. Washington Valley, MA.** Please join us for hike #3 in our beginner hiking series. In this progressively more challenging series, you will have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. Mt Kearsarge North is a winter hike not to be missed in Intervale, NH, just north of North Conway. The out and back hike is 6.2 miles and 2600' elevation. The climb is fairly constant with some sections of open slabs and some steep sections near the summit. In one location you can look back and see Mt. Chocorua and Moat Mountain. Once you reach the summit you will feast on 360-degree views from the glass-enclosed fire tower! It is a great lunch spot. Full winter gear and clothing (snowshoes, microspikes, winter-rated boots, etc.) required. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a four-season hike leader for SEM and enjoys encouraging new hikers.) L Ann Hargleroad ([ahargleroad@gmail.com](mailto:ahargleroad@gmail.com))

**Sun., Jan. 8. SEM Intermediate Winter Hike 2 - Mount Hancock Loop, Lincoln NH.** Please join me on a fun hike to two 4,000 footers Mount Hancock and South Hancock, near Lincoln, NH. The hike will be a semi-loop of approximately 9.1 miles and 2,631 feet of elevation gain. The hike will be a moderate-strenuous hike in winter conditions. Near the North Hancock summit hikers will have to trek on rocks and scrambles which could also be icy and snowy at this time of the year. Views near the summit include the Tripyramids, Carrigain, and the Oseolas. Participants should be in good physical condition and have completed a similar winter hike within the past 2 months. Micro-spikes, snowshoes, crampons and full winter gear are required. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) L Diane Hartley (508-566-6517 5:00-8:00 pm), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Wilderness Leadership Training.) L Leslie Carson (508-737-6627, [lesliecarson929@yahoo.com](mailto:lesliecarson929@yahoo.com), Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4KFooters in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest since 2013. More recently, she has led/co-led Adventure Travel hiking/trekking trips in western US and internationally. She is certified in SOLO Wilderness First Aid and CPR.) L Jeannine Audet CL Pepi Regueiro (774-222-8005 before 9 pm, [peparegueiro@yahoo.es](mailto:peparegueiro@yahoo.es)) CL Sujatha Srinivasa

Tue., Jan. 10. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details.

**Thu., Jan. 12. Thursday Morning - Great River Preserve & Taunton River WMA, Bridgewater, MA.** Meet at The Great River Preserve small dirt parking area past 884 Auburn St, Bridgewater, MA 02324. Thursday Morning 10 AM / 2-3 hour/ flat 5-mile Hike/Snowshoe-Wildlands Trust Great River Preserve and Taunton River Wildlife Management Area on Auburn Street in Bridgewater. Travel through pine and holly forest onto open meadow trails paralleling the Taunton River. Do not approach from Auburn Street in Middleboro as the bridge has been removed. Heavy rain/snow or icy conditions will cancel. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))



## Activities

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

### HIKING

**Thu., Jan. 12. Winter Conditioning Hike in the Blue Hills.** Interested in getting out in the Blue Hills for a good workout this winter? Want to add to your fitness with some local hiking in between jaunts to higher elevations? Consider joining this group for 'off week' hikes-fill in between official NH winter hikes, or just to enjoy winter in the Blue Hills! This is a posting for the first of four hikes. Participants can attend any one or all-unlike the past several years this is not a series. Prior participants in the winter conditioning series are encouraged to sign up. New participants interested in joining are welcome! Participants are expected to have prior winter hiking experience and be able to hike at a strong (enthusiastic) moderate pace carrying & using winter gear. Hikes will cover about 8 miles with 1000-1500 elevation in 3-4 hours. This is NOT an introduction to winter hiking. All participants must have winter clothing, winter boots, snowshoes, micro spikes, poles with baskets, etc. Participants will be screened and are expected to have good conditioning in addition to prior winter hiking experience. Participants will need to register for each session when it is posted. There will be nine participants and a waiting list for five additional participants. Hikes will only be cancelled in the event of inclement weather (e.g., heavy rain) or weather that makes travel hazardous. Rendezvous location and exact morning start time will be sent after your registration is confirmed for each hike. 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 "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. Prospective dates: 1/12, 1/26, 2/9, 2/24 AMC Trip Policy. L Thomas Graefe (781-659-2441 Before 9:00 PM, [tmgraefe@comcast.net](mailto:tmgraefe@comcast.net))

Tue., Jan. 17. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details.

Tue., Jan. 24. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details,

Tue., Jan. 31. Winter Trail Trace the Blue Hills. See Dec. 27 listing for details,

**Sat., Feb. 4. SEM Beginner Winter Hiking Series #4- Mount Pierce, Crawford Notch, NH.** If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them. L william belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Thu., Feb. 9. Thursday Morning Hike - Eastover Reservation Hales Brook, 285 County Road, Marion, MA.** Hike 4 to 5 miles on flat wooded and open bog trails in the expanded Eastover Reservation/Hales Brook Trust. Meet at 9:45 AM at the trail head parking. Use 285 County Road for GPS (Nearest house) ready to hike. Lunch on the trail with view of the Sippican River. Heavy rain cancels. No Pets. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Tue., Feb, 7. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb, 14. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb, 21. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb, 28. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Mar, 7. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Mar. 14. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Mt. Hood  
August Camp 2023**

**AMC's August Camp 2023** will be located on a brand-new site in Oregon on private land between Sandy, Oregon, and Mount Hood Village, only an hour's drive from Portland International Airport, making this one of the most easily accessed sites for Camp in many years.

We will have great hiking around Mount Hood and in the Mt Hood National Forest, plus in sections of the Columbia River Gorge.

We will be taking applications during a 10-day period beginning at 9 AM on January 2.

Visit the website [augustcamp.org](http://augustcamp.org) for details.

All applications received during the enrollment period will be treated equally. Camper selection is by lottery.

Camp dates in 2023 are:

- Week 1: July 15-22
- Week 2: July 22-29
- Week 3: July 29-August 5
- Week 4: August 5-12

Prices for August Camp 2023 are \$1650 for members and \$1980 for non-members.

[augustcamp.org](http://augustcamp.org)





## Activities

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

### HIKING

**Fri., Mar. 3-5. SEM Beginner Winter Hiking Series #5- Carter Notch Hut Overnight, Bean's Purchase, NH.** If you're new to winter hiking, join us for this fifth Southeastern Mass. Chapter Winter Series Hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #5, we are planning to hike into Carter Notch Hut, at elevation 3,288 feet, which will be our home base for the weekend. We will hike in the group's food for the weekend, which the group members will prepare in the hut's kitchen. Leaders will guide group members in hikes nearby to the hut. We will stay in the bunkhouses overnight. Full winter gear and clothing will be required, including Microspikes (or equivalent traction), snowshoes, crampons & winter boots. A sleeping bag rated to 0 degrees is also required. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirddb@aol.com](mailto:jhummingbirddb@aol.com), Jeannine enjoys leading hiking year-round. The annual winter hut hike is one of her favorites.) L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com), Bill enjoys leading hikes year-round. He is the SEM Hiking Chair.) L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Ann Hargleroad ([ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), Ann had led trips in the White Mountains year round.)

### SKIING

**Fri., Jan. 13-16. XC Skiing in Waterville Valley, Mountain Fare Inn, Campton, NH.** Join us for a weekend of cross-country skiing in Waterville Valley, NH. We will call the cozy Mountain Fare Inn in Campton our home base. The xc ski resort is a short drive away, & has beautiful, well-groomed trails. We welcome skiers of all levels of experience. There also may be options for winter hiking/snowshoeing. Our group will prepare breakfast at the B & B, pack lunches for the trails, & have options to dine out at nearby restaurants for dinner or cook at the B & B. Rooms accommodate between 1-5 people, & most have a private bathroom. We gather by the fireplace in the evenings for happy hour. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirddb@aol.com](mailto:jhummingbirddb@aol.com), Jeannine is the SEM xc skiing chair. She enjoys sharing the enjoyment of the outdoors with others.) L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the SEM XC skiing vice chair. She favors winter activities & is a fabulous cook.), R Jeannine Renee Audet (508-493-8221)

**Fri., Feb. 3-5. X/C Skiing at Grafton Ski and Outdoor Center, Grafton, VT.** Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will stay at the Grafton Inn and have complimentary access to the Grafton Outdoor and Ski Center. Weekend will start on Friday evening and check-in is any time after 3. Inn includes a full breakfast and from there we can use the Outdoor center for x/c skiing, snowshoeing, and tubing. A range of levels is welcome. Passes and rentals are included with our stay. L Jeannine Audet (508-493-8221), Jeannine is the SEM chapter ski chair and has been leading x/c ski weekends for the last 10 years. She is also a year-round avid hiker and leader., L/R Dia Prantis (617-504-8797) Anytime and I'll return your call. (Text is often better.), [dprantis@yahoo.com](mailto:dprantis@yahoo.com)). Dia is skiing vice-chair and hike leader for SEM chapter.



**The End**



# The Southeast Breeze

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

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

To sign up for the AMC Activity Digest, go to the bottom of [Outdoors.org](https://www.amc.org) & click **Login**. Go to the bottom of the page & click **My Outdoors**. On **Welcome to your AMC dashboard**, scroll down to **Digest Emails** on the right, click **View Trips**. Under **My Dashboard** on the next page, click **Manage Digest Emails & Create new digest**. Or call 1-800-372-1758 for help.

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

Like us on [Facebook](https://www.facebook.com/amcsem).

Follow us on [Instagram](https://www.instagram.com/amcsem).

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

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

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

## Shop the Breeze Market for equipment bargains!

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

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



AMC-SEM Cape Cod hiking group explores the Bourne Town Forest and Four Ponds Conservation Area, including local historical details. *Photo by Robin McIntyre*

## Hiking and history in Bourne Conservation Area

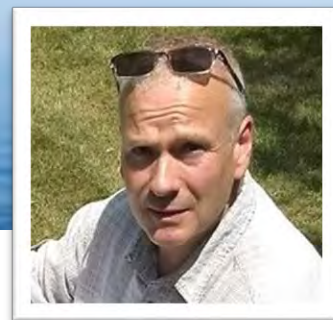
**By Robin McIntyre, Cape Hiking Vice Chair**

On Sunday, Dec. 18, twelve hikers enjoyed a two-plus-hour, 4.7-Hike and history mile hike in the Bourne Town Forest and Four Ponds Conservation Area, which is managed by the Town of Bourne. The afternoon was partially sunny, and the rolling mountain bike trails gave everyone a good workout.

In the Four Ponds area, hikers heard some history about the area—President Grover Cleveland fished here, and Gadabout Gaddis (host of *The Flying Fisherman* TV show) owned a fishing lodge which has since burned down. The ponds, manmade in the 1800s, served as a power source for the waterwheel of an iron foundry. A beautiful pair of swans graced one of the ponds. A lovely way to spend time together outdoors!

### [Register Now!](#)

AMC's 147th Annual Summit  
Saturday, February 4th, 2023  
Four Points by Sheraton, Norwood, MA



## View from the Chair: Forming Fitness Habits

HAPPY NEW YEAR! As we begin 2023, I want to wish you, your families, and your loved ones a healthy, rewarding, and meaningful year.

New Years is a time we make resolutions, many around getting fitter. Most gyms are full for a few weeks but then motivation dwindles, and folks stop going. Research shows [good habits](#) form when you commit to others, measure progress, do it with a group, and the activity is pleasurable.

So, SEM has good news for you! Our outdoor activities hit all these points, and our dedicated leaders have a full slate of activities to choose from. Sign up for a series and you've made a commitment to others. Measure progress by recording your [miles](#) and earn a patch. Do it with a group on any of our [activities](#). Keep it pleasurable by mixing it up; we have hikes including [on the Cape](#), snowshoes, cross country [skiing](#), trails work and more.

So, join us as we go to the White Mountains; Join us in the Blue Hills; Join us on night hikes. Afraid of the cold? We'll teach you how to layer. Afraid you've lost your fitness? We have activities for all levels. Nervous about trying something new? We watch out for one another and we're kind to each other. So please, ditch that expensive gym membership, get outdoors and "Join us!"



*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre  
 Communications Chair .....Victoria Holland  
**Communications Vice Chair.....OPEN**  
 Conservation Chair .....Shana Brogan  
**Conservation Vice Chair .....OPEN**  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Srini Iyengar  
 Hiking Chair .....Bill Belben  
**Hiking Vice Chair.....OPEN**

Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Nancy Piedra  
 Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
 Skiing Chair .....Dia Prantis  
**Skiing Vice Chair .....OPEN**  
 Trails Chair .....Steve Scala  
 Trails Vice Chair .....Larry Petrone

### 2023 Standing Committees

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

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Volunteer Rela.....Katherine Brainard  
 Regional Director.....Jenna Whitney  
 The Breeze Editor.....Mo Walsh  
 Blast Editor.....Marie Hopkins

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





New hiking leader John Nery has previously qualified and been active in AMC as a biking leader. *Photo by Sue Rollins*

## SEM welcomes AMC veteran and new hike leader, John Nery

By Walt Granda, Nominating Committee Chair

Congratulations to John Nery for completing his requirements to lead local hikes! John—a Rhode Island resident, a long-time biker, and an AMC member for approximately ten years—recently decided to expand his interests into hiking. After attending several hikes at the Fall River Bioserve, John did his first co-lead with Diane Simms on November 20th.

Two weeks later, on December 1st, John completed his second co-lead at Weetamoo Woods, Tiverton RI. In preparation for the hike, John pre-hiked all the trails, checking for wet areas, downed trees, and parking lot conditions. John took full charge of the hike, including trip planning, screening, and group management. Everyone in the group had a great time and enjoyed exploring trails at Weetamoo Woods.

John's other activities include being a SEM biking leader, and membership in both the Bike Fall River committee and the Rhode Island Bicycle Coalition. He has also volunteered with the SEM trail crew working on the 20-mile Fall River Bioserve loop, cleaning up the Fall River Quequechan River rail trail, and has been involved with the Weetamoo Woods trail cleanup. Thanks, John, for volunteering to lead SEM hiking and biking events.

## Small Steps To Conservation

### Go meatless one day a week

By Ellen Thompson

Let's hop on the Meatless Monday (or Tuesday or Wednesday) train. Plan at least one day a week of plant-based meals this winter. There are so many reasons to join this effort.

The health benefits of eating vegetables include adding important nutrients to your diet like potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C, plus a reduced risk for developing heart disease, obesity, and type 2 diabetes.

Not eating meat can also help reduce the environmental impact of feeding and housing poultry and other livestock.

Finally, cooking vegetarian meals can give you a reason to get creative! Head to your local market (the closer the veggies were grown, the better), then whip up a delicious vegetarian sheet pan dinner, Buddha bowl, Pad Tai, or taco for tonight's meal.

For ideas, take a [look here](#) to find a great lineup of menu ideas for inspiration.



SEM Memory:

### Geared up for skiing, 90s style

Enjoying a ski trip to Bretton Woods, NH, are SEM members posing in front of the Mount Washington Hotel. Is that Marie Johnson on the far left and Chuck Wright on the far right? Circa 1991?



Barbara Lighttizer, left, and John Schepis, right, celebrate their AMC hiking milestones with hiking leader Joanne Newton. *Photo by Karen Foley*

## 500-mile and 1,000-mile hiking achievements for two leaders

By Joanne Newton, Hiking Leader

Veteran hikers and SEM hiking leaders Barbara Lighttizer and John Schepis have each earned a patch marking an achievement in treks with AMC.

Barbara Lighttizer reached her 500-Mile AMC milestone on November 26, 2022, having just started recording her mileage on January 19 of this year! I asked her to tell us about how she came to love hiking.

“I can’t really say where my love of hiking started. I have always enjoyed the outdoors, including hiking, biking, and skiing, and have been doing all of those since a young age,” she said.

“Since joining the AMC over 30 years ago, I have been an active member and along the way have met many wonderful people who have become great friends. I have had the opportunity to hike most of the 4Ks and hike throughout the world, thanks to AMC and Adventure Travel.

“After retiring several years ago, I took the leadership training course in order to contribute back, originally leading up north before things came to a halt [due to COVID-19],” Barbara said. “More recently, I have been hiking and leading locally. Additionally, I serve on the Trails Committee in the Town of Walpole where I live. There are so many hiking opportunities right in our own backyards.”

John Schepis completed his 1,000 Miles on AMC hikes on November 24, 2022. He started his quest for this milestone on May 6, 2021 and reached it just 18 months later! In addition to achieving this AMC goal, John has a personal goal of 1,000 miles each year, and he has been doing this for several years.

John has been hiking for about seven years and has quickly learned that this is one of his passions. His first major hike in the White Mountains was Mt. Washington! Quite the way to start tackling 4,000-footers! Since then, he has climbed Washington two more times and has also summited many other peaks in the Whites. John also loves backpacking and has joined many of us on overnight backpacking trips in New Hampshire, as well.

John has hiked in many of the national parks, including the Grand Canyon, and has hiked a portion of the AT in Georgia. If you haven’t seen John on the trails in the Blue Hills yet, chances are you will soon, as he hikes there very often.

John has been actively hiking with SEM for several years and volunteered to lead many of the Trail Trace the Blue Hills hikes on Thursday nights this past season. He became a hiking leader for both SEM and the Boston Local Walks & Hikes Committee this past summer.

John has many other interests, as well, including kayaking, doing trail work, gardening, cooking, and being with family.

Congratulations, Barbara and John, on reaching these milestones and for giving back to AMC!

Massachusetts has opened an Office of Outdoor Recreation, joining 17 other states across the country, to enhance outdoor recreational opportunities throughout the state and support the associated economic, environmental, and quality of life benefits they bring.

The new office is within the Executive Office of Energy and Environmental Affairs (EEA) and will work alongside state agencies, including the Department of Fish and Game, the Department of Conservation and Recreation, and the Massachusetts Office of Travel and Tourism. Get more details [here](#).





## Volunteer of the Month: Diane Simms

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 Diane Simms.

I am sure her name is familiar to everyone since Diane was the SEM Chapter Chair for the past two years.

Managing the day-to-day responsibilities of the Chapter Chair position is a large undertaking unto itself, so it would be understandable if Diane scaled back from leading hikes while she served in that position. But in 2022 that was certainly not the case. Diane was one of the most active leaders for our chapter, with more than 20 hike leads and co-leads.

Many of the hikes Diane leads are in the Bioserve of Fall River. She takes Diversity, Equity, and Inclusion into consideration when setting up her hikes. Diane has built up a strong network within the local government and community social media sites to publicize her hikes to minority and underserved populations. In addition, she keeps detailed lists of past participants that she uses to alert them of upcoming hikes.

Diane has also proactively reached out to new leaders and aspiring new leaders-in-training to offer her assistance to them in planning and executing hikes. She has written letters of recommendation that allowed several leaders-in-training to become certified as new local hike leaders.

We are lucky and honored to have Diane as part of our chapter! Diane will receive a Volunteer of the Month Certificate and a \$50 gift card.

Thanks Diane!!



Photo by Richard Kaiser

## Braving the winter elements

By Richard Kaiser

Saturday, Dec. 10th, was a day of hiking in high winds, cold rain, in front of an angry ocean, yet these brave AMC hikers enjoyed every moment at Newcomb Hollow Beach in Wellfleet, MA. Coming off the cliffs onto the ocean beach is always amazing.

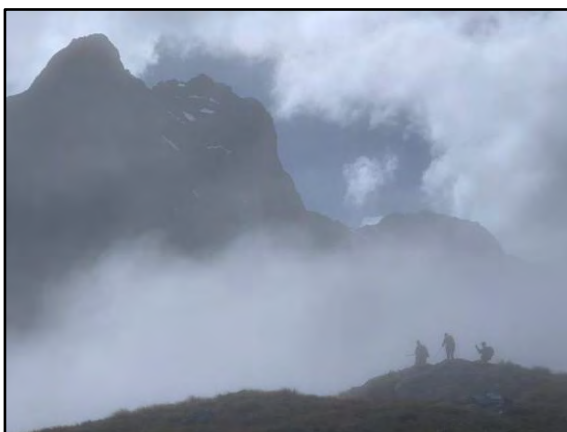




## SEM members explore New Zealand with AMC Adventure Travel

Article & Photos by Robin Melavalin

Have you ever heard the 1957 Mills Brothers song “Glow Worm” on YouTube? It’s a catchy tune! A few of us from SEM kayaked at night to visit glow worms in their caves in New Zealand. From November 30 to December 14, our AMC Adventure Travel group of 14 people went to the north and south islands, hiked the 33-mile Milford Track, saw kiwi birds, climbed up to view the hanging Rob Roy glacier, and visited a Māori area at dusk to see geysers. For information about future AMC Adventure Travel trips or to become an AT leader, visit the site [here](#).



LEFT: Three SEM members in the “Kiwi Group” are Leslie Carson, far left in pink, Robin Melavalin, next to her in yellow, & Barry Young, back row in blue shirt & black cap. *Photo by Friendly Passerby*

RIGHT: Clouds open to reveal summits at McKinnon Pass in Fiordland.



LEFT: Sheep along the trail to the pass.

RIGHT: The view from McKinnon Pass.

BELOW LEFT: Overlooking a valley cloud from McKinnon Pass.

BELOW CENTER: Milford Sound.

BELOW RIGHT: Lush forest along the Milford Track.







### 2022 Trail Trace the Blue Hills Maps Completed

Map Completed	2022 Date	Name	Map Completed	2022 Date	Name	
#1 Red	January 14	Lars Qvicklund	#6 Purple	January 19	Joanne Newton	
	March 9	Nick Georgantas		December 15	Bill Cannon	
	August 16	Elisabeth Belben		#7 Pink	August 27	Joanne Newton
#2 Blue	October 19	Barbara Lightizer	#8 Bronze	April 29	Bill Belben	
	November 27	Barney Morisette		June 15	Pete Tierney	
	March 5	Patricia Everett		December 14	Joanne Newton	
#3 Green	November 29	Nick Geogantas	#9 Silver	January 26	Linda Douglas	
	September 7	John Schepis		August 3	Bill Belben	
	December 14	John Schepis		September 21	Walt Granda	
#4 Orange	April 18	Ken Cohen	#10 Gold			
	November 22	Stephanie Cavallaro		#11 XI	August 27	Bob Vogel
	December 14	Karen Foley		#12 XII	November 23	Bill Doherty
#5 Yellow				December 14	Bob Vogel	

### December 2021 – March 2022 Winter Trail Trace the Blue Hills Maps Completed

Map Completed	2022 Date	Name	Map Completed	2022 Date	Name
#1 White	January 25	Bill Belben	#2 White	March 19	Karen Foley
	March 5	John Schepis		#3 White	January 11
#2 White	March 6	Diane Simms	#4 White	February 23	Joanne Newton
	March 8	Fran Price		March 16	Bill Doherty
#3 White	March 9	Nick Georgantas	#5 White	March 14	Pam Johnson
	March 10	Ann Hargleroad		February 23	Bob Vogel
#4 White	March 16	Barbara Lightizer			
	March 19	Nate Parsons			

Continued on page 8



## 2022 First Time 100 Miles Patch

(as of 12/21/22)

Madelyn Atwood

Annie Fortnam

Barbara Lightizer

Lars Qvicklund

Susan Stoll

Gloria Urrejola



Record your hiking miles [here](#).

# Mt. Hood August Camp 2023

**AMC's August Camp 2023** will be located on a brand-new site in Oregon on private land between Sandy, Oregon, and Mount Hood Village, only an hour's drive from Portland International Airport, making this one of the most easily accessed sites for Camp in many years.

We will have great hiking around Mount Hood and in the Mt Hood National Forest, plus in sections of the Columbia River Gorge.

We will be taking applications during a 10-day period beginning at 9 AM on January 2.

Visit the website [augustcamp.org](http://augustcamp.org) for details.

All applications received during the enrollment period will be treated equally. Camper selection is by lottery.

Camp dates in 2023 are:

- Week 1: July 15-22
- Week 2: July 22-29
- Week 3: July 29-August 5
- Week 4: August 5-12

Prices for August Camp 2023 are \$1650 for members and \$1980 for non-members.

[augustcamp.org](http://augustcamp.org)





## Take a look at anniversaries from the official AMC Archives

By Becky Fullerton, AMC Archivist

### Greetings AMC colleagues,

Once again, we are at the end of another year in the long life of AMC. As is becoming the tradition, I have compiled several anniversaries of note for you to, well, take note of in 2023.

Perhaps you're involved directly in a program or project where you'll find linkages to the past useful or interesting. Maybe you are just hungry for dates and events that can connect you or others to our history and help tell the AMC story.



AMC's 'Snow-Shoe Section' had a busy schedule full of excursions in 1898. Here they stop to drink from Osceola Brook near Waterville, NH.

A few momentous milestones for the coming year include the centenary of several trails and shelters in the White Mountains, and some big anniversaries for the launch of the Maine Woods Initiative and of AMC's joining up with The Highlands Coalition.

There are many more below! If you'd like further information on any of these or know of any exceptional anniversaries I have left out, get in touch. Feel free to forward this to anyone who you think would find it useful.

### 1898: 125 Years Ago

- AMC is given about 200 acres of land in the towns of North Woodstock and Lincoln, NH, by Miss Sarah Bryant Fay, later dubbed the Joseph Story Fay Reservation in honor of her father. **It was the largest and most valuable tract the club had received up to that point.** AMC turned the land over to the State of New Hampshire in 1933. Today it is known as Fay State Forest.
- AMC holds its annual **August Camp** at Moultonborough Bay on Lake Winnepesaukee, NH, paving the way for a return trip in 1900 when we stayed on Three Mile Island and decided to establish a camp there.

### 1923: 100 Years Ago

- **"Zealand Ridge Trail,"** is built from South Twin to Zeacliff, NH. This section of trail was later incorporated into the Twinway, linking Galehead and Zealand Falls Huts.
- **Gentian Pond Shelter, Full Goose Shelter and Speck Pond Shelter,** all in the Mahoosuc Range (straddling the NH/Maine border) are built.
- The first temporary camping shelter at **Eliza Brook** on the Kinsman Range, NH, is built.
- The **Carolina Mountain Club** is formed as an offshoot of a Southern Chapter of AMC started in 1920.

### 1948: 75 Years Ago

- The Brickett Place, an historic brick house in Stow, Maine, is operated by AMC as **Evans Notch Hut** starting in 1948. It was open during the summer under the care of two hut "croo" until 1957.



Evans Notch Hut

### 1973: 50 Years Ago

- AMC takes on the lease of the **Harvard Outing Club Cabin** in Pinkham Notch. New Jersey, Pennsylvania, and Connecticut.

Continued on page 10



## AMC Archives Continued from page 9



Gentian Pond Shelter, built in 1927.



The Brickett Place in Evans Notch, NH, was once operated as an AMC Hut (1948-1955).



Little Lyford Ponds Camps as they looked in the 1930s.

### 1998: 25 Years Ago

- AMC joins **The Highlands Coalition**, an advocacy group focused on land protection in the Highlands region of New York, New Jersey, Pennsylvania, and Connecticut.

### 2003: 20 Years Ago

- AMC opens the **Highland Center** at Crawford Notch.
- AMC launches the **Maine Woods Initiative** with a purchase of 37,000 acres in 100-Mile Wilderness region from International Paper and the purchase of Little Lyford Pond Camps.

## AMC's 147th Annual Summit Saturday, February 4th, 2023 Four Points by Sheraton, Norwood, MA

This year's Annual Summit will focus on volunteers in committee, facilitator, and leadership roles by providing discussion sessions, interpersonal-skills training, and opportunities for collaboration. This 1-day event will include a full schedule of learning opportunities, a catered lunch in the Four Points ball room, the presentation of club-wide awards, and an organizational update by AMC's new CEO Nicole Zussman. [Register Now!](#)

### Hybrid Wilderness First Aid offered at Summit:

Attendees of this course will do so in lieu of attending Summit workshops. Under the hybrid Wilderness First Aid model, you will be required to view roughly 12 hours of the content virtually at your own pace, followed by a single day practicum hosted in person, led by one of AMC's professional staff. Participants who successfully demonstrate skills taught during the virtual and practicum components of the course will be issued a SOLO Wilderness First Aid certification. This course may also be used to recertify a current SOLO WFR in the event of expiration. An optional CPR certification will be offered on the practical day. Registration for this WFA is separate from Annual Summit registration, if you are interested in taking this course, you **MUST** sign up in advance. Registration for the WFA course is coming soon.

**SOLD OUT**





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the bottom of [Outdoors.org](#) & click **Login**. Go to the bottom of the page & click **My Outdoors**. On **Welcome to your AMC dashboard**, scroll down to **Digest Emails** on the right, click **View Trips**. Under **My Dashboard** on the next page, click **Manage Digest Emails & Create new digest**.

### COVID 19 INFORMATION

COVID-19 Information: **Updated November 2022**. AMC requires volunteers be vaccinated or receive a negative result of a COVID-19 antigen test taken within 24 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a result of a COVID-19 antigen test taken within 24 hours of the start of an event. Photo documentation may be required as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

### CAPE HIKES

**Sat., Jan. 14. Hike Pamet Hill, Truro, MA.** We will be meeting at 9:45 AM on Saturday, January 14, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. This 2.5-hour hike covers 4.5 miles of steep hills, forests, and amazing ocean views 150 feet above the beach. If icy conditions, you will need crampons or spikes on your boots and poles. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Jan. 15. Scusset Beach State Reservation Afternoon Hike.** Join us for an easy 5-mile hike with one hill and some beach walking. We'll hike Sagamore Hill for views of Cape Cod Bay, walk through the woods, along the beach to the jetty, and back along the Cape Cod Canal. There is a creek crossing over a plank. This is a figure eight loop, with the opportunity to leave after the first half. L Marcella Rippel ([marcellarippel@gmail.com](mailto:marcellarippel@gmail.com))

**Thu., Jan. 19. Hike Scenic Falmouth, MA.** Enjoy some of Falmouth's finest! Scenic beach, marsh, bogs and farms. Complete with a mini waterfall when the tide is just right. Approximately 4.5-5 miles. Terrain is mostly flat with roots and rocks. Some minor hills. Elevation gain is approximately 213 feet. Parcels are connected by paved paths and roadside berms. Be prepared for winter hiking by layering clothing, hand warmers, easy to eat high energy snacks. Ice may be present in the woods. Bring traction devices such as microspikes and hiking poles. Arrive early and gear up by 9:45. Hike begins at 10 AM promptly. You must register for this hike. Location and directions will be sent to registered hikers only. L Catherine Giordano (508-243-3884 before 9 pm, [cmgiordan@msn.com](mailto:cmgiordan@msn.com))





## Activities

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

### CAPE HIKES

**Sun., Jan. 22. Hike Great Neck Audubon Sanctuary, Wareham, MA.** This 4 mile, 2 hour Show and Go hike is suitable for novice hikers. The wooded trails are relatively flat with uneven ground and roots through tall pines and historic lands. No dogs are allowed on this Audubon property. Hikers should have sturdy footwear, water, and poles if desired. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather or if the parking lot is not accessible. If we have snow, a portion of the hike could be done on snowshoes. Directions from the Cape: Over Bourne Bridge, Route 25 for 6.7 miles. Off at new Exit 3/old Exit 2, Onset/Wareham/Glen Charlie Rd. Bear right on ramp and go thru 2 traffic lights. As you cross Rte 28/6/Cranberry Hwy, name changes to Depot St. As you cross Onset Ave/Minot Ave, name changes to Great Neck Rd. Stay straight on Great Neck for 3.2 miles. Pavement turns to gravel, turn left into Great Neck Audubon. Park in lot near white house. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.)

**Sat., Jan. 28. Hike Bearberry Hill, Truro, MA.** We will be meeting at 9:45 AM on Saturday, January 28, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. This 2.5-hour hike covers 4.2 miles of hills, forests, amazing ocean views, and a short beach walk. If icy conditions, you will need crampons or spikes on your boots and poles. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Jan. 29. Hike John's Pond Mashpee, MA.** We will do a 4 mile hike on wooded trails with lots of hazards and some elevation climbs. Sturdy footwear and warm clothing are required. Hiking poles, snow spikes for your footwear if snow or ice is on the ground and fluid for hydration are strongly recommended. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. From Falmouth RT 151 West, Turn North (L) on Currier Rd, then Right on Ashumet Rd. In short distance, Ashumet bears off to right, continue straight on Hooppole Rd. (No road sign). Go 1.5 miles and turn Right on Back Road. Go 0.6 mile to large beach parking lot. From Mashpee Rotary take Rte. 151 to Falmouth and proceed to Barnstable Fairgrounds and turn R onto Ashumet Rd., at stop sign turn R to continue on Hooppole continue 1.5 miles to R on Back Rd., go 0.6 miles to parking lot at John's Pond. Meet at 12:45 PM for 1 PM start. L Jane Harding (203-500-3155 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Sat., Feb. 11. Hike Long Nook, Truro, MA.** 2 hour hike. Visit AF Base and Jenny Lind Tower. Excellent high cliff ocean views. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., Feb. 25. Hike Head of the Meadow, Truro, MA.** 2.5 hour hike. Visit Head of the Meadow and Coast Guard Beaches and hike in the rolling hills of pine forests. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am - 12:30 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Feb. 26. Hike-Great Neck Wareham (NOT Audubon), Wareham, MA.** This Show and Go hike is 4+ miles, 2 hours in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent. Note we are NOT meeting at the Great Neck trailhead on the map. Since this is a Show and Go hike, if it is cancelled due to inclement weather, it will be on the website. Please check the website on the day of the activity for updated status. Directions: over Bourne Bridge on Rte 25 for 6.7 miles to Exit 3/old Exit 2 (Rte 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3-way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike Leader with previous WFA training.)





## Activities

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

### CAPE HIKES

**Thu., Mar. 2. Hike - Nickerson State Park, Brewster, MA.** Hike winding trails over hills and shoreline of Big & Little Cliff ponds. I recommend poles due to many roots. Directions: Rt 6, Exit 89, turn left on 6A towards Brewster and enter Nickerson State Park at main entrance on left. Pass gatehouse, go straight and take first left on Flax Pond Road. Continue to parking lot at the end of the road near boat ramp. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check this hiking post on the day of the hike to insure it is still happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Mar. 5. Hiking Johns Pond Park Conservation Area, Mashpee, MA.** 4-mile hike in a 227-acre conservation property that has abandoned cranberry bogs that have become shallow freshwater marshes, a freshwater kettle pond, woodlands, Quashnet River headwaters and a town beach. Terrain is a combination of woodland trails, soft sand, loose gravel, dirt roads. Mostly flat. Gentle hills. A few downed trees to step over, around or thru. Hunting is allowed in all Mashpee conservation areas though hunting is prohibited on Sunday by MA state law. From time-to-time unplanned events, usually weather, force us to cancel a hike at the last minute. Please check postings on the day of the hike to be sure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 leader.)

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

**Thu., Mar. 23. Hike - Punkhorns, Brewster MA.** We will be taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Left @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left Unfortunately, last minute unexpected events often weather forces us to cancel @ the last minute. Please check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Mar. 26. Hike-Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA.** This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius

### EXECUTIVE COMMITTEE:

#### Volunteer Opportunities

**Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA.** The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) - Social media updates (Facebook and Instagram) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vibrant and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Skiing Vice Chair - Southeastern Mass. Chapter, MA.** Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross-country skiers and snowshoers. More details about Skiing responsibilities here: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)) Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org)); Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).



## Activities

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

### EXECUTIVE COMMITTEE

**Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Biking Vice Chair - Southeastern Mass Chapter.** Support the biking chair. For information on the chairs roles and responsibilities read [this document](#). If interested, please contact the biking chair and/or chapter chair and the nominating committee (see contacts). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL walt granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

### HIKING

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

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

**Sun., Jan. 15. Hiking Fall River Bioreserve, Indian Town Road, Fall River, MA.** Enjoy a 4-5 mile hike at Copicut Woods in the Fall River Bioreserve. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. Dress for the weather. Depending on ground conditions, traction devices may be required. Leader will notify registered participants several days before the hike. No pets. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L John Nery

**Tue., Jan. 17, 24, 31; Feb. 7, 14, 21, 28; Mar. 7, 14. - Winter Trail Trace the Blue Hills - A Tuesday morning hiking / snowshoeing series, Blue Hills, MA.** You may have heard of "Trail Trace the Blue Hills," an honor system quest to hike all the mapped trails in the Blue Hills Reservation. "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. There will be ups and downs and we will endeavor to maintain a steady but moderate pace, especially if it's cold. We will stop to enjoy lunch on the trail. On the few coldest days of winter, we may snack as we walk to keep warm. We are a cohesive group that hike together, wait at intersections, and watch out for one another. People new to winter hiking are welcome and encouraged to register. If you did not attend the Winter Hiking Workshop, you will be asked to attend any winter hiking workshop with any AMC chapter or watch our winter hiking workshop video. Start "Winter Trail Tracing"! It's easy to join, register once, then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. The series has 12 hikes through March 14, 2023. The last hike will be shorter followed by a celebratory luncheon at a local restaurant. Winter hiking clothes, insulated hiking boots, hiking poles and traction equipment such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers should bring a backpack with sufficient water, lunch, extra layers, and a first aid kit. A recommended clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be cancelled during active snowstorms; other than that, the hike goes on. If it's raining, we put on a shell. Icy conditions, on go our traction devices. Super cold, we layer up. You choose when conditions are no longer fun for you. Join us when you can and want. Why hike in the winter? It's pleasant hiking without bugs, an effective way to keep fit during the long cold dark days of winter, and you experience gorgeous winter landscapes! It's fun and a great introduction to winter hiking. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny on some hikes. No other pets allowed. L/R Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) in the Blue Hills with my dog Sunny.)





## Activities

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

### HIKING

**Thu., Jan. 19. Blue Hills Lowland Hike/Snowshoe - Thursday Morning, Blue Hills Reservation.** Moderate to fast pace, with occasional stops. An approximate 5-mile hike or snowshoe around Ponkapoag Pond. Bring waterproof hiking shoes or boots, snack/lunch, and water. MICROspikes and/or snowshoes may be necessary depending on trail conditions. We'll take a break at the AMC Camp down at the pond, weather permitting. Steady rain or snow will cancel. Well behaved dogs on leash are O.K. The group size will be limited to 14 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend. Details and directions to the meet-up location will be sent 24-48 hours prior to the hike to those who register. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hike Leader for the past six years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Former At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Nature and photo-journalism photographer) ([patriciae568@gmail.com](mailto:patriciae568@gmail.com))

**Sat., Jan. 21. SEM Snowshoe Series #2 The Nancy Pond Trail to the Nancy Cascades and Nancy and Norcross Ponds, Harts Location, NH.** This moderate (8.6 mile/ 2200 foot elevation gain) snowshoe along the Nancy Pond Trail is packed with the tranquil beauty of the White Mountains National Forest. It climbs gently at first through woodlands, then steeper beside three breathe taking cascades. After reaching a plateau the trail becomes more level and traverses the lengths of two remote and beautiful ponds. While walking beside the ponds we will be treated to view of the surrounding mountains. At the end of the Norcross Pond we will gaze down into the Pemigawasset Wilderness. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Wilderness Leadership Training.) L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com)) CL Sujatha Srinivasan ([ncsuja2021@gmail.com](mailto:ncsuja2021@gmail.com))

Tue., Jan.24. Winter Trail Trace the Blue Hills. See Jan. 17 listing for details,

**Thu., Jan. 26. Thursday Morning Hike: Whitney and Thayer Woods, Cohasset, Hingham, MA.** Winter walk in Whitney & Thayer Woods, along the lovely forest trails of this Trustees of Reservations property. We will start (and end) along the wide flat rail trail, climb a couple of hundred feet on a somewhat rocky path up to the Turkey Hill viewpoint. From there we will head towards the rhododendron grove, cross Brass Kettle Brook, past Ode's den and Rooster Rock, mostly on wide paths with rolling hills, but expect sections of narrow uneven trails with roots, rocks and short steep sections as well. Plan to be out for 3-4 hours, 4-6 miles, depending on weather and trail conditions. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Wear boots (and gaiters) suitable for possibly muddy/icy trail conditions (bring traction devices if there has been recent snow or freezing temperatures), clothing suitable for the weather (windbreaker, rain gear, layers, hats, gloves); bring water/snacks/lunch. Persistent rain or snow that morning will cancel. Contact leader by email if weather is questionable. Please carpool if possible. L Eva Borsody das ([borsody@gmail.com](mailto:borsody@gmail.com))

Tue., Jan.31. Winter Trail Trace the Blue Hills. See Jan. 17 listing for details,

**Thu., Feb. 2. Thursday Morning Hike at Gilbert Hills, Foxboro, MA.** Explore some of the smaller trails in Foxboro (Gilbert Hills) State Forest on this winter morning hike. We will cover approximately 5-6 miles, with small ups and downs. Plan on having traction for your boots and perhaps snowshoes. Wear winter boots, bring water, snacks and/or lunch, and an insulated pad to sit on for your comfort! We will meet at 9:45, and plan on approximately 3-4 hours, depending on conditions. L Peggy Qvicklund (774-893-3011 please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), I enjoy sharing the outdoors with likeminded folks, especially in the winter!)

**Sat., Feb. 4. SEM Beginner Winter Hiking Series #4- Mount Pierce, Crawford Notch, NH.** If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them. L william belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))



## Activities

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

### HIKING

**Tue., Feb. 7. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Thu., Feb. 9. Thursday Morning Hike - Eastover Reservation Hales Brook, 285 County Road, Marion, MA.** Hike 4 to 5 miles on flat wooded and open bog trails in the expanded Eastover Reservation/Hales Brook Trust. Meet at 9:45 AM at the trail head parking. Use 285 County Road for GPS (Nearest house) ready to hike. Lunch on the trail with view of the Sippican River. Heavy rain cancels. No Pets. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Tue., Feb. 14. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Thu., Feb. 16. Thursday Morning Hike - Let's Explore Ames Nowell State Park, Abington, MA.** Ames Nowell is an approximately 700-acre state park in Abington. There is a large pond, boardwalks, an old burial marker and many trails to explore. We will plan about a 7 miles route which should take us about 4 hours, depending on our hiking pace. So, come join us as we explore along our hike. L John Schepis (508-431-0842, [jas1218@comcast.net](mailto:jas1218@comcast.net), John is a Hiking Leader for the Southeaster MA Chapter of AMC as well as a Leader for the Boston Local Walks & Hikes Committee.) L Joanne Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net), Joanne is a Level 2 Leader for SEM and a Boston Local Walks & Hikes Leader.)

**Tue., Feb. 21. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Sun., Feb. 26-27. Lonesome Lake Hut Snow Shelter Building, Franconia, NH.** Come on this winter adventure to learn how to build a variety of snow shelters while staying at AMC's Lonesome Lake Hut in the White Mountains of New Hampshire. We will hike in approximately 1.6 miles to Lonesome Lake with an elevation gain of 950 feet. We plan to hike at a moderate pace. Traction devices such as micro spikes or hill sounds will be required as well as snowshoes. At this time of winter, we expect to be able to walk across the frozen Lonesome Lake and weather permitting see some awesome views of Franconia Ridge. Full winter gear will be required for this trip. (See equipment list.) We will be staying at rustic Lonesome Lake Hut, elevation 2740' in the heart of Franconia Notch. The hut is open in winter as a Self-Service Hut. As such we will share in packing in and preparing food for our group meals: Happy Hour, Dinner, and Breakfast. The hut common area is heated by a wood burning stove managed by the caretaker. The bunk rooms are in separate buildings which are not heated and will require an appropriately rated sleeping bag. After settling in, we will go out on the lake or surrounding woods and work on building snow shelters: Quinzhees, snow trenches with tarp, and tunnel shelters. The sunsets at 5:31 pm at this time of year. After dinner we may go out on the lake to view stars and the waxing crescent moon if they are out.

Required Equipment List: Winter Hiking Boots Non cotton Hiking socks - 3 Pairs Gaiters Snowshoes Microspikes or Hillsounds Hiking Poles Headlamp Rain Gear tops and bottoms or water resistant snow pants Backpack - large enough to hold everything plus room for a portion of group food/gear Gloves for hiking and one warmer pair; one pair of warm mittens. water resistant gloves preferred. Consider extra gloves as may be wet after shelter building Warm hat that covers ears Face mask or Balaclava Ski Goggles (needed if windy on Lake) Clothing (non cotton) appropriate for weather-use layers to adjust for cold. One dry layer for after exertions ie. synthetic wicking layer close to skin, fleece, insulated layer: puffy, layer to block wind/water. Down Parka Personal first aid (moleskin, hand/feet warmers) Water with insulated container (can use sock) Sleeping bag preferably rated zero or lower Snacks and Lunch Recommended: Snow shovel for digging shelters, tarp for trench shelter or if you plan to sleep in your shelter. Two closed cell foam pads or similar if you plan to sleep in your shelter. L Ann Hargleroad (617-935-9301, [ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), I love hiking, biking, kayaking, and photography. I have enjoyed hiking the New England 67 and the NH winter 48 but mainly just love being outdoors. I am wilderness SOLO first aid certified.) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Tim Harvey (978-349-8812, [henry\\_harvey@comcast.net](mailto:henry_harvey@comcast.net), I like outdoor activities including hiking, climbing, and back country skiing. I am working on becoming a Southeast Chapter leader.)

**Tue., Feb. 28. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,







## Activities

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

### HIKING

**Fri., Mar. 3-5. SEM Beginner Winter Hiking Series #5- Carter Notch Hut Overnight, Bean's Purchase, NH.** If you're new to winter hiking, join us for this fifth Southeastern Mass. Chapter Winter Series Hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #5, we are planning to hike into Carter Notch Hut, at elevation 3,288 feet, which will be our home base for the weekend. We will hike in the group's food for the weekend, which the group members will prepare in the hut's kitchen. Leaders will guide group members in hikes nearby to the hut. We will stay in the bunkhouses overnight. Full winter gear and clothing will be required, including Microspikes (or equivalent traction), snowshoes, crampons & winter boots. A sleeping bag rated to 0 degrees is also required. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine enjoys leading hiking year-round. The annual winter hut hike is one of her favorites.) L Bill Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com), Bill enjoys leading hikes year-round. He is the SEM Hiking Chair.) L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Ann Hargleroad ([ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), Ann had led trips in the White Mountains year-round.)

**Tue., Mar. 7. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Tue., Mar. 14. Winter Trail Trace the Blue Hills.** See Jan. 17 listing for details,

**Thu., May 18. Thursday Morning Hike along the Lower Neponset River, Dorchester, MA. WHEELCHAIR ACCESSIBLE.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com/> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I may have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

### SKIING

**Fri., Feb. 3-5. X/C Skiing at Grafton Ski and Outdoor Center, Grafton, VT.** Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will stay at the Grafton Inn and have complimentary access to the Grafton Outdoor and Ski Center. Weekend will start on Friday evening and check-in is any time after 3. Inn includes a full breakfast and from there we can use the Outdoor center for x/c skiing, snowshoeing, and tubing. A range of levels is welcome. Passes and rentals are included with our stay. L Jeannine Audet (508-493-8221), Jeannine is the SEM chapter ski chair and has been leading x/c ski weekends for the last 10 years. She is also a year-round avid hiker and leader.), L/R Dia Prantis (617-504-8797) Anytime and I'll return your call. (Text is often better.), [dprantis@yahoo.com](mailto:dprantis@yahoo.com)). Dia is skiing vice-chair and hike leader for SEM chapter.



The End



# The Southeast Breeze

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

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

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

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This group is all bundled up for a January walk in the woods. *Photo by Robin McIntyre*

## Pleasant hike on a raw day at wildlife sanctuary

By Robin McIntyre, Cape Hiking Vice Chair

On Sunday, January 22nd, fourteen hikers enjoyed a pleasant trek in the Great Neck Wildlife Sanctuary in Wareham. The group learned about the property and its history as farmland from the 1800s with stone walls and evidence of quarry activity and former use as a monastery and retreat center. The hikers headed through wooded trails with two water views and abundant new white pine growth. Despite a cloudy, raw day, hikers enjoyed an afternoon in the woods and the camaraderie of the group!

This Mass Audubon preserve connects several land conservation areas and private land protected by conservation restrictions to create over 300 acres of contiguous open space.

### 'A great sense of accomplishment'

According to Ben West from Connecticut, who joined us for our beginner winter hike: "The Kearsarge hike was an outstanding experience. It's difficult to take a larger group with varying levels of experience on a climb like this, but the leadership on this hike was outstanding. The hike pushed the ability of some, but those who were challenged most seemed to have a great sense of accomplishment at the end." See page 3 for details

## View from the Chair: **On the Trail to being ‘More’**

On Saturday, February 4th, I attended AMC’s Annual Summit. [Nicole Zussman](#), our new CEO, mentioned that this was AMC’s 147th Annual Summit and in three years AMC will be 150 years old. It got me thinking about our chapter’s history. The Southeastern Massachusetts chapter was founded in 1976 and in three years we will be 50 years old.



Our chapter’s history is important—without it we are just a glorified Meetup—so I want to thank those involved in digitizing and uploading every issue of the [Breeze back to 1981](#). I imagine, years from now, a member pulling an article from the COVID years to read about us hiking in masks.

History and culture go hand in hand, and we’re known for making people feel included. We provide activities which enable folks to be outdoors irrespective of where they’re starting from physically. In addition, we are growing in the diversity of our activities. For example, on the day I am writing this we have a family-friendly hike for guardians and kids aged 4 to 10, and I recently posted a [paved hike](#) that is wheelchair accessible, followed by lunch.

We should hold pride in our hearts for where our chapter is at right now, be excited that we’re on a journey to being more, and appreciate the history of where we’ve come from. If you’ve not had a chance, I encourage you to read some of our archived *Breeze* publications.

*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

### 2023 Standing Committees

20’s & 30’s Chair.....Natalie Halloran  
 20’s & 30’s Vice Chair.....Open  
 Biking Chair .....Bill Trimble  
 Biking Vice Chair .....Open

Cape Hiking Chair.....Jane Harding  
 Cape Hiking Vice Chair .....Robin McIntyre  
 Communications Chair .....Victoria Holland  
 Communications Vice Chair.....Open  
 Conservation Chair .....Open  
 Conservation Vice Chair .....Open  
 Education Chair .....Anne Duggan  
 Education Vice Chair .....Srini Iyengar  
 Hiking Chair .....Bill Belben  
 Hiking Vice Chair.....Open

Membership Chair.....Samantha Fisher  
 Membership Vice Chair .....Nancy Piedra  
 Paddling Chair .....Barry Young  
 Paddling Vice Chair .....Joe Keogh  
 Skiing Chair .....Dia Prantis  
 Skiing Vice Chair .....Open  
 Trails Chair .....Steve Scala  
 Trails Vice Chair .....Larry Petrone

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Volunteer Relations....Katherine Brainard  
 Regional Director.....Jenna Whitney  
 The Breeze Editor.....Mo Walsh  
 Blast Editor.....Marie Hopkins

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





This winter hiking group enjoyed dramatic views from several open ledges on the Kearsarge North Trail. *Photo by Dia Prantis*

## Winter in the White Mountains: Push your hiking comfort zone!

By Paul Miller, Four-Season Hike Leader

For a number of years now, the SEM Chapter's popular [Winter Hiking Series](#) has served as a developmental program designed to encourage three-season hikers to get out into the mountains in the winter to experience the beauty of winter hiking in a safe and enjoyable environment. To this end, the series typically starts with an indoor Winter Hiking Workshop during which some of our more experienced winter hiking leaders cover the fundamentals of how to prepare and dress for winter hiking and what gear we need to take along with us. The "show-and-tell" portion of the workshop, in which the leaders get to show off all their cool winter clothing and gear, is often the most enjoyable part for leaders and participants alike.

Following the workshop, we then offer a series of winter hikes that start with a relatively easy local hike and then progress to longer and more challenging winter hikes up in New Hampshire. The series typically includes at least one 4,000-footer and culminates with a multi-day overnight trip

to one of the three AMC High Mountain Huts that stay open in winter on a self-service basis. (There's a caretaker on site, but we have to carry in and prepare our own meals and carry out our trash.) All three winter huts—Carter Notch, Lonesome Lake, and Zealand Falls—are fantastic and, with the right clothing and a good winter sleeping bag, make for a comfortable and memorable stay in the mountains!

While the necessary restrictions imposed by the lingering COVID-19 epidemic threw a monkey wrench into the normal ebb and flow of our Winter Hiking Series, I'm pleased to report that things appear to be back on track...but with one difference. This year, in addition to the developmental Winter Hiking Series designed to introduce beginners to winter hiking, the SEM Chapter is also offering a parallel series of somewhat more demanding hikes designed to appeal to our more experienced winter hikers. So far, it's been working out great, with good participation in both winter series.

Partly because I really enjoy introducing three-season hikers to winter hiking, and partly because I tend to hike at a more laid-back pace myself, I've helped lead this season's first three "beginner" winter series hikes. Our first hike was right here in the Blue Hills and the second at Mt. Wachusett. Our third and most recent hike in the series, on January 7th, brought us up to the White Mountains to hike Kearsarge North in Intervale, N.H. (Not to be confused with the more southerly Mt. Kearsarge in Warner, N.H.)

Even after a bunch of last-minute cancellations—thank you, Maureen Kelly, for handling all the registration chores!—a group of 16 still showed up for the hike.



A beautiful winter view. *Photo by Cindy Grondin*

Continued on page 4





Outside the fire tower. *Photo by Cindy Grondin*

## Winter hiking Continued from page 3

This included “the two Pauls” (Chapter Chair Paul Brookes and me, Paul Miller) as leaders, and three capable co-leaders: Nancy Piedra, Pepi Rodriguez, and Dia Prantis. During this hike, Dia fulfilled her “qualifying lead” to complete her requirements as a Level 3 SEM hike leader. (See page 6 for more about Dia.)

It’s a long drive up to Intervale from almost anywhere in Massachusetts (one of our participants came from Connecticut!), so many of us drove up the night before and stayed at a hostel, motel, or AMC lodge. The Kearsarge North trailhead on Hurricane Mountain Road has very limited parking, so we met first at the Intervale Scenic Overlook parking area on Rte. 16 and carpoled to the trailhead in just three or four cars. This was a smart move, since the only way we could fit all our cars at the trailhead was because another car left just as we arrived.

Although it had snowed lightly all the previous day, the trail conditions on Saturday were borderline for winter hiking, with mostly snow-covered trails on the lower portion of the trail, but with a lot of bare, muddy, or wet spots. We encountered lots more snow on the top-third of the mountain, especially as we got closer to the 3,269-foot-high summit, where we got to experience real winter conditions. While we certainly didn’t do our traction devices any favors walking on all the exposed rocks, they were essential for some of the icier spots.

As predicted, the weather was relatively mild for January in the Whites with temps in the upper 20s and lower 30s, mixed sun and clouds, and light wind. While we enjoyed wonderful views from the open ledges, the usual expansive views from the enclosed fire tower on the summit were mostly clouded over. On the positive side, we had the entire fire tower to ourselves, which made a cozy, convivial, and nicely protected spot to grab a quick lunch!

With just a few tricky spots to navigate on the way down, our descent was relatively quick and easy. We made it back down to the trailhead on Hurricane Mountain Road at about 4:00 pm with a little daylight still left. There were lots of smiles on everyone’s faces after completing our 6.2-mile hike with approximately 2,600 feet of elevation gain. After a quick circle up and saying our goodbyes, we carpoled back to the nearby scenic overlook parking area, where most of us hit the road back to Massachusetts.

The next hike in the beginner’s developmental winter series is Feb. 11th to Mt. Pierce, a 4,000-footer in the Presidential Range. On a clear day, this peak offers fantastic views across the southern Presidentials all the way to Mt. Washington and beyond. This year’s series finale will be an overnight trip on March 3-5 to the AMC Carter Notch Hut near Pinkham Notch. This historic hut (the first in the AMC hut system) features a stone main hut heated in the afternoon with a wood stove, plus separate (unheated) bunkhouses and sanitary facilities. The hut, nestled adjacent to two pristine mountain lakes, offers dramatic views up to Wildcat A (4,420 feet) and Carter Dome (4,832 feet), which flank the Notch.

If you’re interested in getting outdoors this winter (and possibly push your comfort zone just a bit), check out these or any other upcoming SEM winter hikes, snowshoes, and XC ski trips on the AMC ActDB trip listing system. You’re likely to find a winter-season trip that matches your own experience and comfort level.



We had a mix of sun and clouds as we hiked to the summit.

*Photo by Ben West*





Nancy Tutko on Mt. Washington. Photo by Eli Hanschka

## ‘ Rambler ’ Nancy Tutko earns Level 2 Hike Leader status

By Dexter Robinson, Hike Leader/Mentor

Congratulations to Nancy Tutko for completing the requirements to become an SEM Level 2 hike leader. Nancy lives on Martha’s Vineyard and is a longtime AMC member, joining the club back in the 1990s with her family. This past year I had the pleasure of mentoring her to finish the Level 2 hiking requirements.

As a Level 1 leader, Nancy has led hikes on Martha’s Vineyard and Cape Cod. She co-led two hikes with me. For the first qualifying hike to Mt. Jackson & Webster, she participated in screening participants and doing the pre-hike introduction. I was impressed with how easily she engaged with the participants at the trailhead, noting that one person was carrying too much water.

For the second hike, she selected Mt. Osceola, taking full charge of this hike. Her ActDB overview was exceptional and worthy of being a model for future SEM hikes. The hike was not without its challenges. One hiker did not show up at the designated carpool spot but turned up later. On the return from the summit, Nancy had to deal with someone who was having difficulty with their boots and socks.

Nancy has a wonderful leadership style. During the second hike, she initially took the lead but over the course of the hike she encouraged and had others take the lead so that she could move around and interact with everyone

in the group. For both hikes she took the time to evaluate the hike—what worked well and what could have been done differently.

Nancy likes putting together long “rambles” with interesting geologic, historic, and cultural features. She also likes hut-to-hut hiking. Nancy completed her Level 2 requirements by updating her Wilderness First Aid training at Pinkham Notch. She capped off her stay there with her first winter ascent of Mt Washington, accompanied by her son Eli Hanschka, who is AMC's winter caretaker at Hermit Lake shelter.

## 2023 Leadership Training coming April 22 and 23

By Anne Duggan, Education Chair

The Education Committee is pleased to announce a Leadership Training Weekend April 22 and April 23 in Rochester, MA.

On April 22 the **Basic Leadership** training course will be offered. This full-day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills.

The Basic Leadership course is required for prospective SEM trip leaders but is also appropriate for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. For Basic Leadership training, [register here](#).

**Expanded Leadership** will be offered on April 23. It will emphasize skills needed for leading Level 2 hikes and backcountry activities.

The course is open to:

1. All attendees of the Basic Leadership course;
2. Current leaders who want to advance to a higher leadership level; or
3. Any leaders wishing to enhance their leadership skills.

To attend Expanded Leadership training, [register here](#) on the Activity Database.





## New Level 3 Leader: I guess you could say Dia Prantis loves snow!

By Bill Belben, Hiking Chair

On January 7th, Dia Prantis completed her qualifying hike for Level 3 Hike Leader Certification by leading a group of 16 hikers to the summit of North Kearsarge. The hike was part of the beginner winter hiking series and was the first of the winter hikes that required the use of traction devices.

Dia confidently managed the group throughout the hike and adeptly handled the challenge of a new hiker with a slower pace, keeping everyone together and achieving the goal of summiting.

In addition to leading hikes, Dia can also be found on the slopes. She served as the Skiing Vice Chair for the past three years and was elevated to the role of Skiing Chair last November. She has helped coordinate many multi-day cross country ski trips to New Hampshire, Vermont, and western Maine.

When Dia isn't volunteering for AMC-SEM, she works as a teacher and likes to cook and engage in creative activities. Oh, and by the way, she is the also mother of three boys!

Dia is now certified as an all-season hike leader. Please congratulate Dia on her accomplishment and look for her exciting upcoming ski and hiking trips!

## New Level 2 Hike Leader Pepi Regueiro shows veteran skills

By Anne Duggan, Hike Leader/Mentor

The hiking committee is pleased to announce Pepi Regueiro as our newest Level 2 leader. A citizen of Spain, Pepi joined AMC while she is in the U.S. teaching Spanish as part of a teaching exchange program.

Pepi attended the 2022 AMC-SEM Winter Workshop and soon became a fixture in the chapter. She brings positive energy, enthusiasm, and exuberance to every hike she attends. A strong hiker, Pepi is always eager to lead or to hang back and offer encouragement to a new hiker.

Pepi attended Basic and Expanded Leadership training last April. Since that time, she has co-led trips to Sandwich Dome and Mount Garfield. For her qualifying hike Pepi chose the North and South Hancock Loop. She wrote the Information sheet, screened participants, and managed the hike. She led the way up the steep icy slopes with ease, pointing out hazards. She adjusted the pace as needed, and guided participants across five difficult icy water crossings. She frequently checked in with all the hikers and helped the group to have an enjoyable experience. Best of all, she returned the group safely to the parking lot.



The skills that Pepi demonstrated on this hike were not those of a beginning hike leader, but as a seasoned veteran. Congratulations, Pepi!

### Open Zoom Meetings for DEI Sharing

The AMC-SEM Chapter Diversity, Equity, and Inclusion (DEI) Zoom Meeting is open to everyone. Join us for a meeting to share your ideas or comments. There is no commitment; join us once or every month for our discussion. The DEI Meetings are listed on ActDB under "Meetings." We would enjoy hearing your thoughts. [Next Meeting](#): Tuesday, February 21, from 4:30 to 5:30 pm.





Photo by  
Paula Magyar

## Volunteer of the Month: Keith Magyar

By Robin McIntyre, Cape Hiking Vice 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, Cape Hikes recognizes Keith Magyar.

Keith is a relatively new hike leader who has stepped up frequently in his new role. He has co-led three hikes and volunteered for Fall Fest in Wompatuck State Park in September 2022 as a leader-in-training. He completed his Level 1 credentials there, and he has led hikes locally in Bells Neck and Herring River/Robbins Pond this winter.

Keith has learned the AllTrails app and is able to use it to modify or create tracks for new hikes. He takes his leader responsibility very seriously, meticulously preparing the route, checking on the safety and well-being of his hikers, and making sure that everyone is also having fun. He is an enthusiastic leader who provides and exemplifies a welcoming nature to all hikers: preparedness, good interpersonal skills, and a love of the outdoors.

After a career in engineering with Associated Spring in Connecticut, a division of the Barnes group, Keith and his wife, Paula, relocated to their second home on Cape Cod. They initially spent their free time remodeling their house on the Cape to support their new retirement lifestyle. Both are active Cape hikers, enjoying the camaraderie and outdoors with local hikers.

Keith is also a very active volunteer with Habitat for Humanity, another example of his giving nature.

Congratulations, Keith, and thank you from all of us at Cape Hikes and AMC SEM!

Keith will receive a Volunteer of the Month Certificate and a \$50 gift card.

## Are you thinking about becoming an AMC-SEM Hike Leader?

By Maureen Kelly, SEM Hike Leader

There are many reasons to become an SEM Hike Leader, but most of them are about the appreciation the participants have for you for leading the trip. That is the best part for me.

I was hiking in the Blue Hills recently and a woman I was passing said, “Maureen?”

I said “Yes”, and she told me her name and that she attended the Noble View Camp trip with me a few years ago.

“Is SEM running the trip again this year?”

“No, not this year, but they may hold it again next year.”

“That was such a nice trip”, she said. “It was great to eat the meals family-style with everyone else.”

“Yes”, I agreed.

“There was a relaxed atmosphere at Noble View. You could hike in the morning and read a book after lunch. Or you could hike, ski or snowshoe morning, noon, and even at night! Each person could create their own trip.”

I was so pleased that the woman stopped me and said hello. It means a lot to know that hikes and programs we run give people joy, take them to beautiful places, and that they look to sign up again. If you enjoy hiking with SEM, consider becoming a hike leader with us.

We have a great Leadership Training Program that gives you a mentor to work with. There is no obligation to lead trips if you take the training. Whatever type of hike you like, we would like to have you lead those hikes for SEM. If nothing else, you will understand why we run hikes the way we do, and you’ll be able to take your family and friends out as a more knowledgeable leader.

Leadership Training is listed on [ActDB](#). It takes place on Saturday, April 22, 2023. We really would like you to become a leader for SEM.





Illustration: <https://www.uidaho.edu/extension/soil-health>

## The Good Earth: Investing in Soil Health

By Kris Atkinson

Part of my work on my town's Green Communities Committee is to scout out grant opportunities to help us be "sustainable," taking that to mean staying as beautiful and livable as we are. I came across a report prepared for the state's Office of Energy and Environmental Affairs (EEA) on the condition and future of our soils: [Massachusetts Healthy Soils Action Plan](#). It is quite an eye opener! Looking at conditions when my little grandson enters grad school, it's a worrisome outlook.

Healthy soils-related legislation is passed or pending in 29 US States, with initiatives in countries all over the world trying to protect and restore the soil. The report states,

"The conversion of land from forests, fields, and wetlands to building lots and lawns significantly diminishes the health of soils. Strategic development and bold land-use planning actions with regard to soil health, however, can help reduce conversion of land, mitigate the intensity of climate change, and meet goals like those set forth in the Decarbonization Roadmap and the Clean Energy and Climate Plans.

"The loss in soil function occurs from the removal of trees and other plant communities, which act as soil carbon generators, as well as through changes

made to the physical structure of the soil. To date, of the 5.18 million acres of soil in Massachusetts, 475,033 acres (9.2%) have been converted to buildings and pavement, in which case almost all of their vital function has been lost. Some of this acreage includes sites with active hazardous material contamination in their soils."

New England Land Futures Project (Harvard Forest) development projections suggest that as many as 372,116 additional acres (7%) are highly vulnerable to conversion by 2060. This land consumption study predicts most future development is likely to occur on forested lands: "Converting forests to developed lands, like houses, pavement, and turf, has long-term negative impact on soil functions, such as stormwater infiltration, soil biodiversity, and soil organic carbon (SOC) storage."

Regenerative farming and carbon sequestration (decarbonization of CO<sub>2</sub>) programs are only beginning to help keep our soil healthy enough to sustain us. A few years back, I was fortunate to attend a conference by the National Parks Service on building permeable pavements for trails. And our Conservation Preserves are some of the best examples for understanding the vital significance of unspoiled wetlands. However, most of the land at risk is in private hands.

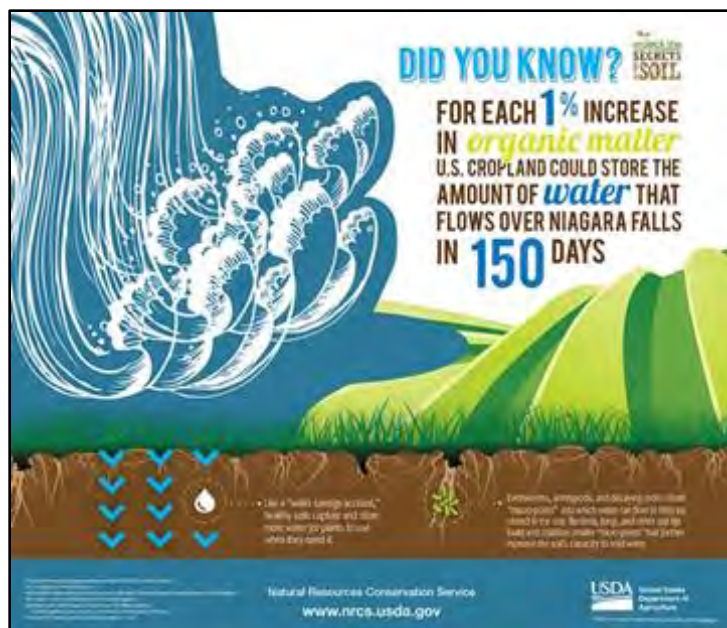


Image courtesy of Natural Resources Conservation Service, U.S. Dept. of Agriculture [www.nrcs.usda.gov](http://www.nrcs.usda.gov)

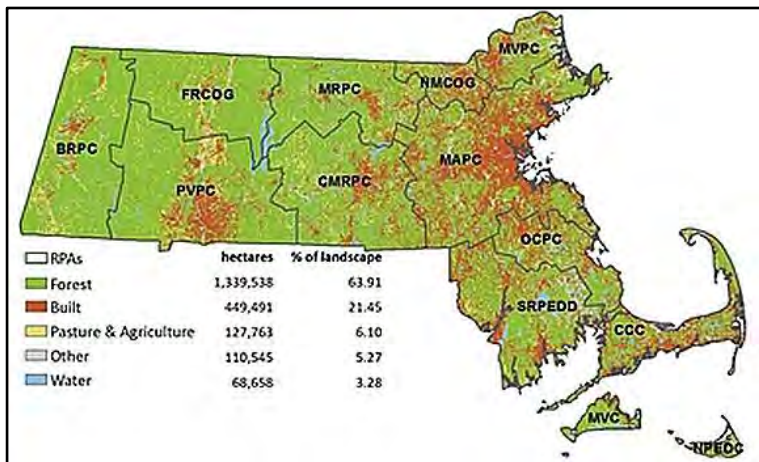
Continued on page 9





## The Good Earth Continued from page 8

Last year stormwater drainage and lack of infiltration meant water shortages putting our towns on restrictions lasting from April until November. The singling out of turf as a permeability problem was a new one to me. My personal answer: fewer land-gobbling building projects, more swamps and rain gardens!



US Forest Service, Resources Planning Act: sub-regions and land cover in 2020. [From, Land Sector Report: A Technical Report of the Massachusetts 2050 Decarbonization Roadmap Study](#)



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

FREE: "I have an old 4-person canvas tent that we used for car camping when my kids were small. I took very good care of it, but I have no use for it now. Do you know of any organizations that would want something like that? I hate to throw it out."

Contact [Steve Scala](#).

FOR SALE: Marmot vest, mens size large, with Polarguard 3D insulation. Used only a couple of times. Too large for me. \$20. Contact [Dexter Robinson](#).



The good news: Our new governor is keeping her vow of "being absolutely number one when it comes to the most aggressive plans around climate." At a press conference on her first day on the job, Healey appointed Melissa Hoffer to the new position of Climate Chief, reporting directly to the governor (the first U.S. state to do so). Hoffer returns to us after two years as Principal Deputy Counsel for the EPA, previously serving Massachusetts as Chief of the Environmental Protection Division and as a Vice President and Director of the Conservation Law Foundation.

Another new appointment was Rebecca Tepper, previously Chief of the Energy and Environment Bureau, to lead the EEA (MA Executive Office of Energy and Environmental Affairs). Progress begun on climate reform under the Baker administration will likely accelerate.

Embracing Massachusetts as a "zeitgeber"—a "time giver" that stimulates the resetting of natural rhythms—can help other states model a way forward to halt the slide. The word "crisis" is overextended nowadays, but when record warm conditions in Greenland last September caused unprecedented surface melt and meltwater runoff in the Greenland ice sheet—57 billion tons, compared to earlier average September totals of 9 billion tons—preventing planes from landing, and sending researchers out to play volleyball in shorts... We have to pay attention!

## AMC DEI Speaker Series Webinar

Exclusive Spaces:  
Mitigating the Risk of Racism  
in Outdoor Spaces

Tuesday, February 21, 7:00-9:00pm

With 20 years of experience traveling in predominantly white outdoor spaces as People of Color, City Kids continues to develop a holistic approach to reducing the risk of emotional or physical harm to participants and staff through program design, staff training, incident mitigation and response. This presentation aims to provide a framework and replicable tools for AMC staff and volunteers. Webinar and Registration information:

<https://activities.outdoors.org/search/index.cfm/acton/details/id/142670>



Students in the Wilderness First Responder course.  
*Participant Photo*

## First Aid in the Backcountry

By Nancy Tutko, Hike Leader & Certified WFR

A piercing scream echoed through the trees, and I ran along the snowy trail toward the sound. Huddled on the ground, a young woman rocked back and forth, clutching her hand and wailing, “My thumb! My thumb!” I knelt down, saw the bloody stub, and as calmly as I could, began asking questions. The details soon emerged: A hatchet swing had gone astray and an amputated thumb lay nearby in the snow, with no first aid supplies on hand. But we weren’t far from the trailhead, and soon we were making our way toward it, her bleeding hand swaddled securely with a clean bandanna. And the thumb itself? The best I could do was wrap it in a used hanky tucked into a plastic snack bag loosely filled with snow. In the backcountry, as I recently learned, improvising is an essential element of first aid, and staged scenarios like this are a great teaching tool.

A few years ago when I became a volunteer hike leader for AMC, I took a two-day class in Wilderness First Aid (WFA, or woofah). Scrolling through the offerings recently when the time came to recertify, I noticed AMC’s listing for a Wilderness First Responder course. A nine-day course at nearly \$1,200 seemed over the top given my relatively moderate hiking goals, but my son, who had taken the course, encouraged me to consider it. “You always like to know more than you need to,” he observed, and it’s true. And in a wilderness setting in which someone’s health or

perhaps life may be at risk, there’s no such thing as too much knowledge.

I thought back to that WFA course, a fast-paced overview of basic backcountry first aid with a few hours of field practice splinting, bandaging, and carrying. In assessing a person in distress, a long list of acronyms come into play – AVPU, SAMPLE, LOC, CSM, SOAP note, ABC – which can be daunting to learn and apply in a compressed timeframe. But it was helpful to get an understanding of the kinds of injuries or illnesses that can occur along the trail, a good introduction to emergency care in the backcountry.

This time around, I wanted a more in-depth experience. So I signed up for the course taught by SOLO instructors offered at AMC’s Pinkham Notch Visitors Center and headed north last month. My WFR (woofer) class had ten students ranging in age from mid-twenties to mid-sixties, six men and four women. Most were there to fulfill job requirements with organizations such as AMC, NOLS, and Outward Bound, for leadership positions in backcountry settings. One participant, Jocko Catipovic of Woods Hole, is a U.S. Navy specialist in sea ice mechanics who was taking the course prior to an Arctic expedition this winter. Nearly everyone had some prior wilderness first aid experience or training.

Continued on page 11



WFR instructor Sarah Houghton demonstrates how to use improvised materials to construct a full leg splint on Jocko Catipovic of Woods Hole, a course participant. *Participant Photo*





WFR course participants prepare an injured “victim” for transport to accessible medical care. *Participant Photo*

## WFR Course Continued from page 10

The SOLO course instructor, Sarah Houghton, has been a paramedic for the past 12 years, a search-and-rescue team member and wilderness first responder in Vermont and New Hampshire. Armed with her professional training and hands-on experience, a weighty 338-page textbook, and some pretty convincing fake blood and scar putty, Sarah guided our class through a range of common and less-frequent medical scenarios.

We learned how to recognize and treat frostbite, dehydration, hypo- and hyperthermia, bone fractures, infection, anaphylactic shock, and much more. She detailed complex life-threatening situations that demand immediate evacuation, along with best practices for keeping a patient stable until medical professionals can take over.

Each day included classroom instruction, with plenty of time for questions, in-depth discussions, and repeated practice of techniques such as wound bandaging, splinting, and CPR. Several times a day, half the class suited up and went out into the snowy woods with our instructor to enact different medical emergencies, while the rest waited for the signal to respond.

A realistic simulation of a severe hand injury was just one of the scenarios that challenged the WFR students. *Participant Photo*



Sometimes these scenarios could really feel stressful or frustrating, such as the day when, as a lone responder, I was losing my pretend patient to hypothermia, or another when the rescue team couldn't agree on a course of action.

Those many hours spent outdoors responding to simulated accident scenarios – the pressure of having to assess and treat a wide range of medical situations with limited resources, those hands-on learning opportunities that books and videos can't replicate – were the most meaningful. I also learned a lot by observing my classmates in action, their different strengths and approaches, and hearing about their own life experiences in wilderness settings.

A friend recently shared a quote by Arthur Ashe: “Start where you are. Use what you have. Do what you can.” I'm not a medical professional. I hope I never have to pull traction on a broken femur or administer CPR or pack a chest wound. But if I ever find myself in that kind of emergency situation, my WFR training has given me a stronger foundation for doing what I can to help.



“Transport” to certified Wilderness First Responders often means carrying an injured person to the nearest road accessible to vehicles or even to a clearing for a helicopter. *Participant Photo*





## SEM MEMORY

Leadership Training at Camp Haywood in Sandwich, MA, on June 11, 1989. [Leader Bob Bentley instructs a First Aid group on lifting a patient]



# Mt. Hood August Camp 2023

**AMC's August Camp 2023** will be located on a brand-new site in Oregon on private land between Sandy, Oregon, and Mount Hood Village, only an hour's drive from Portland International Airport, making this one of the most easily accessed sites for Camp in many years.

We will have great hiking around Mount Hood and in the Mt Hood National Forest, plus in sections of the Columbia River Gorge.

We will be taking applications during a 10-day period beginning at 9 AM on January 2.

Visit the website [augustcamp.org](http://augustcamp.org) for details.

All applications received during the enrollment period will be treated equally. Camper selection is by lottery.

Camp dates in 2023 are:

- Week 1: July 15-22
- Week 2: July 22-29
- Week 3: July 29-August 5
- Week 4: August 5-12

Prices for August Camp 2023 are \$1650 for members and \$1980 for non-members.

**augustcamp.org**





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the bottom of [Outdoors.org](#) & click **Login**. Go to the bottom of the page & click **My Outdoors**. On **Welcome to your AMC dashboard**, scroll down to **Digest Emails** on the right, click **View Trips**. Under **My Dashboard** on the next page, click **Manage Digest Emails & Create new digest**.

### BICYCLING

**Tue., Feb. 14. 15-Mile, Meet at 8:50AM, Southworth Library, 732 Dartmouth St, South Dartmouth, MA 02748.** Keep your cycling legs through the cool weather. No registration required, meet at library, sign the waiver and go. This ride is a 15 mile loop, moderate pace ride (12-15 MPH), starting and ending at Southworth Library. We will ride via Russell's Mills, Potomska, Little River, and Smith Neck Roads. All on the road, mostly flat. Rain will cancel this event, but temperature will not. Expect mid 30s. Dress warmly and in layers. I wear a base layer, cycling jersey, cycling jacket, and a windbreaker on top, compression tights, cycling jersey and fleece lined wind pants on the bottom. I wear a buff or balaclava on my head, gloves and shoe covers. Helmets are required. Front and rear lights are recommended. Bring water and a spare tube We will leave promptly at 9 AM. Park in the lot behind the Southworth library, left turn onto Sol e Mar Street, then right turn into parking lot. If the weather is iffy, text me to see if ride is still on. L William Trimble (774-301-1209 7AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), I am the SEM Biking chair and an avid cyclist. I ride all year round.)

### CAPE HIKES

**Sat., Feb. 11. Hike Long Nook, Truro, MA.** 2 hour hike. Visit AF Base and Jenny Lind Tower. Excellent high cliff ocean views. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Feb. 16. Hike - Thoreau's 7 Ponds, Newcomb Hollow Beach parking lot, MA.** In his book, "Cape Cod", Henry David Thoreau describes the area where we are hiking which includes 7 ponds: Gull, Higgins, Williams, Slough, Horse-Leech, Round, and Herring Ponds. The hike will primarily be on sandy roads with good footing. There are some woodland paths from the roads to a few of the ponds. The terrain includes some gradual ups and downs on moderate hills. We will hike at a normal walking pace. There will also be a short segment on the ocean beach. Directions: Take Route 6 East into Wellfleet and turn right onto Lecount Hollow Road. In .7 miles turn left onto Ocean View road. In 3.3 miles you will arrive at Newcomb Hollow Beach parking lot. Since this is a show and go hike, participants will need to check this website on the day of the hike for any weather cancellations. L Keith Magyar (860-919-4007, [kjm1020@comcast.net](mailto:kjm1020@comcast.net))

**Sun., Feb. 19. Hike Crooked Cartway, West Barnstable, MA.** A little over 4-mile hike on wooded trails in West Barnstable conservation area. We will be walking on cartways and narrow trails with some elevation change, uneven terrain with roots and rocks along the way. If snow on the ground traction devices for your shoes strongly recommended. Bring fluid for hydration. 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. Driving directions - Take Rte 6 to Exit 65 turn S on Route 149 stay on 149 until you reach the airfield, turn R on Race Ln, and look for Crooked Cartway on R, turn on Crooked Cartway and park in lot at the end. L Jane Harding (203-500-3155, [janeharding@comcast.net](mailto:janeharding@comcast.net), Current Cape Hike Chair 6+ years experience leading hikes.)

**Sat., Feb. 25. Hike Head of the Meadow, Truro, MA.** 2.5-hour hike. Visit Head of the Meadow and Coast Guard Beaches and hike in the rolling hills of pine forests. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am - 12:30 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))



## Activities

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

### CAPE HIKING

**Sun., Feb. 26. Hike-Great Neck Wareham (NOT Audubon), Wareham, MA.** This Show and Go hike is 4+ miles, 2 hours in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent. Note we are NOT meeting at the Great Neck trailhead on the map. Since this is a Show and Go hike, if it is cancelled due to inclement weather, it will be on the website. Please check the website on the day of the activity for updated status. Directions: over Bourne Bridge on Rte 25 for 6.7 miles to Exit 3/old Exit 2 (Rte 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3-way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. L Robin McIntyre (508-789-8252, [robinmccintyre@comcast.net](mailto:robinmccintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike Leader with previous WFA training.)

**Thu., Mar. 2. Hike - Nickerson State Park, Brewster, MA.** Hike winding trails over hills and shoreline of Big & Little Cliff ponds. I recommend poles due to many roots. Directions: Rt 6, Exit 89, turn left on 6A towards Brewster and enter Nickerson State Park at main entrance on left. Pass gatehouse, go straight and take first left on Flax Pond Road. Continue to parking lot at the end of the road near boat ramp. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check this hiking post on the day of the hike to insure it is still happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Mar. 5. Hiking Johns Pond Park Conservation Area, Mashpee, MA.** 4-mile hike in a 227-acre conservation property that has abandoned cranberry bogs that have become shallow freshwater marshes, a freshwater kettle pond, woodlands, Quashnet River headwaters and a town beach. Terrain is a combination of woodland trails, soft sand, loose gravel, dirt roads. Mostly flat. Gentle hills. A few downed trees to step over, around or thru. Hunting is allowed in all Mashpee conservation areas though hunting is prohibited on Sunday by MA state law. From time-to-time unplanned events, usually weather, force us to cancel a hike at the last minute. Please check postings on the day of the hike to be sure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 leader.)

**Thu., Mar. 9. Hike - Griffin Island, Wellfleet, MA.** Varied terrain, from marshside to wooded trails over hills, spectacular cliff trail with view of bay. Meet 9:45 AM. From Rte 6, Wellfleet, turn left at lights toward Wellfleet Center, left on E. Commercial St. toward harbor. From harbor, turn right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. L Janet Kaiser (774-534-2281 eve before 8 p.m., [jkaiser@comcast.net](mailto:jkaiser@comcast.net))

**Thu., Mar. 23. Hike - Punkhorns, Brewster MA.** We will be taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak Forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Left @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left Unfortunately, last minute unexpected events often weather forces us to cancel @ the last minute. Please check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Mar. 26. Hike-Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA.** This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, [robinmccintyre@comcast.net](mailto:robinmccintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius







## Activities

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

### EXECUTIVE COMMITTEE:

#### Volunteer Opportunities

**Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA.** The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) - Social media updates (Facebook and Instagram) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vibrant and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Skiing Vice Chair - Southeastern Mass. Chapter, MA.** Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross-country skiers and snowshoers. More details about Skiing responsibilities here: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis ([xskichair@amcsem.org](mailto:xskichair@amcsem.org)) Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org)); Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Biking Vice Chair - Southeastern Mass Chapter.** Support the biking chair. For information on the chairs roles and responsibilities read [this document](#). If interested, please contact the biking chair and/or chapter chair and the nominating committee (see contacts). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL walt granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

### HIKING

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

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

**Sat., Feb. 11. SEM Beginner Winter Hiking Series #4- Mount Pierce, Crawford Notch, NH.** If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them. L william belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net))



## Activities

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

### HIKING

**Sat., Feb. 11. Hiking Fall River Bioreserve, Indian Town Road, Fall River, MA.** Email the leader to register: [dianemsimms@comcast.net](mailto:dianemsimms@comcast.net). Enjoy a 3.5 - 5 mile hike at Copicut Woods in the Fall River Bioreserve. We are planning on 2 hike options. We'll start together. At a certain point, participants who are interested in 3.5 miles will start looping back. Those interested in a longer route will continue to the reservoir to hike about 5 miles. These plans are dependent on weather and trail conditions. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. Dress for the weather. Depending on ground conditions, traction devices may be required. Leader will notify registered participants several days before the hike. No pets. L Diane Simms) L John Nery L Susan Rollins CL Kathleen Nash CL Tracy Hawes , R Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net))

**Sun., Feb. 12. SEM Intermediate Winter Hike, Mount Liberty, Lincoln, NH.** Join us for a fun adventure to Mount Liberty via the Liberty Springs Trail. This challenging out and back hike is 7.6 miles with 3,182 feet of elevation gain. Prior winter hiking experience is required as are snowshoes and microspikes. Crampons may be needed if warranted by conditions. L Diane Hartley (508-566-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Tue., Feb. 14, 21, 28; Mar. 7, 14.** - Winter Trail Trace the Blue Hills - A Tuesday morning hiking / snowshoeing series, Blue Hills, MA. You may have heard of "Trail Trace the Blue Hills," an honor system quest to hike all the mapped trails in the Blue Hills Reservation. "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. There will be ups and downs and we will endeavor to maintain a steady but moderate pace, especially if it's cold. We will stop to enjoy lunch on the trail. On the few coldest days of winter, we may snack as we walk to keep warm. We are a cohesive group that hike together, wait at intersections, and watch out for one another. People new to winter hiking are welcome and encouraged to register. If you did not attend the Winter Hiking Workshop, you will be asked to attend any winter hiking workshop with any AMC chapter or watch our winter hiking workshop video. Start "Winter Trail Tracing"! It's easy to join, register once, then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. The series has 12 hikes through March 14, 2023. The last hike will be shorter followed by a celebratory luncheon at a local restaurant. Winter hiking clothes, insulated hiking boots, hiking poles and traction equipment such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers should bring a backpack with sufficient water, lunch, extra layers, and a first aid kit. A recommended clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be cancelled during active snowstorms; other than that, the hike goes on. If it's raining, we put on a shell. Icy conditions, on go our traction devices. Super cold, we layer up. You choose when conditions are no longer fun for you. Join us when you can and want. Why hike in the winter? It's pleasant hiking without bugs, an effective way to keep fit during the long cold dark days of winter, and you experience gorgeous winter landscapes! It's fun and a great introduction to winter hiking. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny on some hikes. No other pets allowed. L/R Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com)) Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) in the Blue Hills with my dog Sunny. Tue., Feb, 14. Winter Trail Trace the Blue Hills. See Jan. 17 listing for details,

**Thu., Feb. 16. Thursday Morning Hike - Let's Explore Ames Nowell State Park, Abington, MA.** Ames Nowell is an approximately 700-acre state park in Abington. There is a large pond, boardwalks, an old burial marker and many trails to explore. We will plan about a 7 miles route which should take us about 4 hours, depending on our hiking pace. So, come join us as we explore along our hike. L John Schepis (508-431-0842, [jas1218@comcast.net](mailto:jas1218@comcast.net), John is a Hiking Leader for the Southeaster MA Chapter of AMC as well as a Leader for the Boston Local Walks & Hikes Committee.) L Joanne Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net), Joanne is a Level 2 Leader for SEM and a Boston Local Walks & Hikes Leader.)





## Activities

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

### HIKING

**Sat., Feb. 18. SEM Snowshoe #3, Mount Tecumseh Hike, Waterville Valley NH.** Join us for a fun adventure to Mount Tecumseh! Starting at the WV ski area, we will follow the Mount Tecumseh Trail. On this 4.5-mile hike with 2,113 feet of elevation gain we will climb at a moderate pace to the peak and enjoy views of the Waterville Valley and the surrounding mountains. Full winter gear including snowshoes and microspikes are required. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) L Maria Jose Regueiro Rodriguez L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Sat., Feb. 18. Bay Circuit Trail Winter Hike, 140 Prospect Street Gate, South Easton MA. Preregistration required; limited parking.** Bay Circuit Trail, Winter, Swamp: if you haven't hiked any of these, here's a trifecta! We'll explore the Bay Circuit Trail from Prospect Street in Easton, following the service road under the power lines that is a haven for plants and wildlife in the Hockomock Swamp. This is an easy hike, about 3 miles; but it's a nice workout for those who have been sedentary all winter. We'll go at an easy pace and learn the appearance of familiar plants and wildlife in winter. We'll be looking at flourishing populations of plants and wildlife hunkered down for the winter in a diverse environment. There will be a contest with a small prize for the first to identify various species, so do your homework: milkweed *Asclepias syriaca*, burnweed *Erechtites hieracifolius*, goldenrod *Solidago* spp. (*altissima*?), goldenrod gall fly (*Eurosta solidaginis*) gall in goldenrod stem, cat-tail *Typha latifolia* or *T. angustifolia* (broad- or narrow-leaved), phragmites, fine-leaved *Carex* spp. (sedge), *Buteo* or *Accipiter* spp., deer prints or deer-- maybe more to be listed. Seedpods and carcasses count! Snow cover cancels. This hike is suitable for those who can walk 3-4 miles on uneven terrain comfortably. Wear waterproof, sturdy footwear and weather-appropriate clothing in layers. Families with children 12+ are welcome. L Kristine Atkinson (781-264-3240 before 10 p.m., [atkinsonkristineh@gmail.com](mailto:atkinsonkristineh@gmail.com), Kris Atkinson is a hike leader with the Southeastern Mass. chapter. A former biochemist and patent agent, she has a doctorate in genetics, is a registered yoga teacher, and a master gardener with an interest in conserving native plants. She was one of the AMC volunteers who helped build the Bay Circuit Trail.)

**Tue., Feb, 21. Winter Trail Trace the Blue Hills.** See Feb. 14 listing for details,

**Thu., Feb. 23. Thursday Morning Hike - Noon Hill Conservation Properties, Medfield, MA.** Hike forest trails through mostly pine and beech groves over Trustees and town conservation land. The route includes a segment of the BCT plus pauses at the Charles River, Holt Pond and Noon Hill lookout with views of Great Blue Hill, Moose Hill and Gillette Stadium. Footing is primarily pine needles and leaves. Expect a 5 to 6 mile 4 hour hike with 700 feet total ascent. Snow or ice on trail may shorten hike and necessitate microspikes or snowshoes. Wear non-cotton layered clothing suitable to weather conditions. Bring at least one liter of water and trail snacks or lunch. Meeting directions will be sent to registrants. Email leader if questions arise. L Len Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))

**Sun., Feb. 26-27. Lonesome Lake Hut Snow Shelter Building, Franconia, NH.** Come on this winter adventure to learn how to build a variety of snow shelters while staying at AMC's Lonesome Lake Hut in the White Mountains of New Hampshire. We will hike in approximately 1.6 miles to Lonesome Lake with an elevation gain of 950 feet. We plan to hike at a moderate pace. Traction devices such as micro spikes or hill sounds will be required as well as snowshoes. At this time of winter, we expect to be able to walk across the frozen Lonesome Lake and weather permitting see some awesome views of Franconia Ridge. Full winter gear will be required for this trip. (See equipment list.) We will be staying at rustic Lonesome Lake Hut, elevation 2740" in the heart of Franconia Notch. The hut is open in winter as a Self-Service Hut. As such we will share in packing in and preparing food for our group meals: Happy Hour, Dinner, and Breakfast. The hut common area is heated by a wood burning stove managed by the caretaker. The bunk rooms are in separate buildings which are not heated and will require an appropriately rated sleeping bag. After settling in, we will go out on the lake or surrounding woods and work on building snow shelters: Quinzhees, snow trenches with tarp, and tunnel shelters. The sunsets at 5:31 pm at this time of year. After dinner we may go out on the lake to view stars and the waxing crescent moon if they are out. Required Equipment List: Winter Hiking Boots Noncotton Hiking socks - 3 Pairs Gaiters Snowshoes Microspikes or Hillsounds Hiking Poles Headlamp Rain Gear tops and bottoms or water-resistant snow pants Backpack - large enough to hold everything plus room for a portion of group food/gear Gloves for hiking and one warmer pair; one pair of warm mittens. water resistant gloves preferred. Consider extra gloves as may be wet after shelter building Warm hat that covers ears Face mask or Balaclava Ski Goggles (needed if windy on Lake) Clothing (non-cotton) appropriate for weather-use layers to adjust for cold. One dry layer for after exertions ie. synthetic wicking layer close to skin, fleece, insulated layer: puffy, layer to block wind/water.

Continued on page 18



## Activities

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

### HIKING

(Continued from page 17) **Sun., Feb. 26-27. Lonesome Lake Hut Snow Shelter Building, Franconia, NH.** Down Parka Personal first aid (moleskin, hand/feet warmers) Water with insulated container (can use sock) Sleeping bag preferably rated zero or lower Snacks and Lunch Recommended: Snow shovel for digging shelters, tarp for trench shelter or if you plan to sleep in your shelter. Two closed cell foam pads or similar if you plan to sleep in your shelter. L Ann Hargleroad (617-935-9301, [ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), I love hiking, biking, kayaking, and photography. I have enjoyed hiking the New England 67 and the NH winter 48 but mainly just love being outdoors. I am wilderness SOLO first aid certified.) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Tim Harvey (978-349-8812, [henry\\_harvey@comcast.net](mailto:henry_harvey@comcast.net), I like outdoor activities including hiking, climbing, and back country skiing. I am working on becoming a Southeast Chapter leader.)

**Tue., Feb. 28. Winter Trail Trace the Blue Hills.** See Feb. 14 listing for details,

**Fri., Mar. 3-5. SEM Beginner Winter Hiking Series #5- Carter Notch Hut Overnight, Bean's Purchase, NH.** If you're new to winter hiking, join us for this fifth Southeastern Mass. Chapter Winter Series Hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #5, we are planning to hike into Carter Notch Hut, at elevation 3,288 feet, which will be our home base for the weekend. We will hike in the group's food for the weekend, which the group members will prepare in the hut's kitchen. Leaders will guide group members in hikes nearby to the hut. We will stay in the bunkhouses overnight. Full winter gear and clothing will be required, including Microspikes (or equivalent traction), snowshoes, crampons & winter boots. A sleeping bag rated to 0 degrees is also required. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine enjoys leading hiking year-round. The annual winter hut hike is one of her favorites.) L Bill Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com), Bill enjoys leading hikes year-round. He is the SEM Hiking Chair.) L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com), I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Ann Hargleroad ([ahargleroad@gmail.com](mailto:ahargleroad@gmail.com), Ann had led trips in the White Mountains year-round.)

**Tue., Mar. 7. Winter Trail Trace the Blue Hills.** See Feb. 14 listing for details,

**Tue., Mar. 14. Winter Trail Trace the Blue Hills.** See Feb. 14 listing for details,

### HIKING

#### Training Opportunity

**Sat., Apr. 22. Basic Leadership Training, Rochester, MA.** Basic Leadership Training: This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Sun., Apr. 23. Expanded Leadership Training, Rochester, MA.** Expanded Leadership Training (Optional) This 2nd full day course will follow the Basic Leadership course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in Level 2 and back-country trips. It will expand on topics presented in the Basic Leadership course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. Participants should be ready for a full day of indoor and outdoor activities. The course is open to: 1. All attendees of the Basic Leadership course; 2. Current leaders who want to advance to a higher leadership level; or 3. Any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)





## Activities

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

### HIKING

**Thu., May 4. 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](mailto:borsody@gmail.com))

**Thu., May 18. Thursday Morning Hike along the Lower Neponset River, Dorchester, MA. WHEELCHAIR ACCESSIBLE.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com/> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I may have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

### SOCIAL

**Tue., Feb. 21. SEM Diversity, Equity, and Inclusion (DEI) Meeting via Zoom, online, MA.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen ([k-cohen@comcast.net](mailto:k-cohen@comcast.net))



Image by [Pam Patterson](#) Pixabay

**The End**



# The Southeast Breeze

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

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

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

Choose **Go to Activities Database.**

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

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

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

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

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

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

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

[Shop the Breeze Market for equipment bargains!](#)

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

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



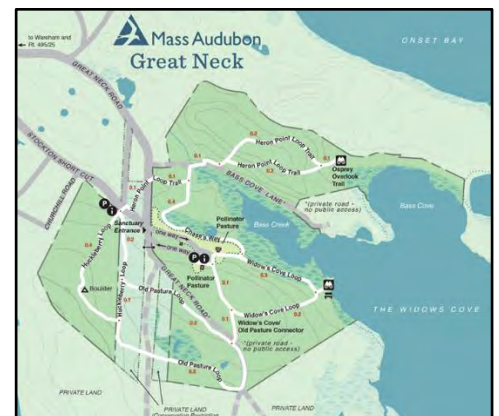
Great Neck offers hikers four miles of criss-crossing trails on former farm and quarry lands. *Photo by Robin McIntyre*

## SEM hikers explore wildlife sanctuary in Wareham

By Robin McIntyre, Cape Hiking Vice Chair

Ten hikers warmed up with a hike on a gray, raw day in a Wildlands Trust property, Great Neck Wildlife Sanctuary in Wareham. This 100+ acre property features four miles of trails with water views of Buzzards Bay and Swan Pond, evidence of quarry activity from the 1800s when this land was farmed, and a former sheep farm.

The conservation property has both fire roads and wooded trails, some of which were cut by mountain bikers. We saw evidence of recent mountain biking in the snow cover on some of the trails, but no wildlife prints.



## View from the Chair: To our participants, thank you

Yesterday I returned from the SEM Winter Hiking Series overnight at Carter Notch Hut. (See the story on Page 3.) After the trip Cindy Grondin, one of the participants, sent an email to the leaders thanking them. In it she said:

*"I read a post recently that asked which was most important, the destination or the journey? The answer? The company."*

I could not agree more and so for this "View from the Chair," I want to thank all the participants who choose SEM for their outdoor activities. I know you have many choices, and we do not take it for granted that you choose to be outdoors with SEM. You are wonderful people and make our chapter better because you provide us your company. Thank you.



I regularly have activity leaders tell me that it's you, the participants, who motivate them to post activities. As I write this, SEM has fifty current activities that our leaders have posted, more than ever. As participants, you are clearly making it a joy and not a burden for us to lead activities for you. And so for that I also thank you.

If you have not recently been outdoors with SEM, why not spring into spring with something outdoors. At the end of this, and every, newsletter is a list of all our current activities. You can skim through the descriptions over your morning coffee and quickly find something that interests you. If you are looking for something to do on a specific day, you can view a calendar of all our activities by clicking [here](#).

Happy trails,

*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

### 2023 Standing Committees

20's & 30's Chair.....Natalie Halloran  
20's & 30's Vice Chair.....Open  
Biking Chair .....Bill Trimble  
Biking Vice Chair .....Open

Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre  
Communications Chair .....Victoria Holland  
Communications Vice Chair....Justin Anderson  
Conservation Chair .....Leah McFarland  
Conservation Vice Chair .....Open  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar  
Hiking Chair .....Bill Belben  
Hiking Vice Chair.....Open

Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair .....Barry Young  
Paddling Vice Chair .....Joe Keogh  
Skiing Chair .....Dia Prantis  
Skiing Vice Chair .....Open  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Volunteer Relations....Katherine Brainard  
Regional Director.....Jenna Whitney  
The Breeze Editor.....Mo Walsh  
Blast Editor.....Marie Hopkins

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





Happy hikers ready for a fun and busy weekend at Carter Notch Hut. *Photo by Paul Brookes*

## Winter Series #5 hikers learn about wayward winter weather

By Jeannine Audet, Chapter Vice Chair

The weekend of March 3rd, eleven hardy hikers trekked to Carter Notch Hut for the fifth in SEM's Winter Series hikes. The initial forecast called for five inches of new snow overnight on Friday, with light winds, and temperatures in the high teens through the rest of the weekend. The group, new and experienced winter hikers alike, were well-equipped with snowshoes, warm boots, clothing layers, and warm sleeping bags. We also shared carrying in the food for our meal preparation for the weekend.

On the first day, the skies were clear, with sunshine and some nice views along the 3.8-mile hike-in via the 19 Mile Brook Trail, with the brook visible to our right. Participants who had relatively limited snowshoeing experience learned how to negotiate some narrow areas, footbridges, soft spots, and dips as the trail crossed wet areas. As we neared the hut, Wildcat A came into view, and we marveled at a glacial erratic atop Carter Dome.

We were greeted by Caleb, the hut caretaker, then settled into our bunkrooms. Damp gear was hung by the wood stove. Dinner was tortilla soup (which really hit the spot), chicken and veggie fajitas, and rice, with brownies for dessert. Leaders discussed the ever-changing forecast and what that meant for the trip plan. The prediction was for further snowfall through Saturday, totaling 15 inches, and sustained winds of 60-70 mph, with gusts to 90mph. It was clear that we would not be able to hike Carter Dome on Saturday, as was planned.

Following dishwashing and cleanup, we had lively conversation and a rousing game of *Whoonu*. The group retired to our bunks at 9:30 pm, "lights out" time. We were cozy in our bunkrooms, with our sleeping bags and liners—and hot water bottles in our sleeping bags—despite the steady snowfall and strong winds overnight. We awoke to 5-6 inches of fresh snow, gusty winds, and snow drifts.

The leaders checked the updated forecast from the Mt. Washington Observatory, which called for snow all day



The Crawford Notch lower bunkhouse near sunset. *Photo by Jeannine Audet*

Saturday with high winds through Sunday. They told the group the decision was made to shorten the trip and hike out on Saturday to best assure group safety. After breakfast of quiche, bacon, oatmeal and blueberries, we packed up and headed out.

We had a beautiful hike-out in the snowfall. Fortunately the trail was still fairly well broken out and visible, and the trees sheltered us from

much of the wind. We arrived at our snowed-in cars in good spirits and helped one another dig out. It was a great trip, with awesome group attitude—helping and supporting one another—and lessons in decision-making. Thank you to all who participated. Looking forward to next year's Winter Hiking Series!



Settling into the hut. *Photo by Tracy Hawes*

More photos on page 4





## Carter Notch Hut Continued from page 3



Paul Brookes,  
Tracy Hawes,  
and Ben West  
heading out.

*Photo by  
Jeannine  
Audet*

Ben West  
on the  
Trail.

*Photo by  
Paul Audet*



Cleaning  
the snow  
off Dia  
**Prantis's**  
car.

*Photo by  
Jeannine  
Audet*

## Beginning with the end in mind

*By Julie Manley, Hike Leader*

As a new leader for SEM, I was excited to organize my first event. I set it up and launched it via the SEM website and publicized it on the social media platform, Meetup. Participants were encouraged to register by emailing me, so I began checking my email constantly.

However, my inbox (and junk mail) remained stubbornly void of registrants. I envisioned myself arriving at the event to greet...no one. What would that mean? Did I fall short of the success I was aiming for? It depends on your perspective and values.

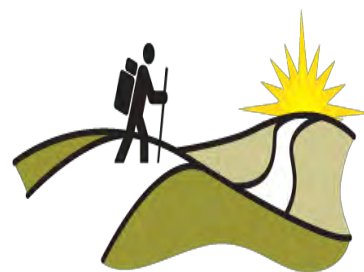
American educator and author Stephen Covey writes: *"To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you're going so that you better understand where you are now and so that the steps you take are always in the right direction."*

When you begin with the end in mind, you gain a different perspective—on yourself and on how you define success. I place a high value on learning and growing. Last spring, I decided to learn what's required to become a leader for SEM. Leadership wasn't necessarily my pursuit; satisfying my curiosity was. Come fall, I took steps to qualify as a leader with a mentor by my side—essential experiential learning. At the beginning of this year, I moved to the next phase: becoming an independent organizer.

Each step along this path was about furthering my knowledge and self-development, stretching myself with new skills, experiences, and responsibilities. Thus, the experience of organizing that first event was fulfilling and empowering for me.

You may be wondering, "Did anyone attend?" Yes—four people. But the success was already there, baked into the steps I took to make it happen. It felt good to learn and use the tools needed to make a community event happen, to develop leadership skills and be responsible for a project from beginning to end—whether anyone showed up or not.

This is success as I define it: I can apply the skills I learned from leadership training and event organizing in every aspect of my life. Personal victory turns into public victory!







## ‘To Build a Shelter’—Lessons in survival at Lonesome Lake Hut

By Ann Hargleroad, Hike Leader

On Feb. 26 to 27, a group of hardy SEM winter hikers learned how to build a variety of snow shelters, while staying at AMC’s Lonesome Lake Hut in the White Mountains of New Hampshire. After hiking in 1.6 miles and crossing the frozen solid lake, the group was treated to some awesome views of Franconia Ridge.

This rustic adventure included packing in and preparing all food and sleeping in unheated bunk rooms. The common area in a separate building was equipped with a wood-burning stove managed by the caretaker.

After settling in, the group learned to build quinzhees, snow trenches with a tarp, and tunnel shelters under the direction of SEM leaders Jeannine Audet, Tim Harvey, Paul Brookes, and Ann Hargleroad.

What I can say? It was a BLAST! As participants said: “It was like the Inner kid in us all!” But yet we were learning a valuable survival tool.

So with a good days work it was time to eat! Everyone made the meal great and much appreciated!

**For starters:** Teresa P’s *Spicy Bean Soup* to warm us up; Bill S’s awesome *Meatball Appetizers* from Marge’s *Secret Recipe*.

**Main Meal:** to die for Teresa P’s *Gourmet Shrimp Scampi*; Ellen S’s yummy (and spicy) *Ground Turkey Asparagus and Basil Stir Fry* with rice. Tracy H’s fresh crispy spinach salad.



SEM members learned to build snow shelters when AMC’s Lonesome Lake Hut or other indoor accommodations aren’t available—or wanted! *Photo by Tracy Hawes*

**Treats:** Ben W’s *Rice Krispie Treats*, Jeannine’s *Three-Egg Brownies*.

And I might add the dishwashing crew was fab and *fast* per the hut steward.

From one person: “Hello All—What a fabulous weekend. Thank you for organizing such a fun snow adventure. The food was AMAZING—Thank you for all the thought that went into the menu and the effort purchasing, coordinating, and hauling!”

But the credit for making this such a wonderful trip goes squarely on the fun, energetic enthusiasm of all the participants. Until the next trip!

**See the photo essay on pp. 6-8. Follow the numbers.**

## 2023 Leadership Training coming April 22 and 23

By Anne Duggan, Education Chair

The Education Committee is pleased to announce a Leadership Training Weekend April 22 and April 23 in Rochester, MA.

On April 22 the **Basic Leadership** training course will be offered. This full-day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills.

The Basic Leadership course is required for prospective SEM trip leaders but is also appropriate for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. For Basic Leadership training, [register here](#).

**Expanded Leadership** will be offered on April 23. It will emphasize skills needed for leading Level 2 hikes and backcountry activities.

The course is open to:

1. All attendees of the Basic Leadership course;
2. Current leaders who want to advance to a higher leadership level; or
3. Any leaders wishing to enhance their leadership skills.

To attend Expanded Leadership training, [register here](#) on the Activity Database.



## Building snow shelters at Lonesome Lake Hut site



**1.** At first we worried if there would be enough snow, but luckily we got four inches days before and it kept snowing.

*Photo by Kathryn Craddock McKee*



**2.** The hike in was gorgeous to AMC's Lonesome Lake Hut located in the heart of Franconia Notch, NH. at 2760 ft elevation.

*Photo by Kathryn Craddock McKee*



**3.** We walked across the frozen Lonesome Lake, the lake was deeply frozen, so no problem, still some preferred to hike around the lake through the woods.

*Photo by Kathryn Craddock McKee*



**4.** Instructions were given by Leader Ann Hargleroad and then we dug in, literally.

*Photo by Jeannine Audet*



**5.** To build a quinzee- first pile up the snow and let it set for 45-60 minutes. The longer the better. We used shovels, helped by piling snow on tarps and dumping it on. Snowshoes can be used for digging if you don't have shovels

*Photos by Participants*



**6.** Helpers loaded snow on tarps and dumped more on the pile.

*Photo by Paul Brookes*



**7.** Dig, dig into that snow pile.

*Photo by Paul Brookes*



**8.** A snow fight erupted between Paul Brookes and Ben West!

**Photo by Ann Hargleroad**



**9.** Some got tired.

*Photo by Tracy Hawes*

Continued on page 7





## Shelter building

Continued from page 6



10. And then there was the "twigging."  
Photo by Tracy Hawes



11. Foot long Twigs are put into the sides so when digging out you know when you are getting too close to the outside.  
Photo by Ann Hargleroad



12. Gathering sturdy twigs near the trees.  
Photo by Paul Brookes



13. Some were proficient diggers. "Would have been a good coal miner," as one co-leader commented about one digger.  
Photo by Ann Hargleroad



14. Such an energetic crew seldom existed!  
Photos by Ann Hargleroad



15. Checking out the cozy accommodations  
Photos by Ann Hargleroad



16. A quinzhee is born!  
Photo by Bill Swanton



17. And then we built a second one!  
Photo by Ben West

Continued on page 8





## Winter Shelters

Continued from page 7



**18.** Snow trenches were built. This shelter is easier to build. Dig a trench large enough to lie in comfortably.  
*Photo by Ben Westdraft*



**19.** Shore up with sticks over the top and put a tarp anchored over it.  
*Photo by Paul Brookes*



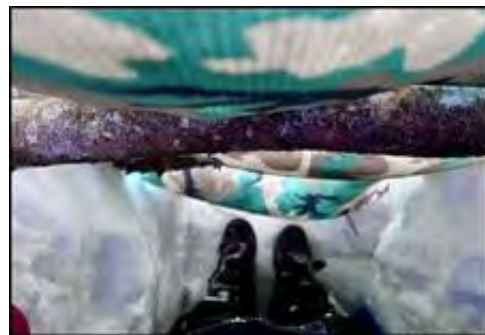
**20.** Cover with snow for insulation.  
*Photo by Paul Brookes*



**21.** Ready for occupancy.  
*Photo by Paul Brookes*



**22.** Get in.  
*Photo by Tracy Hames*



**23.** And *voila!* G'night.  
*Photo by Liz Francis*

Note: No tarp? You can use fir boughs. The snow shelters were so insulated they blocked sound; shouting could barely be heard. Paul Brookes and Ben West fell asleep in their shelters. Ben got so warm he felt like taking his jacket off. Snow shelters are generally 32 degrees F inside.



**24.** We also found a snow cave shelter dug into a snow bank, another alternative.  
*Photo by Participant*

Most of the group expressed wishes to sleep out in the shelters, but when it came down to it we enjoyed our bunks! Ellen S. and John E. did sleep outside—with temps in the teens—in their tarp tent.





Photo by Dia Prantis

## Volunteer of the Month: Jeannine Audet

By Dia Prantis, Skiing 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, Skiing recognizes Jeannine Audet.

As a member of the SEM chapter, chances are you've been on an outing led by Jeannine Audet. Not only is she a bike leader, but she is also the previous skiing chair, and she regularly leads hikes locally and in the White Mountains year-round. Jeannine's trips are well-planned as she equally considers the safety of the group and the outdoor experience. Let me highlight three weekends from this past winter.

Starting with this past December, the plan was a ski weekend, but Mother Nature had a different idea, so a winter hike was plan B. Mt. Hunger in Stowe was chosen for being average mileage and accessible for the group. Jeannine planned that the group would hike the mountain clockwise. While the hike could be done in either direction, Jeannine helped us avoid a very icy downhill by climbing the steeper ascent first and then taking the more gradual elevation down. Had this decision not been made, the group would have needed to turn back: the ice-covered scrambles near the top would have been too treacherous to descend.

A second example is the Waterville ski weekend, which Jeannine has organized for multiple years---this year

managing the logistics of a large group, coordinating different level hike offerings and ski groups, as well as planning the food for the long weekend, Jeannine has an easy way of keeping the group happy, even when the weather (again!) does not cooperate with how the trip has been listed!

Lastly, on the culmination of the winter hike series, Jeannine was leading the weekend stay at the Carter Notch Hut. Again, a safety-based decision needed to be made. Jeannine and Paul Brookes opted for an early descent as the safest choice, as conditions did not look like they would improve on Sunday, and it would be important to be able to follow the trail. The right choice was made and the group gathered at the Joe Dodge Lodge before departing in our cars, grateful to be safely down and having still enjoyed a shortened weekend.

Along with all this, Jeannine is also our chapter's Vice Chair and has multiple chapter level projects that she is running. One event to look forward to this fall will be the return of the popular Chapter Hut Weekend.

Jeannine possesses everything one hopes for in a leader--experience, thorough planning, communication, and great camaraderie! Congratulations Jeannine and thank you from all of us for your enthusiasm and commitment to the AMC. Jeannine will receive a Volunteer of the Month Certificate and a \$50 gift card.

## SEM Memory: Family Outdoors Fun



Bretton Woods Ski Weekend c. 1991. Photo from the SEM Archive



## SEM's 'Family Events' page lists activities, ideas for outdoors fun

By Diane Simms, Hiking Leader

*"To keep alive their inborn sense of wonder, children need the companionship of at least one adult who can share it, rediscovering with them the joy, mystery, and excitement of the world we live in."*

—Quote adapted from Rachel Carson

Want some ideas for engaging kids in the outdoors? Check out these resources on SEM website's newly redesigned [Family Events](#) page:

- [Bug Bingo](#)
- [Nature Games for Families](#)
- [Scavenger Hunt](#)
- [Characteristics of Children at Different Ages](#)

SEM occasionally offers activities described as family-friendly, but these are not the only choices for families with children under age 18. Although some AMC activities are designed to appeal to a specific audience, AMC activities are open to all who meet the minimum qualifications established by the leader.

Do you think your child has the fitness and gear for an activity listed for adults? Contact the leader to understand the level of difficulty. When registering, include the child's name. Children under 18 need to be accompanied by an adult guardian who will also sign the waiver on behalf of the child.

[SEM Activities](#)

### 'Hybrid' Wilderness First Aid: Online + Practicum on April 8th

Moving beyond urban first aid, this course teaches the skills necessary to identify and treat medical issues common to wilderness settings. We are for long-term care scenarios. This hybrid Wilderness First Aid module will be required to view roughly 12 hours of content virtually at your own pace followed by a single day practicum led by professional members.

**Registration Closed. Session will repeat Sept. 23.**

Registration is required. Details are available at [outdoors.org](http://outdoors.org) here.

The group poses on an old stone slab bridge.

Photo by Diane Simms



Leader-in-training Tracy Hawes is ready to lead the group on by a pleasant path.

Photo by Lisa Robitaille

Water Department Forester Michael Labossiere provides details on the new Loop Trail.

Photo by Lisa Robitaille



Wonderful day, hiking the Copicut Woods in the Fall River Bioserve! Twenty-five hikers made the trip on Saturday, Feb. 11. Some folks wanted a little longer hike, and some didn't. Three-quarters of the way, we broke into two groups and it worked out great! Thank you to the leadership team and our leaders in training! We all enjoyed ourselves!!





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the very bottom of [Outdoors.org](#) & click **My Outdoors. Login**, Choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

### BICYCLING

**Sat., Apr. 15. Get riding with a short scenic Dartmouth spin, Dartmouth, MA.** Get the bike out of winter storage and join us for a nice short scenic ride through Dartmouth. The ride will be 15 miles at a 10-12 MPH pace. Mostly flat with a couple of short hills, all on road riding. Steady rain will cancel this event. Come by Sunrise Bakery for malassadas (Portuguese donuts) and coffee after the ride. Starts and ends at the Southworth Library parking lot. The lot is behind the library. Turn left on Sol e Mar just before the library and then first right into parking lot Helmets and bike taillights are required for the ride. Bring water and a spare tube along as well. GPS track of the route and Google map of the start location are in related links below. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and the AMC SE Mass biking chair)

**Sun., May 7. Biking and Brews Series, Cisco Brewers, New Bedford, MA.** Join us for the first in a series of rides beginning and ending at local microbreweries. This ride will start and end at Cisco Brewers in New Bedford. Riders are encouraged to stay and have a brew (and lunch if you like) at Cisco following the ride. This ride is very scenic and will travel along the top of the hurricane barriers, (Harbor Walk and Cove Walk), on bike paths around Clark's Point, and on bike lanes along the streets of the harbor up to the State pier. Total distance about 15 miles. Riders must bring water, a spare inner tube, and a red taillight on their bike. (New Massachusetts law requires taillights on bikes) Should be suitable for riders who are leery of on-road riding, Mostly off road, a bit of travel on bike lanes in lightly traveled areas, no hills. Plans are to have other Biking and Brews rides throughout the summer. Breweries will include Buzzards Bay Brewery in Westport, Bristol Beer in Taunton, Mayflower Brewery in Plymouth and Shovelton Brewers in Easton. If you would like to have a ride from a local microbrewer in your town, contact the ride leader, Bill Trimble, with your idea and we will see if it can be arranged. Hoping to have these rides at least monthly. Parking will be in the auxiliary lot for Cisco, just before passing through the hurricane barrier on the right if traveling south on East Rodney French Blvd. Please do not park at the lot next to the brewery. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and the biking chair for the SE Mass Chapter of the AMC.)

**Sun., Jul. 9. 9AM. Ride the Lakes of Lakeville, MA.** Take a ride along the lakes of Lakeville! This 23 mile ride is mostly rolling and along lightly traveled roads, Pace will be 10 to 12 MPH. Beginning at Tamarack Park Conservation area, the ride will pass Assawampsett Pond, Long Pond, Great Quittacas Pond, and Snipituit Pond before returning to Tamarack. The land is rolling with short ups and downs along the way. No elevation change tops 100 feet. Not flat particularly, but no imposing climbs. See the links for a GPS track of the ride and a Google map of the start location Riders must bring water, a spare tube, and have a red taillight on their bike. (New Massachusetts law requires taillights). Helmets are required. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and the AMC SE Mass chapter biking chair)

### CAPE HIKING

**Sat., Mar. 11. Hike Snail Road Provincetown, MA.** Hike towering soft sand dunes and beaches to see ocean and bay at same time. This is a 2 hour hike. Directions: From Route 6 go 0.6 miles past the "Town of Provincetown" sign and park on the right shoulder of Route 6 before and after Snail Road. Meet at 9:45 and hike 10 am - 12:00 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))



## Activities

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

### CAPE HIKING

**Thu., Mar. 16. Hike Eagle Pond Cotuit, MA.** Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Hike is 4.2 miles. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Parking is limited so carpooling will be helpful. Meet at 9:45 AM. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Sat., Mar. 18. Coonamessett Greenway Heritage Trail, 682 Sandwich Road East Falmouth, MA.** Join me for a hike in East Falmouth for approximately 4 miles in the woods and along the Coonamessett River & Herring Run. Coonamessett means "place of the long fish". The terrain has pine needles, exposed tree roots, stumps, small rocks, and sand. Some small hills but mostly flat. There are a few downed trees to step over. Please park across the street from the Carmela & Daniel Bartolemi Conservation Area at River Bend Conservation Area at 682 Sandwich Road where our hike will begin. 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 Cindy Tobey (774-392-5774 2pm - 6pm, [cindyktobey@gmail.com](mailto:cindyktobey@gmail.com))

**Thu., Mar. 23. Hike - Punkhorns, Brewster MA.** We will be taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak Forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Left @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left Unfortunately, last minute unexpected events often weather forces us to cancel @ the last minute. Please check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy ( [Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Mar. 26. Hike-Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA.** This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net)), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius

**Sun., Apr. 2. Grassy Pond/Ruth Pond, Nickerson Park, Freemans Fields, 835 Freeman Way, Brewster, MA.** The hike is 4.6 miles in Nickerson State Park but we will begin and end the hike at Freemans Fields at 835 Freeman Way in Brewster. We will hike around Grassy Nook Pond and Ruth Pond and adjacent to Cliff Pond. There is varied terrain, including moderate hills so bring trekking poles if you have them. Directions: Follow Rt 6 to Exit 85 for MA-137 toward Brewster. Follow signs to MA-137 N. Follow MA-137 N for 1.7 miles and turn right onto Freemans Way. Follow Freemans Way for 1.6 miles and turn left into the Freeman Fields also known as Brewster Recreational Park. Follow the road to the furthest playing fields and look for my green Honda Pilot. Unfortunately, last minute unexpected events, most often weather, force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still taking place. Thanks. L Keith Magyar (860-919-4007, [kjm1020@comcast.net](mailto:kjm1020@comcast.net))

**Thu., Apr. 13. 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/cold 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. 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. L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 Cape Hikes/SEM leader with prior WFA training)





## Activities

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

### EDUCATION

**Sat., April 8, SOLO Hybrid Wilderness First Aid Course, SEM, Wompatuck State Park, MA. REGISTRATION CLOSED.** See Sept. 23 listing below.

**Sat.-Sun., Jun. 24-25. Map And Compass - Two-Day Weekend Workshop, Blue Hills, MA.** This two-day weekend workshop teaches you Map & Compass skills. No prior experience required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. Activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails. On Sunday every group will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a US geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination as well as compass bearings. Each group will have an instructor to help facilitate the learning. ? Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. If the class is overbooked, preference will be given to SEM leaders and Leaders-In-Training who took the SEM April leadership class however the class is open to anyone interested in improving their Map & Compass skills. MATERIALS COVERED ? \* Different types of maps and why hikers prefer a topographical map. \* How to read a topographic map: scale, distance, colors, and more. \* Understanding contour lines and how to interpret the different shapes and swirls. \* The parts of a compass, how it works, and how to hold it. \* How to measure a bearing from a map and plot a bearing onto a map \* Declination and how to account for it and then forget it. \* How to use a compass to follow a bearing in the field or take a bearing on an object. \* How to orient a map to the real world and use it at intersections to find the correct trail. \* How to plan a route and the use of offsets when bushwhacking between points. \* Point, line, and area awareness. \* Techniques to locate yourself on a map by taking a bearing on a known distant object (including triangulation) \* Navigation using handrails to hike off trail. \* Route planning and safety. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com)), Assistant Teachers: Doug Griffiths, Lindsey Meyers Bertone, Varma Saripalli, Julie Manley (Assistant Teacher) (Assistant Teacher), R Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com))

**Sat., Sep. 23. SOLO Hybrid Wilderness First Aid Course, SEM, 80 South Street Foxborough, MA.** Hybrid WFA at Wompatuck State Park in the Southeast Mass (SEM) area. The ability to apply basic backcountry first aid is vital for any outdoor enthusiast, whether it's for yourself or others. Moving beyond urban first aid, this course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. Under the hybrid Wilderness First Aid model, you will be required to view roughly 12 hours of the content virtually at your own pace, followed by a single day practicum led by one of AMC's professional staff members. ? Participants who successfully demonstrate the skills taught during the virtual and practical components of the course will be issued a SOLO Wilderness First Aid certification. This course may be used to recertify a current SOLO Wilderness First Responder (WFR) certification. A CPR certification will be offered in the evening of the practical day, this is optional. Program Highlights: -Focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies -Coverage of topics blends virtual and classroom instructional sessions with hands-on practice in the outdoors -Nationally recognized certification for 2 years Sample Practicum Day Itinerary: 9am Classroom & Practical Session 12pm Lunch from home 1pm Classroom & Practical Session 4:20pm Class end first day 4:30 pm Optional CPR training This is a promotion for WFA training local to the Southeastern Mass area. To register click on 'Register Now'. You will be taken to a new listing. Click 'Register Now' from that new listing. L Anne Duggan ([abduggan12@gmail.com](mailto:abduggan12@gmail.com))

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Skiing Vice Chair - Southeastern Mass. Chapter, MA.** Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross-country skiers and snowshoers. More details about Skiing responsibilities here: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)) Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org)); Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Biking Vice Chair - Southeastern Mass Chapter.** Support the biking chair. For information on the chairs roles and responsibilities read [this document](#). If interested, please contact the biking chair and/or chapter chair and the nominating committee (see contacts). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL walt granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

### HIKING

**Sat., Mar. 11. Winter Hike to Tuckerman Ravine, NH.** Winter Hike to Tuckerman Ravine Join us for a late-winter hike from New Hampshire's Pinkham Notch Visitors Center to Tuckerman Ravine, halfway up Mount Washington. Along the way, we'll stop at Hermit Lake for a behind-the-scenes look at the life of an AMC backcountry caretaker. This moderately paced hike with a total elevation gain of about 2,500' offers a solid uphill workout and a few potentially challenging sections. It's a steady ascent from Pinkham Notch to the Hermit Lake Shelters, and the snowy trail along this popular route is usually well-packed. However, as the trail continues from Hermit Lake to the base of the ravine at 4,490', it can become more challenging, with a steep rocky staircase, snow drifts, and often windy conditions. The five-mile out-and-back hike is expected to take 6-7 hours to complete, depending on weather and trail conditions. Sturdy traction footwear is required (Yak-Trax are not sufficient on this terrain), along with snowshoes, hiking poles, and insulated winter hiking boots. Participants should be in good physical condition and have recent winter hiking experience of similar mileage and elevation gain. Leaders will interview all interested hikers to determine whether this is an appropriate hike for you. To address unforeseen challenges such as adverse weather or unacceptable trail conditions, the hike details may be modified. In that event, participants may elect to join in that activity or opt out. In case of inclement weather, we may elect to reschedule the hike to Sunday, March 12, omitting the caretaker visit at Hermit Lake. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com), Bill is a year-round hiker, level 3 hike leader, and graduate of AMC's Mountain Leadership School, and has summited the NH 48 4,000-footers. As the Southeast MA hiking chair, he's brought renewed vigor to the chapter's White Mountains hikes with two summer series (SEM Loves Hiking and All About the Views), and is active in the winter hiking series as well.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) L Nancy Tutko ([ntutko@yahoo.com](mailto:ntutko@yahoo.com), Nancy is an AMC SEM level 2 hike leader with WFR certification. A year-round hiker based on Martha's Vineyard, she enjoys rambling the island's 220 miles of public walking trails and exploring mountain terrain elsewhere. She is training to lead winter hikes.)

**Tue., Mar. 14. Winter Trail Trace the Blue Hills.** - A Tuesday morning hiking / snowshoeing series. You may have heard of "Trail Trace the Blue Hills," an honor system quest to hike all the mapped trails in the Blue Hills Reservation. Well, "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. All hikers should bring a backpack with sufficient water, lunch, extra layers and a first aid kit. This last hike of the 12-week series will be a shorter hike followed by a celebratory luncheon at a local restaurant. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny with him on some hikes. No other pets allowed. L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com). Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.), R Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com))





## Activities

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

### HIKING

**Wed., Mar. 15. Fall River BioReserve 20 Mile Loop Hike, Fall River, MA.** Please join us for a conditioning hike through the newly designed Bioreserve Loop. The loop is part of the Freetown/Fall River State Forest which encompasses more than 5,000 acres. While the terrain is mostly flat, this hike is rated as strenuous due to the 20+ mile route. We will be hiking at an average pace of around 2 ½ MPH. Participants should be in good physical condition and have recent high mileage hiking experience. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch and snacks. Meet up time is 7:30am and end time is estimated to be around 4:30pm. The hike is open to everyone, and you do not need to be a member of AMC to participate. On-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) CL Ben West

**Thu., Mar. 16. Thursday Morning Hike - F. Gilbert Hills - Stone Sites, Foxboro, MA.** This hike is a little over 5 miles at a moderate pace (2 miles per hour) with stops to view the stone sites and to eat lunch. This is a Show and Go hike so you should self screen yourself by knowing you can hike this distance and pace. During the hike you will see a standing stone, dolmen, aligned boulders, prayer seat, and a perched boulder. Most of the hike is on trail, however, some is off trail requiring minor bush-whacking. Wear sturdy waterproof shoes. These stone sites are unique man made stone structures that clearly give evidence of cultures from another time period, possibly thousands of years ago. Guesses as to the origins of these structures have ranged from local Algonquin Indian culture, to Celtic travelers predating Columbus, to even prehistoric tribal cultures having strong knowledge of solar and seasonal calendars. Directions: we will meet at the DCR headquarters building at 45 Mill Street, Foxboro, MA 02035. Parking is free and there is overflow parking across the street. Meet at 9:45 for a 10 AM start. You will be required to sign the standard AMC Waiver Form before the start of the hike. Unfortunately, last minute unexpected events, most often weather related, sometimes force us to cancel events at the last minute. Since this is a Show and Go hike, please check the hike posting on the day of the hike to insure it is still happening. Thank you. Email hike leader with questions. [Barry.young@comcast.net](mailto:Barry.young@comcast.net) . L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))

**Sat., Mar. 18. Winter Hike to North Kinsman (4293') with SEM Chapter, Easton, NH.** Join us for a winter hike to North Kinsman's summit from Route 116 via the Mt. Kinsman Trail. This is an 8.2 mile out-and-back hike with 3350' elevation gain, rated strenuous. From the spur near the summit are outstanding views of Franconia Ridge. Weather permitting and participants willing, we will detour to Bald Peak on the decent for another amazing viewpoint. Registration is a three-part process: • Complete the online registration form by clicking below and filing in information. • You will be contacted by one of the leaders who will provide more information and answer any questions you might have. • Your registration will be confirmed by that leader. Registered hikers will receive a detailed information sheet with directions to the trailhead. **WHAT TO BRING/WEAR FOR THIS HIKE:** Clothing (absolutely no cotton clothing, please) Wicking base layer (top and bottom) of silk, wool, or synthetic material. At least two insulating layers for the upper body (wool, fleece, etc.) Comfortable wool or synthetic hiking pants. Waterproof/windproof shell jacket and pants Extra fleece or down jacket and pants (in case we must stop on the trail for an emergency). Warm wool or fleece hat and balaclava . Face mask is optional but strongly recommended if temperatures and wind chills approach the low teens during our stay. Winter gloves/mittens (thin synthetic liner gloves and hand warmers also recommended). Well-insulated (recommend minus 40 degrees F. rating), waterproofed winter hiking boots with good wool hiking socks (liners optional); toes warmers if you have a problem with cold feet. Equipment and Food: Hiking poles with winter baskets . Winter gaiters. Snowshoes Light traction devices (such as micro-spikes). 10- or 12-point crampons (practice putting on and using in advance) Foam pad (nice to have for lunch break and/or emergencies). Sunglasses and/or ski goggles. At least two liters of water in Nalgene-type, wide-mouth plastic water bottles. One bottle upside down in insulated carrier; ok to keep second water bottle deep in pack where it's not likely to freeze. Plenty of high-energy trail snacks and lunch. Personal first aid kit (including moleskin for blisters), any personal meds, and sunscreen (also helps protect against wind burn and frostbite). Toilet paper and "carry out" baggy Headlamp with fresh lithium batteries (just in case...), pocketknife, whistle, compass, and printed map. L Diane Hartley (508-566-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) L Raju Jaldy L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com) , Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)



## Activities

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

### HIKING

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

**Tue., Mar. 21. Spring Intermediate Level Conditioning Hiking Series #1, Blue Hills Reservation, MA.** Please join us for a spring intermediate level conditioning hike series in the Blue Hills. The series will run weekly on Tuesday mornings from March 21st through May 30th and is designed to get you in shape for more strenuous summer activities. This series will be designed for intermediate and advanced hikers. The series is a progressive series in that each week we will add some mileage and/or elevation gain. Participants should be in reasonably good shape with recent hiking experience. You can expect the hike to be about 4 hours, approximately 7-8 miles on average and at a pace of 2-2/12 mph. The routes will include uneven terrain, rock scrambles and ledges in the Blue Hills. Confirmed participants will receive a more detailed hike description a few days before the hike date. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am and end time is around 2PM. Registration is required for each weekly hike but you are not required to attend each session. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Lawrence Petrone L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Ben West

**Thu., Mar. 23. Thursday Morning Hike In The Blue Hills - Houghtons Pond To Buck Hill And Back, Blue Hills Reservation, MA.** Moderate paced 2 1/2-3 1/2-hour 5-mile hike from Houghton's Pond to Buck Hill ascending Buck twice. The second ascent we will stop to enjoy the view. We will return to Houghton's Pond on the Green and Red Dot trails. This is a mostly wooded hike but with elevation gain. Wear sturdy hiking boots or shoes. Bring sunscreen, water, snacks and rain jacket (just in case). Heavy rains/thunderstorms/snow will cancel. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed registrants. As this is still March dress for the weather. Micro spikes or snowshoes may be needed in the event of snow or ice. Water resistant hiking boots are encouraged if it is wet. Hiking poles are at your option. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net)), Level 1 AMC Hike leader. Four season Blue Hill hiker, occasional White Mountain hiker, and Trail maintenance volunteer.)

**Sat., Mar. 25. Hiking Fall River Bioreserve, MA.** Enjoy a 5 1/2+ mile hike in the Fall River Bioreserve. We will be hiking by North Watuppa Pond to Doctor Durfee's Mill Pond. Beautiful water views! This is longer than my typical Bioreserve hike and there is no easy turn back option. You should be comfortable hiking this distance. Trails are mostly flat, narrow, and windy. Sturdy shoes required. Bring a liter of water and snacks. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed to those with confirmed registrations. No pets. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Susan Rollins L Paul Audet





## Activities

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

### HIKING

**Tue., Mar. 28. Spring Intermediate Level Conditioning Hike Series #2, Blue Hills Reservation, MA.** Please join us for a spring intermediate level conditioning hike series in the Blue Hills. The series will run weekly on Tuesday mornings from March 21st through May 30th and is designed to get you in shape for more strenuous summer activities. This series will be designed for intermediate and advanced hikers. The series is a progressive series in that each week we will add some mileage and/or elevation gain. Participants should be in reasonably good shape with recent hiking experience. You can expect the hike to be about 4 hours, approximately 7-8 miles on average and at a pace of 2-2/12 mph. The routes will include uneven terrain, rock scrambles and ledges in the Blue Hills. Confirmed participants will receive a more detailed hike description a few days before the hike date. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am and end time is around 2PM. Registration is required for each weekly hike but you are not required to attend each session. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Lawrence Petrone L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Ben West

**Thu., Mar. 30. Thursday Morning Hike - Adams Farm, 999 North Street in Walpole, MA.** We plan to hike at a moderate pace across carriage roads, single track woodlands, and grass fields that were formerly farmland. The hike is about 7 miles, with an elevation gain of about 255 ft. The duration of the hike is expected to be approximately 3 hours. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced 4-season hiker, Nordic skier, and a member of AMC since 2018. He is a Level I hike leader for the Southeastern and Boston AMC chapters.) L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR Reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level One Hiking Leader and Mentor. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer)

**Tue., Apr. 4. Spring Intermediate Level Conditioning Hike Series #3, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., Apr. 4. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under the Full Moon. This hike will be under the Pink Moon. The first full moon of Spring. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. This is our First April Hike and we may only see it at the end of our Hike. Sturdy, waterproof and insulated hiking shoes are a must for the Spring conditions on the sometimes wet and slippery trails. Micro spikes may be required at this time of year. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Thu., Apr. 6. Thursday Morning Hikes - F. Gilbert Hills, 45 Mill St, Foxborough, MA.** Also known as High Rock Woods, our roughly 7-mile hike will include trails past Sunset Lake, High Rock, the woods surrounding Acorn Trail, and the lower meadows in the eastern portion of the property. We will be hiking at a moderate pace. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced four-season Level I hiking leader and cross-country ski enthusiast. Larry has been an AMC member since 2018.) L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR Reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level One Hiking Leader and Mentor. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**Tue., Apr. 11. Spring Intermediate Level Conditioning Hike Series #4, Blue Hills Reservation, MA.** See listing for March 28.



## Activities

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

### HIKING

**Tue., Apr. 11. Startup Spring Conditioning Hiking Series #1, Blue Hills, MA.** Start Up Spring Conditioning is a series of 6 conditioning hikes based in the Blue Hills that is designed to get you ready for a Wachusett or Skyline End-to-End hike. If you are ready to condition for more strenuous NH mountain hikes, you may want to review the Intermediate Level Conditioning series. This is Hike #1 of 6. It is limited to 12 participants, in addition to leaders and leaders-in-training. Please plan to attend most of the hikes as this is a building series. Hikers who have participated in the prior hikes get priority for the next hike in the progression. Participants will need to register for each hike when it is posted. If there are open spots 5 days prior to the hike, the leader will contact waitlisted participants. Participants should be in reasonably good shape with recent hiking experience. We will start with the Skyline Loop which is about 3 miles and 1,000 feet elevation. Each week we will add distance and elevation to that loop and slowly increase pace. The expectation is that by the end of the series, we will be hiking at a moderate pace of about 2 mph, 6 to 7 miles, and elevation gain up to 1,700 feet. The routes will include uneven terrain, rock scrambles and ledges. As the weeks progress, we will end later in the day and by the end of the series will be hiking for almost four hours. Participants should wear sturdy footwear, a backpack, clothing suitable for hiking, rain gear, 2 liters of water, lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Hikes may be cancelled in the event of heavy rain. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Patricia Everett (Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)

**Tue., Apr. 18. Spring Intermediate Level Conditioning Hike Series #5, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., Apr. 18. Startup Spring Conditioning Hiking Series #2, Blue Hills, MA.** See listing for April 11.

**Thu., Apr. 20. Thursday Morning Hike at Myles Standish State Forest, Plymouth/Carver, MA.** Join us for a 9 am start to this beautiful hike at Myles Standish State Forest in Plymouth/Carver. We will combine the flat, East Head Loop that circles the reservoir and the hilly, wooded Bentley Loop to give us a 7 mile, 357 feet of elevation hike. We'll plan on a moderate pace to complete the hike in 3-3.5 hours. Meet at 8:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. Registration is not required, but email the leader with questions or concerns. Heavy rain will cancel. If the weather is questionable, check this listing or contact the leader. This hike runs two days before Earth Day, so I will have trash bags for picking up trash around the trails. Let me know if you have other thoughts of what we could do on this hike for Earth Day. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Sat., Apr. 22. Basic Leadership Training, Rochester, MA.** Basic Leadership Training: This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Sun., Apr. 23. Expanded Leadership Training, Rochester, MA.** Expanded Leadership Training (Optional) This 2nd full day course will follow the Basic Leadership course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in Level 2 and back-country trips. It will expand on topics presented in the Basic Leadership course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. Participants should be ready for a full day of indoor and outdoor activities. The course is open to: 1. All attendees of the Basic Leadership course; 2. Current leaders who want to advance to a higher leadership level; or 3. Any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)





## Activities

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

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### HIKING

**Tue., Apr. 25. Spring Intermediate Level Conditioning Hike Series #6, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., Apr. 25. Startup Spring Conditioning Hiking Series #3, Blue Hills, MA.** See listing for April 11.

**Tue., May 2. Spring Intermediate Level Conditioning Hike Series #7, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., May 2. Startup Spring Conditioning Hiking Series #3, Blue Hills, MA.** See listing for April 11.

**Thu., May 4. Thursday Morning Hike - World's End, Hingham, MA.** World's End. 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](mailto:borsody@gmail.com))

**Thu., May-4. Thursday Morning - Great River Preserve & Taunton River WMA, Bridgewater, MA.** Meet at The Great River Preserve small dirt parking area past 884 Auburn St, Bridgewater, MA 02324, MA. Thursday Morning 10 AM / 2-3 hour/ flat 5-mile Hike- Wildlands Trust Great River Preserve and Taunton River Wildlife Management Area on Auburn Street in Bridgewater. Travel through pine and holly forest onto open meadow trails paralleling the Taunton River. Do not approach from Auburn Street in Middleboro as the bridge has been removed. Heavy rain/snow or icy conditions will cancel. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Tue., May 9. Spring Intermediate Level Conditioning Hike #8, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., May 9-9. Startup Spring Conditioning Hiking Series #5, Blue Hills, MA.** See listing for April 11.

**Thu., May 11. Spring-Into-Spring Hike at the Arnold Arboretum! Jamaica Plain, Boston, MA.** Attention nature enthusiasts, mark your calendars for the 6th 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-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 1700's!) and the "Explorer's Garden". During this time of year many "crab apples", "azaleas", "red-buds" and "lilacs" are often 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 12 participants plus the leaders. Bring water, lunch or snack, sturdy footwear, sunscreen, and insect repellent. A steady rain will cancel the event. Well behaved dogs on leash are O.K. 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 "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](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe 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](mailto: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.)

**Tue., May 16. Spring Intermediate Level Conditioning Hike #9, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., May 16. Startup Spring Conditioning Hiking Series #6, Blue Hills, MA.** See listing for April 11.



## Activities

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

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### HIKING

**Thu., May 18. Thursday Morning Hike along the Lower Neponset River, WHEELCHAIR ACCESSIBLE, Lower Neponset River, MA.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com/> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I may have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Tue., May 23. Spring Intermediate Level Conditioning Hike Series #10, Blue Hills Reservation, MA.** See listing for March 28.

**Thu., May 25. Annual-Perennials Hike at Wilson Mountain & Whitcomb Woods!, Wilson Mountain and Whitcomb Woods Reservations, MA.** Attention Nature enthusiasts! Please join us for the 6th Annual-Perennials Hike at the Wilson Mountain Reservation. Lady's Slippers galore! In a good year there are numerous specimens to be found along many of the trails in these hills located on the Dedham/Needham line. The Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large, tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, and a snack/lunch break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 3.5 - 6.5 miles depending on your participation in one or both sections of the treks at a moderate pace. Bring plenty of water, snacks/lunch, sturdy footwear, bug spray, and sunscreen. A steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoeing enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Hike Leader and Hike Leader Mentor for AMC's Southeastern and Boston, Massachusetts Chapters. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, [lpetron57@aol.com](mailto: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.)

**Tue., May 30. Spring Intermediate Level Conditioning Hike Series #11, Blue Hills Reservation, MA.** See listing for March 28





## Activities

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

### SKIING

#### Volunteer Opportunities

**Ongoing. Skiing Vice Chair - Southeastern Mass Chapter, Blue Hills, MA.** Support the Skiing Chair. For more information on the Skiing Chairs responsibilities read the roles and responsibilities document <http://amcsem.org/assets/pdf/ski.pdf> Applicant should be a strong skier and snowshoer. L Dia Prantis ([xskichair@amcsem.org](mailto:xskichair@amcsem.org)) CL Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

### SOCIALS

(FT) (NM) Mon., Mar. 20-20. SEM Diversity, Equity and Inclusion (DEI) Meeting via Zoom, online, MA. The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen ([kcohen@comcast.net](mailto:kcohen@comcast.net))



Image by [mohamed\\_hassan](#) from [Pixabay](#)



# The Southeast Breeze

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

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

To sign up for the AMC Activity Digest, go to [outdoors.org](https://www.outdoors.org), scroll to the very bottom of the page and click **Login**. Choose **Go to Activities Database**.

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

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

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

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

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

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

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

## Shop the Breeze Market for equipment bargains!

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

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



March 18 hike at Ames Nowell State Park in Abington. A fun 3 1/2 mile walk along **Cleveland Pond's shore**. *Photo by Diane Simms*

## SEM names first three projects for chapter funding

By Diane Simms, Development Committee

The SEM Executive Committee has money to spend! The ExCom carefully manages its budget, looking to keep our chapter vibrant and add value to our members and leaders. SEM receives a portion of member dues from AMC. Unspent funds go to an SEM reserve account. In recent years, that fund has grown. This is in large part due to fewer in-person events during COVID; cancellation of the in-person annual meeting for two years, the cost of which is subsidized by the chapter; and the work done under Cheryl Lathrop's tenure as Chapter Chair to convert the *Breeze* newsletter to an electronic format. The publishing and mailing of our newsletter used to be a significant expense.

Last year, ExCom created an SEM Development Committee to create a process to identify projects to fund. Members are Jeannine Audet, Earl Deagle, Barry Young, and me. We approved three projects in March: Four Ponds and Leary Property Repairs, AMC Regional WFA Training for Leaders, and AMC Bay Circuit Trail Bonney Hill Trail Project. Details on each project will be found throughout this issue of the *Breeze*.

Continued on page 3





## View from the Chair: Meet your new Executive Board members

Your SEM Executive Committee (the board) elected two ExCom members in our March meeting to fill positions that opened since members voted in the 2023 slate at our Annual meeting last November. This is in accordance with the [SEM Bylaws](#) (Article 4, section 2). Leah McFarland is our new Conservation Chair and Justin Anderson is our Communications Vice Chair. With these interim elections, I am delighted to report that SEM continues to have a full slate of officers and committee chairs.

It is with great pleasure that I introduce to you our newest Executive Committee members.

### Leah McFarland, our Conservation Chair

Leah has a bachelor's degree in biology from Baylor University. She is an AmeriCorps alumna, having served one year with The Nature Conservancy in West Virginia restoring red spruce forest. Closer to home she served a year with Buzzards Bay Coalition creating 2.5 miles of new trails. Leah is currently the Land Steward at Dartmouth Natural Resource Trust (DNRT) where, since 2017, she manages nineteen reserves with over 40 miles of trails. Leah can often be found leading volunteer crews on trail work to remove invasive plants or leading environmental education walks for the public. Leah is a perfect fit as Conservation Chair, and we look forward to all she will bring to the role.

### Justin Anderson, our Communications Vice Chair

Justin has a bachelor's degree in political sciences/economics and a master's degree in education policy. Justin was willing to help wherever he was needed and could be of service, he said. "AMC plays an important role in conservation, protection, and access. And I want to help." After reviewing his managerial and technical skills, it soon became clear that he was a good fit for Communications. During one of several interviews with Walt Granda (Nominating Chair) and me, Justin said, "I believe that outdoor recreation is vital to mental and physical well-being. We have an obligation to conserve and protect those spaces." In all our conversations, his views aligned well with the AMC mission which I believe is very important in a communications chair and vice chair.

Read more about our new Executive Board members on page 3.

Happy trails,



*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

### 2023 Standing Committees

20's & 30's Chair.....Natalie Halloran  
20's & 30's Vice Chair.....Open  
Biking Chair .....Bill Trimble  
Biking Vice Chair .....Open

Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre  
Communications Chair .....Victoria Holland  
Communications Vice Chair.....Justin Anderson  
Conservation Chair .....Leah McFarland  
Conservation Vice Chair .....Open  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar  
Hiking Chair .....Bill Belben  
Hiking Vice Chair.....Open

Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair .....Barry Young  
Paddling Vice Chair.....Joe Keogh  
Skiing Chair .....Dia Prantis  
Skiing Vice Chair .....Open  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Volunteer Relations....Katherine Brainard  
Regional Director.....Jenna Whitney  
The Breeze Editor.....Mo Walsh  
Blast Editor.....Marie Hopkins

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



## SEM Development Projects

Continued from page 1

ExCom wants to use our reserves to support our region, our members, our leaders, and AMC overall. The [SEM invested reserves funding process](#) was drafted, reviewed with AMC, and approved by the SEM Executive Committee. In order for a proposal to be considered, it must be consistent with AMC's overarching mission and vision and meet one or more of following criteria:

a) Consistent with and complements the AMC's strategic themes as outlined in AMC 150 (Active Conservation, Outdoor Journey, and Recreational Network);

b) Consistent with and complements the SEM's strategic priorities and initiatives adopted by the Executive Committee; or

c) Supports AMC or Chapter-specific goals for expanding educational programs, membership, or conservation programs.

Projects will be presented to the ExCom twice per year, March and September. [Proposals](#) can be submitted by Executive Committee members, leaders, other volunteers, and SEM members.

We are excited to fund these three projects to benefit our region, our leaders, and our members. Do you have an idea for a worthy project? Read through our [process](#) and our [proposal template](#) and then email me at [pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org). We look forward to hearing your ideas.

## Remembering SEM's Jerry Yos, age 93



Jerry Yos, long-time hiker and hike leader for the Boston and SEM chapters of the AMC, died on March 23 at the age of 93. For many years Jerry was a regular participant at Trail Trace the Blue Hills and Thursday morning hikes, in later years often being our sweep. It would not be unusual for him to stop to admire the plants along the trails and share his knowledge with us. Hiking with us into his 80s, Jerry was an inspiration to all of us who love the outdoors. Jerry was a kind and generous man and when he led a hike, he would always bring a bar of Trader Joe's chocolate to share with his group. Jerry you will be missed. Jerry's obituary can be read [here](#).

## New ExCom Board members

Continued from page 2

### Leah McFarland, Conservation Chair

For hobbies, Leah enjoys playing with her two dogs, camping, hiking, biking, kayaking, wildlife tracking, birding, gardening—basically a renaissance woman of the outdoors. When indoors, she enjoys reading and knitting and is a collector of house plants. Want to congratulate Leah or interested in helping, email her at [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org).



### Justin Anderson, Communications Vice Chair

Justin is currently employed in the Office of the State Auditor as an Occupational School Financial Analyst. Prior to joining the OSA, he worked in public policy think tanks, academia, and children's mental health. He has devoted much of his spare time to public service and advocacy, including as a Big Brother, a municipal and county office holder, and coach/board member for a town soccer association. In addition to being out in nature, he enjoys reading, music, powerlifting, craft beer, and coffee. To congratulate Justin, email him at [communicationsvicechair@amcsem.org](mailto:communicationsvicechair@amcsem.org)







Benches in need of repair on the Four Ponds Property in Bourne. *Photos by Len Ulbricht*

## Bourne Conservation Properties: Four Ponds and Leary repairs

By Diane Simms, Development Committee

*This is one of the SEM Development Projects approved by the Executive Committee for funding by our chapter.*

Cape Hiking Vice Chair Robin McIntyre and a past Chapter Chair, Len Ulbricht, identified a need at the Four Ponds Recreation Area and the Leary Property conservation areas managed by the Town of Bourne.

Both properties offer walking, hiking, and the opportunity to enjoy the outdoors. The properties are used not only by Cape Hikes of SEM, but also by school science groups, Scouts, the Upper Cape Naturalist Club, other walking/naturalist groups on the Upper Cape, and local community members.

The project is to replace deteriorated signs at the entrances of both areas and to replace seats on thirteen benches in Four Ponds. SEM will pay for supplies. ExCom approved funding of up to \$725.

Robin and Len worked with Stevie Fitch, the new Conservation Agent for Bourne. She contacted the Upper Cape Technical School (UCT) in Bourne. The students will create the signs out of a renewable material, using an accurate and efficient computer numerical control (CNC) machine and other tools. Ms. Fitch also committed to supplying the labor to disassemble the current sign and replace it with the new sign and to repair the benches.



Signs at the Leary and Four Ponds properties to be replaced with SEM funding. *Leary photo by Robin McIntyre. Four Ponds photo by Len Ulbricht*

## 18th season starts April 20th to Trail Trace the Blue Hills

By Joanne Newton

It's that time of year again: With the start of spring and longer daylight hours coming soon, we can start to think of our Thursday evening Trail Trace the Blue Hills series.

If you are new to the concept of "Trail Tracing", we hike every foot of every trail in the Blue Hills. It takes us 2 years to complete the entire Blue Hills map and we are starting a new map this year.

We hike every Thursday evening starting on April 20 through September 14. We ask everyone to arrive by 5:45 PM, ready to hike at 6 PM for about two hours or longer as we have more daylight. We average four to five miles per hike. An Information Sheet is sent out a few days prior to every hike, announcing the parking location and route for that Thursday. An "As Hiked Map" will be emailed afterwards so you can update your Blue Hills map.



This view from Hemenway Hill is just one of the discoveries waiting for hikers Trail Tracing the Blue Hills. *Photo by Diane Simms*

We have already listed the hikes for April and May. Click [here](#) for a list of the Trail Trace hikes. Registration will be "Contact Registrar," so you just need to register once for the series and then come as often as you can. We do ask that you try to attend at least once or twice per month as your schedule allows. Depending on the response, we may need to limit the number of hikers.

Many of us started hiking because of this series and have made wonderful friends and shared great times during these hikes. We want to continue this tradition and hope you will be a part of it this year so we can make new memories together.

If this sounds interesting to you, and we hope that it does, please register now.

Hope you can join us for Trail Tracing the Blue Hills!



Hikers on Tracy's Qualifying Hike were Kathy O'Keefe, left, Kate O'Connor, Kyle Harrow, Tracy Hawes, Ken Cohen, and Martha Pirone.

## Tracy Hawes Takes the Lead as She Becomes a Level 1 Hike Leader

By Ken Cohen, Hike Leader & Mentor

Register now and mark your calendar—there's still time! AMC-SEM's Leadership Training Program begins its classroom sessions the weekend of April 22-23. It's free to join for all AMC members. Even if you don't have immediate plans to become a hike leader, the knowledge and experiences gained during the course will be valuable resources for all of your future hiking adventures.

That's how Tracy Hawes began her ascension to Level One Hike Leader, in a similar series of classroom and on-line training sessions, almost one year ago.

I had the pleasure of mentoring Tracy while she led the way, planning and completing her "qualifying hike" this past March 9th. Tracy successfully designed the hike route (Ponkapoag Pond region in the Blue Hills Reservation—six miles); qualified all individuals who attended the hike; conducted the circle-up; led the hike; added points of



Paul Brookes presents Tracy with her AMC Volunteer badge, her leader's First Aid Kit, and a traditional bag of goodies. *Photo by Ben West*

interest details along the way; organized separation and snack breaks; and conducted the circle-up at the end of the hike. For much of this process, it appeared that she had been organizing and leading AMC-SEM hikes for years!

Perhaps one of the reasons for her Qualifying Hike success was the amount of work she put into prior hikes as a "Leader-In-Training." Last November Tracy co-led a hike with Hike Leader Nancy Piedra in the Blue Hills Reservation. This past February she co-led, with Diane Simms as leader, the Fall River Bioreserve. And just this past Valentine's Day, she successfully co-led a large group as part of SEM's Winter Trail-Tracing program in the Blue Hills. Her enthusiasm and leadership abilities were clearly evident during this very complex route. In fact, she received a large round of applause at the end-of-hike circle-up!

I strongly believe that Tracy will make an excellent trip leader whose knowledge and hiking expertise will benefit and inspire many participants and future hike leaders for years to come.

It wouldn't surprise me to see her move towards a Level Two Leader Certification in the not-too-distant future. Congratulations, Tracy!

## April 2023 Leadership Training

By Anne Duggan, Education Chair

The Education Committee announces a Leadership Training Weekend April 22 and April 23 in Rochester, MA.

On April 22 the **Basic Leadership** training course will be offered. This full-day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills.

The Basic Leadership course is required for prospective SEM trip leaders but is also appropriate for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. For Basic Leadership training, [register here](#).

**Expanded Leadership** will be offered on April 23. It will emphasize skills needed for leading Level 2 hikes and backcountry activities. The course is open to:

1. All attendees of the Basic Leadership course;
2. Current leaders who want to advance to a higher leadership level; or
3. Leaders wishing to enhance their leadership skills.

To attend Expanded Leadership training, [register here](#).





WFA training in October 2021. *Photos by Sue Svelnis*

## Wilderness First Aid Project: Local training for AMC leaders

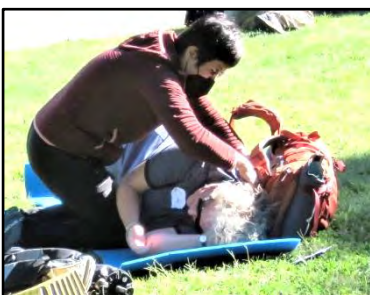
By Diane Simms, Development Committee

*This is one of the SEM Development Projects approved by the Executive Committee for funding by our chapter.*

Last year, AMC piloted a program to offer Wilderness First Aid training at a subsidized rate for chapter leaders. WFA is required for these types of SEM leaders: mountain hiking, trails, and skiing.

Any active SEM leader can request reimbursement for the cost of the course up to the amount that it costs SEM to run the course. The leader-subsidized rate was less than the cost SEM incurred when managing the [SOLO](#) course, but few of the courses were offered locally.

This year, AMC has committed to offering two courses in the SEM region. This is a huge benefit for the chapter. Note, these courses are open to everyone, not just leaders. ExCom approved \$1,000 to AMC in appreciation and to support this initiative.



**Wilderness First Aid training includes both classroom learning and practice scenarios.**

*Photos from October 2021 by Sue Svelnis*

## SEM Paddling welcomes two new leaders as the season launches

By Barry Young, Paddling Chair

Late last fall two AMC paddlers completed their requirements to become paddle leaders for the SEM Chapter. Now that the weather and water temperatures are warming up, look for the paddle trips and clinics these new leaders will be offering.

Robin Melavalin, from East Falmouth, is a very experienced and accomplished paddler. She leads international paddle trips (and hiking trips) for AMC Adventure Travel, and just recently returned from leading a paddle trip in Baja kayaking with whales. Robin is also very safety conscious and was the lead instructor for a paddle safety clinic held by the SEM Chapter last fall.



Left: New Paddle Leader Robin Melavalin receives her leader badge and new leader paddling gift of a lightweight dry bag from Paddling Chair Barry Young.

Right: New SEM paddle leader John Littlefield displays his leader badge and new leader gift. John lives on the Taunton River

John Littlefield, from Berkley, has been paddling for more than 10 years and lives right on the Taunton River. He loves paddle camping: for his “COVID project,” he was doing the 740-mile Northern Forest Canoe Trail which goes from upstate New York to Maine. John loves paddling and looks forward to sharing his knowledge as a Paddle Leader.

If you are interested in becoming a SEM Paddle Leader, please contact Barry Young, Paddling Chair, at [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org). Also, if you are a paddler and already a leader for another SEM activity like hiking, biking, etc., it’s a very simple process to become a Paddle Leader—just a couple of co-leads and then you will be covered by AMC insurance when you kayak with your AMC friends.





## Map and Compass workshop scheduled for June 24 & 25

By Paul Brookes, Chapter Chair

SEM's Annual weekend Map and Compass workshop returns for the sixth year. This two-day weekend workshop teaches you Map & Compass skills. No prior experience is required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. See registrar's email link [here](#).

All activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. Class size is capped, and students assign themselves to groups of five to seven. This promotes small group learning.

On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails.

On Sunday, every group will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a U.S. geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination, as well as compass bearings. Each group will have an instructor to help facilitate the learning.

Preference for this workshop is being given to SEM leaders and SEM Leaders-In-Training who took a recent Leadership Training class, such as the one being held on [April 22](#). Active leaders and Leaders-In-Training who have completed at least one co-lead can apply for a scholarship for the full cost of the workshop fee by completing the [scholarship application](#).

For a complete list of topics covered, click [here](#).

For more information on SEM's Education Programs, check out our [Education Page](#).



## AMC Bay Circuit Trail—Bonney Hill Trail development project

By Diane Simms, Development Committee

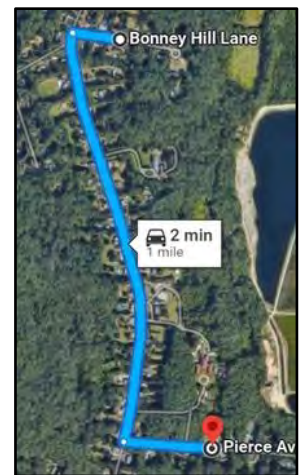
*This is one of the SEM Development Projects approved by the Executive Committee for funding by our chapter.*

The [Bay Circuit Trail](#) is a 230-mile multi-use trail. This greenway is located close to 4 million people in Eastern Massachusetts, starting at the mouth of the Merrimack River and ending in Kingston Bay. A good portion runs through the SEM region. The AMC has led Bay Circuit Trail partners since 2012 in the completion and enhancement of the trail and the long-term protection of this greenway. The club works to fulfill the vision of the Bay Circuit by closing final gaps of the trail. AMC is working to document varied uses on the trail, improve the recreational experience, secure permanent protection for the trail corridor, and encourage the public to explore the trail's 230 miles.



Present course of the Bay Circuit Trail from East Bridgewater to Plymouth, crossing busy traffic areas.

This project will create a new recreational foot trail on town-owned land, previously the site of Plymouth County Hospital. It will enable the relocation of nearly a mile of the Bay Circuit Trail off busy roadways (High Street in Hanson, MA) and into 50 acres of forest and meadow. The trail will improve public access and enjoyment of this scenic open space and will be compatible with passive recreation that is envisioned for other parts of the property in the future. ExCom approved \$1,000 to AMC to help fund this initiative.



Planned relocation of a section of the trail to bypass busy roads.

Map & graphic provided by Kristen Sykes





New bridge segments built by AMC trail crew volunteers.  
*Photo by Jeannine Audet*

## New and veteran hikers enjoy Southeastern Mass. Bioreserve

By Paul Audet, Hike Leader

As the weather gets warmer and spring approaches, people will be heading outdoors to enjoy their favorite activities. If you're a hiker, whether very experienced or just starting out, and you're looking for a new area to explore, visit the Southeastern Massachusetts Bioreserve in Fall River, MA. The Bioreserve encompasses over 16,000 acres and nearly 50 miles of trails, from easy walking old cart trails to more challenging narrow, rocky trails.

If you're not a climber, this is for you, with the highest elevation, Copicut Hill, peaking at just 358 ft. Trails pass through swamps, by many vernal pools, over several streams crossed with old granite bridges, and alongside miles of old stone walls. A visit to Copicut Woods takes you past the site of the nearly 200-year-old Isaac Miller homestead with the remains of several buildings and many of the original walls still standing.

This past year AMC volunteers, under the guidance of Mike Labossiere, Forester/ Project Manager for the city of Fall River, created a new challenge for ambitious hikers. Using mostly existing trails, and creating new ones where needed, a 20-mile Bioreserve Loop Trail has been marked. This trail passes through swamps, over old farm roads, along the Copicut Reservoir, and through some beautiful woodlands. If you are an AMC member and complete the

20-mile hike, you can earn a patch. Hikes of the Loop Trail are under way; you can register for one of them [here](#).

Those who have walked various stretches of the loop note that it may be rare to run across other hikers or hear engines to disturb the quiet. However, be aware that much of the Bioreserve is open to hunting in the Fall, so orange vests are required at these times. During no-hunting season, you may also hear gunfire from local, private sportsman's clubs nearby.

Hikers in the Bioreserve are advised to consult with directions listed on the AMC-SEM [Fall River Hikes](#) web page, as your GPS may take you up rough unpaved roads.

Make plans now to explore the Bioreserve or sign up for monthly hikes offered by AMC-SEM, since Spring will see the vernal pools, swamps, and streams come alive with peepers, frogs, salamanders, and other wildlife.



Left: Edmond House Trail, with Loop Trail blue blaze visible.

Below Left: Old granite bridge over swamp area on Town Line Trail.

Below Right: Bog bridges SEM trails crew built on part of the Loop Trail.

*Photos by Paul Audet*







## Hiking Milestones

### Hikers earn patches for their first quarter achievements

Congratulations to those hikers who completed a [Winter Trail Trace the Blue Hills](#) series in Q1 of this year:

#### First Time

3/1/23 Judith Watson  
3/7/23 Deborah Sepinwall  
3/7/23 Larry Petrone  
3/8/23 Leslie Egan  
3/11/23 Irene Scharf  
3/16/23 Madelyn Atwood  
3/17/23 Maria Sestina  
3/18/23 Susan Stoll

#### Fourth Time

2/4/23 Joanne Newton

#### Fifth Time

3/13/23 Joanne Newton

#### Sixth Time

2/1/23 Bob Vogel

#### Seventh Time

3/13/23 Bob Vogel



#### Second Time

2/18/23 Nick Georgantas  
3/5/23 John Schepis  
3/7/23 Barbara Lightizer  
3/12/23 Diane Simms  
3/13/23 Stephanie Cavallaro

Congratulations to those hikers who completed a regular Trail Trace the Blue Hills series in Q1 of this year:

#### Blue Map (2nd)

3/21/23 Diane Simms

#### Gold Map (10th)

2/21/23 Bill Belben



Congratulations to the following hikers who have earned a 100-mile patch in Q1 of this year, as well as to our 500-mile and 1000-mile Q1 achievers.

#### Q1 2023 FINISHERS LIST

##### 1000-Mile Finishers

11-16-2019 Bob Vogel  
02-09-2020 Diane Hartley  
03-01-2020 Ken Cohen  
10-14-2021 Karen Foley  
11-24-2022 John Schepis  
10-12-2022 Walt Granda



##### 500-Mile Finishers

11-04-2017 David Selfe  
12-31-2018 Karen Foley  
12-31-2018 Diane Hartley  
01-29-2019 Bob Vogel  
03-16-2022 John Schepis  
03-26-2019 Ken Cohen  
04-19-2019 Joanne Newton  
08-06-2019 Walt Granda  
01-18-2022 Paul Brookes  
06-01-2022 Bill Belben  
07-09-2022 Sujatha Srinivasan  
01-12-2023 Larry Petrone



##### 2023 100-Mile Finishers

02-04-2023 Barbara Lightizer  
02-08-2023 Madelyn Atwood  
02-13-2023 John Schepis  
02-18-2023 Susan Stoll  
02-28-2023 Irene Scharf  
03-01-2023 Stephanie Calallaro  
03-02-2023 Ben West  
03-25-2023 Tracy Hawes  
03-25-2023 Deborah Sepinwall



Congratulations to those hikers who earned our new Loop Trail patch in Q1 of this year:

##### Bioreserve Loop Trail Finishers

3/14/2023 Walt Granda  
3/23/2023 Bill Belben  
3/23/2023 Becky Forand  
3/23/2023 Brian Gollub  
3/23/2023 Leslie Egan  
3/23/2023 Deborah Sepinwall  
3/23/2023 Ben West







## Biking Committee hits the road with full schedule of rides

By Bill Trimble, Biking Committee Chair

Now that spring is here, things are picking up with biking activities. We are hoping to have a road ride on every second weekend of the month from May through September. The first ride will be the Mother's Day Muffin Ride in Wrentham, followed by rides in Mashpee, Hull, Lakeville and Tiverton.

We are also having a monthly Biking and Brews series. Each ride begins and ends at a local microbrewer. Planned rides are from Cisco Brewing in New Bedford, Berkley Beer in Taunton, Buzzards Bay Brewery in Westport, Shovel Town Brewers in Easton, and Mayflower Brewing in Plymouth. More brewers may be added depending on interest in these rides. Come for the ride and stay for a brew and/or lunch. These rides will be 15-25 miles.

A Bikepath Ride series is planned for those riders uncomfortable with riding on roadways or unsure of their biking abilities. The first Bikepath Ride will be on the 10-Mile River Greenway in Rumford, RI. This ride is six miles long, flat, and all on dedicated bike path. Any type of bike and nearly any ability rider should be able to do this one. Families with children are welcome, as well as anyone looking to try out their cycling legs, but not ready to try one of our longer rides.

Bike Path Series rides will increase in distance throughout the summer. After Rumford, we will ride the Cape Cod canal, then the Blue Lane path around Clarks Point in New Bedford. Other rides may be the Fairhaven/Mattapoisett path, the Shining Sea path (Falmouth), one of the Myles Standish State Forest paths (Plymouth), the East Bay path (Bristol, RI), and perhaps others. The Bike Path rides are scheduled for Thursdays throughout the summer. Smile more, come ride a bike with us. Helmets are required on our rides.

Your Southeastern Mass chapter membership includes a free subscription to the *RidewithGPS* route planner. This

webpage and accompanying phone app allow you to track your rides, plan routes on a map, and get turn-by-turn prompts while riding our club routes. Sign up on the AMC-SEM website by going to the [Biking page](#) and then selecting *RidewithGPS* from the menu on the right side of the page. You can also join AMC-SEM club challenges where your distance or riding time is compiled to reach monthly goals and to see how you stack up with others in the challenge.

As always, we are looking for biking leaders. If you are interested in becoming a biking leader, contact Biking Chair Bill Trimble at [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org). If you have already taken leadership training, your path may be as simple as riding with us on one ride, planning a ride on your own, then riding that ride with a qualified leader. See you Outside!

## Map & Compass scholarship offer for Leaders, Leaders-In-Training

By Paul Brookes, Chapter Chair

Active leaders and Leaders-In-Training who have completed at least one co-lead can apply for a scholarship for the full cost of the June 24-25 Map & Compass workshop by completing the following [scholarship application](#).

If you are a regular participant in our outdoor activities, please consider becoming a leader. Our next [Leadership Training](#) is Saturday, April 22nd, and includes an optional additional day on Sunday, April 23rd. As an added incentive, active leaders and SEM Leaders-In-Training will get priority registration for our Map & Compass workshop.

## SEM Memory: Ocean challenge



These paddlers tackled an ocean kayak trip along the coast of Maine circa Summer 1991. Photo by Chuck Wright

### Save the Date for AMC-SEM Open House

The AMC-SEM Annual Open House is scheduled for Saturday, May 27, from 10 AM to 2 PM at Borderland State Park in Easton. We are looking for volunteers to share their knowledge and conduct possible demonstrations throughout the event. Please contact Samantha Fisher at [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org) or Nancy Piedra at [membershipvicechair@amcsem.org](mailto:membershipvicechair@amcsem.org). Or sign up by clicking on the link [here](#). We look forward to seeing you there!



The Common Room of Cardigan Lodge provides a cozy gathering place after a day's activities.

## SEM Chapter Hut Weekend (CHW) returns in September 2023!

By Jeannine Audet, Chapter Vice Chair

After a hiatus, Chapter Hut Weekend (CHW) will return for SEM this year! Prior to COVID, CHW was a highly anticipated annual September tradition, held at various locations in New Hampshire. CHW has provided a wonderful opportunity for SEM members to enjoy the outdoors, participate in a variety of activities, reconnect with old friends, and make new friends.

This year, CHW will be held at the beautiful Cardigan Lodge in Alexandria, NH, from Friday, September 15 to Sunday, September 17. The SEM Chapter has reserved the entire lodge for our group for the weekend. Cardigan Lodge is only a two-hour drive from Boston yet affords a variety of activities on site and nearby. Leaders are



Above: The welcoming exterior of Cardigan Lodge. Right: The Lodge glows under a full moon. Photo by Ellen Thompson

preparing to offer an array of activity choices, including hikes of different lengths and levels of challenge, sessions on self-care and yoga, as well as bike rides and possible paddles.

Meals will be prepared for the group by the Lodge chef, from dinner on arrival on Friday through lunch on Sunday. We will also be treated to appetizers on Saturday for a Happy Hour event. Participants may BYOB. The lodge provides bunkroom accommodations with shared bathrooms on each floor. Towels & linens are provided. The cost is \$224.16 per person for the weekend.

Participants may also wish to bring games and musical instruments for additional fun.

CHW is "live" on the SEM ActDB, and registration is open [here](#). This event is expected to fill quickly, so reserve your spot now!

If you are interested in helping to lead activities for CHW, please contact me at [vicechair@amcsem.org](mailto:vicechair@amcsem.org). Hope to see you there!



One of the spectacular views near Cardigan Lodge.

## Fall River Hikes has a webpage

If you live in the Fall River area or wish to explore this area some more, Fall River Hikes now has its own SEM webpage. Go to our [Hiking page](#) and then, from the side bar on the right, under "Choose a hike," select [Fall River Hikes](#). From here you can learn about the Fall River area, download leader recommended hikes, get tips for the best places to park if you are hiking sections of the Bioreserve Loop Trail, and view all of our Fall River Bioreserve hikes.







Hikers scale the scary Pig Rock. *Photo by Patty Everett*

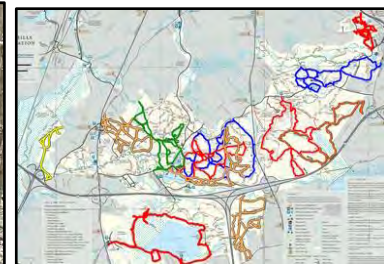
## Trail Tracers rack up the miles during milder winter season

By Paul Brookes, Hike Leader & Chapter Chair

Winter Trail Trace the Blue Hills (formerly White Lining) is a favorite hiking series completing its eighth year. The challenge is to hike all the trails in the Blue Hills between the Winter Solstice and the Spring Equinox. Those who complete the challenge get a terrific patch, designed by Pam Johnson back in 2018. Those in the know will notice the patch includes Pam's favorite color, purple.

Seven of the eleven weeks, the weather was mild, and on those weeks we had between 23 and 28 participants on our hikes. During bad weather, we generally had a half dozen fewer. This remains a popular series. Because the weather was generally mild, we were able to put on the miles. We hiked more than 76 miles during eleven Tuesday morning hikes and one Saturday morning hike.

This winter our prior Trail Trace leaders, Pam Johnson and Claire and Craig MacDonald, could not lead the series.



Above: Map of the segments covered by the Winter Trail Tracers. Left: Julie gives the group a pep talk before we scale Pig Rock. *Photo by Patty Everett*

I jumped in with other leaders—Julie Manley, Walt Granda, Ann Hargleroad, and Bill Doher—to fill the gap. Pam's creativity and Claire's and Craig's enthusiasm and good humor were missed. Pam and her recently retired husband, Steve, have been enjoying travel in their new Air Stream, visiting their children and seeing more of America. It was a true treat at our end of year celebration to have Clair and Craig join us at Trillium's brewery.

Tracy Hawes is our most recent new leader, and I was thrilled to be able to present her with her new leader's gift bag during our end-of-season celebration at Trillium's. On a personal note, I took to leading less from the front and mingled more. I made some new friends and generally got to know people better. It was a really enjoyable season with a great group of people.



Left: Occasional glimpses of winter on the trail. *Photo by Patty Everett* Right: A mostly mild winter Trail Trace the Blue Hills as evidenced by this Bluebird on Carberry Path. *Photo by Ben West*





Safety & Rescue participants receive last minute instructions from leader Robin Melavalin. *Photo by Barry Young*

## Paddlers hold Safety & Rescue event with practice scenarios

By Barry Young, Paddling Chair

At the end of the paddling season last year, SEM Paddling conducted a safety and rescue clinic on Greenwood Lake in Mansfield, MA. After an easy one-hour flat water warm-up paddle, leader Robin Melavalin conducted a two-hour safety and rescue clinic, assisted by Paddling Chair Barry Young.

The twelve participants brought their own kayaks and personal flotation devices (PFDs). There was a good variety of kayak styles from pungos to sea kayaks, and a range of abilities from non-swimmers to 20-year-old experienced kayakers. The first part of the clinic consisted of a review of safety equipment: PFDs, whistle, paddle leash, paddle float, and bilge pump.

Then it was onto the water for actual demonstrations and practice. The first demo was a “wet exit,” which is how to properly get yourself out of an upside-down kayak without panicking. Next “assisted rescue” techniques were demonstrated, which is a team approach to assisting a person in the



Barry Young presents Robin Melavalin with her new Paddle Leader kit.

water to safely get back into their kayak. And the final demo was a “self-rescue” technique for when you are in the water and no one else is around to help you, allowing you to get back into your kayak by yourself.

At the beginning of all the demos and practice sessions, all participants were told they did not have to participate if they did not feel comfortable. Despite some initial hesitancy, all participants took the plunge to be rescued, including two participants who don’t know how to swim.

At the end of this safety clinic, all participants were wet and all were more confident in their skills. Many thanks to Robin Melavalin for leading the clinic and contributing to some of the wording in this article.

We are planning more free safety clinics this year, and if you are a paddler reading this article and would be interested in participating in a safety clinic, please send your name and contact info to Barry Young at [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org).



Safety and rescue participants practice an assisted rescue helping a kayaker regain entry into the kayak. *Photo by Barry Young*



Assisted rescue removing water from the red kayak before the kayaker attempts reentry. *Photo by Barry Young*





## Volunteer of the Month: Paul Brookes

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 Paul Brookes.

In November, Paul Brookes assumed the role as the Chapter Chair for our SEM Chapter but that hasn't stopped him from being a very active hike leader. Paul was a major participant in the planning and execution of the in-person and online Winter Hiking Workshops and as a leader in most of the associated winter hiking series. In addition, Paul took full ownership for the planning and coordination of the Winter Trail Trace the Blue Hills series. During that series, he led eleven of the twelve weekly hikes. The hikes were wildly popular, and participation was often in the 20+ range.

As if leading hikes wasn't worthy enough of the VOM, Paul has also done substantial work on creating and updating links on the Hiking Webpage, including links to provide detailed information on the Fall River Bioreserve and the new Bioreserve Loop. He also created recognition lists for participants who earn hiking mileage patches.

Paul has also volunteered his time to be part of the team who will put on the upcoming Leadership Training Course in April, and he will teach his two-day Map & Compass Class in June.

We are lucky and honored to have Paul as part of our chapter! Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.

Thanks Paul!!!

## Laminate your hiking patches

By Lars Qvicklund, Hike Leader

Have you earned a lot of patches but don't want to stitch them or glue them onto your backpack? They can be laminated and hung from your backpack. If you have multiple packs, just move them from one to another.

Make two copies of the patch, cut them out and glue them together. The patch will be visible no matter how it swings around.

Laminate the patch. There are several options available such as using a service like Staples or buying an inexpensive laminator.



Cut out the laminated patch leaving good margins all around and an extra larger tip at the top.

Punch a hole in the tip so it can be attached to the backpack using a small carbine hook.

I borrowed this idea from a New Hampshire hiker I met on the trail.



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

FREE: I have a brand new 24-piece camping kitchen set for someone. It's free for whoever wants it.

Contact [Paul Brookes](mailto:Paul Brookes).





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](http://outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the very bottom of [Outdoors.org](http://Outdoors.org) & click **Login**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

### BICYCLING

**Sat., Apr. 15. Get riding with a short scenic Dartmouth spin, Dartmouth, MA.** Get the bike out of winter storage and join us for a nice short scenic ride through Dartmouth. The ride will be 15 miles at a 10-12 MPH pace. Mostly flat with a couple of short hills, all on road riding. Steady rain will cancel this event. Come by Sunrise Bakery for malassadas (Portuguese donuts) and coffee after the ride. Starts and ends at the Southworth Library parking lot. The lot is behind the library. Turn left on Sol e Mar just before the library and then first right into parking lot. Helmets and bike taillights are required for the ride. Bring water and a spare tube along as well. GPS track of the route and Google map of the start location are in related links below. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com)), Bill is an avid cyclist and the AMC SE Mass biking chair

**Sat., Apr. 29. Spring Daffodil Bike Ride, Parson's Reserve, MA.** Join us for a Spring ride through lovely areas of Westport & Dartmouth, MA. We will ride 20-25 miles, at a 10-12 mph pace. There will be modest hills. Our ride will take us past conservation areas, waterways, & stone walls. Partway through, we will stop to walk the 1/4 mile trail up to view & walk amongst the beautiful fields of daffodils in full bloom. A helmet is required to ride. Your bike should be in good working order. Bring a lunch, snacks, water & a spare tube. Clothing layers & rain gear will be important for this time of year. Steady rain will cancel. The DNRT, who manages the property, suggests a \$5 donation per visitor, to support care of the daffodil fields. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirddb@aol.com](mailto:jhummingbirddb@aol.com)). Jeannine enjoys leading hikes, bike rides & xc ski trips throughout New England, throughout the year, sharing the outdoors with others.) L Jodi Jensen ([jodiajensen@gmail.com](mailto:jodiajensen@gmail.com), Jodi enjoys leading bike rides throughout the SE Mass. region. She also enjoys exploring new areas & rail trails throughout the northeast.) L Leonard Ulbricht ([Lenu44@gmail.com](mailto:Lenu44@gmail.com)), Len is a biking leader in warm weather conditions and leads hikes when the weather turns cooler. He enjoys biking Cape Cod shorelines and rural south shore routes. He hikes locally and off Cape, and further afield in the Berkshires, New Hampshire and the Catskills.)

**Sun., May 7. Biking and Brews Series, Cisco Brewers, New Bedford, MA.** Join us for the first in a series of rides beginning and ending at local microbreweries. This ride will start and end at Cisco Brewers in New Bedford. Riders are encouraged to stay and have a brew (and lunch if you like) at Cisco following the ride. This ride is very scenic and will travel along the top of the hurricane barriers, (Harbor Walk and Cove Walk), on bike paths around Clark's Point, and on bike lanes along the streets of the harbor up to the State pier. Total distance about 15 miles. Riders must bring water, a spare inner tube, and a red taillight on their bike. (New Massachusetts law requires taillights on bikes) Should be suitable for riders who are leery of on-road riding, Mostly off road, a bit of travel on bike lanes in lightly traveled areas, no hills. Plans are to have other Biking and Brews rides throughout the summer. Breweries will include Buzzards Bay Brewery in Westport, Bristol Beer in Taunton, Mayflower Brewery in Plymouth and Shovelton Brewers in Easton. If you would like to have a ride from a local microbrewer in your town, contact the ride leader, Bill Trimble, with your idea and we will see if it can be arranged. Hoping to have these rides at least monthly. Parking will be in the auxiliary lot for Cisco, just before passing through the hurricane barrier on the right if traveling south on East Rodney French Blvd. Please do not park at the lot next to the brewery. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com)), Bill is an avid cyclist and the biking chair for the SE Mass Chapter of the AMC.)





## Activities

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

### BICYCLING

**Thu., Jun. 1. Beginner/family bike ride, short, flat, and on a bike path., Ten Mile River Greenway (Rumford to Pawtucket, RI out and back), MA.** Haven't ridden your bike in a while? Don't have a fancy bike? Not a "serious cyclist"? Don't have "cycling" clothes? Don't like riding on the road? Looking to get outdoors with the family? If you answered yes to one or more of the questions above this ride is for you. This ride is short (6 miles), flat, (along the Ten Mile River Greenway), and on a paved bike path. It is the first of a series of rides planned for this summer geared to shorter, flatter, and leisurely rides on bike paths around the area. The pace for this ride will be set by the slowest rider, no one will be left behind. Most people could walk the route in 2 hours, so the time allotted will allow for stops to rest muscles unaccustomed to peddling or to handle equipment issues if needed. The ride leader is a bike mechanic and should be able to handle most bike related issues. Bike Path series rides are being planned throughout the summer and will be shorter, flatter and slower than some of our other rides. The ride distance will increase progressively as the time goes on. The hope is to provide cycling opportunities suitable for everyone on any type of bike. Families are welcomed. Please consult the ride leader about children younger than 5 years of age. Smile more, ride a bike! Registrations and waivers are required for each participant regardless of age (parents or guardians may register minors) Helmets are required for the ride. Bring along water and a spare inner tube that fits your tires. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid proponent of human powered transportation for enjoyment and health. He is a bike mechanic and has his own mobile bike repair business)

**Sat., Jun. 3. Berkley Beer Biking and Brews Ride 6/3, Taunton, MA.** This is the second of our Biking and Brews ride series, starting and ending at Berkley Beer brewhouse in Taunton on Ingell Street. The ride is about 24 miles on mostly rural roads and will visit Profile Rock and Dighton Rock along the way. The route is lumpy but there are no big hills. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections. A RidewithGPS subscription is free with your AMC-SEM membership. Join us after the ride for a brew and/or lunch at Berkley Beer. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and the Biking Chair of the Southern Mass Chapter)

**Sun., Jul. 9, 9 AM. Ride the Lakes of Lakeville, MA.** Take a ride along the lakes of Lakeville! This 23 mile ride is mostly rolling and along lightly traveled roads, Pace will be 10 to 12 MPH. Beginning at Tamarack Park Conservation area, the ride will pass Assawampsett Pond, Long Pond, Great Quittacas Pond, and Snipituit Pond before returning to Tamarack. The land is rolling with short ups and downs along the way. No elevation change tops 100 feet. Not flat particularly, but no imposing climbs. See the links for a GPS track of the ride and a Google map of the start location Riders must bring water, a spare tube, and have a red taillight on their bike. (New Massachusetts law requires taillights). Helmets are required. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and the AMC SE Mass chapter biking chair)

**Sun., Aug. 6. Shovel Town Brewery, Biking and Brews Ride 8/6, North Easton, MA.** This is another of our Biking and Brews ride series, starting and ending at Shovel Town Brewery, 50 Oliver Street rear, in North Easton, MA. The ride is about 25 miles on mostly rural roads and include a short (1.8 mi.) unpaved section of packed crushed stone path across Borderland State Park from Bay Road to Massapoag Ave. Most bikes can navigate the path but if you have a narrow tire road bike, this ride might not be for you. The route is basically flat. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections on the club page. A RidewithGPS subscription is free with your AMC SEM membership. Join us after the ride for a brew and/or lunch at Shovel Town Brewery Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist, owns his own mobile bike repair business, and is the Biking Chair for AMC Southeastern Mass chapter.)

### CAPE HIKING

**Thu., Apr. 13. 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/cold 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. 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. L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 Cape Hikes/SEM leader with prior WFA training)



## Activities

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

### CAPE HIKES

**Sun., Apr. 16. Hike Maple Swamp, Sandwich, MA.** This hike is a show and go, please contact leader with questions. This is a very hilly hike over uneven glacial terrain. Sturdy footwear preferably hiking boots and fluid for hydration required, hiking poles strongly recommended. Be prepared for ticks and poison ivy. From Sagamore Bridge take Rte 6 E and exit 61 Quaker Meetinghouse and turn R off of ramp and then immediate L onto Service Rd., just beyond Mill Rd, look for entrance to Maple Swamp. From outer Cape take Rte 6 W to exit 63 Chase Rd, turn L off ramp, go over highway and turn R on Service Rd., just beyond Noel Henry Rd is entrance to Maple Swamp. Arrive at 12:45 PM please. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Cape Hike Chair with many years of hiking experience.)

**Thu., Apr. 20. Hiking Nickerson to the Bay on Cape Cod, Nickerson State Park, Brewster, MA.** 5 mi hike from Nickerson State Park, Brewster thru Spruce Hill Cons Area to Linnell Landing and Crosby Landing Beaches. POIs include a historic cemetery, bay beaches, creek, salt marsh, and the first house on Cape Cod with gas light & indoor plumbing. Directions: Rt 6 to Exit 89 > LEFT on 6A x 1.5 mi > LEFT into Nickerson > immediate RIGHT into parking. No parking fee this time of year. Rain cancels. Please check website morning of hike to insure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), Level 1 hike leader. Love sharing fun facts about the points of interest on my hikes.)

**Sat., Apr. 22. Hike Race Point Lighthouse Provincetown, Provincetown, MA.** 2 hour hike. Visit Race Point Lighthouse over woods trails, dike over marsh trail, sand dunes, and soft sand beaches. Directions: From Route 6 in Provincetown take Right at first traffic light after entering Provincetown onto Race Point Road. Travel 1.5 miles and turn left onto Province Lands Road. Travel 0.8 miles to a small, dirt parking lot on the right. Most cars will park on the right-side shoulder of Province Lands Road before lot entrance. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Apr. 23. Hike East Falmouth Shallow Pond, East Falmouth, MA.** This hike is on a 70-acre conservation area in East Falmouth called Shallow Pond Woodlands as well as an adjacent 68 acres, Breivogel Ponds. The distance will be about 4 miles and the hike will take about 2 1/4 hours. The hike is fairly easy encountering a few hills, both wide and narrow trails, a white cedar swamp, and a sandy open area. For questions, please contact the Leader. We look forward to having you join us on this hike. Unfortunately, last minute unexpected events, usually weather, forces an event to be cancelled. Please check this hike listing on the morning of the hike to ensure it is still occurring. If the listing has disappeared, the hike is cancelled. You can also find instructions to sign up for any last-minute notifications from SNEL (Short Notice Email List) [here](#). L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), Has been leading hikes for Cape Hiking for 19 years.) L Catherine Giordano ([cmgiordan@msn.com](mailto:cmgiordan@msn.com))

**Thu., Apr. 27. Hike - Nickerson State Park, Nickerson State Park, MA.** Hike winding trails over hills and shoreline of Big & Little Cliff ponds in Nickerson State Park. I recommend poles due to many roots in addition to sturdy hiking footwear and water. Directions: Rt 6, Exit 89, turn left on 6A towards Brewster and enter Nickerson State Park at main entrance on left. Pass gatehouse, go straight and take first left on Flax Pond Road. Continue to parking lot at the end of the road near boat ramp. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check this hiking post on the day of the hike to insure it is still happening. Thank you. L Anne Hennessy ([Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sat., Apr. 29. Hike Santuit Pond Preserve, Santuit Pond Preserve, RT 130 Mashpee, MA.** Hike trails around Santuit Pond and cranberry bogs. Views of Herring ladder and Santuit River. Some hills and narrow paths fire roads RT 6 Exit 59 to RT 130 turn right (south) drive 8.5 miles. Parking after Shell station on left. From RT 28 turn right on RT 130 go .6 tenths of a mile to parking on right. If needed park on side of road off pavement. 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 David Selfe (508-776-4260 After 6pm before 8pm, [kdsselfe@comcast.net](mailto:kdsselfe@comcast.net))

**Thu., May 4. Hike Island Pond Cemetery and Harwich Conservation Land, Harwich Town Hall, Old Colony Rd, Harwich MA 02645.** This 4.5-mile hike begins on the bike path to Island Pond Cemetery and the James Marceline Arboretum. From there, we hike through Harwich Conservation Lands on mostly woodland trails. Points of interest include views of Katie's Pond, a working cranberry bog, and a lavender farm. L Trish Crocker (508-345-6260 Before 9.00pm, [pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com))





## Activities

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

### CAPE HIKES

**Sat., May 6. Hike Falmouth Moraine Trail in Reverse, Falmouth, MA.** This is a 9+ mile, 5-hour or so, moderately difficult, one-way hike along the moraine left by the glacier that created Cape Cod. Hills of varying heights will be encountered along the entire route. This is not for beginners, and hikers should be experienced with longer hikes, and in good health. Bring any necessary medications such as an epipen, inhalers, or sugar if a diabetic prone to hypoglycemia. Hiking boots and poles are strongly recommended. For 20 years this hike has been done by travelling from north to south. This is the first time we will do it in reverse. There will be a lunch stop so bring food, and plenty of water especially if the weather is warm. Ticks, poison ivy, and possibly mosquitoes will be encountered. Please phone or email the leader for any questions, or if you are unsure if this hike is for you. We meet at 0845, circle up at 0900, and at 0915 will carpool to Goodwill Park in Falmouth to the hike's start about 0930. For safety, please bring a mask to wear while in the carpooling vehicle. Unfortunately, last minute unexpected events, usually weather, forces an event to be cancelled. Please check this hike listing on the morning of the hike to ensure it is still occurring. If the listing has disappeared, the hike is cancelled. You can also find instructions to sign up for any last-minute notifications from SNEL (Short Notice Email List) [here](#). L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), Has been leading hikes for Cape Hiking for 19 years.)

**Sun., May 7. Hike Three Ponds in West Yarmouth, starting at Sandy Pond Recreation area on Buck Island Road, West Yarmouth, MA.** Hike some old fire roads that have narrowed to wonderful paths. See views of 3 ponds and some interesting plant life. Sun Dew is sometimes on the edge of Horse Pond. An almost flat hike on pine needle paths. Take exit 72 on the Mid Cape Highway (rt6) turn left. At the light turn left onto Higgins Crowell. The next set of lights will be Buck Island Road, Turn right. The Recreation Area is on your right in about 1/2 mile. Park in Dog Park area. From rt28 take Higgins Crowell Road. At the first lights take a left on Buck Island Road. The recreation area is 1/2 mile on your right. Park in Dog Park area. 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 David Selfe (508-776-4260 Between 8am and 10am, [kdsselfe@comcast.net](mailto:kdsselfe@comcast.net))

**Thu., May 11. Hike Bell's Neck, Sand Pond Beach Parking Lot, Harwich, MA.** Hike 4.5 miles on mostly woodland trails around the the West Reservoir. Points of interest include cranberry bogs, a Herring Run, views of the East Reservoir and Herring River. Be prepared to encounter tree roots, poison ivy and ticks. Bring water for hydration. Unfortunately, last minute unexpected events, most often weather, force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still taking place. L Trish Crocker (508-345-6260 Before 9.00PM, [pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com))

**Sat., May 13. Hike Long Point, Provincetown, MA.** 4 hour hike. Visit Herring Cove Beach, Wood End Lighthouse, and Long Point Lighthouse. Mostly soft sand beach walking. Bring a lunch. 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 - 2:00 pm. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sat., May 20. Hike Clapps Pond, Provincetown, MA.** 5.8-mile ,3 hour hike. Hike woods, soft sand dunes, and around ponds. Lady Slippers might be in bloom. Directions: From Route 6 in Provincetown take Right on Race Point Road (first traffic light on Route 6 in Provincetown) and go 0.5 miles turning left into Beach Forest Parking Lot. Park at far end. Meet at 9:45 and hike 10 am - 1:00 pm. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., May 21. Hike--Bourne Town Forest/Four Ponds, Bourne, MA.** This Show and Go 4+ mile, 2-hour hike is in the Bourne Town Forest and Four Ponds Conservation area. This hike is not suitable for novice hikers. The terrain is over wooded mountain bike trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, and tick repellent. May have poison ivy exposure. Hiking poles if preferred. Directions: NOTE: NOT meeting at Four Ponds trailhead and GPS will not work. From Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Go right onto Clay Pond Road--green state sign says Monument Beach--before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and park on the left side of the road. Since this is a Show and Go hike, check the website just prior to the hike for any weather cancellation. L Robin McIntyre (508-789-8252, [robinm McIntyre@comcast.net](mailto:robinm McIntyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.)



## Activities

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

### CAPE HIKES

**Thu., May 25. Hike Ryder Lowell Holl, Sandwich, MA.** Celebrate the end of the Cape hiking season with this Hike, 4 miles along wooded trails with some elevation, lots of roots. We will hike between 2 conservation areas Ryder and Lowell Holly and will have views of the Wakeby Pond and Mashpee Pond. At the end of the hike, we will picnic at Wakeby Pond bring your own sandwich or salad, beverage and if you want a side to share. Bring your own chair to sit on. Take exit 61 off midcape Rte 6 and turn south, (R from bridge, L from upper Cape). Stay on Quaker Meetinghouse Rd to traffic light and turn L, stay on Cotuit Rd., to small rotary and take first exit. Go short distance to entrance to Ryder on R. Drive past upper lot and guard shack and go to dirt lot at end of road on Right. THIS IS A NEW START LOCATION. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net)) L Keith Magyar.

### EDUCATION

**Sat., Apr. 22. SEM Basic Leadership Training, Rochester, MA.** Basic Leadership Training: This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready 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 and anyone wishing to become familiar with group trip management. [Register here.](#) L Anne Duggan ([abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Sun., Apr. 23. SEM Expanded Leadership Training, Rochester, MA.** Expanded Leadership Training (Optional) This 2nd full day course will follow the Basic Leadership course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in Level 2 and back-country trips. It will expand on topics presented in the Basic Leadership course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. Participants should be ready for a full day of indoor and outdoor activities. The course is open to: 1. All attendees of the Basic Leadership course; 2. Current leaders who want to advance to a higher leadership level; or 3. Any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. [Register here.](#) L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Sat.-Sun., Jun. 24-25. Map And Compass - Two-Day Weekend Workshop, Blue Hills, MA.** This two-day weekend workshop teaches you Map & Compass skills. No prior experience required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. Activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails. On Sunday every group will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a US geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination as well as compass bearings. Each group will have an instructor to help facilitate the learning. ? Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. If the class is overbooked, preference will be given to SEM leaders and Leaders-In-Training who took the SEM April leadership class however the class is open to anyone interested in improving their Map & Compass skills. MATERIALS COVERED? \* Different types of maps and why hikers prefer a topographical map. \* How to read a topographic map: scale, distance, colors, and more. \* Understanding contour lines and how to interpret the different shapes and swirls. \* The parts of a compass, how it works, and how to hold it. \* How to measure a bearing from a map and plot a bearing onto a map \* Declination and how to account for it and then forget it. \* How to use a compass to follow a bearing in the field or take a bearing on an object. \* How to orient a map to the real world and use it at intersections to find the correct trail. \* How to plan a route and the use of offsets when bushwhacking between points. \* Point, line, and area awareness. \* Techniques to locate yourself on a map by taking a bearing on a known distant object (including triangulation) \* Navigation using handrails to hike off trail. \* Route planning and safety. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Assistant Teachers: Doug Griffiths, Lindsey Meyers Bertone, Varma Saripalli, Julie Manley)(Assistant Teacher)(Assistant Teacher), R Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com))





## Activities

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

### EDUCATION

**Sat., Sep. 23. SOLO Hybrid Wilderness First Aid Course, SEM, 80 South Street Foxborough, MA.** Hybrid WFA at Wompatuck State Park in the Southeaster Mass (SEM) area. The ability to apply basic backcountry first aid is vital for any outdoor enthusiast, whether it's for yourself or others. Moving beyond urban first aid, this course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. Under the hybrid Wilderness First Aid model, you will be required to view roughly 12 hours of the content virtually at your own pace, followed by a single day practicum led by one of AMC's professional staff members. Participants who successfully demonstrate the skills taught during the virtual and practical components of the course will be issued a SOLO Wilderness First Aid certification. This course may be used to recertify a current SOLO Wilderness First Responder (WFR) certification. A CPR certification will be offered in the evening of the practical day, this is optional. Program Highlights: -Focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies -Coverage of topics blends virtual and classroom instructional sessions with hands-on practice in the outdoors -Nationally recognized certification for 2 years Sample Practicum Day Itinerary: 9am Classroom & Practical Session 12pm Lunch from home 1pm Classroom & Practical Session 4:20pm Class end first day 4:30 pm Optional CPR training This is a promotion for WFA training local to the Southeastern Mass area. To register click on 'Register Now'. You will be taken to a new listing. Click 'Register Now' from that new listing. L Anne Duggan ([abduggan12@gmail.com](mailto:abduggan12@gmail.com))

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. 20's & 30's Vice Chair - Southeastern Mass Chapter, MA.** Support the 20's & 30's Chair. For more information on the chairs roles and responsibilities check out <http://amcsem.org/assets/pdf/20s30s.pdf>. L Natalie Halloran ([20s30schair@amcsem.org](mailto:20s30schair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

**Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Biking Vice Chair - Southeastern Mass Chapter.** Support the biking chair. For information on the chairs roles and responsibilities read [this document](#). If interested, please contact the biking chair and/or chapter chair and the nominating committee (see contacts). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL walt grand ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)).





## Activities

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

### HIKING

**Sat., Apr. 8. Hike to Mount Moosilauke, NH.** Join us for a hike to Mount Moosilauke (4,802'), one of the 48-4,000 footers. The mountain in Benton is easily accessible and views from the summit are considered by many to be the best in New Hampshire. This is a challenging hike of approximately 9 miles and elevation gain of 2,500 feet in winter conditions. We will be hiking as a group at a moderate pace, taking around 6-7 hours to complete. The summit is above tree line and is quite exposed, offering panoramic, 360-degree views of the Kinsmans (North), Franconia Ridge (Northeast) and Green Mountains and Adirondacks (West) on a clear day. Participants should be in good physical condition and have recent hiking and winter experience of similar mileage and elevation. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants should have full winter clothing and equipment along with all hiking essentials. Please review the Related links section for details. Participants will receive additional detailed information (including meeting location and time) via email approximately 2-3 days before the hike date. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Raju Jaldy (508-446-4220, [raju.jaldy@gmail.com](mailto:raju.jaldy@gmail.com)) CL Kristen Parnell

**Tue., Apr. 11. Spring Intermediate Level Conditioning Hike Series #4, Blue Hills Reservation, MA.** Please join us for a spring intermediate level conditioning hike series in the Blue Hills. The series will run weekly on Tuesday mornings from March 21st through May 30th and is designed to get you in shape for more strenuous summer activities. This series will be designed for intermediate and advanced hikers. The series is a progressive series in that each week we will add some mileage and/or elevation gain. Participants should be in reasonably good shape with recent hiking experience. You can expect the hike to be about 4 hours, approximately 7-8 miles on average and at a pace of 2-2/12 mph. The routes will include uneven terrain, rock scrambles and ledges in the Blue Hills. Confirmed participants will receive a more detailed hike description a few days before the hike date. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am and end time is around 2PM. Registration is required for each weekly hike but you are not required to attend each session. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Lawrence Petrone L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Ben West

**Tue., Apr. 11. Startup Spring Conditioning Hiking Series #1, Blue Hills, MA.** Start Up Spring Conditioning is a series of 6 conditioning hikes based in the Blue Hills that is designed to get you ready for a Wachusett or Skyline End-to-End hike. If you are ready to condition for more strenuous NH mountain hikes, you may want to review the Intermediate Level Conditioning series. This is Hike #1 of 6. It is limited to 12 participants, in addition to leaders and leaders-in-training. Please plan to attend most of the hikes as this is a building series. Hikers who have participated in the prior hikes get priority for the next hike in the progression. Participants will need to register for each hike when it is posted. If there are open spots 5 days prior to the hike, the leader will contact waitlisted participants. Participants should be in reasonably good shape with recent hiking experience. We will start with the Skyline Loop which is about 3 miles and 1,000 feet elevation. Each week we will add distance and elevation to that loop and slowly increase pace. The expectation is that by the end of the series, we will be hiking at a moderate pace of about 2 mph, 6 to 7 miles, and elevation gain up to 1,700 feet. The routes will include uneven terrain, rock scrambles and ledges. As the weeks progress, we will end later in the day and by the end of the series will be hiking for almost four hours. Participants should wear sturdy footwear, a backpack, clothing suitable for hiking, rain gear, 2 liters of water, lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Hikes may be cancelled in the event of heavy rain. L Diane Simms ([dianesimms@comcast.net](mailto:dianesimms@comcast.net)) L Patricia Everett (Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)





## Activities

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

### HIKING

**Thu., Apr. 13. Thursday Morning Hike - Noon Hill Conservation Properties, Medfield, MA.** Hike forest trails through mostly pine and beech groves over Trustees and town conservation land. The route includes a segment of the BCT plus pauses at the Charles River, Holt Pond and Noon Hill lookout with views of Great Blue Hill, Moose Hill and Gillette Stadium. Footing is primarily pine needles and leaves. Expect a 5-to-6-mile 4 hour hike with 700 feet total ascent. Snow or ice on trail may shorten hike and necessitate microspikes or snowshoes. Wear non-cotton layered clothing suitable to weather conditions. Bring at least one liter of water and trail snacks or lunch. Meeting directions will be sent to registrants. Email leader if questions arise. L Len Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))

**Tue., Apr. 18. Spring Intermediate Level Conditioning Hike Series #5, Blue Hills Reservation, MA.** See listing for April 11.

**Tue., Apr. 18. Startup Spring Conditioning Hiking Series #2, Blue Hills, MA.** See listing for April 11.

**Thu., Apr. 20. Thursday Morning Hike at Myles Standish State Forest, Plymouth/Carver, MA.** Join us for a 9 am start to this beautiful hike at Myles Standish State Forest in Plymouth/Carver. We will combine the flat, East Head Loop that circles the reservoir and the hilly, wooded Bentley Loop to give us a 7 mile, 357 feet of elevation hike. We'll plan on a moderate pace to complete the hike in 3-3.5 hours. Meet at 8:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. Registration is not required, but email the leader with questions or concerns. Heavy rain will cancel. If the weather is questionable, check this listing or contact the leader. This hike runs two days before Earth Day, so I will have trash bags for picking up trash around the trails. Let me know if you have other thoughts of what we could do on this hike for Earth Day. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Thu., Apr. 20. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA.** Join us for the 18th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, [newt665@comcast.net](mailto: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](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. Four Season Blue Hills hiker. Occasional White Mountain hiker. Trail maintenance volunteer.), R Joanne Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net))

**Tue., Apr. 25. Spring Intermediate Level Conditioning Hike Series #6, Blue Hills Reservation, MA.** See listing for April 11.

**Tue., Apr. 25. Startup Spring Conditioning Hiking Series #3, Blue Hills, MA.** See listing for April 11.

**Thu., Apr. 27. Thursday Morning Spring Bloom Bioreserve Loop Hike, Bioreserve Fall River / Westport, MA.** Moderate paced 3 1/2-4 hour, approximately 7.5 - 8-mile hike. During this hike we will follow some of the 20-mile loop trail out to the Copicut Reservoir where we will break for lunch/snacks. Looping around to hike over Copicut Hill (the highest point in the reserve). This is a mostly wooded and flat hike with minimal elevation gain (109 m). Wear sturdy hiking boots or shoes, bring sunscreen, bug and tick repellent, water, snacks and rain jacket (just in case). Heavy rains/thunderstorms/snow (it's New England) will cancel. Group size is limited. Trail head location and poop sheet with suggested items to bring will be emailed to confirmed registrants a few days before the hike. As this is late April, dress for changing temperatures. Layering is always suggested. As is, water resistant hiking boots, gaiters, non-cotton hiking clothing. Hiking poles are at your option however strongly encouraged. L Tracy Hawes (508-642-7124 up to 8:00 PM, [Trachaw@mac.com](mailto:Trachaw@mac.com), A long time hiker from NH to the Northwest and Alaska. Most recently AMC-SEM Level 1 leader. I am in pursuit of my NH 48. Wilderness First Aid Certified.) L Walt Granda (508-971-6444 before 9:00 PM, [wgranda27@gmail.com](mailto:wgranda27@gmail.com))

**Thu., Apr. 27. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA.** See listing for April 20.



## Activities

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

### HIKING

**Sat., Apr. 29. Blue Hills Skyline End to End - Saturday Hike, Blue Hills Reservation, MA.** We will hike the entire Blue Hills Skyline from One End to the Other. This route is approximately 8.5 miles with over 2,000' of elevation gain. This will be a strenuous hike so all participants must be able to manage steep inclines and descents, scramble over rock ledges, and be prepared to keep up a good pace. This hike usually takes about 6 hours so we will determine the exact start time as we get closer to this date. I will send out an Information Sheet with the details several days before the hike. We will need to spot cars at each end of the hike and carpool at the beginning and end to get everyone back to their cars. Extra time will be needed to allow for this. We will limit this hike to 10 and hikers will be screened before you can be approved to join. Thunderstorms or severe weather will cancel this hike as conditions could be unsafe during heavy rain. If all this sounds like fun, please contact me to find out more. L Joanne Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net), Joanne is a Level 2 leader for the Southeastern MA Chapter and a Leader for the Boston Local Walks & Hikes Committee.) L John Schepis (John is a Level 1 Leader for SEM and a Leader for Boston Local Walks & Hikes Committee.) CL Deborah Sepinwall (401-595-7575 Prefer email unless you have a question on the day of the hike., [deborahsepinwall@gmail.com](mailto:deborahsepinwall@gmail.com), Deborah is a Leader-In-Training for SEM.)

**Tue., May 2. Spring Intermediate Level Conditioning Hike Series #7, Blue Hills Reservation, MA.** See listing for April 11.

**Tue., May 2. Startup Spring Conditioning Hiking Series #3, Blue Hills, MA.** See listing for April 11.

**Thu., May 4. Thursday Morning Hike - World's End, Hingham. MA.** World's End. 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](mailto:borsody@gmail.com))

**Thu., May-4. Thursday Morning - Great River Preserve & Taunton River WMA, Bridgewater, MA.** Meet at The Great River Preserve small dirt parking area past 884 Auburn St, Bridgewater, MA 02324, MA. Thursday Morning 10 AM / 2-3 hour/ flat 5-mile Hike- Wildlands Trust Great River Preserve and Taunton River Wildlife Management Area on Auburn Street in Bridgewater. Travel through pine and holly forest onto open meadow trails paralleling the Taunton River. Do not approach from Auburn Street in Middleboro as the bridge has been removed. Heavy rain/snow or icy conditions will cancel. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com) )

**Thu., May 4. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA.** See listing for April 20.

**Sat., May 6. Belknap Peaks Hike 1: Mt Major, Quarry Mountains, and Straightback Mountain, from Mt. Major Parking Lot, Alton, NH.** Join us on the 1st of 3 planned hikes to all 12 of the Belknap peaks. Just 2 hours from Boston, in the lakes region, the Belknaps offer beautiful views of Lake Winnepesaukee below and the White Mountains beyond. Complete all 12 peaks over these 3 hikes and you can earn a Belknap Range Hiker Patch! Map and hiker patch info: <http://belknapangetrails.org> This hike is 7 miles with 2,000 feet of elevation gain, much of that in the first 2 miles with continued ups and downs throughout the hike. The hike is expected to take about 4 hours. We plan to summit Straightback Mountain, East and West Quarry Mountains, and Mt. Major. Expect some steep and rough segments with boulders, ledges, and loose gravel. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants will receive additional detailed information (including meeting location and time) via email approximately 2-3 days before the hike date. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Jeannine Audet

**Tue., May 9. Spring Intermediate Level Conditioning Hike #8, Blue Hills Reservation, MA.** See listing for April 11.

**Tue., May 9. Startup Spring Conditioning Hiking Series #5, Blue Hills, MA.** See listing for April 11.





## Activities

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

### HIKING

**Thu., May 11. Spring-Into-Spring Hike at the Arnold Arboretum! Jamaica Plain, Boston, MA.** Attention nature enthusiasts, mark your calendars for the 6th 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-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 1700's!) and the "Explorer's Garden". During this time of year many "crab apples", "azaleas", "red-buds" and "lilacs" are often 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 12 participants plus the leaders. Bring water, lunch or snack, sturdy footwear, sunscreen, and insect repellent. A steady rain will cancel the event. Well behaved dogs on leash are O.K. 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 "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](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe 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](mailto:lpetrone57@gmail.com), Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018 and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

**Thu., May 11. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA.** See listing for April 20.

**Tue., May 16. Spring Intermediate Level Conditioning Hike #9, Blue Hills Reservation, MA.** See listing for April 11.

**Tue., May 16. Startup Spring Conditioning Hiking Series #6, Blue Hills, MA.** See listing for April 11.

**Thu., May 18. Thursday Morning Hike along the Lower Neponset River, WHEELCHAIR ACCESSIBLE, Lower Neponset River, MA.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com/> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I may have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Thu., May 18. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA.** See listing for April 20.

**Tue., May 23. Spring Intermediate Level Conditioning Hike Series #10, Blue Hills Reservation, MA.** See listing for April 11.

**Thu., May 25. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA.** See listing for April 20.



## Activities

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

### HIKING

**Thu., May 25. Thursday Morning Hike - Annual-Perennials at Wilson Mountain & Whitcomb Woods! Wilson Mountain and Whitcomb Woods Reservations, MA.** Attention Nature enthusiasts! Please join us for the 6th Annual-Perennials Hike at the Wilson Mountain Reservation. Lady's Slippers galore! In a good year there are numerous specimens to be found along many of the trails in these hills located on the Dedham/Needham line. The Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large, tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, and a snack/lunch break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 3.5 - 6.5 miles depending on your participation in one or both sections of the treks at a moderate pace. Bring plenty of water, snacks/lunch, sturdy footwear, bug spray, and sunscreen. A steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoeing enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Hike Leader and Hike Leader Mentor for AMC's Southeastern and Boston, Massachusetts Chapters. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, [lpetrone57@aol.com](mailto:lpetrone57@aol.com), Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018, and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

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

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

**Fri., Sep. 15-17. SEM Chapter Hut Weekend at Cardigan Lodge, 774 Shem Valley Road, Alexandria, NH.** Join us for the return of SEM's Annual Chapter Hut Weekend at the beautiful AMC Cardigan Lodge! Located 2 hours north of Boston in Alexandria, NH, the lodge is situated in a 1,200 acre reservation and offers many nearby activities, including nature trail walks, hikes to waterfalls, swimming in the on-site pond & hiking up Mt. Cardigan. Leaders will plan a variety of activities. Participants will stay in shared bunkrooms with shared bathrooms on each floor. Three meals each day are prepared for the group by the Lodge innkeeper & chef, & appetizers are provided on Saturday. Participants may BYOB. The weekend will be chock-full of good times, good food, great company and lots of outside activities. In past years the Chapter Hut Weekend has filled up quickly so if you would enjoy relaxing in a stunning environment, why not register today? We look forward to seeing you there. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine enjoys exploring & sharing experiences in the outdoors, leading a variety of activities (hiking, biking & xc skiing) year-round, throughout New England,.) L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Dia Prantis ([dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the SEM XC Skiing Chair. She is an all-season hike leader who likes to encourage others to step onto the trail. Being involved with AMC is a way to balance our inside lives with being outside and closer to nature!) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experienced four-season hike leader who likes to hike at a moderate pace.)

### SKIING

#### Volunteer Opportunities

**Ongoing. Skiing Vice Chair - Southeastern Mass Chapter, Blue Hills, MA.** Support the Skiing Chair. For more information on the Skiing Chairs responsibilities read the roles and responsibilities document <http://amcsem.org/assets/pdf/ski.pdf> Applicant should be a strong skier and snowshoer. L Dia Prantis ([xcskchair@amcsem.org](mailto:xcskchair@amcsem.org)) CL Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

### SOCIALS

**Mon., Apr. 24. SEM Diversity, Equity, and Inclusion (DEI) Meeting via Zoom, Online.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen ([k-cohen@comcast.net](mailto:k-cohen@comcast.net))





## Activities

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

### SOCIALS

**Sat., May 27, 10 am-2 pm, AMC-SEM Open House, Borderland State Park, 259 Massapoag Ave. North Easton, MA.** We are looking for volunteers to help out with our exhibits and activities. For activities, we are looking for volunteers to lead hiking or biking events. For exhibits, we are looking for volunteers to host exhibits for any of the following areas or a any other topic not listed here: Hiking, Backpacking / Camping, Biking, Paddling, Conservation / Trail Maintenance, Orienteering, Skiing, Education, Family / 20s & 30s, Your Choice. For the exhibits, please sign up below for either a morning or afternoon shift or both if you can volunteer for the entire day. The morning shift will include setup and the afternoon shift will include cleanup. For activities, please sign up for either Leader or co-Leader and you plan your activity within the 10am - 2pm timeframe. We will match leaders-in-training with leaders. Email us Nancy Piedra [membershipvicechair@amcsem.org](mailto:membershipvicechair@amcsem.org) or Samantha Fisher [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org).

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023 at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. There will be a fee is for those who wish to stay for the buffet dinner and speaker. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org), I am the Chapter Chair for the Southeastern Massachusetts Chapter of the AMC)



Photo by F. Muhammad from Pixabay

The End



# The Southeast Breeze

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

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

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

Choose **Go to Activities Database.**

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

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

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

Like us on [Facebook](https://www.facebook.com/amcsem).

Join us on [Meetup](https://www.meetup.com/amcsem).

Follow us on [Instagram](https://www.instagram.com/amcsem).

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

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

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

## Shop the Breeze Market for equipment bargains!

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

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



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

## May 27 Open House showcases AMC-SEM activities

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

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

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





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

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

### **I'm not sure how to get started?**

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

### **I'm ready to be outdoors!**

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

### **I've been a regular participant.**

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

### **I want to do more!**

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

Happy trails,  
*Paul Brookes, Chapter Chair*

### **2023 Executive Board**

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

**Biking Vice Chair** .....Open  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre  
Communications Chair .....Victoria Holland  
Communications Vice Chair.....Justin Anderson  
Conservation Chair .....Leah McFarland  
**Conservation Vice Chair** .....Open  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar

Hiking Chair .....Bill Belben  
**Hiking Vice Chair**.....Open  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair .....Barry Young  
Paddling Vice Chair .....Joe Keogh  
Skiing Chair .....Dia Prantis  
**Skiing Vice Chair** .....Open  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone

### **2023 Standing Committees**

20's & 30's Chair.....Natalie Halloran  
**20's & 30's Vice Chair**.....Open  
Biking Chair .....Bill Trimble

### **Ad Hoc Committee Chairs & Other Chapter Contacts**

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

Volunteer Relations...Katherine Brainard  
Regional Director.....Jenna Whitney  
Mo Walsh.....The Breeze Editor  
Blast Editor.....Marie Hopkins

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





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

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

By Bill Belben, Hiking Chair

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

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

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

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



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

## Learn to protect yourself from ticks with these resources

By Robin McIntyre, Cape Hiking Vice Chair

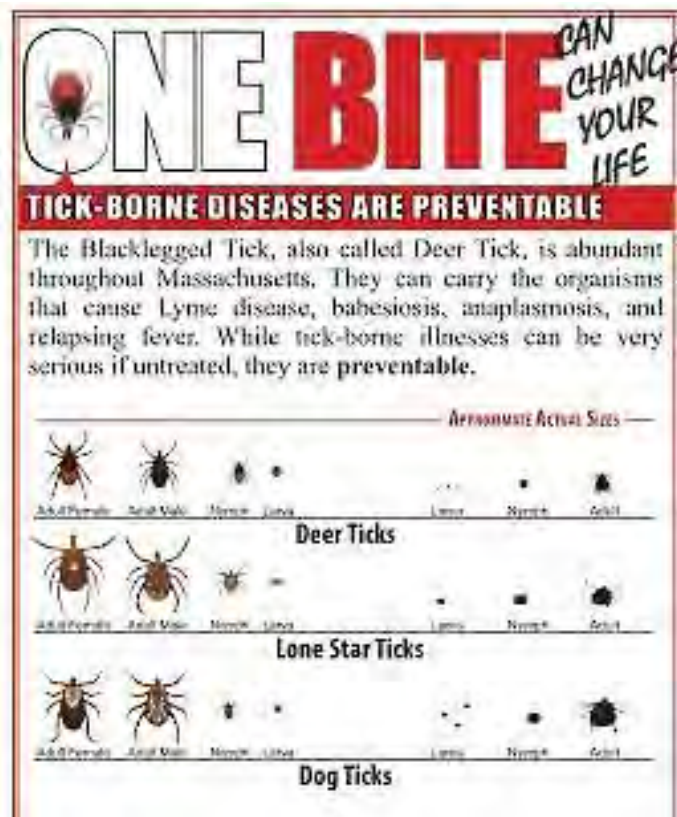
These two resources on ticks are really good. We AMC-SEM people are outside a lot and have fairly hefty exposure. The video makes you really think—we need to protect ourselves and act!

[bostonpicturegroup.com/tick-days](http://bostonpicturegroup.com/tick-days)

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

[capecod.gov/departments/cooperative-extension/programs/ticks-bugs](http://capecod.gov/departments/cooperative-extension/programs/ticks-bugs)

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







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

By Ben West

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

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

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

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



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

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



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

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



Right: Heading out!  
Photo by Becky Forand

Continued on page 5





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

## Exploring the Loop Trail

Continued from page 4

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

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

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



The Copicut Reservoir. *Photo by Becky Forand*



A brief break. *Photo by Becky Forand*



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



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





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

*Photo by Claire MacDonald*

## ‘So Long and Happy Trails’

By Dan Slavin, Hike Leader

I have always felt comfortable in the woods.

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

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

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

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

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

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

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

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





## Thanks to Leaders and Graduates of AMC Basic Leadership Training

By Paul Brookes, Chapter Chair

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

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

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

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

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

### **Congratulations to the Graduates of AMC-SEM’s Basic Leadership Training**

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

© Leave No Trace: [www.LNT.org](http://www.LNT.org)



*Photo by Robin McIntyre*

## Water birds abound on Bourne hike

By Robin McIntyre, Cape Hiking Vice Chair

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



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

By Bill Belben, Hiking Chair

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

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

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

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



## Expanded Leadership Training takes class beyond the basics

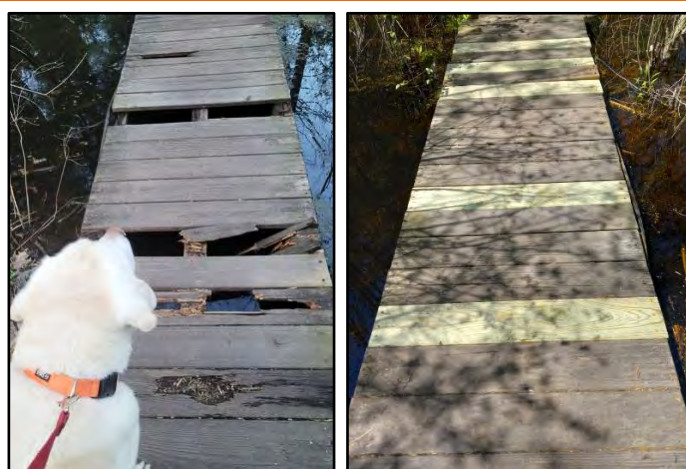
By Paul Brookes, Chapter Chair

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

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

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

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



### A Bridge Too Far-Gone

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

*Photos by Skip Maysles*





## Podcasts focus on many aspects of outdoors activities & interests

By Justin Anderson, Communications Vice Chair

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

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

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

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

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

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

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

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

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

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

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

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



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





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

## Hikers bag four of twelve peaks

By Diane Simms, Past Chapter President

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

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

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



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



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

## SEM Memory: Lunch Break!



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

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



# Southeastern Massachusetts Chapter

BE OUTDOORS

## OPEN HOUSE

SOUTHEASTERN  
MASSACHUSETTS  
CHAPTER

SATURDAY MAY 27

10 AM – 2 PM

Borderland State Park  
Visitors Center

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

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

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





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the very bottom of [Outdoors.org](#) & click **Login**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

### BICYCLING

**Thu., Jun. 1. Beginner/family bike ride, short, flat, and on a bike path., Ten Mile River Greenway (Rumford to Pawtucket, RI out and back), MA.** Haven't ridden your bike in a while? Don't have a fancy bike? Not a "serious cyclist"? Don't have "cycling" clothes? Don't like riding on the road? Looking to get outdoors with the family? If you answered yes to one or more of the questions above this ride is for you. This ride is short (6 miles), flat, (along the Ten Mile River Greenway), and on a paved bike path. It is the first of a series of rides planned for this summer geared to shorter, flatter, and leisurely rides on bike paths around the area. The pace for this ride will be set by the slowest rider, no one will be left behind. Most people could walk the route in 2 hours, so the time allotted will allow for stops to rest muscles unaccustomed to peddling or to handle equipment issues if needed. The ride leader is a bike mechanic and should be able to handle most bike related issues. Bike Path series rides are being planned throughout the summer and will be shorter, flatter and slower than some of our other rides. The ride distance will increase progressively as the time goes on. The hope is to provide cycling opportunities suitable for everyone on any type of bike. Families are welcomed. Please consult the ride leader about children younger than 5 years of age. Smile more, ride a bike! Registrations and waivers are required for each participant regardless of age (parents or guardians may register minors) Helmets are required for the ride. Bring along water and a spare inner tube that fits your tires. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid proponent of human powered transportation for enjoyment and health. He is a bike mechanic and has his own mobile bike repair business)

**Sat., Jun. 3. Berkley Beer Biking and Brews Ride 6/3, Taunton, MA.** This is the second of our Biking and Brews ride series, starting and ending at Berkley Beer brewhouse in Taunton on Ingell Street. The ride is about 24 miles on mostly rural roads and will visit Profile Rock and Dighton Rock along the way. The route is lumpy but there are no big hills. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections. A RidewithGPS subscription is free with your AMC-SEM membership. Join us after the ride for a brew and/or lunch at Berkley Beer. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and the Biking Chair of the Southern Mass Chapter)

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

**Sun., Jul. 9, 9 AM. Ride the Lakes of Lakeville, MA.** Take a ride along the lakes of Lakeville! This 23 mile ride is mostly rolling and along lightly traveled roads, Pace will be 10 to 12 MPH. Beginning at Tamarack Park Conservation area, the ride will pass Assawampsett Pond, Long Pond, Great Quittacas Pond, and Snipituit Pond before returning to Tamarack. The land is rolling with short ups and downs along the way. No elevation change tops 100 feet. Not flat particularly, but no imposing climbs. See the links for a GPS track of the ride and a Google map of the start location Riders must bring water, a spare tube, and have a red taillight on their bike. (New Massachusetts law requires taillights). Helmets are required. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and the AMC SE Mass chapter biking chair)





## Activities

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

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

**Sun., Aug. 6. Shovel Town Brewery, Biking and Brews Ride 8/6, North Easton, MA.** This is another of our Biking and Brews ride series, starting and ending at Shovel Town Brewery, 50 Oliver Street rear, in North Easton, MA. The ride is about 25 miles on mostly rural roads and include a short (1.8 mi.) unpaved section of packed crushed stone path across Borderland State Park from Bay Road to Massapoag Ave. Most bikes can navigate the path but if you have a narrow tire road bike, this ride might not be for you. The route is basically flat. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections on the club page. A RidewithGPS subscription is free with your AMC SEM membership. Join us after the ride for a brew and/or lunch at Shovel Town Brewery Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist, owns his own mobile bike repair business, and is the Biking Chair for AMC Southeastern Mass chapter.)

## CAPE HIKING

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

**Sat., May 20. Hike Clapps Pond, Provincetown, MA.** 5.8-mile ,3 hour hike. Hike woods, soft sand dunes, and around ponds. Lady Slippers might be in bloom. Directions: From Route 6 in Provincetown take Right on Race Point Road (first traffic light on Route 6 in Provincetown) and go 0.5 miles turning left into Beach Forest Parking Lot. Park at far end. Meet at 9:45 and hike 10 am - 1:00 pm. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., May 21. Hike--Bourne Town Forest/Four Ponds, Bourne, MA.** This Show and Go 4+ mile, 2-hour hike is in the Bourne Town Forest and Four Ponds Conservation area. This hike is not suitable for novice hikers. The terrain is over wooded mountain bike trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, and tick repellent. May have poison ivy exposure. Hiking poles if preferred. Directions: NOTE: NOT meeting at Four Ponds trailhead and GPS will not work. From Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Go right onto Clay Pond Road--green state sign says Monument Beach--before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and park on the left side of the road. Since this is a Show and Go hike, check the website just prior to the hike for any weather cancellation. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.)

**Thu., May 25. Hike Ryder Lowell Holl, Sandwich, MA.** Celebrate the end of the Cape hiking season with this Hike, 4 miles along wooded trails with some elevation, lots of roots. We will hike between 2 conservation areas Ryder and Lowell Holly and will have views of the Wakeby Pond and Mashpee Pond. At the end of the hike, we will picnic at Wakeby Pond bring your own sandwich or salad, beverage and if you want a side to share. Bring your own chair to sit on. Take exit 61 off midcape Rte 6 and turn south, (R from bridge, L from upper Cape). Stay on Quaker Meetinghouse Rd to traffic light and turn L, stay on Cotuit Rd., to small rotary and take first exit. Go short distance to entrance to Ryder on R. Drive past upper lot and guard shack and go to dirt lot at end of road on Right. THIS IS A NEW START LOCATION. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net)) L Keith Magyar.



## Activities

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

### CAPE HIKES

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

### EDUCATION

**Sat.-Sun., Jun. 24-25. Map And Compass - Two-Day Weekend Workshop, Blue Hills, MA.** This two-day weekend workshop teaches you Map & Compass skills. No prior experience required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. Activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails. On Sunday every group will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a US geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination as well as compass bearings. Each group will have an instructor to help facilitate the learning. ? Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. If the class is overbooked, preference will be given to SEM leaders and Leaders-In-Training who took the SEM April leadership class however the class is open to anyone interested in improving their Map & Compass skills. MATERIALS COVERED? \* Different types of maps and why hikers prefer a topographical map. \* How to read a topographic map: scale, distance, colors, and more. \* Understanding contour lines and how to interpret the different shapes and swirls. \* The parts of a compass, how it works, and how to hold it. \* How to measure a bearing from a map and plot a bearing onto a map \* Declination and how to account for it and then forget it. \* How to use a compass to follow a bearing in the field or take a bearing on an object. \* How to orient a map to the real world and use it at intersections to find the correct trail. \* How to plan a route and the use of offsets when bushwhacking between points. \* Point, line, and area awareness. \* Techniques to locate yourself on a map by taking a bearing on a known distant object (including triangulation) \* Navigation using handrails to hike off trail. \* Route planning and safety. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com)), Assistant Teachers: Doug Griffiths, Lindsey Meyers Bertone, Varma Saripalli, Julie Manley)(Assistant Teacher)(Assistant Teacher), R Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com))

**Sat., Sep. 23. SOLO Hybrid Wilderness First Aid Course, SEM, 80 South Street Foxborough, MA..** The ability to apply basic backcountry first aid is vital for any outdoor enthusiast, whether it's for yourself or others. Moving beyond urban first aid, this course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. Under the hybrid Wilderness First Aid model, you will be required to view roughly 12 hours of the content virtually at your own pace, followed by a single day practicum led by one of AMC's professional staff members.? Participants who successfully demonstrate the skills taught during the virtual and practical components of the course will be issued a SOLO Wilderness First Aid certification. This course may be used to recertify a current SOLO Wilderness First Responder (WFR) certification. A CPR certification will be offered in the evening of the practical day, this is optional. Program Highlights: -Focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies - Coverage of topics blends virtual and classroom instructional sessions with hands-on practice in the outdoors -Nationally recognized certification for 2 years Sample Practicum Day Itinerary: 9am Classroom & Practical Session 12pm Lunch from home 1pm Classroom & Practical Session 4:20pm Class end first day 4:30 pm Optional CPR training This is a promotion for WFA training local to the Southeastern Mass area. To register click on 'Register Now'. You will be taken to a new listing. Click 'Register Now' from that new listing. L Anne Duggan ([abduggan12@gmail.com](mailto:abduggan12@gmail.com)).





## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. 20's & 30's Vice Chair - Southeastern Mass Chapter, MA.** Support the 20's & 30's Chair. For more information on the chairs roles and responsibilities check out <http://amcsem.org/assets/pdf/20s30s.pdf>. L Natalie Halloran ([20s30schair@amcsem.org](mailto:20s30schair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

**Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Biking Vice Chair - Southeastern Mass Chapter.** Support the biking chair. For information on the chairs roles and responsibilities read [this document](#). If interested, please contact the biking chair and/or chapter chair and the nominating committee (see contacts). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL walt grand ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)).



### HIKING

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

**Tue., May 16. Spring Intermediate Level Conditioning Hike #9, Blue Hills Reservation, MA.** Please join us for a spring intermediate level conditioning hike series in the Blue Hills. The series will run weekly on Tuesday mornings from March 21st through May 30th and is designed to get you in shape for more strenuous summer activities. This series will be designed for intermediate and advanced hikers. The series is a progressive series in that each week we will add some mileage and/or elevation gain. Participants should be in reasonably good shape with recent hiking experience. You can expect the hike to be about 4 hours, approximately 7-8 miles on average and at a pace of 2-2/12 mph. The routes will include uneven terrain, rock scrambles and ledges in the Blue Hills. Confirmed participants will receive a more detailed hike description a few days before the hike date. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am and end time is around 2PM. Registration is required for each weekly hike, but you are not required to attend each session. The hike is open to everyone, and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))



## Activities

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

### HIKING

**Tue., May 16. Startup Spring Conditioning Hiking Series #6, Blue Hills, MA.** This is Hike #6 of 6!!! Those who complete the full series will be given registration priority for a planned May 23 Wachusett hike. Start Up Spring Conditioning is a series of 6 conditioning hikes based in the Blue Hills that is designed to get you ready for a Wachusett or Skyline End-to-End hike. If you are ready to condition for more strenuous NH mountain hikes, you may want to review the Intermediate Level Conditioning series. The hike is limited to 12 participants, in addition to leaders and leaders-in-training. Please plan to attend most of the hikes as this is a building series. Hikers who have participated in the prior hikes get priority for the next hike in the progression. Participants will need to register for each hike when it is posted. If there are open spots 5 days prior to the hike, the leader will contact waitlisted participants. Participants should be in reasonably good shape with recent hiking experience. We will start with the Skyline Loop which is about 3 miles and 1,000 feet elevation. Each week we will add distance and elevation to that loop and slowly increase pace. The expectation is that by the end of the series, we will be hiking at a moderate pace of about 2 mph, 6 to 7 miles, and elevation gain up to 1,700 feet. The routes will include uneven terrain, rock scrambles and ledges. As the weeks progress, we will end later in the day and by the end of the series will be hiking for almost four hours. Participants should wear sturdy footwear, a backpack, clothing suitable for hiking, rain gear, 2 liters of water, lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Hikes may be cancelled in the event of heavy rain. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Patricia Everett (Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.) L Lawrence Petrone

**Thu., May 18. Trail Trace the Blue Hills - Thursday Evenings, Blue Hills Reservation, MA.** Join us for the 18th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, [newt665@comcast.net](mailto: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](mailto:wdoeherty1@verizon.net), Level 1 AMC Hike Leader. Four season Blue Hills hiker. Occasional White Mountain hiker. Trail maintenance volunteer.), R Joanne Newton (508-215-9470, [newt665@comcast.net](mailto:newt665@comcast.net))

**Thu., May 18. Thursday Morning Hike along the Lower Neponset River, WHEELCHAIR ACCESSIBLE, Lower Neponset River, MA.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com/> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I may have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

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





## Activities

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

### HIKING

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

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

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

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

**Tue., May 23. Wachusett Hike, Mt. Wachusett, MA.** Enjoy a day trip hiking Mount Wachusett. We will hike up and down and up and down for 6-7 miles and ~1,800 feet of elevation gain along varied terrain. If the weather cooperates, we can expect scenic views from the summit. Preference in registration will be given to those participating in the Startup Spring Conditioning series. We start as a group, hike as a group, and end as a group. Slowest hiker sets the pace. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants will receive additional detailed information (including required gear, meeting location and time) via email approximately 2-3 days before the hike date. Learn more about hiking with SEM! Click on the "AMC SEM Hiking" in the Related Links section below. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Patricia Everett (508-562-2152 before 7pm, [patriciae568@gmail.com](mailto:patriciae568@gmail.com), Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)

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



## Activities

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

### HIKING

**Thu., May 25. Thursday Morning Hike - Annual-Perennials at Wilson Mountain & Whitcomb Woods! Wilson Mountain and Whitcomb Woods Reservations, MA.** Attention Nature enthusiasts! Please join us for the 6th Annual-Perennials Hike at the Wilson Mountain Reservation. Lady's Slippers galore! In a good year there are numerous specimens to be found along many of the trails in these hills located on the Dedham/Needham line. The Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large, tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, and a snack/lunch break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 3.5 - 6.5 miles depending on your participation in one or both sections of the treks at a moderate pace. Bring plenty of water, snacks/lunch, sturdy footwear, bug spray, and sunscreen. A steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoeing enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Hike Leader and Hike Leader Mentor for AMC's Southeastern and Boston, Massachusetts Chapters. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, [lpetrone57@aol.com](mailto:lpetrone57@aol.com), Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018, and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

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

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

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

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





## Activities

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

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### HIKING

**Sat., Jun. 3. Belknap Peaks Hike 2: West Quarry Mountain, Mts. Rand, Klem, Mack, and Anna; Alton, NH.** Join us on the 2nd of 3 planned hikes to all 12 of the Belknap peaks. Complete all 12 peaks over these 3 hikes and you can earn a Belknap Range Hiker Patch! Map and hiker patch info: <http://belknapangetrails.org>. This hike is 8 miles with just over 2,000 feet of elevation gain. The hike is expected to take about 6 hours. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. We'll gain elevation by hiking up some very gentle and long switchbacks along the side of East Quarry Mountain then to Mt. Rand. The next section of trail on the Klem-Mack Loop between those peaks has some open areas with views. From there, we took the ledges route on our way to Mt. Rand, head on Klem-Mack Loop between those peaks, then Mt. Anna. We'll return to West Quarry Mountain, which gives us one last rocky ascent before downhill back to the parking lot. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants will receive additional detailed information (including required gear, meeting location and time) via email approximately 2-3 days before the hike date. Learn more about hiking with SEM! Click on the "AMC SEM Hiking" in the Related links section below. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Raju Jaldou

**Sat., Jun. 17. Belknap Peaks Hike 3: Mts. Gunstock, Rowe, Belknap, Piper, and Whiteface; Gilford, NH.** Join us on the 3rd of 3 planned hikes to all 12 of the Belknap peaks. The Belknaps offer terrific hiking in the lakes region, just 2 hours from Boston. Great mountain and lake views. If we're lucky, we'll spot Mt. Washington from the fire tower! Complete all 12 peaks over these 3 hikes and you can earn a Belknap Range Hiker Patch! Map and hiker patch info: <http://belknapangetrails.org> At 11 miles with 3,000 feet of elevation gain, this is the hardest of the 3 hikes. The hike is expected to take at least 8 hours. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. We will spot cars on Carriage Road and begin our hike on the Mt Rowe Tr. from Belknap Mountain Rd. We'll hike to Rowe, Gunstock, Belknap, and Piper. Time permitting, we'll head to our final summit of the day: Whiteface Mountain. This out-and-back portion of the hike is 2.5 miles with 800 feet of elevation gain, with rock slab sections. Input from group with final leader discretion on hiking to Whiteface Mountain. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants will receive additional detailed information (including required gear, meeting location and time) via email approximately 2-3 days before the hike date. Learn more about hiking with SEM! Click on the "AMC SEM Hiking" in the Related links section below. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Jeannine Audet

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

**Wed., Jun. 28. Mt. Willard Hike, AMC Highland Center, NH.** Stretch your legs with a moderately paced 3 mile out-and-back hike to Mt. Willard. At just under 1,000 feet of elevation, this 52 WAV has a small waterfall cascade on the way and then terrific views of Crawford Notch and the surrounding ranges. This hike is being offered to those driving up for the following day's June 29 Mt. Pierce hike, but anyone is welcome to register. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)



## Activities

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

### HIKING

**Thu., Jun. 29. Mt. Pierce Hike, AMC Highland Center, NH.** Start your summer with a moderately paced hike to Mt. Pierce, one of the NH 4,000 footers. We will take occasional breaks as we hike the Crawford Path (the oldest continuously maintained hiking path in the US) to the summit of Mt. Pierce with a stop at the AMC Mizpah Hut along the way. Weather permitting, we'll enjoy awesome views of Mt. Eisenhower, Mt. Monroe, and Mt. Washington at the summit. Hike is approximately 6 miles with approx. 2,400 feet of elevation gain. Participants will be screened to determine if they have recent hiking experience and proper gear to attend the hike. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Participants will receive additional detailed information via email approximately 2-3 days before the hike date. If you're driving up the day before, consider registering for the June 28 Mt. Willard afternoon hike.. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

**Fri., Sep. 15-17. SEM Chapter Hut Weekend at Cardigan Lodge, 774 Shem Valley Road, Alexandria, NH.** Join us for the return of SEM's Annual Chapter Hut Weekend at the beautiful AMC Cardigan Lodge! Located 2 hours north of Boston in Alexandria, NH, the lodge is situated in a 1,200-acre reservation and offers many nearby activities, including nature trail walks, hikes to waterfalls, swimming in the on-site pond & hiking up Mt. Cardigan. Leaders will plan a variety of activities. Participants will stay in shared bunkrooms with shared bathrooms on each floor. Three meals each day are prepared for the group by the Lodge innkeeper & chef, & appetizers are provided on Saturday. Participants may BYOB. The weekend will be chock-full of good times, good food, great company and lots of outside activities. In past years the Chapter Hut Weekend has filled up quickly so if you would enjoy relaxing in a stunning environment, why not register today? We look forward to seeing you there. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine enjoys exploring & sharing experiences in the outdoors, leading a variety of activities (hiking, biking & xc skiing) year-round, throughout New England,.) L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Dia Prantis ([dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the SEM XC Skiing Chair. She is an all-season hike leader who likes to encourage others to step onto the trail. Being involved with AMC is a way to balance our inside lives with being outside and closer to nature!) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experienced four-season hike leader who likes to hike at a moderate pace.)

### PADDLING

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

### SKIING

#### Volunteer Opportunities

**Ongoing. Skiing Vice Chair - Southeastern Mass Chapter, Blue Hills, MA.** Support the Skiing Chair. For more information on the Skiing Chairs responsibilities read the roles and responsibilities document <http://amcsem.org/assets/pdf/ski.pdf> Applicant should be a strong skier and snowshoer. L Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)) CL Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))





## Activities

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

### SOCIALS

**Tue., May 23. SEM Diversity, Equity and Inclusion (DEI) Meeting via Zoom, online, MA.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen ([kcohen@comcast.net](mailto:kcohen@comcast.net))

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

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023 at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. There will be a fee is for those who wish to stay for the buffet dinner and speaker. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org), I am the Chapter Chair for the Southeastern Massachusetts Chapter of the AMC)

### TRAILS

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



*Happy  
Trails!*

Cherry Blossoms,  
Impressionistic  
*Photo by Ken Cohen*

**THE END**



# The Southeast Breeze

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

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

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

Choose **Go to Activities Database.**

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

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

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

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

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

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

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

## Shop the Breeze Market for equipment bargains!

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

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



AMC-SEM's Open House displays and activities attracted an interested crowd at Borderland State Park. *Photo by Paul Brookes*

## Open House draws crowds to learn about SEM

By [Samantha Fisher](#), Membership Chair

This year we held our AMC-SEM Open House at Borderland State Park in Easton on Memorial Day weekend. The weather could not have been more perfect, and the volunteers were excited to show off exactly what we do. The event was presented in an interactive trade show style with several tables of fun and educational information, all to exhibit what the chapter has to offer! The event was planned by Membership Chair Samantha Fisher and Membership Vice Chair Nancy Piedra, and it was a huge success.

We had several tables displaying all kinds of hiking gear, both winter and warm weather; backpacking/camping gear; and several sizes of tents for people to try out. There was a one-person kayak and life jackets on display to see what is needed for trips on the water. We also had sign-up tables for people interested in trail work and learning about our chapter's kayaking trips. Both got a good number of new people requesting information about future activities.

Our table of Family Fun Activities invited each kid, or those who are kids at heart, to enter a scavenger hunt and Bingo to find lots of cool items located around or at the tables to win a small prize. What a great way to start kids at a young age to appreciate the outdoors.

Continued on page 4



## View from the Chair: Have a terrific summer and enjoy the Outdoors!

SEM's annual Open House was held Memorial Day weekend and was a great success. This fairground-style event was bustling with people and close to forty people joined an email distribution list for those interested in becoming members. If you haven't already read the article starting on Page 1, scroll up and read it for more details.

Summer is truly here, and we have a full lineup of activities. As always, we have tons of hikes; however, if you're generally a hiker, consider pulling out your bicycle and coming on a bike ride. Bill Trimble, our Biking Chair, would really love to see more people enjoy riding, and is putting on a series of beginner rides that are all off-road and on paved paths.

While we have many activities this summer, the *Breeze* will not be published in July and August so our excellent communications team can take a well-deserved summer break, but please continue to send in your articles so we can enjoy reading about one another's summer when the *Breeze* returns in September. While the *Breeze* is off you can stay connected by subscribing to our [SEM Facebook page](#). It's a thriving community with over 1,600 followers.

Also, if you generally find activities by perusing the list at the end of the *Breeze*, you need to find an alternative approach during the two months that it's not being published. I recommend you sign up for the AMC digest and our activities will be mailed right to your inbox. Instructions are on Page 1.

At the top of my mind is the return of our Chapter Hut Weekend, Sept. 15-17. In the past this has been a great success, chockfull of good times, great company, and outside activities. We have booked the whole AMC Cardigan Lodge, which holds up to 60 people, but so far registrations have been slow. With COVID, like so many things, Chapter Hut Weekend had to be canceled. Now it is back; so let's fill up Cardigan Lodge and have a great time! You can [register here](#).

On a personal note, I am working on becoming a SEM biking leader and did my first co-lead last week with Bill Trimble, our Biking Chair. I am looking forward to leading a ride with Jeannine Audet (our SEM Vice Chair) at the Chapter Hut Weekend.

Lastly, Jeannine and I just got back from a working weekend for the Chairs of all eleven chapters. It was held at the AMC Harriman Outdoor Center, 20 minutes north of New York City. We had business meetings, and Nicole Zussman, AMC's CEO, led a workshop on building highly effective teams. We also participated in some bonding activities, including a night hike under the Full Moon. It was a great opportunity for the Chairs to meet and share ideas, and we both came away energized.

Enjoy your summer, and as always...

Happy trails,

*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

### 2023 Standing Committees

20's & 30's Chair.....Natalie Halloran  
20's & 30's Vice Chair.....Open  
Biking Chair .....Bill Trimble

Biking Vice Chair .....Open  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre  
Communications Chair .....Victoria Holland  
Communications Vice Chair.....Justin Anderson  
Conservation Chair .....Leah McFarland  
Conservation Vice Chair .....Open  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar

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

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Volunteer Relations...Katherine Brainard  
Regional Director.....Jenna Whitney  
Mo Walsh.....The Breeze Editor  
Blast Editor.....Marie Hopkins

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





# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



The new [SEM brochure](#) is also available to give prospective members more information on membership and activities.

## New brochure and business card promote AMC-SEM membership

By Paul Brookes, Chapter Chair

For many years I worked a desk job, and the most exercise I got was walking around the office parking lot during my lunch break. When I stopped working, I wanted to get more active and so went to the Department of Conservation and Recreation (DCR) website and soon found a spring series of walks and hikes that I attended regularly. On one of those walks, someone told me I should check out the AMC, that they have lots of activities including bike rides and paddles and trips to the White Mountains. That sounded great, so at home I searched with Google for AMC and got....

The Appalachian Mountain Club was nowhere to be seen, just the AMC movie theater. If I had scrolled down three pages, I would have found it, but not seeing it on the first page displayed and with other things to do, I gave up. It was three months later that I ran into a different person who started telling me that she hikes with the AMC and what a great group of people it is. "Yes," I said, "I want to hike with them, but I can't find them. When I do a Google search, the movie theater comes up." She handed me a small business card with a QR code on it. "Use this," she said. The rest is history. I joined the AMC and a year later became a hike leader with the SEM chapter.

SEM has business cards and I encourage all our members to carry them with you on activities. I wish the first person who told me about AMC had handed me a business card, as by the time I finally connected with the correct "AMC" summer was over.

A small group, including members from DEI and Communications, have been developing a new card that the Executive Board approved in May and is now available for use. It's clean, modern, and uses our SEM branded green. In addition, whereas the current card has a QR code that goes to our SEM home page, [www.amcsem.org](http://www.amcsem.org), the new outreach card has a QR code that goes to a brochure focused on answering questions that potential members might ask. It tells them a little about AMC and SEM, the types of activities we provide, and how to get a discount when joining SEM.

Check out the brochure [here](#), (or scan the QR code on the card below).

We hope you like the new card and if you would like us to send you some, please contact Sam Fisher, our membership chair, at [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org).



(For SEM leaders, if you prefer the existing black and red card, you can continue handing out those cards until we run out of stock).



From left: Nancy Tutko, Floor Weijts, Maureen Kelly, and Barry Young hiked the Menemsha Hills Reservation on the north shore of Martha's Vineyard.





## Join us for Chapter Hut Weekend! by Jeannine Audet, Chapter Vice Chair

After a hiatus imposed by COVID-19, Chapter Hut Weekend (CHW) returns Friday, Sept. 15, through Sunday, Sept. 17, 2023. This year we will call the AMC Cardigan Lodge in Alexandria, NH, our home base. Cardigan Lodge is only about a two-hour drive from Boston yet is set in a beautiful 1,200-acre reservation near Mt. Cardigan State Forest. Our AMC group has reserved the entire lodge for the weekend.

Our experienced leaders will guide a variety of activities, which will include hikes of different lengths and degrees of challenge, a bike ride, and self-care/yoga activities. There will also be a welcome reception, opportunities for swimming, and campfires.

Participants may bring games and musical instruments to add to the fun or a book to just relax. We will stay in bunkrooms with shared bathrooms, and we will have six delicious meals prepared by the lodge chef.

The cost for the weekend is \$224.16, which includes lodging and meals. Registration is open, and we hope the weekend will sell out. [Register here](#) today!



Photos from AMC Cardigan Lodge [Facebook page](#).

## Open House success Continued from page 1

The most popular table was the free gear/outdoor-inspired swap table. Anyone who came to the event to visit could choose up to two free items off the tables, which ranged from books to maps, backpacks and hiking boots, and other outdoor memorabilia. We all know outdoor gear can get expensive, and for those who want to start hiking it was great to be able to get them started with what they needed without breaking the bank.



The popular “Free Stuff” table. *Photo by Ben West*

The main table had stickers, brochures, and the new AMC-SEM business cards for anyone to take. We made it very easy for everyone who stopped by the event to sign up, whether it was right away using the QR Code on the new card or by email for more information. Either way, they had a chance to win the raffle for a \$50 REI gift card. From the events sign-up sheet alone, we got close to 40 emails for sending more information about our chapter and we hope more visitors will use the business card to contact us.



Volunteers Kathleen Nash, left, Bill Trimble, Barry Young, Lindsey Meyers Bertrone, Natalie Halloran, Paul Brookes, Sam Fisher, Ann Hargleroad, Rob Branczewski, Nancy Piedra, Maureen Kelly, Peter Tierney, Joanne Newton. *Photo by Ben West*

The other activities that day were a hike around Borderland State Park and a bike ride around local Easton. We would like to say a HUGE thank you to all who volunteered their time, gear, and knowledge to make this year's Open House event so amazing! It makes me excited to start planning the next event already!

More photos on page 10





*Photo by Ben West*

## Deb Sepinwall sets speed record to become a Level 1 Hike Leader!

By Bill Belben, Hiking Chair

Deb Sepinwall decided to enroll in the SEM Spring Conditioning Series to prepare herself for an upcoming 160-mile backpacking trek in Colorado with her husband Vincent this summer. Since she began hiking with SEM in March, she has been a regular participant on that series along with many other SEM hikes, including completing the 20-Mile Bioreserve Loop Trail and Mt. Tecumseh.

It could be said that when Deb sets her mind toward a goal, she goes “all-in” as she already has well over 300 AMC miles hiked in 2023.

While her hiking mileage year-to-date is certainly impressive, what is even more impressive is that Deb also took the initiative to become a Level 1 Hike Leader for SEM, and she did so in record-breaking time. With the help of leaders like Bill Doherty, John Schepis, and Joanne Newton—along with skillful planning—Deb was able to complete all of her co-leads and her qualifying hike in just over two weeks.

Deb has plans to become Level 2 certified once she returns from Denver, and we can't wait! Those who have had a chance to hike with Deb know what an amazing person she is, and we are lucky to have her join our leadership team.

## Expanding access and welcome to outdoors activity for all

By Justin Anderson, Communications Chair

Each June, we celebrate Pride month with parades, festivals, and events, some of which may take place in, or emphasize, outdoor spaces. Historically, the outdoors has not felt like a welcoming space for many folks within the LGBTQI+ community and that continues to be true even now, in 2023.

There are several groups working to change that. Among them are The Venture Out Project, an organization that was hosted by the Boston Chapter on May 25. One of the messages of the presentation was that outdoor spaces don't need to be accepting, they need to be welcoming or normative. That may sound like a distinction without a difference, but it's not. A way to think about the difference is that we accept or tolerate snow. We do not welcome it, unless you're an avid skier or a school kid hoping for a day off. In a welcoming and normative environment, everyone is meant to be there.

Every one of us has a reason, or reasons, why we recreate outdoors. We may value the solitude, the chance to unplug and breathe in fresh air, or have fun with our friends. Now, imagine if the outdoors was taken away from you, or that you never had access, because of your identity. Imagine not having the benefits of outdoor recreation. How would that impact your quality of life?

All too often, we take our access to outdoor spaces for granted, along with the benefits that flow from that access. I would invite us all to consider the value of outdoor spaces, consider the role it plays in our health and wellbeing, and to then ask what we can do to ensure that everyone is welcome in the outdoors.

The following is a (non-exhaustive) list of organizations and resources for LGBTQI+ and allies.

[The Venture Out Project](#)

[Wild Diversity](#)

[Queer Nature](#)

[Diversify Outdoors](#)

[LGBT+ Outdoors](#)

[Pride Outside](#)







Participants in the Intermediate Spring Conditioning Series at the summit of Buck Hill in the Blue Hills.

## Two Conditioning Series end with notes of citra and mosiac hops

By Bill Belben, Hiking Chair

On May 30th the final spring conditioning hikes for both the six-week Start-Up Series and the eleven-week Intermediate Series culminated with end-to-end hikes of the Skyline Trail in the Blue Hills, followed by a celebration at Trillium Brewing Company. Both series were tremendously popular, with overwhelming numbers registered to participate.

The Start-Up Series was led by Diane Simms and Patty Everett with help from Larry Petrone and Dexter Robinson. The group, limited to twelve participants, started with the Blue Hills Skyline Loop, which has steep, craggy ascents and descents, a total of 900 feet of elevation gain, and three miles in distance. Each week, the leaders added to that loop so the participants could really gauge their progress. On a day with a major threat of rain, they opted to ascend the ski slope and walk down again, and then the group huffed and puffed back up to accumulate more elevation. Many participants said that was their favorite part of the hike.

Our grand finale hike on week six was double that of the first hike with 1,800 feet elevation gain and 6.5 miles. Ready for the mountains!

Many of the participants took part in the following week's hike at Wachusett Mountain, led by Paul Brookes, Diane, and Patty, and ended fittingly with the Skyline End to End hike led by Dexter Robinson and Diane.

The Intermediate Series was led by Bill Belben, Tom Graefe, and Ben West with help from Larry Petrone, Deb

Sepinwall, and the hike legend Dexter Robinson. The hikes averaged eight miles and around 1,500 feet of elevation gain on and around the Skyline Trail. Demand was so high for the series that the roster was expanded to 25 participants and averaged 20 hikers per week.

Participants were eager to get themselves in shape for summer activities that ranged from international trips to places like Italy, England, Switzerland, and the Canadian Rockies, as well as domestic locations such as Colorado and sections of the Appalachian Trail, just to name a few. As the series progressed, the difficulty of the hikes increased but the group met the challenges with enthusiasm and determination.

A huge shout-out to everyone who participated in these series, and we hope everyone has a great summer! We can't wait to hear about all of your adventures!



Start-Up Series hikers tackle rocky terrain. Top & Right: Photos by Patty Everett. Left: Photo by Susan Cummings





## Volunteer of the Month: Trish Crocker

By Robin McIntyre, Cape Hiking Vice Chair

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

Trish embodies many of the qualities that AMC looks for in a leader—a love of the outdoors, preparedness, good interpersonal skills, and a welcoming nature. She has been involved with AMC-SEM since moving to the Cape about five years ago. Trish not only leads hikes in the mid-Cape area, but also has stepped forward to mentor new leaders-in-training and to fill in for other leaders.

Trish was born in the United States, and then her parents returned to Ireland where Trish received her education through college. She moved to the U.S. in her mid-20s to work for family friends as a regional manager for the Irish Cottage (a chain of gift shops in MA, NY, NH, and RI). She married Bill Crocker, who is also a Cape leader, raised two daughters, and worked as a pre-school teacher at Dean College.

Trish is also active in her church ministry and leads activities for the Harwich/Chatham newcomers on the Cape. Congratulations, Trish, and thank you from all of us at AMC SEM!

Trish will receive a Volunteer of the Month Certificate and a \$50 gift card.



At the Wachusett summit. Repeat. Photos by Patty Everett

## Mount Wachusett challenges hikers' new endurance skills

By Patty Everett

On May 23rd, a well-conditioned group of hikers headed to Mount Wachusett. Many were part of the Start-Up Spring Conditioning Series led by Diane Simms. Hiking in Wachusett State Forest on that breezy cool day was a perfect chance to test our new abilities.

The group ascended to the summit and descended again three times. The enthusiastic hikers just couldn't stay away from the 360-degree views. What a thrill seeing the faint outline of the Boston Skyline and Blue Hills!

We reminisced about climbing the Great Blue Hills Ski slope and looking towards Wachusett, knowing we would be there soon, and now we were at Wachusett looking towards Blue Hills. We hiked 7.6 miles, and our elevation gain was 2,284 feet. What a journey of goals, strength, and endurance.



Above: Ascending Jack Frost Trail navigating the rocks, boulders and aged hemlock trees. Left: Koi pond at the Wachusett summit.







Ben West, third from right, leads a hiking group on Mount Tecumseh to earn his Level 2 hiking leader status.

## Ben West heads North to become a SEM Level 2 Hike Leader

By Bill Belben, Hiking Chair

On May 8th, Ben West led a group of six hikers up to the summit of Mt. Tecumseh in Waterville Valley to earn his Level-2 Hike Leader certification. This allows him to lead destination hikes on any terrain in all seasons except winter. Despite it being “Mud Season,” the weather was perfect, and the trail conditions were much better than expected with dry trails most of the way and a fairly solid snow monorail for the last 1/3 of the hike.

The water was running strong at a couple of the crossings, which required good balance and the leaping ability of a gymnast. Ben selected the easiest path and demonstrated the best way to cross so that everyone made it safely and remained dry.

Ben managed the entire hike from the planning phase through the execution phase like a seasoned pro. No detail was left out in his preparation and communications both prior to and during the hike.

In this hike, along with his prior hikes, Ben has proven to be a very competent and capable leader. We are honored to have Ben as part of our SEM leadership team!



## Don't get rattled: Thissss issss what to do to sssstay ssssafe

By Bill Belben, Hiking Chair

### So... you just encountered a rattlesnake while hiking. What do you do?

Rattlesnakes are most active in the early morning and early evening hours when they come out to hunt. During the day they generally stay out of view but will come out to lay on rocks to warm themselves. Rattlesnakes are not interested in you. If you do encounter a rattlesnake, there are some common-sense guidelines to follow.

- Stay calm and keep the group calm.
- Make sure dogs are leashed.
- Do not approach and keep a safe distance of at least ten feet. Rattlesnakes can lunge approximately 2/3 of their body length.
- Do not throw things at the snake such as rocks or sticks as this could agitate the snake and make it attack. Timber rattlesnakes in Massachusetts are listed as an endangered species and killing them is illegal.
- Do not yell at them as they can sense the vibrations in their jawbones, and this can agitate them as well.
- If the snake is on the trail, do not attempt to pass it. Wait a bit to see if it will move off the path on its own.
- Alert others who may be hiking in the same area.
- Contact the organization that has responsibility to manage the area. In the Blue Hills, that would be the DCR (Tom Bender: [tom.bender@state.ma.us](mailto:tom.bender@state.ma.us)).
- Note the location where the snake was encountered (trail name, closest trail intersection, trail markers).

### First Aid for Rattlesnake Bites:

- ✓ Keep the person calm. A fast heartrate will spread the venom faster.
- ✓ Keep the wound level with your heart if possible.
- ✓ Remove jewelry or clothing that may restrict circulation near the bite.
- ✓ Clean the bite wound.
- ✓ Do not apply a tourniquet or apply ice.
- ✓ Evacuate as quickly as possible to get the person to the closest emergency care location.

AMC-SEM members encountered rattlesnakes on two recent hikes. Nick Georgantas—**from a safe distance**—recorded a short [video posted here](#). Warning: This snake rattles!





Cape hikers rest on a bench funded by AMC-SEM during a beautiful day in Bourne. *Photo by Robin McIntyre*

## Nature meets History in Bourne Town Forest and Four Ponds

By Robin McIntyre, Cape Hiking Vice Chair

Eight hikers enjoyed the wooded fire roads, rolling mountain bike trails, and pondside trails of Bourne Town Forest and Four Ponds on May 21. We saw lady slipper foliage, although no blossoms, a turtle sunning himself, caterpillars, and lovely small waterfalls around the ponds.

We explored the history of the area: Grover Cleveland and Calvin Coolidge fished in the ponds stocked with trout; an iron foundry with its water-powered wheel graced the area in the 1800s; and an old fishing lodge owned by Gadabout Gaddis once overlooked the ponds.

The bench that hikers are sitting on was funded by AMC-SEM—one of 13 benches and two signs that are being upgraded by students at the Upper Cape Regional Technical School.

A lovely spring day for a Cape Hike!

## Creators Week at Lake Winnepesaukee

Three Mile Island AMC Camp is holding Creators Week, Sept. 18-21, on Lake Winnepesaukee in Meredith, NH. Programs focus on handcrafting in a variety of media and connecting with nature. The lake is beautiful, and the weather is usually amazing.

For more information: contact Gwen Hall [gwenhall10@gmail.com](mailto:gwenhall10@gmail.com). Or see the brochure with all the information: [Three Mile Creators Week 2023](#).

## SEM rolls out new Bike Path Series for families, riders of all abilities

By Paul Brookes, Chapter Chair

A Bike Path Ride Series is underway for those riders uncomfortable with riding on roadways or unsure of their biking abilities. Any type of bike and nearly any ability rider should be able to participate. Families with children are welcome, as well as anyone looking to try out their cycling legs, but not ready to try one of our longer rides. Bike path rides will increase in distance throughout the summer.

Potential rides include the Cape Cod Canal; the Blue Lane path around Clarks Point in New Bedford; the Fairhaven/Mattapoisett path; the Shining Sea Bikeway (Falmouth); one of the Myles Standish State Forest paths (Plymouth); the East Bay path (Bristol, RI); and perhaps others.

The bike path rides are scheduled for Thursdays throughout the summer. Helmets are required on our rides. Smile more, come ride a bike with us. [Click here](#) for both on-road and bike path rides.

## SEM Memory:

### ‘Rocky Trails to You...’



Circa Summer 1991, a day trip to Newport, Rhode Island, included “cottages,” i.e. mansions, ocean views, and a hike along the famous Cliff Walk.

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





## Open House success

Photos by Ben West

Continued from page 4



Open House crowd inspects outdoors equipment.



The paddling display included a kayak and safety gear.



Hikers explored trails and sights of Borderland State Park.



Left: An AMC-SEM volunteer talks about outdoors gear with an Open House visitor.

Below: Chapter Chair Paul Brookes provides information on AMC-SEM membership and activities.



The hiking and backpacking table included books of trail maps as well as a range of equipment for different seasons and terrain.

Continued on page 11





## Open House

Continued from page 10



Above:  
AMC-SEM  
reception  
table.

Left: Book  
table run by  
Maureen  
Kelly.

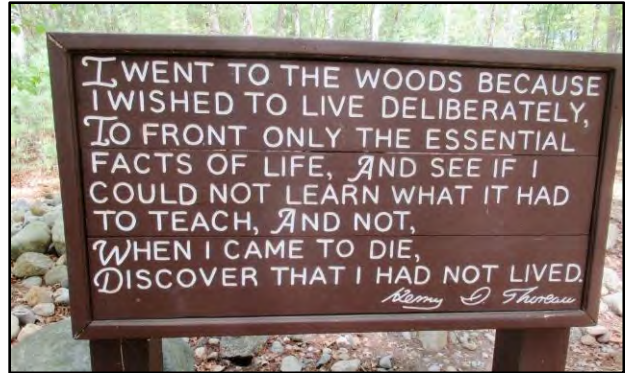
*Photos by  
Paul Brookes*



Above:  
A line for  
paddling  
with Barry  
Young.

Left:  
Trailwork  
table with  
Pete  
Tierney.

*Photos by  
Paul Brookes*



Left: A sign at Walden Pond explains in his own words why Thoreau spent two years living a simple life in a hut there.  
*Photos by Ken Cohen*

## SEM hikers 'go to the woods' and find nature in Concord, MA

Like Henry David Thoreau before them, a group of hikers led by Paul Brookes and Nancy Piedra encountered nature at Walden Pond and the Hapgood Wright Town Forest in Concord, MA.

"A great hike, as always!" said participant Ben West. "Several snakes, a whopper of a turtle, orioles chasing each other in front of us, a robins' nest, fish nests, a cool dam structure, and the site of Thoreau's cabin."

"Plus miles of great trails, a gorgeous pond, and good company and friends," he continued. "Add in a little history, and a nice outdoor café afterwards (for those who joined), and that's a darned good day!"



Above left: Thoreau's statue looks out on his woods.

Above right: Interior of his cabin.

Right: Paul Brookes engages in a comparison of noses.







## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](#). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the very bottom of [Outdoors.org](#) & click **Login**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

### BICYCLING

**Thu., Jun. 15. Beginner/Family Bike Ride on a New Bedford Bike Path, New Bedford, MA.** This ride is breathtaking with views from atop the hurricane barriers, a Civil War stone fort, a scale model of the solar system, and multiple lighthouses on an out and back ride.. The distance is a bit over ten miles, the route is flat except for the ramps up to the barrier walkways and completely off road on a bike path. The path is called the Blue Lane or alternately the Saulnier Bike Path. The pace will be set by the slowest rider. No one left behind. The route will start at the end of Gifford Street in New Bedford's South End, Harborwalk Parking, 126-128 Gifford St, New Bedford, MA 02744. Ice cream is available at three creameries along the route, pastries at the Dough Company, Bring a serviceable bike, a water bottle, and a helmet (required). Front and rear lights are recommended. Waivers for minors must be submitted separately for each individual. Steady rain will cancel this ride. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and loves Southeastern Massachusetts)

**Sun., Jun. 18. Father's Day Muffin Ride, Delaney School, Wrentham, MA.** Spend your Father's Day morning cycling quiet back roads of Wrentham to Cumberland, RI, to enjoy amazing muffins at Phantom Farms. We will ride about 25 miles total, average pace of 11-12 mph. You must be comfortable cycling the shoulder of 2 lane country roads with gentle rolling hills and one decent climb. Expected return time approximately 11:30am. Bike must be in good working condition. This ride is rated as B3C. Helmet is mandatory. Please bring spare tube and water. Limited to 8 participants. (Rain will cancel this event.). You must register for this ride. L Jodi Jensen (781-249-8346, [jodijensen@gmail.com](mailto:jodijensen@gmail.com), Local leader for cycling, hiking, and skiing since 2012)

**Sun., Jun. 18. Biking and Brews Ride series- Berkley Beer ride (rescheduled), Taunton, MA.** This is a rescheduling of the second of our Biking and Brews ride series, starting and ending at Berkley Beer brewhouse in Taunton on Ingell Street. The ride is about 24 miles on mostly rural roads and will visit Profile Rock and Dighton Rock along the way. The route is lumpy but there are no big hills. A map of the route is available on the AMC Southeastern Mass Chapter club page on the [RidewithGPS](#) website. The route can be found under Routes or Collections. A RidewithGPS subscription is free with your AMC SEM membership. Join us after the ride for a brew and/or lunch at Berkley Beer. Helmets are required for our rides. Bring water and a spare tube along. Steady rain will cancel this event. L William Trimble (774-301-1209 8 AM - 8PM, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and a bicycle mechanic. He is also the AMC-SEM biking chair)

**Sun., Jul. 9, 9 AM. Ride the Lakes of Lakeville, MA.** Take a ride along the lakes of Lakeville! This 23 mile ride is mostly rolling and along lightly traveled roads, Pace will be 10 to 12 MPH. Beginning at Tamarack Park Conservation area, the ride will pass Assawampsett Pond, Long Pond, Great Quittacas Pond, and Snipituit Pond before returning to Tamarack. The land is rolling with short ups and downs along the way. No elevation change tops 100 feet. Not flat particularly, but no imposing climbs. See the links for a GPS track of the ride and a Google map of the start location Riders must bring water, a spare tube, and have a red taillight on their bike. (New Massachusetts law requires taillights). Helmets are required. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist and the AMC SE Mass chapter biking chair)

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





## Activities

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

**Sun., Aug. 6. Shovel Town Brewery, Biking and Brews Ride 8/6, North Easton, MA.** This is another of our Biking and Brews ride series, starting and ending at Shovel Town Brewery, 50 Oliver Street rear, in North Easton, MA. The ride is about 25 miles on mostly rural roads and include a short (1.8 mi.) unpaved section of packed crushed stone path across Borderland State Park from Bay Road to Massapoag Ave. Most bikes can navigate the path but if you have a narrow tire road bike, this ride might not be for you. The route is basically flat. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections on the club page. A RidewithGPS subscription is free with your AMC SEM membership. Join us after the ride for a brew and/or lunch at Shovel Town Brewery. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com), Bill is an avid cyclist, owns his own mobile bike repair business, and is the Biking Chair for AMC Southeastern Mass chapter.)

### CAPE HIKING

**Thu., Jun. 22. Hike Eagle Pond Cotuit, MA.** Come learn some easy tools to jump start your plan to complete the BLT Hike 40 miles in 90 days challenge. Barnstable Land Trust in partnership with the Appalachian Mountain Club's Southeastern MA chapter will be doing a brief tutorial and 2+ 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 2+ 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. 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 user name and password if you do not have one. **YOU DO NOT NEED TO BE A MEMBER OF AMC TO DO THIS ACTIVITY.** L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Current Cape Hiking chair. Hike Leader with many years of experience.) L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net)) L Barbara Gaughan ([Barbaragaughan12@comcast.net](mailto:Barbaragaughan12@comcast.net))

**Mon., Jul. 31. Hike - Full Moon Hardings Beach, Chatham, MA.** Hike 3 miles on marsh and beach trails with views of Stage Harbor Lighthouse, tidal inlet, osprey nest, shore birds, and possible moonrise and sunset views. Meet 7:15 PM. Approx. 2 hours or less. One day before actual full moon, it is close enough to perigee to qualify as "supermoon". Moonrise EDT 7:53 PM, with sunset EDT 8:05 PM. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is happening. Thank you. L Janet Kaiser (774-534-2281 Before 8 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net), Cape Hikes leader many years, life member AMC.) L Richard Kaiser (508-246-7582, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Jun. 22-22. Hike Eagle Pond Cotuit, MA, Cotuit MA.** Come learn some easy tools to jump start your plan to complete the BLT Hike 40 miles in 90 days challenge. Barnstable Land Trust in partnership with the Appalachian Mountain Club's Southeastern MA chapter will be doing a brief tutorial and 2+ 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 2+ 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. 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 user name and password if you do not have one. **YOU DO NOT NEED TO BE A MEMBER OF AMC TO DO THIS ACTIVITY.** L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Current Cape Hiking chair. Hike Leader with many years of experience.) L Robin McIntyre ([robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net)) L Barbara Gaughan ([Barbaragaughan12@comcast.net](mailto:Barbaragaughan12@comcast.net))



Panorama  
of AMC-SEM  
Open  
House.

Photo by  
Ben West



## Activities

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

### EDUCATION

**Sat.-Sun., Jun. 24-25. Map And Compass - Two-Day Weekend Workshop, Blue Hills, MA.** This two-day weekend workshop teaches you Map & Compass skills. No prior experience required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. Activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails. On Sunday every group will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a US geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination as well as compass bearings. Each group will have an instructor to help facilitate the learning. ? Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. If the class is overbooked, preference will be given to SEM leaders and Leaders-In-Training who took the SEM April leadership class however the class is open to anyone interested in improving their Map & Compass skills. **MATERIALS COVERED?** \* Different types of maps and why hikers prefer a topographical map. \* How to read a topographic map: scale, distance, colors, and more. \* Understanding contour lines and how to interpret the different shapes and swirls. \* The parts of a compass, how it works, and how to hold it. \* How to measure a bearing from a map and plot a bearing onto a map \* Declination and how to account for it and then forget it. \* How to use a compass to follow a bearing in the field or take a bearing on an object. \* How to orient a map to the real world and use it at intersections to find the correct trail. \* How to plan a route and the use of offsets when bushwhacking between points. \* Point, line, and area awareness. \* Techniques to locate yourself on a map by taking a bearing on a known distant object (including triangulation) \* Navigation using handrails to hike off trail. \* Route planning and safety. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com)), Assistant Teachers: Doug Griffiths, Lindsey Meyers Bertone, Varma Saripalli, Julie Manley(Assistant Teacher)(Assistant Teacher), R Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com))

**Sat., Sep. 23. SOLO Hybrid Wilderness First Aid Course, SEM, 80 South Street Foxborough, MA.** The ability to apply basic backcountry first aid is vital for any outdoor enthusiast, whether it's for yourself or others. Moving beyond urban first aid, this course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. Under the hybrid Wilderness First Aid model, you will be required to view roughly 12 hours of the content virtually at your own pace, followed by a single day practicum led by one of AMC's professional staff members.? Participants who successfully demonstrate the skills taught during the virtual and practical components of the course will be issued a SOLO Wilderness First Aid certification. This course may be used to recertify a current SOLO Wilderness First Responder (WFR) certification. A CPR certification will be offered in the evening of the practical day, this is optional. Program Highlights: -Focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies - Coverage of topics blends virtual and classroom instructional sessions with hands-on practice in the outdoors -Nationally recognized certification for 2 years Sample Practicum Day Itinerary: 9am Classroom & Practical Session 12pm Lunch from home 1pm Classroom & Practical Session 4:20pm Class end first day 4:30 pm Optional CPR training This is a promotion for WFA training local to the Southeastern Mass area. To register click on 'Register Now'. You will be taken to a new listing. Click 'Register Now' from that new listing. L Anne Duggan ([abduggan12@gmail.com](mailto:abduggan12@gmail.com)).

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

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





## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Communications Vice Chair - Southeastern Mass. Chapter.** 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. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter.** 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 conservation committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). CL Leah McFarland ([conservationchair@amcsem.org](mailto:conservationchair@amcsem.org))

**Ongoing. Diversity, Equity and Inclusion Vice Chair - Southeastern Mass. Chapter.** Of the AMC's twelve chapters, SEM is one of the smaller chapters with about 4,000 members. However, the chapter, run entirely by volunteers, organizes hundreds of outings each year covering a wide range of activities throughout New England. Do you have an interest in, or experience with, Diversity, Equity and Inclusion. If so, would you consider contributing to SEM as the vice chair of our Ad Hoc DEI committee. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org), Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org) or Maureen Kelly by emailing [deichair@amcsem.org](mailto:deichair@amcsem.org).)

**Ongoing. 20's & 30's Vice Chair - Southeastern Mass Chapter.** 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 on the responsibilities of the 20's & 30's chair click on 'Roles & Responsibilities' under Related Link(s) however although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L Natalie Halloran ([20s30schair@amcsem.org](mailto:20s30schair@amcsem.org))

**Ongoing. Local Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Local Hiking Vice Chair position. (The Destination Hiking Vice Chair assists with hiking activities outside the Southeastern Massachusetts area.) The Vice Chair assists the Hiking Chair. Responsibilities include coordinating local hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g., soliciting *Breeze* articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

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

### HIKING

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

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

**Tue., Jun. 13. Explore Wareham Forests Hike, Bourne Hill Rd., Wareham, MA.** Join us for a 6.5 mile hike in multiple Wareham forests. We will start out on trails in the New England Forestry Foundation, through Wildlands Trust property, eventually joining the new William Minot Forest Trail network, managed by Wareham DNR. The trails meander through a unique habitat consisting of old growth mixed forest with white pines and former cranberry bogs. The trails are mostly flat but there are large, exposed roots that will need to be navigated with careful footing. We'll hike at a moderate pace and plan to have a light lunch at an open spot along the trail. This is a buggy area, and we suggest you bring bug spray. Ticks are also prolific, and you might want to wear long pants or gaiters if you have them. This time of year, it's important to stay hydrated; we suggest 1 to 2 liters of water. Snacks are helpful for quick energy on the trail. Please no open toed shoes; sneakers or hiking boots are best. L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a 4 season hike leader for SEM and chair of the Diversity, Equity and Inclusion Committee.) CL & R: Susan Cummings (508-272-2570 before 8 pm, [szqb65@gmail.com](mailto:szqb65@gmail.com), Susan is an enthusiastic hiker planning to become an SEM hike leader.)

**Tue., Jun. 13. Hiking - All About the Hills with some Trail Tracing, Blue Hills Reservation.** This moderate hike will be 5-6 miles through the Blue Hills Reservation. This hike will be for participants who want a little elevation (about 900 ft.) and enjoy some scrambling. We will ascend/descend Fenno Hill, Chickatawbut Hill, Hawk Hill and Kitchamakin. We will have at least one scramble and a few steep areas. Hiking boots or sturdy shoes are best. No open toe shoes. Bring at least 1 liter of water and a snack/lunch. Insect repellent and sunscreen recommended. In the event of light rain/mist, bring rain gear and/or poncho. If the rocks/slabs are wet, I may adjust the route for safety. Heavy rain/thunderstorms will cancel. No dogs. Participants should have hiked 5 miles recently and have climbed some hills. Contact the leader if you are not sure this hike is appropriate for you. L Patricia Everett (508-562-2152 before 7pm, [patriciae568@gmail.com](mailto:patriciae568@gmail.com), Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (52 with a view) summits.)

**Thu., Jun. 15. Trail Trace The Blue Hills - Thursday Evening Hikes, Blue Hills Reservation.** Join us for the 18th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L & R: Joanne Newton (508-215-9470, [newt665@comcast.net](mailto: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](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. Four season Blue Hills hiker. Occasional White Mountains hiker. Trail maintenance volunteer.)





## Activities

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

### HIKING

**Sat., Jun. 17. Hike the Emerald Necklace to the Embrace, Leverett Pond (Willow Pond Rd parking lot) Brookline/Jamaica Plain.** See how the neighborhoods of Boston connect as we meander through 4.5 miles of Frank Law Olmsted's beautiful greenway. Join us as we explore the portion of the Emerald Necklace from Leverett Pond to "The Embrace" sculpture on the Boston Common. We will walk mostly on flat, paved pathways (some unpaved but generally level) at a moderate pace with stops along the way at memorials, plaques and the incredible community Victory Gardens. View the extensive Muddy River Restoration Project underway as we walk. Not only will you notice beautiful trees and contrasting vistas, but you will also see the larger community effort that is creating a healthier environment. At the Boston Common, we will view "[The Embrace](#)," designed and built by Hank Willis Thomas and MASS Design Group. This unusual sculpture "aims to honor the life and legacy of Rev. Dr. Martin Luther King Jr. and Coretta Scott King, celebrate their history in Boston, and spark a public conversation on advancing racial and social justice in Boston today." We'll have lunch here and see what we think about the sculpture. We will return to our cars via the green line D or E train. Bring water, lunch/snacks, sunscreen, sunglasses/hat. Wear comfortable clothing and sturdy footwear that compliments the weather. Steady rain will cancel. This hike is open to everyone. You do not need to be an AMC member, but online registration is required. Carpooling from the South Shore may be possible. L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a 4 season hike leader for SEM and the chair of the Diversity, Equity and Inclusion (DEI) Committee) CL Ashley Stehn ([ashc215@aol.com](mailto:ashc215@aol.com), Ashley is a Hike Leader in Training and a member of the SEM Diversity, Equity and Inclusion (DEI) Committee)

**Sat., Jun. 17. Belknap Peaks Hike 3: Mts. Gunstock, Rowe, Belknap, Piper, and Whiteface; Gilford, NH.** Join us on the 3rd of 3 planned hikes to all 12 of the Belknap peaks. The Belknaps offer terrific hiking in the lakes region, just 2 hours from Boston. Great mountain and lake views. If we're lucky, we'll spot Mt. Washington from the fire tower! Complete all 12 peaks over these 3 hikes and you can earn a Belknap Range Hiker Patch! Map and hiker patch info: <http://belknapangetrails.org> At 11 miles with 3,000 feet of elevation gain, this is the hardest of the 3 hikes. The hike is expected to take at least 8 hours. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. We will spot cars on Carriage Road and begin our hike on the Mt Rowe Tr. from Belknap Mountain Rd. We'll hike to Rowe, Gunstock, Belknap, and Piper. Time permitting, we'll head to our final summit of the day: Whiteface Mountain. This out-and-back portion of the hike is 2.5 miles with 800 feet of elevation gain, with rock slab sections. Input from group with final leader discretion on hiking to Whiteface Mountain. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants will receive additional detailed information (including required gear, meeting location and time) via email approximately 2-3 days before the hike date. Learn more about hiking with SEM! Click on the "AMC SEM Hiking" in the Related links section below. L Diane Simms ([dianesimms@comcast.net](mailto:dianesimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Jeannine Audet

**Mon., Jun. 19. Hike Wildcats on Juneteenth, Wildcat Mountain, Jackson, NH.** Join us on a traverse hike through 4 peaks on the Wildcat Ridge, On this hike we bag two prominent NH 4K peaks, Wildcat D (4062 ft) and Wildcat A (4397 ft) via the Ski slope and 19 Mile Brook Trail. The wildcat ridge offers great views of the presidential range. This is a Vigorous hike of 8+ miles and 2800+ ft elevation gain. It requires recent similar hiking experience and a good fitness/cardio routine for one to comfortably do this hike. All participants should be comfortable going on steep sections, rock scrambles and stream crossings. Please review the required gear in the Related Links section. The start/end times listed are approximate and could drastically vary at the time of the hike. Confirmed participants will receive detailed information 2 to 3 days before the hike. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. L Raju Jaldu (508-446-4220, [raju.jaldu@gmail.com](mailto:raju.jaldu@gmail.com), Raju is a SEM chapter Back Country Hiking leader. Enjoys being outdoors and leading hikes in MA and NH Hills and Mountains) L Dia Prantis ([dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the SEM chapter Skiing Chair and a Back Country Hiking leader.)



## Activities

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

### HIKING

**Thu., Jun. 22. Trail Trace The Blue Hills - Thursday Evening Hikes, Blue Hills Reservation.** Join us for the 18th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L & R: Joanne Newton (508-215-9470, [newt665@comcast.net](mailto: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](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. Four season Blue Hills hiker. Occasional White Mountains hiker. Trail maintenance volunteer.)

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

**Sat., Jun. 24. Hiking the Blues Hills Skyline with Trails Work, Blue Hills Reservation.** Our plan is to hike and clean up the Skyline Trail between the Police Headquarters and the Forest Path, including Tucker and Buck Hills. Trails work includes cleaning trails of debris and branches, cutting briar and intrusive brush on trails, and in some cases widening trails. We plan to hike approximately 4-5 miles in total. 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](mailto:lpetrone57@gmail.com), Larry is an four-season hiker and Nordic skier. He is a Level I hike leader for the Southeastern Massachusetts (SEM) and Boston chapters. He is also vice chair of the SEM trails committee.)

**Sat., Jun. 24. 8:30 am-3:30 pm, Mt. Garfield, Franconia, NH.** Mt. Garfield Hike 4,502 ft. (3,100 ft Elevation Gain) Join us for a fun day of hiking in the Whites as we summit Mt. Garfield (weather permitting). Mt. Garfield, located in Franconia, NH is on the Garfield Ridge Train and connects the mountains of Franconia Ridge to the Twin Mountain Range. This is a 10 mile out-and-back with 3100 ft. of elevation gain. Hikers must be in good physical condition with hiking experience of similar distance and terrain. Additional challenges of the hike include stream crossings, rocky and rooty footing, and a .2-mile rocky climb and ledge scramble to its bare summit. On a clear day, hikers can take in a spectacular 360-degree view of the Pemigewasset Wilderness. We will hike at a steady, moderate pace of 1.5 miles per hour and stay together as a group. Registration is a three-step process: 1. Complete the online registration form. 2. Expect a call from one of the leaders who will provide more information about the trip and answer any questions you might have. 3. You will be confirmed as a participant. This hike is open to all qualified registrants, regardless of AMC membership. Confirmed participants will receive an e-mail 3-5 days prior to the hike with detailed information, weather updates, directions to the trailhead, and the hike's route with a printable map to bring along. Essential Gear: Sturdy hiking boots with good traction and extra pair of wool socks Two liters of water in a hydration flask or water bottles Lunch and snacks Extra layer of clothing: fleece or wool (no cotton) Brimmed hat & gloves (liners are usually enough in the summer) Puffer jacket or vest Bandana or handkerchief Toilet paper and plastic bag to carry out used paper Rain gear - jacket and pants & backpack cover or plastic bag to line pack Headlamp, fully charged or with fresh batteries Trekking poles (optional) Insect repellent and bug net to cover face (optional but highly recommended) Personal first aid kit with medications Backpack large enough to carry everything. L Diane Hartley (508-566-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) CL Abi Natarajan ([nabirami@hotmail.com](mailto:nabirami@hotmail.com), Abi is a 3-season Level 1 Hike Leader for AMC Boston Chapter Local Walks and Hikes. She is also a Level 2 Leader-in-Training with AMC Southeastern MA Chapter.)

**Wed., Jun. 28. Mt. Willard Hike, AMC Highland Center, Bretton Woods, NH.** Stretch your legs with a moderately paced 3 mile out-and-back hike to Mt. Willard. At just under 1,000 feet of elevation, this 52 WAV has a small waterfall cascade on the way and then terrific views of Crawford Notch and the surrounding ranges. This hike is being offered to those driving up for the following day's June 29 Mt. Pierce hike (registration link below) but anyone is welcome to register. Find more SEM chapter hikes at the SEM Hiking link below. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)





## Activities

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

### HIKING

**Thu., Jun. 29. Mt. Pierce Hike, AMC Highland Center, Bretton Woods, NH.** Start your summer with a moderately paced hike to Mt. Pierce, one of the NH 4,000 footers. We will take occasional breaks as we hike the Crawford Path (the oldest continuously maintained hiking path in the US) to the summit of Mt. Pierce with a stop at the AMC Mizpah Hut along the way. Weather permitting, we'll enjoy awesome views of Mt. Eisenhower, Mt. Monroe and Mt. Washington at the summit. Hike is approximately 6 miles with approx. 2,400 feet of elevation gain. Participants will be screened to determine if they have recent hiking experience and proper gear to attend the hike. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Participants will receive additional detailed information via email approximately 2-3 days before the hike date. If you're driving up the day before, consider registering for the June 28 Mt. Willard afternoon hike. Registration link below. Find more SEM chapter hikes at the SEM Hiking link below. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

**Thu., Jun. 29. Trail Trace the Blue Hills - Thursday Evening Hikes, Blue Hills Reservation.** Join us for the 18th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L & R: Joanne Newton (508-215-9470, [newt665@comcast.net](mailto: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](mailto:wdoherly1@verizon.net), Level 1 AMC Hike Leader. Four season Blue Hills hiker. Occasional White Mountains hiker. Trail maintenance volunteer.)

**Sun., Jul. 16. Beginner Friendly Hike in F Gilbert State Forest, Foxboro, MA.** F Gilbert Hills is a 1,000-acre state forest located in Foxboro with approximately 23 miles of trails for us to choose from. The hike will be 4 to 5 miles with about 400 feet of elevation gain. The duration will be about 2 to 3 hours, depending on the speed of the group. We will be stepping over rocks and roots. Please wear sturdy hiking boots (no open-toed shoes). Dress for the weather. Please bring about 2 liters of water, trail snacks, lunch, raincoat and a pack to carry them. Thunderstorms will delay, cancel, or shorten trips. Ditto for extreme winds. Rain? That's why you will always bring a raincoat. We won't cancel because of rain. This hike is open to everyone. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets are allowed. More detailed information on the hike route and meeting location will be provided to confirmed participants one day before the hike. So, come and explore with us! It is always fun to "take a walk in the woods.". L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) CL Abi Natarajan ([nabirami@hotmail.com](mailto:nabirami@hotmail.com))

**Fri., Jul. 21-23. Backpacking on the Long Trail: Grout Pond to Maple Hill, Grout Pond, Stratton, VT.** Join us for the first in a series of 3 weekend backpack trips this summer on the beautiful Long Trail. The Long Trail spans 272 miles from Massachusetts, along the length of Vermont, through the Green Mountains, to Canada. Constructed between 1910-1930, the Long Trail is the oldest long-distance hiking trail in the US. The first trip will bring us south from the area near Grout Pond at Stratton-Arlington Road (elevation 2230') to the area just south of Maple Hill at Rte 9 (elevation 1360'). This section is shared with the AT. We will hike a total of 25 miles over the 3 days, camping for 2 nights at backcountry shelters along the trail. Participants must have the required gear & the ability to maintain a 1-1.5mph pace with a full pack. Completion of an AMC introduction to Backpacking workshop or prior backpacking experience is required. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) CL Jeannine Audet (508-493-8221 Weeknights after 7:00pm, weekends anytime, [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine has backpacked in Alaska & on sections of the AT. She loves to share the outdoors with others. She is training to become a backpacking leader.)



## Activities

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

### HIKING

**Tue., Aug. 22. Mt. Eisenhower Hike via the Edmands Path, Bretton Woods, NH.** Hike with us to Mount Eisenhower (4,763'), one of the mountains in the Presidential Range, formerly known as Mt. Pleasant. It is named after President Dwight D. Eisenhower and offers a 360 degree view on its fully exposed summit. Although the destination of this hike is to reach and enjoy the summit, the primary focus of this hike is to learn more about J. Rayner Edmands, master trail builder in the White Mountain National Forest. Who was this pioneer trail builder? What trails did he build or improve? What type of trail structures is he noted for? How did his trail building affect the creation of the White Mountain National Forest? These questions will be addressed as we examine aspects of his trail building along the Edmands Path named in his honor. This moderate up and back hike is 6.6 miles round trip and ascends about 2700 feet. From its trailhead the path crosses several small brooks followed by the Abenaki Brook. It then climbs steadily up the west ridge of Mt. Eisenhower and in the last section before reaching the Mt. Eisenhower loop it is very exposed to the northwest. The final quarter mile on the loop trail climbs aggressively 350' to the Mt. Eisenhower summit. We will hike at a moderate pace of 1.5-2.0 mph, completing the trip in about 6-6.5 hours. There will be stops along the way to point out trail structures. Appropriate hiking clothes, rain gear, sturdy footwear and a small backpack are required. The trip will be weather dependent, determined 1-2 days before the hike. The rain date is Wednesday, August 23. To be able to do this hike, you should have recently hiked another 4,000-foot mountain like Mt. Pierce or hiked 7 miles that included significant hills approaching 2700 feet of elevation gain. Registration is required to go on this hike. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Participants will receive additional detailed information (including meeting location, time to meet, and what to bring) via email approximately 1 week before the hike date. L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH 4,000-foot mountains multiple times including winter. He also enjoys trail work and running.) L Diane Simms

**Fri., Sep. 15-17. SEM Chapter Hut Weekend at Cardigan Lodge, 774 Shem Valley Road, Alexandria, NH.** Join us for the return of SEM's Annual Chapter Hut Weekend at the beautiful AMC Cardigan Lodge! Located 2 hours north of Boston in Alexandria, NH, the lodge is situated in a 1,200-acre reservation and offers many nearby activities, including nature trail walks, hikes to waterfalls, swimming in the on-site pond & hiking up Mt. Cardigan. Leaders will plan a variety of activities. Participants will stay in shared bunkrooms with shared bathrooms on each floor. Three meals each day are prepared for the group by the Lodge innkeeper & chef, & appetizers are provided on Saturday. Participants may BYOB. The weekend will be chock-full of good times, good food, great company and lots of outside activities. In past years the Chapter Hut Weekend has filled up quickly so if you would enjoy relaxing in a stunning environment, why not register today? We look forward to seeing you there. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine enjoys exploring & sharing experiences in the outdoors, leading a variety of activities (hiking, biking & xc skiing) year-round, throughout New England,.) L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Dia Prantis ([dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the SEM XC Skiing Chair. She is an all-season hike leader who likes to encourage others to step onto the trail. Being involved with AMC is a way to balance our inside lives with being outside and closer to nature!) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experienced four-season hike leader who likes to hike at a moderate pace.)

### PADDLING

**Thu., Jun. 15-15. Paddling the Nemasket River, Lakeville, MA.** We will be paddling the Nemasket River from Vaughan St. and heading north to the dam at Assawompset Pond. After viewing the pond, we head south stopping for lunch at Old Bridge Street and then continue south to the takeout at Wareham St. Carpooling will be necessary so please plan to arrive early to sign in and drop off your kayak. L Joseph Keogh (508-542-0665 before 8:30 PM, [jpkao24@gmail.com](mailto:jpkao24@gmail.com), I joined AMC in 2006 to find people to hike with. I joined the Blue Hills hiking group and continued with that group as a leader until 2019. From hiking I moved into Kayaking and am now a paddle leader. I enjoy ponds and streams and rivers, I especially enjoy exploring streams as far up as I can go.) L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net)), R Joe Keogh (508-542-0665 before 8:30 pm, [jpkao24@gmail.com](mailto:jpkao24@gmail.com))





## Activities

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

### SOCIALS

**Mon., Jun. 19. SEM Diversity, Equity and Inclusion (DEI) Meeting via Zoom, online.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI Zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The Zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) is a former SEM Chapter Chair and a current SEM hike leader. L Ken Cohen ([k-cohen@comcast.net](mailto:k-cohen@comcast.net))

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023 at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. There will be a fee is for those who wish to stay for the buffet dinner and speaker. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org), I am the Chapter Chair for the Southeastern Massachusetts Chapter of the AMC)



Photo by Otodex on Pixabay

**THE END**



# The Southeast Breeze

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

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

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

Choose **Go to Activities Database**.

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

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

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

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

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

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

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

[Shop the Breeze Market for equipment bargains!](#)

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

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



AMC-SEM bikers took advantage of the extended daylight for a ride along the Cape Cod Canal. Cecelia MacWilliam, E.M. "Em" MacWilliam, Tara Violette, Barry Young, Cheryl Pare. *Photo by Len Ulbricht*

## Sunset to full moon ride along Cape Cod Canal

*by Len Ulbricht*

At 7 pm Wednesday, August 2, AMC-SEM bikers at the Sandwich end of the canal departed for our ride westward toward the setting sun. We fortunately caught the weather change after the previous week's heat, humidity, and haze, and enjoyed an almost-cloudless deep blue sky, gentle northerly breeze, and cool low 70s temperature that dipped to chilly 60s after dark. Just perfect conditions.

The six of us—Em, Tara, Cheryl, Cecilia, Barry, and yours truly—glided gently along the uncrowded canal path. Though no boats traveled the canal, wildlife abounded in the form of scattering rabbits and great blue herons. I counted 10 great blues searching for dinner along the shoreline, one of which gracefully flew by us. We passed the railroad bridge and reached our viewpoint across from the Maritime Academy several minutes ahead of the 8 pm sunset. That gave us time to soak up the sun's golden rays as it slowly set, a breath-taking moment.

As dusk settled in, it was time to ensure both headlights and taillights were on for our return ride to the canal's east end for the full moon's 9:06 pm rise. With slack water and no boat traffic to create wakes, the moderate north wind and the remaining dusky sky light created unusual visual effects on swells in the canal: a twisted ribbon pattern of light and dark rolling toward us, swell after swell.

Upon reaching our starting point with 20 minutes to spare, we packed away the bikes, and as darkness arrived brought out headlamps and flashlights for our short walk to the east end of the canal and Cape Cod Bay. After a few minutes' wait, the top cusp of the moon appeared, gradually rising to a full round orange orb with glistening reflections off waves in the bay. Fully dark now with a chill setting in, we said goodbyes and called it a wonderful night.



## View from the Chair: 2024 Executive Committee Slate

I am delighted to report that AMC-SEM has a strong 2024 [Executive Committee nomination slate](#). SEM members will vote on this slate at our November 4 Annual Meeting, which will be held at the Bay Pointe Club at Buzzards Bay. [Register today!](#)

Short biographies for everyone on the nominating slate follow:

**Paul Brookes, Chapter Chair:** Paul was elected as Chapter Chair in November 2022. Prior to his current role, Paul was chosen as Hiking Vice Chair in May 2020 and elected as Hiking Chair at the November 2020 Annual Meeting. He is also a four-season destination hike leader and mentor. He regularly teaches Leadership Training, Winter Workshops, and Map and Compass. He has been an active AMC-SEM member for twelve years. Paul retired from Philips Healthcare in 2014, where he had been an engineer and a product manager.

**Jeannine Audet, Chapter Vice Chair:** Jeannine was elected as Chapter Vice Chair at the same time as Paul. Prior to her current role, Jeannine served as Skiing Chair since 2017. Jeannine was the 2020 recipient of SEM's Distinguished Service Award and has been a chapter member for more than 15 years. As well as being a Winter Workshop Instructor, she is one of the few SEM multi-activity leaders (skiing, hiking, backpacking, and biking).

**Lindsey Meyers Bertone, Secretary:** Lindsey was elected as Secretary in September 2022. As Secretary she keeps and distributes the minutes of our Executive Committee meetings, records Executive Committee decisions, and sends out the Volunteer of the Month award and certificate. She received a gift membership to AMC in 2020 and has been active in SEM ever since. She helped teach the last two Map & Compass workshops and has taken Wilderness First Aid. She works full-time as a special education teacher.

**Earl Deagle, Treasurer:** Earl was elected as Treasurer in February 2022. As Treasurer he provides regular financial updates to the Executive Committee, assists in the preparation of the annual budget, and maintains our checking and savings accounts, collecting fees and paying debts. Earl retired from Raytheon after a 38-year career in Finance. He is a member of the board of directors, with treasurer responsibilities, for the Association of Raytheon Retirees. Earl enjoys hiking and is an avid sailor. He supports the Buzzards Bay Coalition as a Baywatcher, collecting water samples and assisting with fundraising.

**Bill Trimble, Biking Chair:** Bill was elected as Biking Chair in May 2022. He is an appointed member of the Dartmouth Pathways Committee, which promotes the establishment and use of trails and bikeways in the Town of Dartmouth. Bill is a certified bike mechanic and teaches bike mechanic classes. Bill is active in helping his community. He leads group rides for school youth (for Youth Opportunities Unlimited) and organizes a youth lacrosse program (playing in the Mass Bay Youth Lacrosse League).

**Robin McIntyre, Cape Hiking Chair:** Robin was elected Vice Chair of Cape Hiking in September of 2020 and is on the nominating slate to take over from Jane Harding as Cape Hiking Chair. Robin has been an AMC-SEM member for 13 years and a Cape Hike leader for seven years. Prior to being Vice Chair of Cape Hiking, Robin was a member of the nominating committee. Robin leads frequent Cape Hikes each year and is a regular presenter on our Leadership Training days. She is a retired physical therapist who is a woodturner and enjoys playing music.

**Justin Anderson, Communications Chair:** Justin was chosen as Communications Vice Chair in March 2023 and was elected Communications Chair in June 2023. Justin says, "Outdoor recreation is vital to mental and physical well-being; we have an obligation to conserve and protect those spaces." His views are well-aligned with the AMC mission, and he has submitted multiple articles to the Breeze. Justin has a bachelor's degree in political sciences/economics and a master's degree in education policy. He is currently employed in the Office of the State Auditor as an Occupational School Financial Analyst. Prior to joining the OSA, he worked in public policy think tanks, academia, and children's mental health. He has devoted much of his spare time to public service and advocacy, including as a Big Brother, a municipal and county office holder, and coach/board member for a town soccer association.

**Zoe Rath, Conservation Chair:** Zoe was elected Conservation Chair in July 2023. She is a librarian at Norwell Public Library, where she organized several events for Earth Day, including a Goodbye Lawn Event, Sustainable Gardening, Bee Presentation and Insect Walk. Zoe joined AMC in 2012 and became a leader in 2013. She was very active with the Boston chapter before moving to Brockton, leading over 50 hikes, assisting with their series and training programs, and being a board member on the Young Adults Committee from 2015-2018. She was recently an Associate Leader on an AMC Adventure Travel to Liechtenstein and will be an Associate Leader on an Adventure Travel trip to Utah National Parks in 2024.

Continued on page 3





## 2024 Executive Committee Slate

Continued from page 2

**Anne Duggan, Education Chair:** Anne was elected shortly following the 2021 Annual Meeting. As Education Chair, she organizes and teaches at our SEM Leadership Training, including Advanced Leadership Training. She also coordinates our Wilderness First Aid training. She is a Four-Season Mountain Hiking Leader, as well as an active Backpacking Leader mentoring many of our newer Backpack Leaders. In 2022 she participated in AMC’s Mountain Leadership School and is now an Assistant Adventure Travel Teacher. In her professional life, Anne was a family Nurse Practitioner. She was also an educator as an adjunct professor and clinical instructor. Anne volunteered as an instructor and mentor with Partners in Development.

**Bill Belben, Hiking Chair:** Bill was chosen as Hiking Vice Chair in April 2022 and elected Hiking Chair at the November 2022 Annual Meeting. Bill joined AMC in 2019, is an avid hiker, and quickly became a very active Hike Leader. Bill completed the New Hampshire 48 4Ks in November 2021 and participated in AMC’s Mountain Leadership School in 2022. As Hiking Chair, Bill organizes the largest of our committees. As well as overseeing our local hikes and series, thanks to Bill SEM has had a big return to New Hampshire hiking.

**Samantha Fisher, Membership Chair:** Samantha was elected Membership Chair at the November 2021 Annual Meeting. As Membership Chair, Samantha organizes the Annual Open House, welcomes new members, and organizes new member activities.

**Diane Simms, Past Chapter Chair:** Diane Simms was Chapter Chair from 2020 to 2022 and now holds the post of Past Chapter Chair. As a Past Chapter Chair, Diane has been a valuable source of advice for me in my first year as Chapter Chair. I talk with her in person, by text, or email almost every week and appreciate her insight and perspective. Diane is a member of the Development Projects Committee that presents funding proposals to the Executive Committee twice yearly. Diane is also a very active Hike Leader and has just become a Level 2 Three-Season Mountain Hike Leader.

**Dia Prantis, Skiing Chair:** Dia served as Skiing Vice Chair beginning in 2020 and was elected Skiing Chair at the November 2022 Annual Meeting. In addition to being a Skiing Leader, Dia is also a Hiking Leader who started as a co-leader in 2016 and has since led local hikes, New Hampshire hikes, and skiing/snowshoe trips.

**Steve Scala, Trails Chair:** Steve was elected Trails Vice Chair in November 2020 and Trails Chair in November 2022. He has helped to lead trail projects in the Blue Hills. He volunteers with Borderland State Park and is an avid New Hampshire hiker.

Those highlighted in blue on the slate as “new” to their positions are new since the 2022 Annual Meeting, but have been serving for months on an interim basis per our [bylaws](#) (article 4.2). I believe that the nominating committee is putting forward a strong Executive Committee for your review and vote. I hope as you read through these bios that you share this sentiment.

Finally, I would like to express my gratitude to the Executive Committee members who volunteer their time and energy to ensure proper governance of our chapter and keep it running smoothly. Their dedication and commitment are truly appreciated. Happy trails!

*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre  
Communications Chair .....Justin Anderson  
**Communications Vice Chair.....OPEN**  
Conservation Chair .....Zoe Rath  
Conservation Vice Chair .....Paul Williams  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srinu Iyengar  
Hiking Chair .....Bill Belben  
Hiking Vice Chair.....Tracy Hawes

Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair ..... Barry Young  
Paddling Vice Chair .....Joe Keogh  
Skiing Chair .....Dia Prantis  
**Skiing Vice Chair .....Open**  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone  
**20's & 30's Chair.....Open**  
**20's & 30's Vice Chair.....Open**

### 2023 Standing Committees

Biking Chair .....Bill Trimble  
**Biking Vice Chair .....Open**

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Volunteer Relations...Katherine Brainard  
Regional Director.....Jenna Whitney  
The Breeze Editor..... Mo Walsh  
Blast Editor.....Marie Hopkins

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



AMC-SEM provided funds for Upper Cape Technical School students to create new entrance signs and benches for two properties in the Town of Bourne. *Photos courtesy of UCT*

## Bourne conservation areas revitalized—a community effort

*This article is adapted from a release published in the Bourne edition of the Enterprise, June 23, 2023, [here](#).*

Two conservation areas in Bourne have received a facelift due to the work of students from the Upper Cape Technical School (UCT) in partnership with the Southeastern Massachusetts Chapter of the Appalachian Mountain Club (AMC-SEM) and the Town of Bourne Conservation Department.

In the fall of 2022, AMC-SEM’s Robin McIntyre and Len Ulbricht approached the Bourne Conservation Agent, Stephanie Fitch, about the chapter’s interest in funding improvements at the Leary Property and Four Ponds Conservation Areas. A field survey of the properties determined that broken or degrading benches at Four Ponds and deteriorating entrance signs at both properties needed replacing. Ms. Fitch contacted UCT, and a partnership was formed.



This spring, AMC-SEM purchased and delivered all materials for the project to UCT. Carpentry and Environmental

Science students—under the supervision of their instructors, Joe Zajac, Wilbur Lavoie, and John Kelly—constructed, assembled, and installed 12 benches at Four Ponds, and designed, engraved, and installed the wood entrance signs at both Leary Property and Four Ponds. UCT’s Director of Vocational Programs, Nolan LeRoy, provided coordination and support with the community groups.



When you have a chance, stop by the Leary Property and Four Ponds Conservation Areas to check out the new signs and benches.

## Celebrate the Outdoors with AMC FallFest, Sept. 22nd-Oct. 1st

By Katherine Brainard, AMC Volunteer Relations

Join us later this month for a memorable week celebrating all the things we love: outdoor experiences, friends, food, and fall! A week of regional activities will culminate in a wonderful day of fun on Saturday, September 30th, at Noble View Outdoor Center in Western Massachusetts, Mohican Outdoor Center in New Jersey, and locations in Maine. Thank you to all who have already volunteered to lead activities, to help at the Sign-In table handing out swag and greeting new folks, to share your experience at one of our committee tables, and so much more!

Please forward this link to anyone who would like to attend FallFest. Kids come free! Non-members receive a free one-year AMC membership, and music, meals, and all-day programming are included in the registration. [Register Here](#).



Local SEM chapter events will be running from September 22nd to September 30th. Click on this [link](#) for SEM FallFest events, or search [activities.outdoors.org](https://activities.outdoors.org) for anything with “FallFest” in the name, and sign up to enjoy this beautiful season with others who love being outdoors.

The goal of FallFest is to showcase what AMC does best: leading activities outdoors for all and engaging your local community.



# Distinguished Service Award nominations

By Walt Granda, DSA Coordinator

Every year since 2001, the AMC Southeastern Massachusetts Chapter has presented one of its members with a Distinguished Service Award (DSA) to recognize their outstanding contributions to the chapter. While a committee of past award recipients selects the ultimate recipient, all chapter members are encouraged to make nominations.

The DSA is awarded to someone who:

- Is a current AMC SEM member and has belonged to the SEM chapter for at least five years (to be verified by AMC Membership)
- Has contributed to the SEM Chapter “above and beyond” the high level of volunteer service typically provided by our activity leaders and other members
- Whose contributions can be at the Board level, committee level, across multiple committees, or in some other chapter-wide capacity
- Is actively contributing to the chapter or has contributed significantly in the past
- Has not previously received the chapter’s Distinguished Service Award.

If you know of someone who is eligible for this award, please complete a [DSA Nomination Form](#) and email it to [Walt Granda](#) the 2023 DSA Committee Coordinator. If you prefer, just email the person’s name with a brief explanation of why you think they deserve to receive this prestigious annual award based on the above criteria. All nominations must be received by October 1, 2023. The award will be presented at the SEM [Annual Meeting](#) on Saturday, November 4, 2023. Thank you.



2022	Walt Granda
2021	Leslie Carson
2020	Jeannine Audet
2019	Paul Miller
2018	Maureen Kelly
2017	Joe Keogh
2016	Farley Lewis
2015	Barbara Hathaway
2014	Mike Woessner
2013	Erika Bloom
2012	Carolyn Crowell
2011	Cheryl Lathrop
2010	Walter Morin
2009	Stephen Tulip
2008	Bob Vogel
2007	Lou Sikorsky
2006	Dexter Robinson
2005	Pamela Carter
2004	Robert Bentley
2003	John Smart
2002	Elsie Laverty
2001	Bruce Dunham



New Level 1 Hike Leader Susan Cummings receives her volunteer patch and leader kit from Bill Belben. *Photo by Patty Everett*

## Good Great things come to those who wait—and work for them!

By Bill Belben, Hiking Chair

It may have taken a while, but the AMC-SEM Hiking Group was certainly rewarded when Susan Cummings completed her qualifying hike to become a Level 1 Hike Leader. On June 13th, Susan planned, screened, and led her qualifying hike, a 6.5-mile hike of the Wareham Forests. Thanks to Maureen Kelly for supporting her on the hike!

Since joining AMC, Susan has been a regular fixture on many of the hiking series in the Blue Hills and other hiking locations. She is always a lot of fun to have on the hikes with her upbeat and engaging personality. These traits, along with the effort she puts in to plan and execute a hike, will make her a great leader.

When Susan isn't on the trails, she likes to spend her time with her husband, Butch, and daughter Grace.



Leslie Egan, right, Kathy O'Keefe, and Patty Everett make a wonderful discovery. *Photo by Irene Scharf*

## A bloomin' beautiful hike to Chickatawbut Overlook

by Patty Everett

The morning was overcast as the hiking group arrived at the Chickatawbut Overlook on Tuesday, June 13th. The early dawn rain kept other hikers away and we had the trails to ourselves. The low clouds kept us cool in the 70-degree humid weather.

We headed to the footpath of Hawk Hill. As we continued our journey along the trails, we rounded the corner to the Laurel Path. We were ecstatic to see the Wild Mountain Laurels were in full bloom, showing off their delicate pink and white umbrella blossoms.

Below: Laurels in bloom. *Photo by Pat Everett* Right: Kathy & Patty pose for a natural glam shot. *Photo by Irene Scharf*







## New L1 Hike Leader does it all!

By Paul Brookes, Chapter Chair

Lindsey Meyers-Bertone received a gift membership to AMC in 2020 and has been active in the SEM chapter ever since. She was elected as our Chapter Secretary in September 2022, and as Secretary keeps our meeting minutes and captures our Executive Committee decisions. Some of our leaders also know her since she sends out our monthly Volunteer of the Month certificates.

Most recently Lindsey has been on the journey to becoming a SEM hike leader, which she accomplished this July. Lindsey did her qualifying hike with Natalie Halloran and, as with all qualifying hikes, she planned the route, screened candidates, and led the hike. Her qualifying hike was a young members hike along a lovely stretch of the Bay Circuit Trail from Moose Hill to the Sharon Community Center. Since this was a section hike, she also arranged carpooling.



Lindsey is also an instructor at the SEM Map and Compass weekend workshop, where she has been a small group teacher for the last two years. She always gets great reviews from her Map and Compass group, who say that she is a good teacher and encourages her group when they are struggling with new concepts. She has a friendly and engaging personality, which has translated well into leading small groups on local hikes.

Congratulations, Lindsey, on becoming a local hike leader. We all look forward to joining you on your hikes!



*As an aside, Natalie Halloran is our most recent 20's & 30's chair but the position is now open since she is moving to Hawaii, redesigning for herself a most perfect life in the sun.*



The Cuffee Hill Conservation area in Norwell was intended to be “a classroom to learn about the unity of life.” Photo courtesy of the North and South Rivers Watershed Association

## Join SEM chapter's conservation work and event discussions

By Zoe Rath Conservation Chair

The Conservation Committee plans and organizes outdoor conservation work in Southeastern Massachusetts and communicates to our members on conservation topics. Our committee is now recruiting new members to help with planning, organizing, and running new conservation projects:

- [Conservation Zoom Discussion: All Are Welcome](#)  
Thursday, September 28, 7 pm - 8 pm  
We will discuss “Creating opportunities to learn about conservation.”
- [Cuffee Hill and Black Pond Bog Walk](#)  
Tuesday, October 3, 10 am - 12 pm  
Will Saunders, the Conservation Agent for the Town of Norwell, will lead. We encourage you to carpool to this event.
- [Day Hiking New England, with Author Jeff Romano: Zoom Event](#)  
Thursday, October 19, 7 pm – 8 pm  
This talk re-starts our regular conservation speaker series on Zoom.
- Planning an Earth Day Panel event for April 2024.
- Collaborating with the other SEM Committees—Hiking, DEI, Paddling, Biking, Trails and Skiing—to identify and work on areas of interest.

We would very much like to hear from you with your ideas. Please contact Zoe Rath, at: [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org)



## Jeannine Audet becomes SEM's newest Backpack Leader

By Anne Duggan, Education Chair

Jeannine Audet is widely known among the AMC-SEM chapter members as the woman who can do it all. She is already known for her leadership on local hikes, mountain hikes, winter hikes, snowshoe hikes, X-C skiing trips, weekend trips, and bike rides. Recently Jeannine completed her requirements to become an official backpack leader. To qualify, she planned and implemented a three day 22-mile hike in the Pemigewasset Wilderness.

I first met Jeannine when we both participated in an Introduction to Backpacking Series run by SEM in 2008–2009. Despite her petite frame, Jeannine did not shy away from the rigors of backpacking. In fact, she was one of the only participants to finish all backpacks in that series.



Fully-equipped backpack leader Jeannine Audet at the signpost of the Kilkenny Ridge Trail.

*Photo by Jane Hartley*

For her qualifying trip, Jeannine put together a detailed plan for a backpack along the Long Trail in Vermont. She researched, planned, and listed the trip and screened participants—only to have a natural disaster (flooding) cancel the plan.

Jeannine quickly regrouped, planned a second trip, listed it, screened participants, and persevered despite a threatening forecast. The result was a fun and exciting trip.

Jeannine loves the outdoors and loves to challenge herself physically and mentally, which is what makes her such a great leader. She also enjoys teaching new participants skills and fostering new leaders within SEM.

Congratulations, Jeannine!



## Volunteer of the Month: Raju Jaldy

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 Raju Jaldy.

Raju quickly ascended to a Level 2 Hike Leader in October last year and a Level 3 Hike Leader in April of this year. Along the way, Raju has been extremely active as a hike leader with hikes in the Blue Hills, 52-with-a-Views and 4Ks. He has assisted in both the winter hiking series and recently the summer hiking series. In addition, Raju is a regular attendee at the Thursday Night Trail Trace Hikes and often assists with leading or co-leading the hikes.

Raju has also helped out with the Spring Leadership Training Course and is currently working with Tom Graefe and Ben West on an overview of technology apps for hiking. All of this while balancing the demands of working full time and raising a family.

We are honored and lucky to have Raju as part of our chapter, and we thank him for all of his efforts. Raju will receive a Volunteer of the Month Certificate and a \$50 gift card.

Thanks, Raju!!





“Reunite with Old Friends and Make Some New Ones”

**WE WELCOME ALL**



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

## **48th Annual Meeting**

Followed by the

## **2023 Annual Dinner**

Saturday, November 4<sup>th</sup> at

[The Bay Pointe Club](#)

19 Bay Pointe Dr, Buzzards Bay, MA 02532

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

5:30 pm – Annual Meeting (no charge)

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

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

Special Guest speaker

**Steve Tatko**

Licensed Forester

VP of Conservation Research & Land Management

Guest speaker presentation abstract and registration form follow. Questions? Contact Paul Brookes at  
[chair@amcsem.org](mailto:chair@amcsem.org)

# 2023 Annual Dinner

## A Unique Conservation Model

Presentation by **Steve Tatko**

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



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

.....  
AMC Southeastern Massachusetts Chapter 2023 Annual Dinner Registration Form

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

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

Today's date: \_\_\_\_\_

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

Guest's name(s): \_\_\_\_\_

Your email address & cell number: \_\_\_\_\_

Check for vegetarian/vegan meal: You [  ] Guest [  ]

List any food allergies: \_\_\_\_\_

Total Price: \$ \_\_\_\_\_





### Work Completed

- » 362 labor hours with 6 individuals.
- » Eight 12" sections, totaling 96 linear feet of boardwalk, 5' wide.
- » Eight 12" sections, totaling 96 linear feet of bog bridge, 3' wide.
- » Small amount of vegetation clearing and site restoration upon completion.



Framing is set in place over the boggy path.

Photo by Robin Lemmerz

AMC Trail Crew members clear brush and build frames for new boardwalk through a boggy section of the BCT. Photos by Robin Lemmerz

## Update: SEM chapter helps build new BCT boardwalk in Hanson

By Robin Lemmerz, AMC Professional Trail Crew

AMC-SEM is proud to have contributed \$1,000 to this worthy Bay Circuit Trail project in the SEM region. SEM has a [process](#) for reviewing and funding AMC development projects and initiatives within the SEM region. Do you have an idea for a development project? Email a [proposal](#) to [treasurer@amcsem.org](mailto:treasurer@amcsem.org).

Over 6 days in May 2023, AMC's Professional Trail Crew worked on the Bay Circuit Trail in Hanson, MA. The crew installed 192 linear feet of boardwalk and bog bridges through a wet area to relocate a portion of the BCT from a road walk, providing better access to the BCT from adjacent residential neighborhoods.

The Town of Hanson provided project direction, materials, and camping at nearby Camp Kiwanee. The original vision was a continuous boardwalk but integrating the simpler bog bridge construction and having the boardwalk segments independent of each other allowed the Town of Hanson to save costs while still getting the hiker across the wet area with dry boots.



Crossboards are securely attached to the frames. Photo by Stephanie Merrill



The segments of the boardwalk connect to provide "dry boots" passage through one of the muckier sections of trail.

Photo by Thomas Bockenbauer





Peggy Qvicklund, left, and Paul Brookes recognize Diane Simms for completing her Level 2 qualifying hike.

## New Level 2 Hike Leader Diane Simms targets the Belknap Range

By Peggy Qvicklund, Hike Leader

Who has led countless hikes in Fall River's Bio Reserve? Who has led gradually more challenging hikes in the Blue Hills? Who has frequently connected her hikes to Meet Up to reach a larger audience? Who felt ready to take on New Hampshire mountains and become a Level 2 leader?

Why, it's Diane Simms!

I had spoken so enthusiastically about the Belknap Mt. Range in southern New Hampshire that Diane decided perhaps we could work together towards meeting her requirements for Level 2 leader.

So, there I was, mentoring the former Chapter Chair! Yikes!

Together we worked out a series of three hikes, which would hit all twelve recognized peaks to earn the Belknap Range Hiker Patch. Even though she had not hiked the area prior to our first hike, Diane studied the guidebooks and other resources, then wrote a detailed description for the ActDB posting, with input from me.

If you know Diane, you know she is a "get it done" kind of person. Before I could finish my morning coffee, she had created postings for the three Belknap hikes and coordinated with Paul Brookes to list Mt. Pierce as her 4,000-footer qualifying hike.

Many of you were able to snag a spot on at least one of the Belknap hikes. Thus, you know Diane confidently managed these hikes, even with weather issues. Do we ever trust the multiple weather apps? Each app gives a slightly different forecast. A lot of thought goes into leading a hike, with safety coming first. And this early summer's weather kept Diane busy checking, rechecking, and then saying, "The hike is a go." (We only got wet once!)

I was lucky enough to be a participant on Diane's qualifying hike, Mt. Pierce, with Willard the day before as a warmup.

For Mt. Willard and Mt. Pierce, the weather again was the obstacle. Dark clouds overhead, fog closing in, rain threatening but not yet falling, the group headed toward Willard. Diane and Paul said, "If we hear thunder we will turn back." You can guess how it turned out.

Next day, same game. Diane and Paul got us going earlier than planned in order to reach Pierce and be heading down when the next round of storms blew in. As it turned out, the forecast was wrong (go figure) and we saw sun!! We had a wonderful day and came home dry and happy.

It has been great getting to know and to hike with Diane. Please watch ActDB for her listings. She is on a quest to hike some of the 52-With-a-View mountains soon!

Congrats to SEM's new Level 2 Leader!



A cool, breezy day in August at the top of Mount Eisenhower!

Photo by Mark Batson

On August 22, SEM leaders Dexter Robinson and Diane Simms led hikers via the Edmands Path to the windy and cool summit of Mt. Eisenhower (4,763'). Along the hike Dexter shared information about J. Raynor Edmands, master trail builder—who he was, what trails he built or improved, and his impact on the creation of the White Mountain National Forest.





East branch of the Pemigewasset River with rain coming.

## Backpacking in the Pemigewasset wilderness, July 21-23, 2023

Article and Photos by [Kate Sullivan](#)

If you want an adventure, you will not be disappointed when joining Anne Duggan and Jeannine Audet for a wilderness backpack!

We had three days of backpacking, and each day was different. What was the same was the awesome camaraderie that we had and, of course, our heavy packs.

In essence, Day 1 was rain, Ethan Pond, shelter, Boy Scouts and Appalachian Trail thru-hikers.

Day 2 was sunshine, bog bridges, rushing rivers to cross, bushwhacking, a real sense of wilderness (no cell service and rare passing of other hikers), and an awesome tent site to rest for the night.

Day 3 was sunshine, lots of water crossings, spider webs, a gorgeous mountain pond, steep switchback trail, Nancy Cascades, and finally the parking lot.

Our adventure started with a car spot, and then we set off to hike the Ethan Pond trail to the Ethan Pond Shelter and tent site. The day was overcast with off-and-on showers, mainly on. The trail was steep, and our backpacks heavy with gear we needed for two nights and three days on the trail. We knew we were getting close to the shelter when we passed Ethan Pond. The clouds were low, so the mountain tops were hidden. The pond was

nestled in among trees and lush green foliage. It was breathtaking to view this quiet mountain pond. Just uphill from the pond we arrived at the shelter and tent site.

Not long into our hike, we lost cell service, and we didn't regain a connection until middle of the day on Day 3.

Since we got an early start, we were at the shelter by lunch time. Luckily, we got there early, since the rain made the shelter quite attractive to others hiking through, looking for a place to get out of the rain. We made an advance reservation, so the caretaker kept our spot for us. Ethan Pond shelter has a privy and a cooking area complete with an overhead tarp and a bear box.

While we were eating lunch, a group of Eagle Scouts hunkered under the shelter to eat their lunch, too. They were on their way to another site to set up and sleep in tents and hammocks. There were two adults and about six boys. The boys were very cute and personable. They all seemed happy to be in the wilderness, even in the rain. After lunch they packed up and headed out to continue their adventure.

After lunch we unpacked a few things and hung around. The shelter faces the trail where hikers are coming up from the pond to the higher ground of the shelter site. Many hikers looked at the shelter enviously. We ended up having three roommates, a couple from New York hiking the weekend and a NOBO (northbound) thru-hiker. The assistance of the caretaker at the tent site was invaluable, since she enforced the policy of only six people in the shelter; otherwise, it would have been cramped with twice as many people and a dog.

**Continued on page 14**



Ethan Pond, surrounded by mist and lush forest, lies below the shelter on this popular trail.



## Backpacking **Continued from page 13**

Anne, Jeannine, and I puttered around getting water, acclimating, and just hanging out. I brought along a knitting project, but I was not comfortably seated so that project did not last long. I envied the NY couple since they brought small backpacking chairs with back support.

As the day wore on, we encountered other hikers. This is high season for AT thru-hikers. Many individuals and pairs and one dog hiked to and through the site.

In the afternoon we encountered another group of Scouts with their leaders. They were super cute and charming too.

Rain continued on-and-off through the afternoon. Around 6 pm we made our way to the food preparation area to make our respective dinners; we all had some sort of warm food to eat. I had rice and beans from premade packets I bought at the grocery store. Jeannine had rehydrated lasagna, and Anne had the most creative meal—BBQ beef on tortillas. After we ate and cleaned up our dinner dishes, we went back to the shelter.

While we were laying on our backpack mattresses, we started talking to the sixth person to join us in the shelter. I don't know her name, but I know that she was a northbound thru-hiker doing a flip-flop hike. She said she started her hike in Harper's Ferry, and she had already hiked 800 miles. She is from Florida, where she has a husband and adult children. She was actually inspired to do this hike when hiking with one of her children. She really enjoyed the hike, then she set her sights on thru-hiking the AT. She seems to be a person who takes things to extremes. It was really interesting to talk to her about her trip so far.

Her plan is to reach Katahdin, then go back to Harper's Ferry and finish the AT going southbound. She said she has her good days and her bad days on the trail. She mostly feels safe on the trail, and only once did she feel scared. She ended up hiking alone, and when night came she was not near an established tent site, so she set up her tent near the trail.

I asked her about eating on the trail. She said she lost 20 lbs. and was not ravenous like she thought she would be. She said she stays in hostels when available and does her laundry and takes a shower. After a while our conversation ended and she went to sleep at 8 pm.

After a fitful night of sleep, morning finally came, the sky started to brighten, and I left the shelter. I went down to the pond and filtered water from the stream that runs into the pond. That is one thing we did not lack on this weekend

backpack, fresh water. Rushing water was abundant the whole time. The three of us gathered under the cooking tent and made our morning meal. I had oatmeal, dried mangos, and instant coffee with hot chocolate to make a warm mocha drink.

### Day 2

After breakfast, we packed up our gear and headed out along the Ethan Pond trail, which is also the AT. Our direction was due south. The trails were wet and boggy. The bog bridges were slippery and not very far above the surface of the pooled water. We had to concentrate on our footing. Hiking in the Whites is a meditation of sorts. You cannot let your mind wander



Trailside mushrooms.

for a minute, or a misstep happens and you are on your butt. You also end up observing all the small plants and mushrooms growing on the side of the trail. I have more photos of low growing plants that of soaring vistas!

**Continued on page 15**

### Conservation Corner:

## Why Buy Locally?

By Zoe Rath, Conservation Chair

It seems convenient to go to your grocery store and just buy your onions, carrots, and tomatoes. But what about your [carbon footprint](#)?

When you buy at a typical grocery store your carrots may be traveling over 1,500 miles to get to you. Consider buying local food (ex: Farmers Market), thus saving on transportation emissions.

When given the choice of organic food from farther away or conventional food that's local, choose the local option. It's the least-toxic option.

"By buying local, you are supporting local farmers and producers. With your support, these farms are able to stay in operation."—GoGreen.org

Read more the benefits on buying locally [here](#).





Jeannine Audet cleans off and cools off time at Ethan Pond.  
*Photo by Anne Duggan*

## Backpacking **Continued from page 14**

We reached the junction with the Thoreau Falls Trail and took a left, we were no longer on the AT. We happily crossed over the East Branch of the Pemigewasset River using a convenient wooden bridge. We were thankful for this bridge keeping our feet nice and dry high above the swollen river. That was our last convenient wooden bridge we would encounter.

Not too long after that, we needed to cross the river again. We were at Thoreau Falls. There was no convenient wooden bridge to cross this time. On the sun-bleached rocks, a group of hikers were enjoying a snack near the falls. We quickly passed them and hiked upriver away from the falls. Our mission was to find a suitable crossing point.

We did, and we crossed through thigh high rushing water after donning our water shoes and braving the current. The water was quite refreshing if not terrifying.

We found ourselves off trail and bushwhacked to get back to Thoreau Falls Trail. After hiking this remote trail, I thought that there is no real reason for anyone ever to go on this trail. It really doesn't lead anywhere. Nonetheless, I really enjoyed the sense of wilderness that I got from being on this trail.

As luck would have it, we got to cross the East Branch of the Pemigewasset River AGAIN! This time the river was very wide with a strong current. We again donned our water shoes and unbuckled our packs and made our way across through thigh high water. Water shoes really make a difference. If not for the water shoes, we would have had to go barefooted.

Thoreau Falls Trail ended at the aptly named Wilderness Trail. Yes, wilderness for sure. We saw moose and bear scat on the trail. After nearly eleven miles of

hiking, we came to yet another river crossing. By now it was around 5 o'clock. We decided not to cross and that it was time to set up camp for the evening. This was a beautiful location to camp. We did not have company, but I could tell that others had used this same spot for camping due to evidence of camp fires and cleared tent sites. It was perfect for us.

We had dinner on a sandbar on the river, away from our tents. It was a perfect evening. We turned in about 8 pm, each of us to her own tent. Personally, I had trouble falling asleep, thinking about a bear coming by. The rushing of the river was calming, and I eventually fell asleep.



The "perfect campsite" after a long day in the wilderness.

### Day 3

I slept until about 7 am, which I was pretty surprised about. We ate our breakfast and packed up our campsite. Since we had to cross the river, we put on our water shoes to start. We crossed the river and continued on our way. Did I mention how muddy and wet the trails were? We could be walking on a perfect path, then suddenly we find ourselves facing a section of thick, deep mud puddles. This was the whole trip. Mud, Mud, Mud. There were bog bridges here and there, but not enough in my book.

The trails we were on, for the most part, had not seen hikers recently. As you can imagine, the spiders were in their glory, weaving their webs across the trails between close-set tree branches, all at face level, it seemed. The person leading would bear the brunt of the webs. We traded off occasionally, so we were equally clothed with webs.

**Continued on page 16**





Norcross Pond—the highlight of the trip!

## Backpacking **Continued from page 15**

We passed a trailhead for Desolation Trail to Mount Carrigain. “Desolation Trail”—I love that name. We came across a group of about seven hikers at that point. We also found some nice tent sites near the river. (Note to self for next time.) We finally turned on to the Nancy Pond Trail, which would lead us out of the wilderness. But we had a long way to go before reaching the car!

Mount Nancy, with a height of 3,926 feet, can be reached by this trail. It is a bushwhack to get to the summit; we opted not to hike it.

The very best treat on this whole adventure was Norcross Pond. It is the ideal mountain pond. The day was

stunning with blue skies and fluffy white clouds reflected off the still water of the pond. We found level boulders to sit on, and we took off our shoes and ate lunch. We waded in the water to cool off. Other hikers joined us at the pond. The hikers had a dachshund, and he was very cute even though he was wary of strangers. (He showed his angst by barking at us.)



Kate Sullivan wades in the refreshing water of Norcross Pond.

Sadly, we had to pack up and leave our mountain paradise. We continued along Nancy Pond trail and came across Nancy Pond. It was also a beautiful pond, but not as nice as Norcross Pond.

Nancy Pond trail parallels Nancy Brook. The brook turns into Nancy Cascades. As you can imagine, cascades are created by steep terrain. The trail traversed this steep terrain with switchbacks. The trail was in pretty bad shape with rocks, roots, holes, and narrow foot paths. This was my least favorite part of the adventure. However, we were treated to the beautiful Nancy Cascades. After this, the trail moderated, and it was very pleasant to the end. We got to the car at 4 pm.

I can't even explain how amazed I am with the two women I hiked with, and that the three of us completed 22 miles with 3,300 feet of elevation gain over three days. Once we were in the middle of the wilderness, we had no choice but to continue (or send an SOS for a helicopter). We did it, no worse for wear. Like I said at the beginning, if you want an adventure, hike with Anne and Jeannine!



The Nancy Cascades! The reward for traversing a difficult and neglected trail.





## SEM Memories:

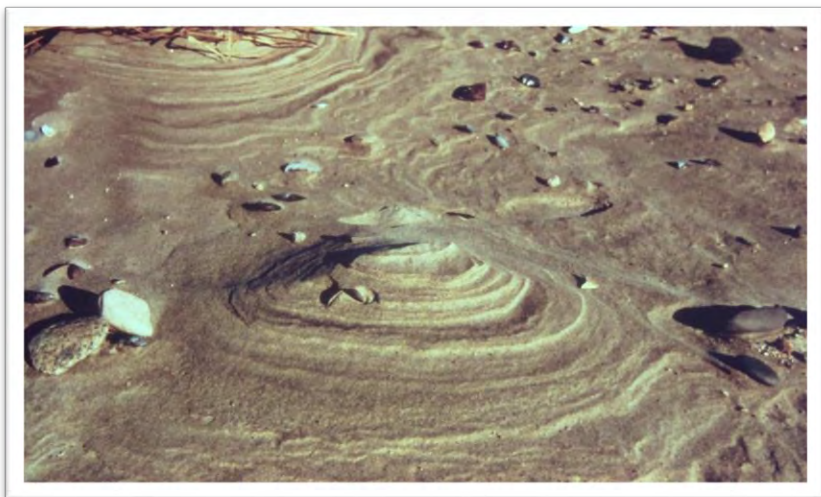
### “Blue skies, smilin’ at me...”



Circa 1991: AMC-SEM hiking group on the summit of Mount Monadnock in New Hampshire. Just 30 years ago! Does anyone look familiar?

If you can identify these hikers or provide more information on this “SEM Memory,” send your recollections to the [Breeze](#). Or send in your own photos of AMC-SEM past members and activities!

### “What planet is this again?”



No aliens in sight—just these patterns in the sand, looking like a transmission from the Mars rover. Taken circa summer 1992 by an AMC-SEM member with artistic ambitions.



## A linden tree still grows by the Cape Cod Canal

By Jane Harding, Cape Hiking Chair

Nancy Wigley is an AMC-SEM life member who contributed to the chapter as a volunteer activity leader for many years. Nancy is a certified Naturalist who continuously shared her wealth of knowledge.

In 1999 she served as Conservation Chair and in that role had a linden tree planted on the Cape Cod Canal for Earth Day.

Nancy no longer joins in our organized hikes, but she still gets out with friends. She recently was walking on the canal and had her picture taken by the linden tree.



## SEM EXECUTIVE COMMITTEE 2024 NOMINATION SLATE



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

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

### The Nominating Committee

Walt Granda

[nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)

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

[nominating@amcsem.org](mailto:nominating@amcsem.org)





## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the very bottom of [Outdoors.org](#) & click **Login to My Outdoors**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

### BICYCLING

**Sun., Sep. 17. Narragansett Bay Bike Ride; East Providence/Barrington/Warren RI.** DISTANCE: 28 miles PACE: 10-12mph. Occasional stops for scenic views, water, re-group. DESCRIPTION: Lots of water views as the route travels through the lesser-known neighborhoods and lesser travelled roads along Narragansett Bay in East Providence/Barrington/Warren RI. The route is mostly on roads - a small portion on the East Bay Bike Path. Point-Of-Interest stops will include the Crescent Park Looff Carousel and Sabin Point. Snack / Food / Coffee stop at Cafe Water St in Warren RI. START LOCATION: Contact ride leader for details. L Joe Tavilla (508-450-1934 8:00AM-8:00PM, [silverski@earthlink.net](mailto:silverski@earthlink.net), R Joseph Tavilla (Washington Ave, Osterville, MA 02655, 508-450-1934 8:00AM-8:00PM, [silverski6184@comcast.net](mailto:silverski6184@comcast.net)

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

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023, at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. The cost of the buffet dinner and speaker is \$30. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L William Trimble ([bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))



## Activities

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

### CAPE HIKES

**Sat., Sep. 16. Hike Doane Rock Eastham, MA.** We will be meeting at 9:45 AM on Saturday, September 16, at the Doane Rock Picnic Area. To find this area, turn from Route 6 in Eastham at the Cape Cod National Seashore Salt Pond Visitors Center and continue with no turns for 1.4 miles turning right into the Doane Rock Picnic Area and park in the first available spot. The hike will start at Doane Rock and proceed to the Three Sisters Light Houses over dirt roads and woods trails. Next, we will visit the Nauset Lighthouse and walk along the ocean to Coast Guard Beach and then return to Doane Rock. The total distance is 4.6 miles in about 2.5 hours. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Contact me if you have any questions. Unfortunately, last minute unexpected events, most often weather, forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Sep. 21. Hiking Santuit Pond Preserve, 117 Main St/Rt 130, Mashpee, MA.** 4 mi hike in Mashpee conservation land. This 287-acre property includes 166-acre Santuit Pond surrounded by abandoned cranberry bogs. Trails take us thru a variety of forests, swamps, meadows, bog, and a herring run. Mildly hilly. Hunting is allowed on all Mashpee conservation lands. Sturdy footwear, hydration required, bug spray. Orange blaze recommended. Hiking poles personal preference. Arrive 9:45 for a prompt 10 a.m. start. Please check listing morning of hike for inclement weather cancellation. Directions: From Mashpee rotary > Rt 28S towards Hyannis x 2.2 mi > LEFT @ light on 130N x 0.5 mi > parking on RIGHT. OR Rt 6 to Exit 59/old Exit 2 x 8 mi. Parking 0.3 mi beyond Shell Station on LEFT. Carpooling recommended. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net) Level 1 SEM leader.)

**Sat., Sep. 23. Hike Ballston Beach, Truro, Ballston Beach, Truro MA, MA.** This 4+ mile hike begins on Ballston Beach, Truro. From there, we hike on woodland trails to the top of Bearberry Hill and then to a spectacular overlook of Longnook beach. Return on trails and beach. Wear sturdy footwear ideally hiking boots, bring fluid for hydration and snacks. Hiking poles are helpful. 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 Trish Crocker (508-345-6260 Before 9.00pm, [pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com))

**Sun., Sep. 24. Celebrate FallFest and Hike Yarmouth Bogs, Raymond J. Syrjala conservation area on Winslow Gray Road in West Yarmouth, MA.** A very easy hike around the bogs in Yarmouth. Some board walks and maybe harvesting the bogs. Hike is 4 plus or minus miles. Very flat. Bring water, bug/tick spray, and have sturdy walking footwear. Occasionally a hike needs to be cancelled, most often due to inclement weather. Check the website on the day of the hike for any last-minute cancellations. L David Selfe (508-776-4260 any time, and leave message, [kdselfe@comcast.net](mailto:kdselfe@comcast.net)) CL Kathy Selfe (Cape Hike Leader) ([kdselfe@comcast.net](mailto:kdselfe@comcast.net))

**Thu., Sep. 28. Celebrate FallFest--Hike Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA.** This 4+ miles, 2-hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 8th year Level 1 SEM/Cape Hike leader with previous WFA training)

**Sat., Sep. 30. Celebrate Fall Fest with a Hike at Marconi Beach Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, September 30, at the Marconi Beach parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Beach and park at the far end on the right side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.2 miles. Wear sturdy hiking footwear, clothing layers, rain gear if needed. Bring water, hiking poles if desired, and bug spray. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))





## Activities

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

### CAPE HIKES

**Thu., Oct. 5. Hike Scorton Creek East Sandwich, MA.** The hike will be on wooded trails with great views of the saltmarsh, we will skirt cranberry bogs and see remnants of a state-run bird farm. Terrain is flat with lots of roots. Sturdy footwear is essential. Bring fluid for hydration. Driving directions: If coming from off Cape take Sagamore Bridge to Rte. 6 and drive to Exit 61 Quaker Meetinghouse Rd, turn L off ramp and drive to Rte. 6A and turn R proceed to Old County Rd opposite E Sandwich Post Office turn R proceed to 2nd cutout opposite Nye Estate and park in cutout off the road. From outer Cape take Rte. 6 to exit 63 Chase Rd, turn R off of ramp and proceed to old County Rd on L, turn L and proceed to 1st cutout on L across from Nye Estate and park in cutout off of pavement. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Current Cape Hike Chair, many years as leader.) CL Jane McLaughlin ([mclaughlinmediation@gmail.com](mailto:mclaughlinmediation@gmail.com))

**Sat., Oct. 7. Bourne Farm Hike and Pumpkin Day, Bourne Farm, West Falmouth, MA.** Bourne Farm, a lovely old homestead, has a "Pumpkin Day" every October when people can pick their own pumpkins. Usually there are other family activities including hayrides, animals, paddleboat rides, and vendors. Families, including children six and older, are welcome on this 2-hour hike which will cross the farm and bike path, and enter some woodlands with a few hills. We encounter two tidal streams and walk along a cranberry bog. We can adjust the pace and route of the hike so that everyone will enjoy it. Ticks and poison ivy might be encountered. Rain cancels the hike but not Pumpkin Day. To tell if the hike is cancelled, on the morning of the hike go to [amcsem.org](http://amcsem.org) and find the Cape Hike Schedule. If this hike's listing is gone, the hike is cancelled. If unsure about a cancellation, contact the leader. The farm activities begin at 9:00 and our hiking group will meet by the barn at 9:15 to hike from 9:30 to 11:30. On our return there might be opportunities to buy food, or you could bring a picnic lunch. The parking area will be expanded from the main lot to an adjacent field and should accommodate all. <https://saltpondsanctuaries.org/pumpkin-day/>. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), For 19 years has been a Level 1 SEM/Cape Hikes leader.)

**Thu., Oct. 12. Hike Great Neck Audubon Sanctuary, Wareham, MA.** This 4-mile, 2-hour Show and Go hike is suitable for novice hikers. The wooded trails are relatively flat with uneven ground and roots through tall pines and historic lands. No dogs are allowed on this Audubon property. Hikers should have sturdy footwear, water, and poles if desired. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. Directions from the Cape: Over Bourne Bridge, Route 25 for 6.7 miles. Off at new Exit 3/old Exit 2, Onset/Wareham/Glen Charlie Rd. Bear right on ramp and go thru 2 traffic lights. As you cross Rte 28/6/Cranberry Hwy, name changes to Depot St. As you cross Onset Ave/Minot Ave, name changes to Great Neck Rd. Stay straight on Great Neck for 3.2 miles. Pavement turns to gravel, turn left into Great Neck Audubon. Park in lot near white house. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is an 8th year Level 1 SEM/Cape Hike leader with previous WFA training.)

**Sun., Oct. 15. Hike Maple Swamp, Sandwich, MA.** This hike is a show and go, please contact leader with questions. This is a very hilly hike over uneven glacial terrain. Sturdy footwear preferably hiking boots and fluid for hydration required hiking poles strongly recommended. Be prepared for ticks and poison ivy. From Sagamore Bridge take Rte. 6 E and exit 61 Quaker Meetinghouse and turn R off of ramp and then immediate L onto Service Rd., just beyond Mill Rd, look for entrance to Maple Swamp. From outer Cape take Rte. 6 W to exit 63 Chase Rd, turn L off ramp, go over highway and turn R on Service Rd., just beyond Noel Henry Rd is entrance to Maple Swamp. Arrive at 12:45 PM please. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Cape Hike Chair with many years of hiking experience.)

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



## Activities

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

### CAPE HIKES

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

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023, at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. The cost of the buffet dinner and speaker is \$30. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Jane Harding ([janeharding@comcast.net](mailto:janeharding@comcast.net))

**Sun., Nov. 5. Hike Shallow Pond, East Falmouth, MA.** This hike is on a 70-acre conservation area in East Falmouth called Shallow Pond Woodlands as well as an adjacent 68 acres, Breivogel Ponds. The distance will be about 4 miles and the hike will take about 2 1/4 hours. The hike is fairly easy encountering a few hills, both wide and narrow trails, a white cedar swamp, and a sandy open area. For questions, please contact the Leader. We look forward to having you join us on this hike. Unfortunately, last minute unexpected events, usually weather, forces an event to be cancelled. Please check this hike listing on the morning of the hike to ensure it is still occurring. If the listing has disappeared, the hike is cancelled. You can also find instructions to sign up for any last-minute notifications from SNEl (Short Notice Email List) at: <http://www.amcsem.org/assets/chapter/snel.signup.procedures.participants.pdf>. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), Has been leading hikes for Cape Hiking for 19 years.)

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

**Sun., Nov. 19. Hike--Bourne Town Forest/Four Ponds, Bourne, MA.** This Show and Go 4+ mile, 2-hour hike is in the Bourne Town Forest and Four Ponds Conservation area. This hike is not suitable for novice hikers. The terrain is over wooded mountain bike trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, and tick repellent. May have poison ivy exposure. Hiking poles if preferred. Directions: NOTE: NOT meeting at Four Ponds trailhead and GPS will not work. From Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Go right onto Clay Pond Road--green state sign says Monument Beach--before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and park on the left side of the road. Since this is a Show and Go hike, check the website on the day of the hike for any weather cancellation. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is an 8th year Level 1 SEM/Cape Hike leader with previous WFA training.)





## Activities

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

### CAPE HIKES

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

### CONSERVATION

**Thu., Sep. 28. Conservation Zoom Discussion: All Are Welcome (FallFest), Zoom, MA.** We are reforming this committee with Zoe Rath as our new Conservation Chair. If you are interested in conservation/the environment, would like to write conservation-focused articles for the Breeze, organize talks or help plan nature walks with experienced guides, please join our next Conservation Committee Interest meeting on Zoom. We will also spend time talking about environmental issues of concern - so please come even if you are not interested in being on the committee! L Zoe Rath (617-308-9489 before 10pm, [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org), Zoe is the new chair of Conservation for SEM. She has a passion for conservation, excited to plan and share ideas at the coming meeting! Co-lead over 30 hikes and overnight trips. Led over 50 hikes and overnight trips and organized over 20+ day trips. Was on the Boston Young Adults committee board from 2015-2018. Currently an associate leader with AMC Adventure Travel - Leading a hiking trip to Utah NP, Oct 2024)

**Tue., Oct. 3. Cuffee Hill and Black Pond Bog Walk, Town of Norwell, MA.** The Cuffee Conservation Area is part of a unique sensitive ecosystem that includes a rare quaking bog, known as Black Pond Bog, an 83-acre preserve owned by The Nature Conservancy (TNC). There are pockets of white cedar swamp growing out of the thick sphagnum moss mat that encircles the pond. The property derives its name from an historic stone-wall-lined cart path, which begins on Mt. Blue Street and extends through the property, known as Cuffee's Lane. Cuffee Conservation Area is the largest continuous area of protected and town owned open space in Norwell. This walk will be led by conservationist Will Saunders. Will Saunders is the Conservation Agent for the Town of Norwell, overseeing the permitting of the Wetland Protection act and Town of Norwell Wetland Bylaw, along with managing approximately 2,000 acres of town land. He graduated from University of Maine with an B.S. in Ecology and Environmental Science, and SUNY ESF with an M.S in Forest and Natural Resource Management. Will spent 6 years as a project manager and supervisor on wetland restoration projects throughout New York State, restoring native habitat. We encourage all participants to carpool or take public transit whenever possible. Email a leader if you would like help trying to arrange a carpool. L Zoe Rath (617-308-9489 before 10:30pm, [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org), Zoe is the new chair of Conservation for SEM. She has a passion for conservation, excited to plan and share ideas at the coming SEM monthly conservation discussion! She wants to make a difference and hopes you will join this group effort - by joining this and future SEM Conservation events!) CL Paul Brookes (I am a four-season hike leader with the SEM chapter.)

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



## Activities

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### CONSERVATION

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### EDUCATION

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### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

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

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

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





## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

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

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

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

**Ongoing. Hiking Vice Chair of Local Walks and Hikes, MA.** We are looking for a SEM hike leader interested in working with Bill Belben and Tracy Hawes as an additional Hiking Vice Chair with a focus on Local Hikes and Walks (as opposed to Destination hikes). For more information, please contact Bill Belben our Hiking Chair at [HikingChair@amcsem.org](mailto:HikingChair@amcsem.org) or Tracy Hawes our Hiking Vice Chair at [HikingVicechair@amcsem.org](mailto:HikingVicechair@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 Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))

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

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



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. The cost of the buffet dinner and speaker is \$35. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Paul Brookes ([Chair@amcsem.org](mailto:Chair@amcsem.org), I am the Chapter Chair for the Southeastern Massachusetts Chapter of the AMC)

### HIKING

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

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

**Fri., Sep. 15-17. SEM Chapter Hut Weekend at Cardigan Lodge, 774 Shem Valley Road, Alexandria, NH.** Join us for the return of SEM's Annual Chapter Hut Weekend at the beautiful AMC Cardigan Lodge! Located 2 hours north of Boston in Alexandria, NH, the lodge is situated in a 1,200-acre reservation and offers many nearby activities, including nature trail walks, hikes to waterfalls, swimming in the on-site pond & hiking up Mt. Cardigan. Leaders will plan a variety of activities. Participants will stay in shared bunkrooms with shared bathrooms on each floor. Three meals each day are prepared for the group by the Lodge innkeeper & chef, & appetizers are provided on Saturday. Participants may BYOB. The weekend will be chock-full of good times, good food, great company and lots of outside activities. In past years the Chapter Hut Weekend has filled up quickly so if you would enjoy relaxing in a stunning environment, why not register today? We look forward to seeing you there. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com), Jeannine enjoys exploring & sharing experiences in the outdoors, leading a variety of activities (hiking, biking & xc skiing) year-round, throughout New England,.) L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Dia Prantis ([dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the SEM XC Skiing Chair. She is an all-season hike leader who likes to encourage others to step onto the trail. Being involved with AMC is a way to balance our inside lives with being outside and closer to nature!) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net), Paul is an experienced four-season hike leader who likes to hike at a moderate pace.)

**Sat., Sep. 16. Hiking and Fall Cleanup of F. Gilbert Hills, 45 Mill Street, Foxborough, MA.** Our plan is to hike and clean up the southeast portion of F. Gilbert Hills, including part of the red and green trails. Trails work includes cutting briar and intrusive brush on trails, and in some cases widening trails. We plan to hike approximately 4.5 miles in total. Steve Scala and Larry Petrone of the Southeastern Massachusetts Trails Committee will provide tools and work gloves to volunteers and lead the work. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is a Level I hike leader for the AMC Boston and SEM chapters, and Co-chair for the SEM Trails Committee. He is a four-season hiker and Nordic ski enthusiast)





## Activities

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

### HIKING

**Sat., Sep. 16. Mt. Garfield Hike 4,502 ft. (3,100 ft Elevation Gain), Franconia, NH. 8:30 am-3:00 pm.** Join us for a fun day of hiking in the Whites as we summit Mt. Garfield (weather permitting). Mt. Garfield, located in Franconia, NH, is on the Garfield Ridge Trail and connects the mountains of Franconia Ridge to the Twin Mountain Range. This is a 10 mile out-and-back with 3100 ft. of elevation gain. Hikers must be in good physical condition with hiking experience of similar distance and terrain. Additional challenges of the hike include stream crossings, rocky and rooty footing, and a .2-mile rocky climb and ledge scramble to its bare summit. On a clear day, hikers can take in a spectacular 360-degree view of the Pemigewasset Wilderness. We will hike at a steady, moderate pace of 1.5 miles per hour and stay together as a group. Registration is a three-step process: 1. Complete the online registration form. 2. Expect a call from one of the leaders who will provide more information about the trip and answer any questions you might have. 3. You will be confirmed as a participant. This hike is open to all qualified registrants, regardless of AMC membership. Confirmed participants will receive an e-mail 3-5 days prior to the hike with detailed information, weather updates, directions to the trailhead, and the hike's route with a printable map to bring along. Essential Gear: Sturdy hiking boots with good traction and extra pair of wool socks Two liters of water in a hydration flask or water bottles Lunch and snacks Extra layer of clothing: fleece or wool (no cotton) Brimmed hat & gloves (liners are usually enough in the summer) Puffer jacket or vest Bandana or handkerchief Toilet paper and plastic bag to carry out used paper Rain gear - jacket and pants & backpack cover or plastic bag to line pack Headlamp, fully charged or with fresh batteries Trekking poles (optional) Insect repellent and bug net to cover face (optional but highly recommended) Personal first aid kit with medications Backpack large enough to carry everything. L Diane Hartley (508-566-6517, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) CL Abi Natarajan ([nabirami@hotmail.com](mailto:nabirami@hotmail.com), Abi is a 3-season Level 1 Hike Leader for AMC Boston Chapter Local Walks and Hikes. She is also a Level 2 Leader-in-Training with AMC Southeastern MA Chapter.)

**Sun., Sep. 17. Fall Hike at Gilbert State Forest, 45 Mill St, Foxborough, MA.** Join us on a hike of Tupelo, High Rock and Wolf Meadow trails. It will be a beginner friendly hike roughly 5 - 6 miles. The pace will be slow to moderate, good for walking and chatting at the same time. Depending on the day, if it's not too hot, we can add an extra loop to the route. The goal is to get a nice walk in the woods with good company. We will be stepping over rocks and roots. Please wear sturdy hiking boots. (No open toed shoes). Dress for the weather. Please bring about 2 liters of water, trail snacks, lunch and pack to carry them. Heavy rain will cancel. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets. L Sujatha Srinivasan ([ncsuja2021@gmail.com](mailto:ncsuja2021@gmail.com))

**Thu., Sep. 21. Thursday Morning Hikes - Noon Hill & Shattuck Reservation, Medfield, MA.** Join us as we explore the trails of Noon Hill and adjacent Shattuck Reservation, two open space preserves located in Medfield, Massachusetts that are managed by The Trustees of the Reservation. Our hike will take us on a 7.5-mile trip with a combined elevation of approximately 400 ft., that includes Noon Hill, Holt Pond and the Stop River. The duration of the hike is expected to be about 4 hours, including lunch. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is a 4-season Level 1 hike leader for the Boston and Southeastern Massachusetts (SEM) chapters of AMC, and Co-chair of the SEM Trails Committee. He is also a Nordic ski enthusiast.)

**Sat., Sep. 23-23. Celebrate Fallfest and Trail Trace the Blue Hills, End to End, Blue Hills Reservation, MA.** Join us for a Saturday End to End hike of the Skyline trail from Fowl Meadow to Shea Rink. This route is approximately 8.5 miles with over 2,000' of elevation gain. This is a difficult and strenuous hike - not for beginners. Participants should be in great shape and have been hiking regularly this season and be able to manage steep inclines, scramble over rock ledges and be prepared to keep up a good pace. Duration of the hike is expected to be 7 plus hours. We will need to spot cars at each end of the hike and carpool at the beginning and end to get everyone back to their cars. Extra time will be needed for this. Start time and trail head location will be sent out with the Information sheet a few days before the hike. We will limit this hike to 12 and hikers will be screened before they are approved to join. This is a hike of the Trail Trace Blue Hills series so Trail Tracers who have participated in the series will be given priority. Thunderstorms or severe weather will cancel this hike as conditions could be unsafe from heavy rain. L William Doherty (781-660-5534 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Trail maintenance volunteer.) L Joanne Newton

**Sun., Sep. 24. FallFest - Afternoon Hike of Jericho Town Forest, Burchard Park, Concord Road, Weston, MA.** Join us for a Sunday afternoon hike in the Jericho Town Forest in Weston, Massachusetts, to celebrate the Appalachian Mountain Club's FallFest Celebration. This hike will be enjoyable for beginners, new members, and families. The hike will be approximately 4 miles with minimal elevation gain and take about 2 hours to complete. We will be walking through the woods over roots and rocks so sturdy footwear is required - sneakers or hiking boots, no flip flops or sandals. Bring water and a few snacks to eat while we walk. We'll stick together and go at the pace of the slowest participant. I hope you will join us for a relaxing walk in the woods on a Sunday afternoon. L Nancy Piedra ([nancypiedra@yahoo.com](mailto:nancypiedra@yahoo.com))



## Activities

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

### HIKING

**Mon., Sep. 25. Fall Hike to Mount Tecumseh, Tripoli Rd, NH.** Please join us on a fun day of hiking in the whites as we summit Mt. Tecumseh (4,004' elevation) which is one of the NH 48 4'000' peaks. We will be hiking via the Mt. Tecumseh Trail which starts on Tripoli Road. This route is .6 miles shorter than the Waterville Valley summit approach and is a more gradual ascent of a smooth trail which is oddly devoid of rocks making it the easier option. The trail ends with a steep ledgy climb just before the summit. The total elevation gain for this hike will be about 2,385'. We will hike at a steady, moderate pace of 1.5 miles per hour, take short breaks when necessary, and stay together as a group throughout the hike. This hike is open to all that qualify, and you do not have to be a member of AMC to attend. Registration will be a three-step process: 1. Complete the online registration form. 2. Expect a call from one of the leaders who will provide more information about the trip, gather information about your recent hiking experiences and answer any questions you might have. 3. You will be confirmed as a participant. Confirmed participants will receive an e-mail 3-5 days prior to the hike with detailed information, weather updates & directions to the trailhead. Essential Gear: Sturdy hiking footwear with good traction and extra pair of wool socks, non-cotton clothing layers suitable for hiking in fall conditions, two liters of water in a hydration flask or water bottles, lunch and snacks and a backpack large enough to carry everything. A full gear list will be provided to those who are confirmed for the hike. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) CL Kristin Parnell

**Tue., Sep. 26. FallFest- Blue Hills Hike, Blue Hills Reservation, MA.** Please join for a fall hike in the Blue Hills Reservation. The hike will be moderately paced (1 1/2-2 mph) at a distance of approximately 6 miles and 1,200 ft of elevation gain. Appropriate hiking clothes for fall weather conditions, sturdy hiking footwear and a small backpack are required. Please bring a minimum of 2 liters of water and light snack. I look forward to seeing you there! L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Lawrence Petrone

**Thu., Sep. 28. FallFest Thursday Morning Hike-, Allens Pond Wildlife Sanctuary, Westport/Dartmouth, MA.** Meet at 9:45 AM, Stone Barn Farm, Allens Pond Wildlife Sanctuary. Directions to Sanctuary Entrance at Stone Barn Farm From Interstate 195, in Westport, take Exit 16 (Rt 88 South). Follow Route 88 for 7.2 miles through three lights to intersection with Hixbridge Rd at 4th light. Turn left onto Hixbridge Rd and proceed 1.5 miles to stop sign at Pine Hill Rd and Horseneck Rd. Turn right onto Horseneck Rd. Proceed 3.3 miles to corner with East Horseneck Rd and turn left. Stone Barn Farm entrance will be 0.4 miles further on your right at 786 E. Horseneck Rd. in Dartmouth. Our hike at the Allens Pond Wildlife Sanctuary is 5+ miles at a moderate pace winding through forests, salt marsh, and a beach. The Mass Audubon reserve is an excellent habitat for wildlife, birds and plants. After returning to the parking lot, I will offer a second optional 2+ mile hike for anyone wishing to explore another section of Allens Pond. Hiking shoes, rain gear, water, and snacks/lunch required. Weather, pace or trail conditions may shorten the hike. Dogs are not allowed at Allens Pond Wildlife Sanctuary. The hike might be canceled due to heavy or steady rains. Since this is a Show and Go hike, please check the hike posting on the day of the hike or contact hike leader to insure it is still happening. L Walt Granda (508-971-6444 before 9:00 pm, [wgranda27@gmail.com](mailto:wgranda27@gmail.com)) L Susan Rollins ([rollins\\_s@outlook.com](mailto:rollins_s@outlook.com))

**Fri., Sep. 29-Oct. 1. FallFest - Section Hiking the Long Trail: Stratton to Woodford, Grout Pond, Vermont, MA.** Join us for the first in a series of weekend backpack trips on the beautiful Long Trail. The Long Trail spans 272 miles from Massachusetts, along the length of Vermont, through the Green Mountains, to Canada. Constructed between 1910-1930, the Long Trail is the oldest long-distance hiking trail in the US. The first trip will bring us south from the area near Grout Pond at Stratton-Arlington Road (elevation 2230') to the area just south of Maple Hill at Rte. 9 (elevation 1360'). This section is shared with the AT. We will hike a total of 25 miles over the 3 days, camping for 2 nights at backcountry shelters along the trail. Participants must have the required gear & the ability to maintain a 1-1.5mph pace with a full pack. Completion of an AMC introduction to Backpacking workshop or prior backpacking experience is required. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine enjoys hiking & backpacking throughout New England, sharing her love of the outdoors with others.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) CL Tracy Hawes (508-642-7124, [trachaw@mac.com](mailto:trachaw@mac.com), Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun". She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.)





## Activities

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

### HIKING

**Sat., Sep. 30. Fallfest Mounts Avalon, Field, Willey, and Tom Loop, Crawford Notch, NH.** We will enjoy an early fall hike in stunning Crawford Notch summing three 4000 footers and one 52 WAV. We will begin and end the hike at Crawford Depot, hiking approximately 10 miles and gaining roughly 3400 feet of elevation. We will start on the Avalon Trail to the summit of Mount Avalon, continuing to Mount Field and Mount Willey. We will hike north to Mount Tom via the Spur trail. Finally, we return to the Depot via the A-Z trail. This is a challenging hike with steep sections and plenty of rocks and roots. Recent hiking experience of similar distance and similar elevation gain is required. Once you register, you will be contacted by a hike leader to confirm your participation. L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Level 3 hike leader who feels most energized when hiking in the mountains and loves to share the outdoors with others!) L Raju Jaldu (508-446-4220, [raju.jaldu@gmail.com](mailto:raju.jaldu@gmail.com), SEM chapter All Season Back Country Hiking Leader. Enjoys being outdoors hiking. Recently completed NH 48 4000 footers.) CL Kate Sullivan ([kbsullivan2014@gmail.com](mailto:kbsullivan2014@gmail.com))

**Sat., Sep. 30. Celebrate FallFest and Hike the Emerald Necklace to the Embrace, Leverett Pond (Willow Pond Rd parking lot) Brookline/Jamaica Plain, MA.** See how the neighborhoods of Boston connect as we meander through 5 miles of Frank Law Olmsted's beautiful greenway. Join us as we explore the portion of the Emerald Necklace from Leverett Pond to "The Embrace" sculpture on the Boston Common. We will walk mostly on flat, paved pathways (some unpaved but generally level) at a moderate pace with stops along the way at memorials, plaques and the incredible community Victory Gardens. View the extensive Muddy River Restoration Project underway as we walk. Not only will you notice beautiful trees and contrasting vistas, but you will also see the larger community effort that is creating a healthier environment. At the Boston Common, we will view "The Embrace" which was designed and built by Hank Willis Thomas and MASS Design Group. This unusual sculpture "aims to honor the life and legacy of Rev. Dr. Martin Luther King Jr., and Coretta Scott King, celebrate their history in Boston, and spark a public conversation on advancing racial and social justice in Boston today." <https://www.boston.gov/news/embrace-unveiled-boston> We'll have lunch here and see what we think about the sculpture. We will return to our cars via the green line E train. Bring water, lunch/snacks, sunscreen, sunglasses/hat. Wear comfortable clothing and sturdy footwear that compliments the weather. Steady rain will cancel. This hike is open to everyone. You do not need to be an AMC member, but online registration is required. Carpooling from the south shore may be possible. L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a 4 season hike leader for SEM and the chair of the Diversity, Equity and Inclusion (DEI) Committee) CL Ashley Stehn ([ashc215@aol.com](mailto:ashc215@aol.com), Ashley is a Hike Leader in Training and a member of the SEM Diversity, Equity and Inclusion (DEI) Committee)

**Sat., Sep. 30. Celebrate FallFest and follow the steps of conservationist Thoreau with a walk around Walden Pond and Hapgood woods, 5 miles, Walden Pond, MA.** This Saturday 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 hike and a fun hike for anyone. We will meet at the main parking at Concord-Carlisle High School at 10:30 am 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 dog Sunny with me. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

**Thu., Oct. 5. Thursday Morning Hike - Burrage Pond WMA - 15 Hawks Ave, Hanson, MA.** Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5-to-6-mile moderate hike on mostly flat sandy trails. This area was once a large cranberry bog operation and now has been reverted to wild lands. Bring lunch or snack, water, windproof rain gear and bug spray. Heavy rain or thunder will cancel. NO PETS. Please wear bright orange clothing (Hat or Vest or something bright) as this hike is in a hunting area and it is hunting season for some game animals. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Tue., Oct. 10. Blue Hills Hike, Blue Hills Reservation, MA.** Please join me for a moderately paced hike of approximately 6-7 miles and up to 1,200 ft of elevation in the Blue Hills Reservation. The pace will be 1 1/2-2 MPH. Appropriate hiking clothes for fall weather conditions, sturdy footwear and a small backpack are required. Please bring a minimum of 2 liters of water and light snack. I look forward to seeing you there! L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Lawrence Petrone



## Activities

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

### HIKING

**Thu., Oct. 12. Thursday Morning Hike, Fall River Bioreserve, Fall River, MA.** Meet time is 9:45 am at the corner of Yellow Hill Rd & Tower Rd, Fall River Enjoy a moderate 4-5 mile hike in the Fall River Bioreserve 16,000 acres in the heart of the Southeastern Massachusetts region. You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots, some rocks and wet trails. Much of the Bioreserve is open to hunting. Hunting season in Massachusetts for 2023 runs from October 2 through December, daily except Sundays. Wear blaze orange during this period. Hiking shoes, rain gear, 1-2 liters water, and snacks/lunch required. Weather, pace or trail conditions may shorten the hike. The hike might be canceled due to heavy or steady rains. Since this is a Show and Go hike, please check the hike posting on the day of the hike or contact hike leader. L Walt Granda (508-971-6444 Before 9:00 PM, [wgranda27@gmail.com](mailto:wgranda27@gmail.com), Past hiking chair 4 season hiker)

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

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

**Mon., Oct. 16. Bioreserve 2nd Leg Hike / 20 Mile Loop Completion, Wattupa Reservation Headquarters Exact location TBA later, MA.** Join us, Monday, October 16th, as we complete the 2nd half of the 20-mile loop in the Bioreserve. We will hike approximately 11 miles of the Blue Blaze Bioreserve Loop Trail. Please note that this will start where the Spring Bioreserve hike ended. Priority will be given to past participants of the June 2023 10-mile first leg in the first 48 hours. After that, it opens to all. You don't have to have hiked the first section to be considered for this hike, although if you did you will qualify for the Bioreserve Loop Patch. These trails are mostly flat and somewhat diverse with slight elevation. Be prepared to step over tree roots and some rocks. There are some spots that may have water on the trail that can be navigated easily around should we have any rain. We will take breaks for food, water, and bio as needed. Our pace will be approx. 2 - 2.5 mph however, it will be set by the group. The hike is listed as moderate due to the distance. It would help if you have done a similar distance recently. Registration is required. You will be contacted by one of the leaders for your registration to be fully accepted. Confirmed participants will receive detailed information 3 to 4 days before the hike. To address unforeseen challenges such as adverse weather, unacceptable trail conditions, or excessive crowding, the planned trip destination activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. If you are interested in learning more about hiking and other outdoor activities offered by the Southeastern Massachusetts chapter, you can click the "AMC SEM Hiking" link in the Related Links section. L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com), Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun". She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L Walt Granda ([wgranda@aol.com](mailto:wgranda@aol.com), Walt is a long-time multi-season hiker. He leads hikes throughout Southern Massachusetts and the Blue Hills area.) L Diane Simms ([dianesimms@comcast.net](mailto:dianesimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!)





## Activities

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

### HIKING

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

**Thu., Oct. 26. Thursday Morning Hike - Arnold Arboretum, Jamaica Plain (Boston), MA.** Please join us for the "7th Annual Autumn Peak Hike at The Arnold Arboretum"! We will summit the arboretum's two tallest hills, visit the spectacular bonsai exhibit, and wander thru "Explorer's Garden". Our group will meander thru this "Tree Museum" during a 4.5 - 5.5-mile hike at a moderate pace. There will be a number of stops and photo-ops along the way. Bring water, sturdy footwear, snack, or lunch. We will meet in Jamaica Plain (Boston) at 9:45 for a prompt 10:00 am start. The exact meeting point will be sent to those who are registered; 24-48 hours prior to the day of the hike. There's plenty of free on-street parking along both sides of the nearby Arborway; or you can walk to the entrance from the Forest Hills Orange-Line MBTA Station. The group will be limited to 14 participants plus the two leaders. Steady rain will cancel the trip. Well behaved dogs on leash will be permitted. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern Massachusetts and Boston Chapters Hike Leader and Leader-In-Training Mentor. Avid nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018 and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

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

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



## Activities

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

### HIKING

**Sat., Nov. 4., SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will begin at 4:30 pm with a social hour; the chapters' Annual Meeting will be called to order at 5:30 pm. All SEM members and friends are welcome at the Annual Meeting as well as anyone interested in becoming a member. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for the Social Hour or the Annual Meeting. The cost of the dinner and speaker is \$30. This year our speaker will be Steve Tatko, the AMC's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. He will reflect on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event.  
L William Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org))

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

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

**Thu., Dec. 7- Thursday Morning Hike - Great River Preserve & Taunton River WMA, Bridgewater, MA.** Meet at The Great River Preserve small dirt parking area past 963 Auburn St. Thursday Morning 10 AM / 2-3 hour/ flat 4 to 5-mile Hike- Wildlands Trust Great River Preserve and Taunton River Wildlife Management Area on Auburn Street in Bridgewater. Travel through pine and holly forest onto open meadow trails paralleling the Taunton River. Do not approach from Auburn Street in Middleboro as the bridge has been removed. Heavy rain/snow or icy conditions will cancel. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

### PADDLING

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will begin at 4:30 pm with a social hour; the chapter's 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. Following the official chapter business will be a buffet dinner and special guest speaker. There is no charge for attending the Social Hour or Annual Meeting. The cost of the dinner and speaker is \$30. Our speaker will be Steve Tatko, the AMC's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. He will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event.  
L Barry Young (508-339-3089 Before 9 pm, [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org))





## Activities

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

### SKIING

**Sat., Nov.4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will begin at 4:30 pm with a social hour; the chapter's 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. Following the official chapter business will be a buffet dinner and special guest speaker. There is no charge for attending the Social Hour or Annual Meeting. The cost of the dinner and speaker is \$30. Our speaker will be Steve Tatko, the AMC's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. He will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Dia Prantis ([xcskivicechair@amcsem.org](mailto:xcskivicechair@amcsem.org))

### SOCIALS

**Mon., Sep. 18. SEM Diversity, Equity, and Inclusion (DEI) discussion via Zoom, Online.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen ([kcohen@comcast.net](mailto:kcohen@comcast.net))

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will begin at 4:30 pm with a social hour; the chapter's 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. Following the official chapter business will be a buffet dinner and special guest speaker. There is no charge for attending the Social Hour or Annual Meeting. The cost of the dinner and speaker is \$30. Our speaker will be Steve Tatko, the AMC's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. He will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org))

### TRAILS

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will begin at 4:30 pm with a social hour; the chapter's 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. Following the official chapter business will be a buffet dinner and special guest speaker. There is no charge for attending the Social Hour or Annual Meeting. The cost of the dinner and speaker is \$30. Our speaker will be Steve Tatko, the AMC's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. He will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Stephen Scala ([trailschair@amcsem.org](mailto:trailschair@amcsem.org))





*Photo by Ale Hidalgo on Pixabay*



**THE END**

# The Southeast Breeze

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

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

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

Choose **Go to Activities Database**.

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

Or call 603-466-2727 for help.

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

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

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

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

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

## Shop the Breeze Market for equipment bargains!

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

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



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

## Revival of Chapter Hut Weekend Was a Success!

By Jeannine Audet, Chapter Vice Chair

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

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

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

Continued on page 6





## View from the Chair: Annual Meeting and Dinner

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

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

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

### Fall & Winter

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

Happy trails,



*Paul Brookes, Chapter Chair*

### 2023 Executive Board

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

### 2023 Standing Committees

Biking Chair .....Bill Trimble  
**Biking Vice Chair** .....Open  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Justin Anderson  
**Communications Vice Chair**.....Open  
Conservation Chair .....Zoe Rath  
Conservation Vice Chair .....Paul Williams  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srinil yengar  
Hiking Chair .....Bill Belben  
**Hiking Vice Chair**.....Open

Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair .....Barry Young  
Paddling Vice Chair .....Joe Keogh  
Skiing Chair .....Dia Prantis  
**Skiing Vice Chair** .....Open  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone  
**20's & 30's Chair**.....Open  
**20's & 30's Vice Chair**.....Open

### Ad Hoc Committee Chairs & Other Chapter Contacts

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

Volunteer Relations...Katherine Brainard  
Regional Director.....Jenna Whitney  
Mo Walsh.....The Breeze Editor  
Blast Editor.....Marie Hopkins

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



“Reunite with Old Friends and Make Some New Ones”

**WE WELCOME ALL**



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

## **48th Annual Meeting**

Followed by the

## **2023 Annual Dinner**

Saturday, November 4<sup>th</sup> at

[The Bay Pointe Club](#)

19 Bay Pointe Dr, Buzzards Bay, MA 02532

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

5:30 pm – Annual Meeting (no charge)

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

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

Special Guest speaker

**Steve Tatko**

Licensed Forester

VP of Conservation Research & Land Management

Guest speaker presentation abstract and registration form follow. Questions? Contact Paul Brookes at  
[chair@amcsem.org](mailto:chair@amcsem.org)



# 2023 Annual Dinner

## A Unique Conservation Model

Presentation by **Steve Tatko**

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



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

.....  
AMC Southeastern Massachusetts Chapter 2023 Annual Dinner Registration Form

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

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

Today's date: \_\_\_\_\_

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

Guest's name(s): \_\_\_\_\_

Your email address & cell number: \_\_\_\_\_

Check for vegetarian meal: You [  ] Guest [  ]

Check for vegan meal: You [  ] Guest [  ]

List any food allergies: \_\_\_\_\_

Total Price: \$ \_\_\_\_\_



## Storing your ebike battery over winter or during long idle periods

By Bill Trimble, Biking Chair

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

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

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

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

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



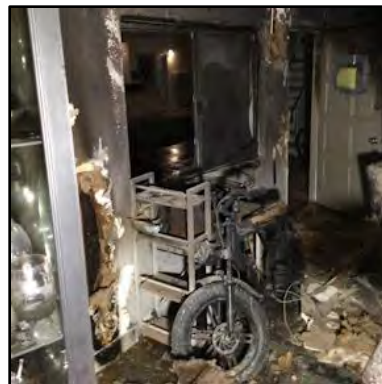
For off-season storage, remove the ebike battery and store it in a warm, dry place and protect it from short circuit, excessive power loss, and impact damage. *Clipart photo*

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

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

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

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



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





## Chapter Hut Weekend Continued from page 1

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

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



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

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

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



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

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

Continued on page 7



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





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

*Photo by Jeannine Audet*

## Chapter Hut Weekend Continued from Page 5

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

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

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

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



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

*Photo by Jeannine Audet*

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

*By Zoe Rath, Conservation Chair*

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

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



How did Paul first get involved?

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

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







## SEM EXECUTIVE COMMITTEE 2024 NOMINATION SLATE



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

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

### **The Nominating Committee**

Walt Granda

[nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)

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

[nominating@amcsem.org](mailto:nominating@amcsem.org)



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

By Paul Williams, Conservation Vice Chair

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

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

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

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

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

[conservationvicechair@amcsem.org](mailto:conservationvicechair@amcsem.org)

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

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

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

By Bill Belben, Hiking Chair

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



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

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

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



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





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

## All Persons Trail is an accessible option near Mount Cardigan

By Maureen Kelly, Hike Leader

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

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

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

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

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

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



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



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



Trail signs give directions to reserved accessible parking.





Mount Hood with summer snowpacks. *All photos by Jeannine Audet*

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

By Dia Prantis, SEM Level 2 Hike Leader

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

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

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

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

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

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

Continued on page 12

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







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

## August Camp Continued from page 9

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

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

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



The view of Eagle Creek from above—way above.

### **Reason #3: The Food!**

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



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

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





# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Photo by Bill Trimble

## Volunteer of the Month: Susan Rollins

By Bill Trimble, Biking Chair

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

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

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

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



## Backpacking group tackles first weekend hike of the Long Trail

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



Top: Backpack group. Photo by Jeannine Audet

Above: Tent camp. Photo by Tracey Hawes

Above right: Fire tower on Mt. Glastonbury. Photo by Melissa Barber

Right: Foliage underfoot. Photo by Tracey Hawes







## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](#). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the very bottom of [Outdoors.org](#) & click **Login to My Outdoors**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

### BICYCLING

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

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

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023, at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. The cost of the buffet dinner and speaker is \$30. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Pointe Club. These will be listed separately closer to the event. L William Trimble ([bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))



## Activities

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

### CAPE HIKES

**Sun., Oct. 15. Hike Maple Swamp, Sandwich, MA.** This hike is a show and go, please contact leader with questions. This is a very hilly hike over uneven glacial terrain. Sturdy footwear preferably hiking boots and fluid for hydration required hiking poles strongly recommended. Be prepared for ticks and poison ivy. From Sagamore Bridge take Rte. 6 E and exit 61 Quaker Meetinghouse and turn R off of ramp and then immediate L onto Service Rd., just beyond Mill Rd, look for entrance to Maple Swamp. From outer Cape take Rte. 6 W to exit 63 Chase Rd, turn L off ramp, go over highway and turn R on Service Rd., just beyond Noel Henry Rd is entrance to Maple Swamp. Arrive at 12:45 PM please. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. L Jane Harding (203-500-3155 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Cape Hike Chair with many years of hiking experience.)

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

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

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

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

**Sat., Oct. 28. Hike Marconi Station, Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, October 28, at the Marconi Station Site parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Station Site and park on the left side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 6.1 miles. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Nov. 2. Bell's Neck, Harwich, MA.** Hike 4.5 miles through mostly woodland trails and cranberry bogs at Bell's Neck Conservation Lands, Harwich. Views of the West and East Reservoirs. Be prepared to encounter tree roots, poison ivy and ticks. Hiking poles are helpful. Wear sturdy shoes, ideally hiking boots and bring water for hydration. Be prepared for inclement weather. Unfortunately, unexpected events most often weather forces to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you! L Trish Crocker (508-345-6260 Best before 9.00PM, [pmcrocker@yahoo.com](mailto:pmcrocker@yahoo.com))





## Activities

For the most current information, [search activities online](#)

### CAPE HIKES

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023, at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. The cost of the buffet dinner and speaker is \$30. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Jane Harding ([janeharding@comcast.net](mailto:janeharding@comcast.net))

**Sun., Nov. 5. Hike Shallow Pond, East Falmouth, MA.** This hike is on a 70-acre conservation area in East Falmouth called Shallow Pond Woodlands as well as an adjacent 68 acres, Breivogel Ponds. The distance will be about 4 miles and the hike will take about 2 1/4 hours. The hike is fairly easy encountering a few hills, both wide and narrow trails, a white cedar swamp, and a sandy open area. For questions, please contact the Leader. We look forward to having you join us on this hike. Unfortunately, last minute unexpected events, usually weather, forces an event to be cancelled. Please check this hike listing on the morning of the hike to ensure it is still occurring. If the listing has disappeared, the hike is cancelled. You can also find instructions to sign up for any last-minute notifications from SNEL (Short Notice Email List) at: <http://www.amcsem.org/assets/chapter/snel.signup.procedures.participants.pdf>. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), Has been leading hikes for Cape Hiking for 19 years.)

**Sun., Nov. 12. Hike Eagle Pond, Cotuit, MA.** Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Hike is 4.2 miles. Sturdy footwear required ideally hiking boots, fluid for hydration and snack if desired. Hiking poles are useful. Driving Directions: Take Rte. 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte. 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte. 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Parking is limited so carpooling will be helpful. Meet at 9:45 AM Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Thu., Nov. 9. Hiking--Nickerson State Park, Brewster, MA.** Hike is 4 miles around Big Cliff Pond & Little Cliff Pond. There are many water views. The challenge of this hike is many roots along the way. Wear sturdy footwear, clothing layers, rain gears if needed. Bring water, hiking poles if desired & bug spray. Unfortunately, last minute unexpected events, most often weather, forces us to cancel an event at the last minute. Please check hiking posting on the day of hike to ensure it is still happening. Thank you. Directions: Route 6 take Exit 89 towards Brewster, Take left into Nickerson State Park. Follow up to Rt onto Flax Pond. Parking is at the end of the road by the boat ramp. L Anne Hennessy (774-534-2238 Before 9 pm, [Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sat., Nov. 11. Hike Cahoon Hollow/White Crest Beach, Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 11, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 4.6 miles of forests, soft beach hills, and 1 mile of beach walking. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net). L Janet Kaiser (774-534-2281 Before 9 PM, [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net))



## Activities

For the most current information, [search activities online](#)

### CAPE HIKES

**Sun., Nov. 12. Hike Eagle Pond, Cotuit, MA.** Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Hike is 4.2 miles. Sturdy footwear required ideally hiking boots, fluid for hydration and snack if desired. Hiking poles are useful. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Parking is limited so carpooling will be helpful. Meet at 9:45 AM. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Thu., Nov. 16. Hike Mashpee River Woodlands, Mashpee, MA.** Approximately 4-mile hike through woodland and along the Mashpee River with some marsh views. Generally easy terrain but with many exposed roots and numerous short but steep inclines. Hikers should have sturdy footwear, water, and poles if desired. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Head to the Mashpee rotary, which is at one intersection of Rte 28, Rte 151, and is next to the Mashpee Commons shopping area. From Mashpee rotary take Rte 28 S towards Hyannis. In less than 1/2 mile take first right towards Cotuit. In 1/2 mile (passing Woodlands North lot) turn right onto Mashpee Neck Road. Parking is 1.2 miles on right. L Janis Delmonte (214-284-8918 Before 9pm, [delmontej@gmail.com](mailto:delmontej@gmail.com))

**Sun., Nov. 19. Hike--Bourne Town Forest/Four Ponds, Bourne, MA.** This Show and Go 4+ mile, 2-hour hike is in the Bourne Town Forest and Four Ponds Conservation area. This hike is not suitable for novice hikers. The terrain is over wooded mountain bike trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, and tick repellent. May have poison ivy exposure. Hiking poles if preferred. Directions: NOTE: NOT meeting at Four Ponds trailhead and GPS will not work. From Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Go right onto Clay Pond Road--green state sign says Monument Beach--before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and park on the left side of the road. Since this is a Show and Go hike, check the website on the day of the hike for any weather cancellation. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is an 8th year Level 1 SEM/Cape Hike leader with previous WFA training.)

**Sat., Nov. 25. Hike Great Pond Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 25th, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 5.2 miles of forests, soft beach hills, and a beach overview. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Nov. 30. Hike - Griffin Island, Wellfleet, MA.** Varied terrain, from marshside to wooded trails over hills, spectacular cliff trail with view of bay. Meet 9:45 AM. From Rte 6, Wellfleet, turn left at lights toward Wellfleet Center, left on E. Commercial St. toward harbor. From harbor, turn right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. Bring water, wear sturdy hiking footwear, layer for weather, poles if desired. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. L Janet Kaiser (774-534-2281 eve before 8 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net). L Richard Kaiser (508-432-3277, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Sun., Dec. 3. Hike Quashnet River - Falmouth / Mashpee, MA.** This is a 4.2-mile hike at a moderate pace along the Quashnet River and through adjacent woods. About 1/2 of the hike will be on rolling terrain. Bring water, sturdy hiking footwear, poles if desired, tick repellent. Because this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. L Deborah Hayden ([shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Thu., Dec. 7. Hike Long Pond - Falmouth, MA.** This is a 4.5-mile 2+ hour hike in the Falmouth Town Forest with scenic views of Long Pond and Angel Mirror Pond. The hike includes some hilly sections with uneven footing. Bring water, wear sturdy hiking footwear, poles if desired, tick repellent. Because this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. L Deborah Hayden ([shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))





## Activities

For the most current information, [search activities online](#)

### CAPE HIKES

**Sat., Dec. 9. Hike Newcomb Hollow Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, December 9, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5-mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. Wear sturdy hiking footwear, clothing layers, rain gear. Bring water, hiking poles if desired, tick/mosquito repellent. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Dec. 21. Hike-Great Neck Wareham (NOT Audubon), Wareham, MA.** This Show and Go hike is 4+ miles, 2 hours in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. Note we are NOT meeting at the Great Neck trailhead on the map. Since this is a Show and Go hike, if it is cancelled due to inclement weather, it will be on the website. Please check the website on the day of the activity for updated status. Directions: over Bourne Bridge on Rte. 25 for 6.7 miles to Exit 3/old Exit 2 (Rte. 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3-way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is an 8th year Level 1 SEM/Cape Hike Leader with previous WFA training.)

### CONSERVATION

**Thu., Oct. 19. Day Hiking New England, with author Jeff Romano: Zoom Event.** Join author Jeff Romano for a slideshow presentation over Zoom, highlighting hiking opportunities throughout New England. The program will cover destinations in all six states with a focus on itineraries featured in his latest guidebook, an updated edition to 100 Classic Hikes New England (June 2023). Jeff will share advice, provide insights, and answer questions on how and where to plan your next hiking adventure. The presentation will also include information on New England wildflowers, birds, wildlife, history, and conservation success stories. L Zoe Rath (617-308-9489 before 10:30pm, [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org), Zoe is the new chair of Conservation for SEM. She has a passion for conservation, excited to plan and share ideas at the coming SEM monthly conservation discussion! She wants to make a difference and hopes you will join this group effort - by joining this and future SEM Conservation events!)

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023, at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. The cost of the buffet dinner and speaker is \$30. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Conservation Chair ([conservationchair@amcsem.org](mailto:conservationchair@amcsem.org))



## Activities

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### EDUCATION

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### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Nominations Committee Member.** Do you regularly attend activities and are comfortable talking to people about open positions. If so, please consider the nominations committee. We are looking for people from all over our region, but especially someone from the Cape. For more information contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org). L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Walt Granda

**Ongoing. Diversity Equity & Inclusion Committee.** Our DEI committee works to welcome everyone to our activities, especially previously underrepresented groups. All you need for this committee is openness, interest, and enthusiasm. Our next task is to create the content for our DEI webpage. For more information, please contact Maureen Kelly by emailing [deichair@amcsem.org](mailto:deichair@amcsem.org) or Rachel Brown-Eisenstadt by emailing [deivicechair@amcsem.org](mailto:deivicechair@amcsem.org). You can also discuss this position or any other volunteer opportunities by contacting our Nominating Committee chair Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or our chapter chair Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Membership Committee.** If you're a fan of SEM and regularly promote SEM to those you meet, this committee could be for you. In addition to supporting our Open House and other outreach events, you would help our new members fully engage with the chapter by organizing new member activities and social events. For more information contact Samantha Fisher by emailing [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org) or contacting Nancy Piedra by emailing [membershipvicechair@amcsem.org](mailto:membershipvicechair@amcsem.org). L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org), SEM Chapter Chair)

**Ongoing. 20's & 30's Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. As we all know, our younger members are the future of our chapter, and we are looking for someone to jumpstart & form our 20's & 30's committee which is currently without a chair or vice chair. Do you have an outgoing personality? Do you like organizing events especially social ones? Perhaps this could be a role you would consider. For more information on the responsibilities of the 20's & 30's chair click on 'Roles & Responsibilities' under Related Link(s) however although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Hiking Vice Chair of Local Walks and Hikes, MA.** We are looking for a SEM hike leader interested in working with Bill Belben and Tracy Hawes as an additional Hiking Vice Chair with a focus on Local Hikes and Walks (as opposed to Destination hikes). For more information, please contact Bill Belben our Hiking Chair at [HikingChair@amcsem.org](mailto:HikingChair@amcsem.org) or Tracy Hawes our Hiking Vice Chair at [HikingVicechair@amcsem.org](mailto:HikingVicechair@amcsem.org)





## Activities

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### EDUCATION

**Ongoing. Biking Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))

**Ongoing. Communications Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our communications committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. We are particularly looking for someone with good organizational skills, who is tech savvy and detail oriented who would support the activities of the Communications Chair. You do not need to be active outdoors to do well in this role. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Skiing Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our skiing committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L Dia Prantis ([xskichair@amcsem.org](mailto:xskichair@amcsem.org))

**Ongoing. Nominations Committee Member.** Do you regularly attend activities and are comfortable talking to people about open positions. If so, please consider the nominations committee. We are looking for people from all over our region, but especially someone from the Cape. For more information contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org). or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. 20's & 30's Committee.** As we all know, our younger members are the future of our chapter. We are looking for someone to jumpstart & form our 20's & 30's committee which is currently without a chair or vice chair. Do you have an outgoing personality? Do you like organizing events especially social ones? If you do, send an email to Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) for more information

**Ongoing. Diversity Equity & Inclusion Committee member.** Our DEI committee works to welcome everyone to our activities, especially previously underrepresented groups. All you need for this committee is openness, interest, and enthusiasm. Our next task is to create the content for our DEI webpage. For more information, please contact Maureen Kelly by emailing [deichair@amcsem.org](mailto:deichair@amcsem.org) or Rachel Brown-Eisenstadt by emailing [devicechair@amcsem.org](mailto:devicechair@amcsem.org). You can also discuss this position or any other volunteer opportunities by contacting our Nominating Committee chair Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or our chapter chair Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org))

**Ongoing. Communications Committee member.** We are looking for people to train under our current Communications Committee volunteer staff as backup and support for the following roles. Social Media Administration: Will work with Lisa Robitaille our Social Media Administrator Web development and maintenance. Will work with Cheryl Lathrop our Web Mistress who maintains our SEM Website Editing and typesetting: Will work with Mo Walsh who produces our monthly Breeze magazine. We are also looking for someone with Video editing skills to help generate video content for our website. For more information contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).



## Activities

For the most current information, [search activities online](#)

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### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. The cost of the buffet dinner and speaker is \$35. This year our speaker will be Steve Tatko. Steve is the Appalachian Mountain Club's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and is an avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. In his talk Steve will be reflecting on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Paul Brookes ([Chair@amcsem.org](mailto:Chair@amcsem.org)), I am the Chapter Chair for the Southeastern Massachusetts Chapter of the AMC)

### HIKING

**Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).**

**Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)**

**Sat., Oct. 14. Fall Hike to Mt. Passaconaway, Sandwich Range, NH.** Are you looking for a moderately challenging hike? Then this is a perfect hike for those of you who are looking to build up your hiking experience in the White Mountains. Mount Passaconaway is a 4000-footer (4043'), so it is challenging, but not too challenging. We will hike approximately 9 miles and gain approximately 2900 feet of elevation. We will start and finish together, so plan on this being a full day of hiking! This is an challenging "out and back" hike on the Dacey Mill Trail. Recent hiking experience of similar distance and elevation gain is required. Once registered, you will be contacted by a hike leader to review your recent experience before being confirmed for the hike. L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com)), Dia is a level 3 hike leader who enjoys being in the Whites and encouraging others to get on the trail too!) L Raju Jaldu (508-446-4220, [raju.jaldu@gmail.com](mailto:raju.jaldu@gmail.com)), SEM chapter All Season Back Country Hiking Leader. Enjoys being outdoors hiking. Recently completed NH 48 4000 footers.) CL Kate Sullivan (617-460-5843, [kbsullivan2014@gmail.com](mailto:kbsullivan2014@gmail.com)), Kate is a 4 season hiker who is working on her level 2 qualifications so she can lead others on adventures into the Whites and beyond!)

**Sat., Oct. 14. Fall River Bioreserve 20 Mile Loop Trail Hike, 2929 Blossom Road, Fall River, MA.** Join us for a hike along the historic 20-mile Fall River Bioreserve Loop Trail. The trail is mostly flat but features varied terrain. Hikers who complete the loop will earn a limited-edition patch! L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com)), Jeannine enjoys leading hikes of varied level of challenge throughout New England. The Fall River Bioreserve is in her "backyard".) L Paul Audet (508-287-3122 Anytime, [milmod@aol.com](mailto:milmod@aol.com)), Paul enjoys local hikes, & has a great fund of knowledge about local history.) L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com)), Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun". She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)), Bill is the AMC SEM Hiking Chair. He leads hikes locally & in NH year-round.)





## Activities

For the most current information, [search activities online](#)

### HIKING

**Sun., Oct. 15. Fall Hike of the Best New England Scrambles Part 2: King Ravine & Mt. Madison, Madison Hut, MA.** Starting from the Appalachia parking lot, we will hike up Short Line to King Ravine trail in the northern Presidentials to Madison hut. We can summit Madison from there and will descend by the Airline trail back to Appalachia. King Ravine is rugged and grandiose and has a section called the Subway which involves scrambling over, under, and around a jumble of huge talus blocks, going through the "Ice Caves," and then climbing up a headwall. Mt Madison at 5,367 ft of elevation is the fifth highest of the New Hampshire 4k peaks and has great views. The first mile of the Airline trail is an exposed ridge with more views. This is a strenuous hike with a total distance of 9 miles and 4100 feet of elevation gain, though this can be moderated somewhat as participants will have the option of not summiting Madison which will make the elevation gain 3,500'. This hike is on the "Terrifying 25" list. L Henry Harvey (978-349-8812, [henry\\_harvey@comcast.net](mailto:henry_harvey@comcast.net), Henry aka Tim is a new Southeast Chapter leader but has been enjoying hiking, backpacking, rock climbing, and back country skiing for many years. He has hiked the New England 67 and winter 48 4,000 footers.) L Diane Hartley (508-566-6517, [dihartley@comcast.net](mailto:dihartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.), R Henry Harvey (978-349-8812, [henry\\_harvey@comcast.net](mailto:henry_harvey@comcast.net))

**Mon., Oct. 16. Bioreserve 2nd Leg Hike / 20 Mile Loop Completion, Wattapa Reservation Headquarters Exact location TBA later, MA.** Join us, Monday, October 16th, as we complete the 2nd half of the 20-mile loop in the Bioreserve. We will hike approximately 11 miles of the Blue Blaze Bioreserve Loop Trail. Please note that this will start where the Spring Bioreserve hike ended. Priority will be given to past participants of the June 2023 10-mile first leg in the first 48 hours. After that, it opens to all. You don't have to have hiked the first section to be considered for this hike, although if you did you will qualify for the Bioreserve Loop Patch. These trails are mostly flat and somewhat diverse with slight elevation. Be prepared to step over tree roots and some rocks. There are some spots that may have water on the trail that can be navigated easily around should we have any rain. We will take breaks for food, water, and bio as needed. Our pace will be approx. 2 - 2.5 mph however, it will be set by the group. The hike is listed as moderate due to the distance. It would help if you have done a similar distance recently. Registration is required. You will be contacted by one of the leaders for your registration to be fully accepted. Confirmed participants will receive detailed information 3 to 4 days before the hike. To address unforeseen challenges such as adverse weather, unacceptable trail conditions, or excessive crowding, the planned trip destination activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. If you are interested in learning more about hiking and other outdoor activities offered by the Southeastern Massachusetts chapter, you can click the "AMC SEM Hiking" link in the Related Links section. L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com). Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun". She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L Walt Granda ([wgrand@aol.com](mailto:wgrand@aol.com), Walt is a long-time multi-season hiker. He leads hikes throughout Southern Massachusetts and the Blue Hills area.) L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!)

**Tue., Oct. 17. Fall Hike Series: Stair Climbing the Blue Hills, Blue Hills Reservation, MA.** This hike in the Blue Hills will be focused on stair work--sections of the Skyline trail that offer rock steps which we will be walking up and down multiple times, for cardio benefits, and to become more proficient with stairs/lunge stepping. You can take the stairs as quickly or as slowly as you like as we will be doing stair drills and everyone can go at their own pace. But you must have some comfort negotiating the uneven and boulder rocks that make up large sections of the Skyline trail. We will intersperse the stair drills with hiking to different locations that provide staircase opportunities! L Deborah Sepinwall (401-595-7575, [deborahsepinwall@gmail.com](mailto:deborahsepinwall@gmail.com), Deborah is a local walks and hikes leader with the Boston chapter and a Level 1 leader with SEM. She has hiked and backpacked with her husband Vincent extensively in the White Mountains as well as in other parts of the U.S., Europe, and Canada.) L Diane Simms ([dianesimms@comcast.net](mailto:dianesimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!)



## Activities

For the most current information, [search activities online](#)

### HIKING

**Wed., Oct. 18. Not quite End to End Skyline Loop Advanced Hike, Blue Hills Reservation, MA.** This hike takes the classic Skyline End to End hike up a notch by making it longer and with more elevation gain. We will hike almost 13 miles and ascend 2700 feet of elevation. About half of the hike will be on the Skyline trail and the other will be on trails that parallel it returning to where we started. You must be comfortable with hiking a full day and negotiating lots of ups and downs on uneven terrain. Participants should have experience with similar distances and terrain and will be screened and confirmed on registration. We will be traveling at approximately 2.5 miles per hour. There will be no car spot required as we will end where we start. In case of inclement weather, the itinerary will be revised as needed. Be prepared for a long and challenging day in the Blue Hills! L Tom Graefe ([tmgraefe@comcast.net](mailto:tmgraefe@comcast.net). I'm an ADK46er, NH48er, nearly NE 111er, and lately have been exploring US Southwest, and other regions with notable geological or indigenous features.) L Deborah Sepinwall (401-595-7575, [deborahsepinwall@gmail.com](mailto:deborahsepinwall@gmail.com). Deborah is a local walks and hikes leader with the Boston chapter and a Level 1 leader with SEM. She has hiked and backpacked with her husband Vincent extensively in the White Mountains as well as in other parts of the U.S., Europe, and Canada.)

**Thu., Oct. 19. Thursday Morning Hike - World's End, Hingham, MA.** Autumn walk at World's End in Hingham. Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Moderate 4-5 miles on hilly carriage ways and scenic rocky paths. Explore this unique peninsula in Boston Harbor with stunning views, Wear layers, wind protection, good shoes suitable for weather and conditions. There could be muddy sections. Bring water, snacks/lunch. Heavy or steady rain cancels. Directions and reservation information can be found at this website: <https://thetrustees.org/place/worlds-end-hingham/>. L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Sat., Oct. 21-22. Overnight Backpack to Owls Head Speckled with Color, Lincoln Woods Trailhead Parking Area, NH.** Join us for a mid-October overnight backpack to Owls Head Mountain (4025' NH 4K). Owls Head Mountain is located deep in the Pemigewasset Wilderness. While it's not a difficult peak to climb in terms of elevation gain, it's a 17.5-mile out-and-back day hike with some stream crossings following the trail system from the Lincoln Woods Trailhead. Let's turn it into a casual backpacking trip for a chance to sleep outside at least one more time before the onset of snow. You will need to have hiked a similar distance and or multiple days in recent hikes. Registration is required however, not complete until leadership has contacted you. In the event of heavy rains, we will have an alternate backpack trip offered. You can choose to opt-out at that time. Participants will be required to have all essential gear, non-cotton hiking clothing, and rain gear. Additionally, sleep systems, bear canisters (or bags), and tents are required. L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com). Tracy has loved hiking since her teens. She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com). Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) CL Maureen Thomas (Maureen lives on the Cape, but her heart is in the mountains. She looks forward to getting out there with you!)

**Mon., Oct. 23. Late Fall Moat Mountain Traverse, North Conway, NH.** We will enjoy the last of the fall foliage in the White Mountains, as well as views of Mt Washington, Mt Chocorua, and the Green Hills on the other side of the Saco River Valley. This 9.7 mile south to north trek will take us along the exposed ridge from Albany to North Conway's Diana's Bath. With an elevation gain of 3,250 feet this moderate hike will be paced at 1.5 to 2 miles per hour. Prior hiking experience is required, as is warm, layered clothing. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com). Anne has been a SEM hike leader for more than 10 years! She enjoys leading hikes all year long, as well as winter snowshoe hikes and backpacking trips. Anne has hiked the 48 NH 4K mountains, is a graduate of AMC's Mountain Leadership School, and is an Associate AMC Adventure Travel Leader.) L Diane Hartley (508-566-6517 5:00-8:00 pm, [dihartley@comcast.net](mailto:dihartley@comcast.net). Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.)

**Tue., Oct. 24. Fall Tuesday Morning Blue Hills Hike, Blue Hills Reservation, MA.** Please join me for a fall hike in the Blue Hills. The hike will be approximately 5-7 miles and include up to 1,000' of elevation gain. We will average a pace 1 1/2-2 mph with short breaks when needed. The route will include uneven terrain and rock scrambles. Appropriate hiking clothes for fall weather conditions, sturdy footwear, lunch/snacks, 2 liters of water and a small backpack are required. Weather can change dramatically around this time of year, so please check before coming to the hike. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. Registration is required for this hike. I look forward to seeing you there! L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))





## Activities

For the most current information, [search activities online](#)

### HIKING

**Thu., Oct. 26. Thursday Morning Hike - Arnold Arboretum, Jamaica Plain (Boston), MA.** Please join us for the "7th Annual Autumn Peak Hike at The Arnold Arboretum"! We will summit the arboretum's two tallest hills, visit the spectacular bonsai exhibit, and wander thru "Explorer's Garden". Our group will meander thru this "Tree Museum" during a 4.5 - 5.5-mile hike at a moderate pace. There will be a number of stops and photo-ops along the way. Bring water, sturdy footwear, snack, or lunch. We will meet in Jamaica Plain (Boston) at 9:45 for a prompt 10:00 am start. The exact meeting point will be sent to those who are registered; 24-48 hours prior to the day of the hike. There's plenty of free on-street parking along both sides of the nearby Arborway; or you can walk to the entrance from the Forest Hills Orange-Line MBTA Station. The group will be limited to 14 participants plus the two leaders. Steady rain will cancel the trip. Well behaved dogs on leash will be permitted. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern Massachusetts and Boston Chapters Hike Leader and Leader-In-Training Mentor. Avid nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018 and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

**Thu., Oct. 26. Fall Series - Breakneck Ledge Yellow Triangle Loop and Forest Path White Triangle Loop, Blue Hills Reservation, MA.** This brisk paced hike (2.5 mph) will cover 10 miles and while there is not a significant amount of elevation change (approx. 800 feet), we will be moving at a vigorous pace. Please consider this hike if you are comfortable with minimal breaks and a fast pace. Eligible participants will be confirmed following registration and information regarding meeting location will be emailed. Sturdy hiking boots or similar required. This hike is limited to 8 participants. Heavy rains/thunderstorms will cancel. L Deborah Sepinwall (401-595-7575, [deborahsepinwall@hotmail.com](mailto:deborahsepinwall@hotmail.com). Deborah is a Level 1 leader with Boston and SEM. She has hiked and backpacked extensively with her husband Vincent in North America and Europe. She has completed all of the trails in the Blue Hills and all of the 48 4000 footers multiple times!)

**Thu., Oct. 26. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under the Full Moon. This hike will be under the Hunter Moon. Also known as the falling leaves moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. This is our First hike of the season. Sturdy, waterproof and insulated hiking shoes are a must for the wet Fall conditions on the sometimes wet and slippery trails. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Fri., Oct. 27-29. Berkshires Hiking & Bicycling Weekend, Wainwright Inn, MA.** Join us for a friendly, fun, Fall (note the alliteration!) weekend of hiking & bicycling. The beautiful & historic Wainwright Inn will serve as our home base. Located in the heart of Great Barrington, the Wainwright has lovely rooms with private bathrooms, & the innkeepers Chris & Barb serve a full breakfast each morning. <https://wainwrightinn.com>. Several hikes of different lengths & degree of challenge will be offered nearby; options may include Mt. Everett, Mt. Alander, or Bear Mtn. The highest waterfall in MA, Bash Bish Falls, is also nearby. A bicycling tour of the Berkshire area via the scenic 26-mile Harlem Valley Rail Trail will also be offered, including a lunch stop & other stops at points of interest. <https://www.hvrt.org>. Participants may opt for hiking or cycling. Participants, once registered for the trip, will need to contact the inn to reserve their room. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com), Jeannine enjoys leading hikes, backpacks, bicycling and cross-country skiing throughout New England. The Berkshires is a favorite location.) L Susan Rollins (774-264-9430, [rollins\\_s@outlook.com](mailto:rollins_s@outlook.com), Susan is a Level 1 Hiking Leader and a Bicycling Leader.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen leads hikes year round locally & in the mountains.)

**Sat., Oct. 28. Hiking and Fall Cleanup of F. Gilbert Hills, Foxboro, MA.** This is a rescheduling of our cleanup of F. Gilbert Hills that was originally scheduled in September. We plan to clean up the southeast portion of F. Gilbert Hills, including part of the red and green trails. Trails work includes cutting briar and intrusive brush on trails, and in some cases widening trails. We plan to hike approximately 4.5 miles in total. Steve Scala and Larry Petrone of the Southeastern Massachusetts Trails Committee will provide tools and work gloves to volunteers and lead the work. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com). Larry is an experienced four-season hiker and Nordic skier, and Level I hike leader for AMC's Boston and Southeastern Massachusetts (SEM) chapters. He is also a Co-Chair of SEM's Trails Committee.)



## Activities

For the most current information, [search activities online](#)

### HIKING

**Sun., Oct. 29. Trail Trace the Blue Hills - The Quarries, Quincy, MA.** Hike the Quincy Quarries... We will "Trail Trace" (hike every inch of every trail) in the quarries area. Some of these trails are a bit difficult to find... so if you are trying to Trail Trace the Blue Hills, here's your opportunity to complete the quarries portion. Hike will probably run 3.5 to 4 hours (depending of course on group speed) and will be 5 miles with about 600' of elevation. Note that some of this is over granite blocks with 'interesting' footing, it will be slippery if wet. There is also one steep boulder climb that we will do. This hike will be limited to 12 participants plus leaders. This is a hike of the Trail Trace the Blue Hills series so Trail Tracers who have participated in the series will be given priority. Thunderstorms or severe weather will cancel. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC leader, Four season Blue Hills Hiker, Trail maintenance volunteer.) L Joanne Newton (Joanne is a Level 2 leader for the Southeastern MA Chapter and a Leader for the Boston Local Walks & Hikes Committee.)

**Tue., Oct. 31. Fall Tuesday Morning Blue Hills Hike, Blue Hills Reservation, MA.** Please join me for a fall hike in the Blue Hills. The hike will be approximately 5-7 miles and include up to 1,000' of elevation gain. We will average a pace 1 1/2-2 mph with short breaks when needed. The route will include uneven terrain and rock scrambles. Appropriate hiking clothes for fall weather conditions, sturdy footwear, lunch/snacks, 2 liters of water and a small backpack are required. Weather can change dramatically around this time of year, so please check before coming to the hike. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. Registration is required for this hike. I look forward to seeing you there! L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))

**Thu., Nov. 2. Thursday morning hike, Noanet Woodlands, MA.** Join us for a lovely walk through Noanet Woodlands, a Trustees of Reservations property. There are so many trails, our route will be a little different than last year. Of course, we will stop at the remnants of the iron mill from 1815 and also be treated to a view of Boston from Noanet peak. We will cover approx. 5-6 miles on mostly level terrain, plus the short walk up to the peak at 387 feet. Plan on carrying water, snacks/lunch and a pad to sit on. Please wear sturdy boots and appropriate layers for the weather. Hazardous driving conditions will cancel. This Trustees property does have a ticket kiosk, \$6 fee for non-members (credit card), free for members, using your Trustees member number. L Peggy Qvicklund (774-893-3011 please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. I really enjoy sharing the outdoors with likeminded folks.)

**Thu., Nov. 2. Climbing the Chickatawbut Area Hills Hike, Blue Hills Reservation, MA.** Our hike starts at the Chickatawbut Overlook, continues along the northern edge of the Kichamakin Hill, proceeds to the Hawk Hill Summit, and then to Buck Hill with an elevation of 626 feet. Given the 360 views of the Boston Skyline, we will have lunch there. On the hike back, we stay mostly on the Skyline Trail, which includes a climb up Chickatawbut Hill. Overall, we will be hiking 7-8 miles with a total elevation of approximately 1,150 feet. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com). Larry is a Level I hike leader for the Boston and Southeastern Massachusetts Chapters and Co-chair of the SEM Trails Committee. He is an experienced 4-season hiker and Nordic skier.) CL Madelyn Atwood ([MadelynAtwood@gmail.com](mailto:MadelynAtwood@gmail.com), Madelyn is an experienced 4-season hiker and summer kayaker. She is currently working on her Level I hiking leader qualification. She likes a challenge, nature, and AMC hikes.)

**Sat., Nov. 4. SEM Winter Hiking Workshop, Pocasset Village Community Building, MA.** 2023-24 Winter Hiking Series. If you love hiking but have never experienced it in the winter, come join the Southeast Mass (SEM) Chapter for our free annual Winter Hiking Workshop. At the workshop, you will learn everything you need to know from our knowledgeable and experienced winter hike leaders. Whether you are brand new to hiking or just want to brush up on the latest info, this is a great opportunity to learn about equipment, clothing, nutrition and conditioning that will help prepare you for a safe and enjoyable winter hiking experience. This workshop is a prelude to the SEM Winter Hiking Series. In combination, the workshop and instructional series are designed to introduce three-season hikers to the joys of winter hiking/snowshoeing and provide a solid foundation of knowledge. We will start out with one or more local hikes then proceed to progressively more challenging winter hikes in MA and NH. The series will culminate with the opportunity to participate in an overnight trip to an AMC hut in the White Mountains. Participation in an AMC Winter Hiking Workshop (or prior winter hiking experience) will be a prerequisite for participation in the SEM Winter Hiking Series. The workshop will be held on Saturday 11/4 from 11:00-2:30PM at the: Pocasset Community Center 314 Barlows Landing Rd Pocasset, MA 02559 Registration is required for this event. If you have any questions about the event, please feel free to contact the event coordinator at [william.belben@yahoo.com](mailto:william.belben@yahoo.com). L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))





## Activities

For the most current information, [search activities online](#)

### HIKING

**Sat., Nov. 4., SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA.** The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will begin at 4:30 pm with a social hour; the chapters' Annual Meeting will be called to order at 5:30 pm. All SEM members and friends are welcome at the Annual Meeting as well as anyone interested in becoming a member. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for the Social Hour or the Annual Meeting. The cost of the dinner and speaker is \$30. This year our speaker will be Steve Tatko, the AMC's Vice President of Conservation Research and Land Management. Since joining AMC in 2012, Steve led the creation of the Land Department for the AMC's Maine Woods Initiative (MWI). As a licensed forester he oversees MWI's forestry operations, conservation acquisitions and finance, habitat restoration, watershed restoration, and recreation objectives on AMC's 100,000-acre ownership in the 100-Mile Wilderness region and AMC's northeastern Research Department. Steve is a native of northern Maine and avid outdoor enthusiast enjoying hunting, fishing, skiing, and canoeing. He will reflect on how this unique conservation model pioneered by AMC has helped to conserve a critical landscape and watershed in northern Maine. By putting ecology and communities first, AMC is forging a new framework for land conservation tailored to fit the 100-mile wilderness region. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L William Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org))

**Thu., Nov. 9. Thursday Morning Hike - Pratt Farm, 110 East Main Street (GPS) on Rte 105 in Middleboro, MA.** Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at the Pratt Farm Trail head parking area at 110 East Main Street on Rte 105 in Middleboro. Meet before 10:00AM ready to hike. Hike is approximately 4-5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy rain or thunder will cancel. L Richard Carnes (508-947-3204 before 9 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Thu., Nov. 16. Thursday Morning Hike In Blue Hills - White Triangles Trail, Blue Hills Reservation, MA.** Moderately paced 3-3 1/2-hour hike traversing the entire White Triangle Trail in the Houghton's Pond section of the reservation. Hike is approximately 6 miles in length and 600 feet of elevation gain and mostly woodland. Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks, and rain jacket (just in case). Heavy rains/thunderstorms will cancel. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed hikers. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Trail maintenance volunteer.)

**Sat., Nov. 18. Hike Brockton Conservation Trails, 125 Pearl Street, (Hancock Elementary School), Brockton, MA.** Enjoy an easy 2-mile hike at the beautiful woodland trails and boardwalks at Brockton Audubon Preserve. The hike will be 1-2 hours. Beginner hikers and children are welcome! (Parent/guardian must accompany their child.) Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy walking shoes required. Dress for the weather. Heavy rain or thunderstorms will cancel. Bring water and a snack. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets please. Registration is optional, however if you register by clicking the 'Register Now' button, I will send you an email closer to the hike with a weather update and also send one or two pictures after. You do not need to be an AMC member to register but you do need to set up a free AMC account. Note, if you don't register, check the listing the evening before the hike to confirm it's still on if there is rain forecast. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), Diane has been an AMC-SEM hike leader since 2019. She enjoys introducing people to local trails.)

**Sat., Nov. 18. SEM Winter Hiking Series #1- Blue Hills Reservation, MA.** If you're new to winter hiking or just want to brush up on the latest gear, join us for hike #1 in our SEM Winter Hiking Series. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. The day will kick-off with a winter gear "show and tell" in the open pavilion in the Houghton Pond Parking Lot from 9:00am to 10:00am. Many of SEMs most experienced winter hike leaders will be there to show off their winter gear and answer any questions you may have. At 10:00 we will circle up for a refreshing hike of about 4 miles on various trails in the areas around Hillside St. There may not be winter conditions on this hike but bring all of your winter gear along with a large backpack to carry it so you can get used to packing for winter and what it will feel like to carry it. This hike is open to all who qualify. In order to participate in the winter hiking series, you will need to have attended a winter hiking workshop or have prior winter hiking experience. You do not need to be a member of AMC, but registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))



## Activities

For the most current information, [search activities online](#)

### HIKING

**Tue., Nov. 21. Fall Hikes Series: Houghton's Pond Skyline Loop on Repeat, Blue Hills Reservation, MA.** A moderate paced 3–4-hour loop hike from Houghton's Pond to the State Police barracks and back again. Yes--we will retrace our steps and return the way we came--to double the fun! This 6-mile hike includes many ups and down on steep rock. Please be comfortable ascending and descending uneven boulder-y rocks--we will be keeping a brisk but safe pace to maximize heart rate and calorie burn! Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks, and rain jacket (just in case). Heavy rains/thunderstorms will cancel. Group size is limited to 10 hikers plus the two leaders. Trail head and other logistical information will be emailed to confirmed registrants. L Deborah Sepinwall (401-595-7575, [deborahsepinwall@gmail.com](mailto:deborahsepinwall@gmail.com), Deborah is a leader in training with the Boston chapter and a Level 1 leader with SEM. She has hiked and backpacked with her husband Vincent extensively in the White Mountains as well as in other parts of the U.S., Europe, and Canada.) L Diane Simms ([dianesimms@comcast.net](mailto:dianesimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!)

**Sat., Nov. 25. Easy Hike at Borderland State Park, 259 Massapoag Ave., N. Easton, MA.** Enjoy an easy 4-mile hike at the beautiful woodland trails at Borderland State Park. The hike will be about 2.5-3 hours. Beginner hikers and children are welcome! (Parent/guardian must accompany their child.) Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy walking shoes required. Dress for the weather. Heavy rain or thunderstorms will cancel. Bring water and a snack. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets. Everyone is welcome on this trip who can do the hike. You do not need to be an AMC member. You will sign a liability waiver at the trailhead. Note, check the listing the evening before the hike to confirm it's still on if there is rain forecast. If you have any questions, email the leader. \$6 parking fee per car, bathrooms in the Visitor's Center. See you there! L Nancy Piedra ([nancy\\_piedra@yahoo.com](mailto:nancy_piedra@yahoo.com))

**Thu., Nov. 30. Thursday Morning Hike - F. Gilbert Hills, Foxboro, MA.** Our roughly 7-mile hike at F. Gilbert State Forest will include the hills in the eastern portion of the property, the Acorn Trail, the several unmarked trails around the Acorn trail. We will pass High Rock, and a number of standing and alignment stones in the area. We will be hiking a moderate pace. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced four-season Level I hike leader for the Boston and Southeastern Massachusetts (SEM) chapters. He is also Co-chair of the SEM Trails Committee.) L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern Massachusetts and Boston Chapters Hike Leader and Leader-In-Training Mentor. Avid nature photographer.)

**Thu., Dec. 7- Thursday Morning Hike - Great River Preserve & Taunton River WMA, Bridgewater, MA.** Meet at The Great River Preserve small dirt parking area past 963 Auburn St. Thursday Morning 10 AM / 2-3 hour/ flat 4 to 5-mile Hike- Wildlands Trust Great River Preserve and Taunton River Wildlife Management Area on Auburn Street in Bridgewater. Travel through pine and holly forest onto open meadow trails paralleling the Taunton River. Do not approach from Auburn Street in Middleboro as the bridge has been removed. Heavy rain/snow or icy conditions will cancel. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

### PADDLING

**Ongoing. Paddling Chair & Vice Chair - Southeastern Mass Chapter.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. We are looking for a paddling chair who will start their term after our current chair completes his term on November 4. We are also looking for a paddling vice chair. SEM organized paddles were low in numbers this year with rainy weather and high winds forcing the cancellation of many organized paddles. In 2024 the main role for our Paddling Chair and Vice Chair will be to lead paddles, encourage our paddle leaders to lead more SEM paddles, and train/mentor new paddle leaders. You do not need to be a long-time member to volunteer for one of these roles, just paddling experience, interest, and enthusiasm. If you are not yet a SEM paddle leader, we will first train you as a paddle leader. To discuss this position please contact Barry Young, our current Paddling Chair, by emailing [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org). You can also contact Walt Granda at [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes at [chair@amcsem.org](mailto:chair@amcsem.org) to discuss any of the open positions. L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))





## Activities

For the most current information, [search activities online](#)

### PADDLING

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### SKIING

**Ongoing. Skiing Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our skiing committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L Dia Prantis ([xskichair@amcsem.org](mailto:xskichair@amcsem.org))

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**Fri., Jan. 12-15. ML King Weekend at Waterville Valley, Mountain Fare Inn, Campton, NH.** Enjoy a 3-night weekend at the charming Mountain Fare Inn. The location offers easy access to the Waterville ski area for cross-country trails as well as downhill for those interested. There'll also be the option for winter hiking. We have full use of the inn's kitchen, game room, and sauna. Join us for an enjoyable weekend! L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the ski-chair for SEM and loves to get outdoors in the winter and share the fun with others!) L Jeannine Audet (508-493-8221, [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), Jeannine is a very active level 4 hike leader and ski leader for SEM.), R Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com))



## Activities

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### SOCIALS

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L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org))

### TRAILS

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L Stephen Scala ([trailschair@amcsem.org](mailto:trailschair@amcsem.org))





The End

The November 2023 Breeze was replaced by the [2023 Annual Report](#).



## Southeastern Massachusetts Chapter



### SEM Chapter Annual Report

I have a special treat for you this month- the [SEM Chapter Annual Report](#). It's chock full of information and, even better, lots of wonderful images from our events. Think of it as accountability with a side of entertainment.

Don't worry, we will be back in December with one of our biggest and best *Breezes* ever. (I am not at liberty to share too much, but I can tell you the December Breeze will have profiles of several new activity leaders.)



And, I wouldn't be doing my job if I didn't share these bits of news and information with you:

- **Speaking of the Annual Report...** It was presented this past Saturday at our Annual Meeting. Were you one of the 84 attendees? If not, there is always next year because, you know, it's an annual meeting.
- **The AMC DEI Speaker Series** continues with Body Positive Hiking on November 16 at 7p. For more information and to register, [go here](#). (Pro tip- we all play a role in making the outdoors a welcoming place for EVERYONE.)
- **The 2024 Annual Summit** is just around the corner. Can you believe we are nearing the end of 2023 already? This Summit will be AMC's 148th! We are growing wiser, not older. [Click here](#) for all the details.

Do you have a story to share? The Breeze is always looking for contributions from members. If you are interested in sharing your AMC story, please contact [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).

Be well,  
Justin Anderson, Communications Chair  
AMC Southeastern Massachusetts

# The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | December 2023

Get your preferred AMC-SEM activities delivered right to your email inbox!

To sign up for the AMC Activity Digest, go to the very bottom of [Outdoors.org](https://www.amc.org) & click **Login to My Outdoors**.

Choose **Go to Activities Database**.

Under **My Dashboard** on the left, click **Manage Digest Emails** and **Create new digest**.

Or call 1-800-372-1758 for help.

Find past issues of *The Southeast Breeze* on our [website](https://www.amc.org).

Like us on [Facebook](https://www.facebook.com/amcsem).  
Follow us on [Instagram](https://www.instagram.com/amcsem).

## Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).

Please send original, full resolution photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

## Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free. Send listings to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).

Business ads start at just \$10/month. Send inquiries to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).



One of three groups in the AMC-SEM Beginning Winter Hiking series poses at the Ski Patrol center at the summit of Gunstock Mountain in New Hampshire. *Photo by Whit Hanschka*

## Register now for the AMC Annual Summit Jan. 20

AMC's 148th Annual Summit will be held on Saturday, January 20, 2024, at the Four Points by Sheraton in Norwood, MA. This one-day event will include a full schedule of learning opportunities, a delicious lunch in the Four Points ballroom with a presentation of AMC awards, the Annual Business Meeting for AMC members, and a fun social hour.

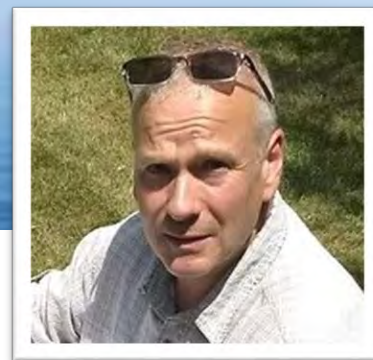
This year's Annual Summit will focus on four learning tracks: Volunteer Leadership; Conservation and Research; Diversity, Equity, and Inclusion (DEI); and About AMC. Wilderness First aid and Mental Health First Aid are offered separately for an extra fee.

The Annual Summit is open to members of the public, AMC members, volunteers, and staff. Current AMC members in good standing can vote for the 2024 AMC Board of Directors slate. The election slate and voting information will be emailed to current AMC members. Members can vote electronically until midnight January 17, 2024. Members can vote in person on the morning of January 20 at the Annual Summit.

The Annual Business Meeting includes a Report from Board Chair Yvette Austin and AMC's Treasurer, Kathy Campbell. Click [here](#) for our 2024 Slate of Officers.

For complete information on the Annual Summit, the Registration form, and to request financial assistance, see the [here](#). Member registration is \$65; General Registration is \$75.





## View from the Chair: Volunteers make it all happen

Thanksgiving is a time for friends and family, and part of that tradition is to share what we're thankful for. As Chair of the SEM chapter of the AMC, I want to thank our SEM volunteers. Please do read our [Annual Report](#) to get a sense for all that has been happening. I am also thankful for our AMC members; you care about protecting the environment, and even if you are no longer active outdoors, your membership dues help.

The recent cold spell reminds me that winter is fast approaching and in SEM we love the winter; the air is crisp and there are no bugs. After the first major snowfall, no roots to trip on. When you summit a mountain, you have clear views without that summer haze. So, start signing up for [our winter trips](#). We currently have over 30 trips listed from hikes to skiing weekends, and more are being listed every day.

This is also the end of my first year as Chair of the SEM chapter, and I welcome your input. Feel free to reach out to me if you have any suggestions or observations, or to just introduce yourself.

I wish you a very happy holiday season, and I look forward to seeing you Outdoors!

Happy trails,

*Paul Brookes, Chapter Chair*

### 2023 Executive Board

Chapter Chair .....Paul Brookes  
Vice Chair .....Jeannine Audet  
Secretary.....Lindsey Meyers Bertone  
Treasurer .....Earl Deagle  
Past Chapter Chair .....Diane Simms

### 2023 Standing Committees

20's & 30's Chair.....OPEN  
20's & 30's Vice Chair.....OPEN  
Biking Chair .....Bill Trimble

Biking Vice Chair .....Open  
Cape Hiking Chair.....Robin McIntyre  
Cape Hiking Vice Chair .....Janis Delmonte  
Communications Chair .....Justin Anderson  
Communications Vice Chair.....OPEN  
Conservation Chair .....Zoe Rath  
Conservation Vice Chair .....Paul Williams  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar

Hiking Chair .....Bill Belben  
Hiking Vice Chair.....Open  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
Paddling Chair .....OPEN  
Paddling Vice Chair .....OPEN  
Skiing Chair .....Dia Prantis  
Skiing Vice Chair .....Open  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone

### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
Webmistress.....Cheryl Lathrop  
Nominating Committee Chair.....Walt Granda  
Diversity, Equity, Inclusion.....Maureen Kelly

Volunteer Relations...Katherine Brainard  
Regional Director.....Cindy Crosby  
Mo Walsh.....The Breeze Editor  
Blast Editor.....Marie Hopkins

Please contact  
[chair@mcsem.org](mailto:chair@mcsem.org) or  
[nominatingchair@mcsem.org](mailto:nominatingchair@mcsem.org) if  
you are interested in any open  
position.



Mental Health  
FIRST AID

## Scholarship for Mental Health First Aid Training.

AMC-SEM is offering a full scholarship to a one-day course in [Mental Health First Aid](#) (held on January 20). Normally, registration is \$70.

The course will teach you how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. While not specifically focused on a backcountry setting, this course will be led by an instructor with extensive experience as a volunteer trip leader for the AMC and covers health challenges we are increasingly seeing in backcountry spaces.

Learners receive their training through a 7.5-hour, instructor-led, in-person session spread over the day, in tandem with AMC Summit events. Participants will be able to participate in Summit events, including most of the Welcome and Business Meeting, the Lunch events, and the evening Social Hour. This training will replace all other Summit workshops.

To qualify for this scholarship, you must be a SEM member who is actively participating in our outdoor activities and agree to write an article for the February edition of the *Breeze*, where you share what you learned from the workshop with our SEM members.

If interested, please contact Paul Brookes and Jeannine Audet by emailing [chair@amcsem.org](mailto:chair@amcsem.org) and [vicechair@amcsem.org](mailto:vicechair@amcsem.org) before December 22<sup>nd</sup> with a brief explanation as to what you hope to get out of this training. If multiple applications are received, the Chair and Vice Chair will review the applications and select the application they deem most worthy.

## December 14 DEI Speaker: ‘Black Joy in the Outdoors’

What feelings does backpacking evoke for you? Have you heard about Ona Judge? How can you find joy along the Presidential Traverse? On Thursday, December 14<sup>th</sup> Outdoor enthusiast Chaya Harris shared Stories about Black Joy in the Outdoors and why it's important for all of us. This and all the talks in the DEI speaker series are available to watch at [Speaker Series Showcase](#).

Chaya Harris most recently served as the National Program Director at Outdoor Afro after serving as a volunteer Leader with the organization for five years. She has helped plan outstanding events and expand the network as a Regional Lead in the Northeast, climbed Mt. Kilimanjaro with other Leaders, and has had several women-led expeditions in the Northeast and Pacific Northwest.



In addition to her love for the outdoors, Ms. Harris is passionate about education. She worked as a teacher in Boston Public Schools for 10 years, where she planned experiences that fostered curiosity, centered on student empowerment, and connected families in meaningful ways with the overall community.

Later, she was an administrator, before bringing her skills and experience to outdoor education as the Director of Curriculum and Instruction at Thompson Island Outward Bound. In these roles, she learned more about the importance of agency as a way to dismantle barriers and increase access to equitable opportunities.

She enjoys almost any outdoor activity, is a certified kayak instructor, and looks forward to trying snowboarding this winter.

### DEI Outdoors

AMC’s Board of Directors has engaged [DEI Outdoors](#) to assess AMC’s DEI efforts, opportunities, and challenges. DEI Outdoors is a consulting firm that addresses equity and justice issues in the conservation, outdoor recreation, and natural resources industry—and its founder is an AMC member!

Rachel Hailey of DEI Outdoors recorded an introductory video to share with all of you: [Click here to watch it](#)





Photos by Tracy Hawes

## Much to applaud at AMC-SEM Annual Meeting and dinner

By Jeannine Audet, Chapter Vice Chair

On Saturday, November 4, AMC-SEM held the Chapter's Annual Meeting at the Bay Pointe Club in Buzzard's Bay. This year, more than 70 people were in attendance. The evening began with a social/happy hour, providing the opportunity for casual time for friends to catch up, and for new attendees to be welcomed, over drinks and delicious appetizers. During this time, a slide show scrolled through pictures of some of this past year's 366 SEM activities. Attendees also had the opportunity to review hard copies of the beautifully laid-out [Annual Report](#), which summarized the Chapter Committees' activities.

The evening's emcee, Paul Audet, called everyone to their seats for the start of the Annual Meeting. Chapter Chair Paul Brookes led the meeting, which included a review of the Annual Report; recognition of Executive Committee officers who have served and were stepping down from their positions; recognition of 10, 25, and 50-year AMC members; and recognition of leaders.

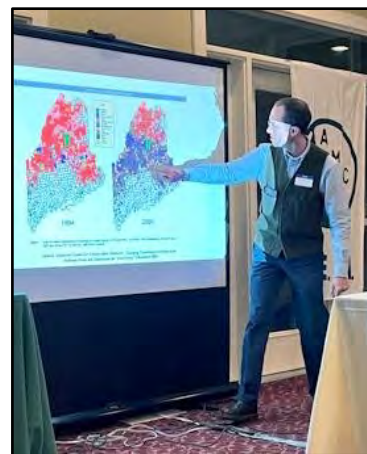


Annual Report presented by Diane Simms.

Earl Deagle, AMC-SEM, Treasurer, reviewed our 2023 income and expenses as well as the budget for the upcoming year, Walt Granda presented the proposed slate of officers, which was voted in by attendees.

Following the Annual Meeting, a delicious buffet dinner was enjoyed,

followed by dessert and coffee. Steve Tatko provided an update from AMC at-large, as well as an excellent, informative presentation about the AMC's Maine Woods Initiative in the 100 Mile Wilderness. He highlighted the conservation efforts ongoing in the 100,000 acres of AMC-owned land.



Our passionate guest speaker, Steve Tatko.

This year's Distinguished Service Award winner, Len Ulbricht, was recognized for his dedication of service to the AMC-SEM. (See page 5.)

A new tradition was born this year, with the introduction of a Chapter Chairs' Memento, a beautifully carved vase, donated by AMC-SEM member Kevin Mulligan. This vase was presented to Chapter Chair Paul Brookes by Vice Chair Jeannine Audet, and it will be passed on to each new AMC-SEM Chapter Chair as they start their two-year term.

The evening concluded with a raffle, with the lucky attendees in possession of one of the numbers called choosing from a variety of prizes, including an AMC sweatshirt, books, and gardening gear.

As you can see, this was an evening "chock full" of opportunities for socialization, learning, and, most of all, celebration of our chapter. We look forward to next year's meeting and encourage all to attend!



Left: Paul Brookes with the new beautifully carved SEM Vase donated by member Kevin Mulligan. Right: Registration volunteers Sam Fisher (left), Jane Harding, and Nancy Piedra.





Len Ulbricht with DSA certificate and engraved cup. *Photo by Tracy Hawes*

## Len Ulbricht receives AMC-SEM's 2023 Distinguished Service Award

By Walt Granda, Nominating Committee Chair

Congratulations to the 2023 Distinguished Service Award recipient, Len Ulbricht.

Len joined the AMC on February 19, 2008, and within a year after joining, he qualified as a trip leader. Len has led over 190 activities and has participated in hiking, biking, skiing, and snowshoeing trips as well as trail work. He has been a leader of both overnight hiking and skiing trips in the White Mountains and the Berkshires and has been a Co-Leader for AMC Adventure Travel, both in Ireland and the USA.

Len led the very popular spring Blue Hills conditioning hikes from 2014 to 2020. Len's many hikes in the White Mountains included a series of hikes in the Southern Presidential Range, summiting Mt. Webster, Mt. Jackson, Mt. Pierce, Mt. Eisenhower, and Mt. Washington.

Membership and Education Committees benefitted from Len's leadership as Chair of both these groups. As Membership Chair, he promoted and led introductory hikes

for new members and organized informational meetings about the AMC at various events. Len, as Education Chair, also arranged training sessions in Wilderness First Aid, Leadership, and Map & Compass use.

From 2018 through 2020, Len served as Vice Chair and then Chapter Chair of AMC-SEM. As Chapter Vice Chair, Len helped facilitate SEM's first-ever Chapter Retreat at Camp Burgess in East Sandwich, offering a variety of hiking, biking, and paddling events.

During his first year as Chapter Chair, participation in Leadership Training more than doubled while SEM offered 387 activities, an increase of nearly 11% over the previous year. He also supported one of the chapter's more recent objectives by increasing the number of local weekend hikes.

In 2020, Len also dealt with the impact of the COVID-19 pandemic, resulting in the cancellation of trainings, trips, and events. To lessen the effects of COVID-19 restrictions, he transitioned the chapter from in-person gatherings to video conferencing. This technology permitted SEM to allow members to participate in chapter trainings and meetings in a safe way.

Thank you, Len, for everything you do and have done. You have provided our members with great outdoor adventures.



Presentation of the SEM Vase to current and past Chapter Chairs. Left to right: Len Ulbricht, Dia Prantis (Ski Chair), Paul Brookes (Current Chair), Diane Simms, Jeannine Audet (Current Vice Chair), Barry Young, Maureen Kelly, and Dexter Robinson





## Try out winter hiking equipment with SEM's Gear Loan Program

by Diane Simms, Development Committee

It's tough. It can be risky to hike on packed snow and ice if you don't have the right equipment, but do you really want to shell out \$70 for spikes before you know if you'll like winter hiking? Even a flat nature trail can be slippery, and steeper trails can be treacherous. If you want to get out there, you'll want to wear good traction devices. And what's with the poles? Do you wonder why people use them? They help you keep your balance and take strain off the knees. They're particularly helpful in the winter as you navigate slippery areas. A good pair costs about \$100, so of course you'd like to try them before buying.

### SEM Gear Loan Program

SEM is here to help! The SEM Executive Committee approved the purchase of eight pairs of microspikes and eight pairs of trekking poles for loan to participants on SEM hikes. The Cape Hiking Committee has two sets, and the Hiking Committee has the other six sets. This is a pilot program. If we have a lot of demand, we will consider purchasing more gear.



Left: Traction devices can prevent slipping on snow and ice. *Creative Commons photo.* Right: SEM hikers use trekking poles for balance and relieve stress on knees on a snowy slope. *SEM archive photo by Cindy Grondin*

### How do you borrow gear?

Contact the hiking leader to request gear for a specific hike. The leader will contact the gear manager to see if equipment is available and arrange for pickup. At the trailhead, the leader will have you sign the [AMC Rental Agreement](#). (Note, there is no cost to borrow gear from SEM.) You'll both look over the equipment to check that it's in good order. The leader can answer your questions about how to use the gear. At the end of the hike, return the gear to the leader. You will both assure that the gear is still in good order. If the equipment is damaged, you will not be charged. We understand that stuff happens. We just want

to be sure the gear is in good shape before loaning to the next person.

### Conditions

The loaner gear is only available to participants in SEM-listed-hikes and is not to be borrowed for independent hikes. The gear must be returned at the end of the SEM hike. The intent is not to keep loaning gear to the same participant. We expect that after one or two uses of the loaner gear, participants will buy their own if at all possible.

Enjoy winter hiking!

Hope to see you on the trails this winter!

## Affordable hiking equipment

by Diane Simms, Development Committee

Hiking in the three seasons requires sturdy walking shoes or good hiking boots, depending on the terrain; comfortable clothing; and a small pack to carry your food, water, and other supplies. Hiking in the winter is a whole different story. You need the right gear, clothing, and footwear to be safe and comfortable. That is true for local hiking and doubly so for mountain adventures. Are there affordable options?

If you stay at the [AMC Highland Center](#), you can borrow from their L.L. Bean Gear Room, which offers boots, backpacks, outerwear, snowshoes, and more for adults and children.

The SEM website has a section on [Winter Hiking Resources](#), including places to buy clothing and gear.

This [AMC blog](#) provides great ideas for affordable solutions.

### Enjoy the outdoors!

Equipment for loan at the AMC Highland Center includes hiking boots in a range of sizes. *Photos by Paul Brookes*



Trekking poles, sleeping bags, and backpacks, plus other winter hiking gear are also available.



# BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



Photo by Diane Hartley

## Volunteer of the Month: Anne Duggan

By Bill Belben, Hiking Chair

*There was no Breeze last month because of the Annual Report, so we celebrate Anne in this issue.*

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best. It is with great pleasure that the Hiking Committee recognizes Anne Duggan as November Volunteer of the Month.

Anne continues to be a very active member of our SEM Chapter. In addition to being our Chapter Chair for the Education Committee, Anne volunteers a lot of her time leading destination hikes and backpacking trips. Anne is also a regular attendee at a lot of other local hikes as well.

Anne continues to be extremely active in helping aspiring leaders obtain certifications for leading destination hikes and backpacking. This year, Anne conducted a backpack training session to help train SEM leaders who have been interested in getting backpack certified. This was the first backpack training session since before COVID-19. Following the training session, Anne helped Jeannine Audet become certified as a Class 1 Backpack leader and together they have led several backpacking trips this summer and fall. Anne continues to lead many hikes that have been co-leads or qualifying hikes for our Leaders-In-Training.

Anne has also been very helpful with other chapter events, including being a presenter at our Winter Hiking Workshop.

We are honored and lucky to have Anne as part of our chapter and thank her for all of her efforts. Anne will receive a Volunteer of the Month Certificate and a \$50 REI gift card. Thanks, Anne!

## Two-day Backpacking Course scheduled for May 21-22

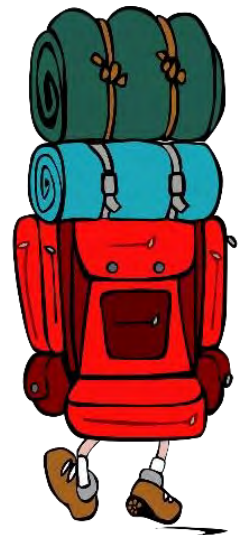
By Anne Duggan, Education Chair

Exciting news! On May 21-22 SEM will be once again offering an Introduction to Backpacking course! This will give you all the information you will need to hit the trails for overnight fun and multi-day adventures.

Our course will start at 1 pm at the Wildlands Trust barn in Plymouth, MA, on May 21. We will spend the afternoon learning about what to expect while exploring the backcountry. Subjects will include clothing and footwear, backpacks, sleeping bags and pads, stoves, food, bear bags and canisters, water purification, tents, elimination, trip planning, and conditioning. At 5 pm we will leave the Wildlands facility and head to Myles Standish State Forest for an overnight.

At the overnight, we will have an opportunity to practice all you have learned: cook on camp stove, sleep in a tent, and in the morning load up packs and go for a hike.

You will not need to buy equipment for this experience. Bring what you have for a tent, sleeping bag, and backpack. If you do not have any of these things, we can arrange for you to borrow equipment for the night. After attending the course, you will have a better idea of what you need and where to purchase it. For more information contact Anne Duggan by emailing [educationchair@amcsem.org](mailto:educationchair@amcsem.org)



“You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know.”

—*Mount Analogue* by René Daumal  
Submitted by Rich Carnes





Left: Pam Aberle. Right: Kathy O'Keefe. Photo by Michael O'Keefe

## New Trail Trace finishers offer tips for hiking beginners

By Kathy O'Keefe & Pam Aberle

It all began in March 2023 on the conditioning hikes at Blue Hills Reservation with Diane Simms. Several hikers kept talking about the Winter Trail Tracing they had completed just weeks earlier. Intrigued by the allure of more hiking, seeing more of the reservation, and—let's be honest—earning a patch, we began to ask questions and were quickly hooked! After several months of hiking, we accomplished our goal in November 2023, ahead of the holiday season, as we had planned. Both our husbands, Bruce Aberle and Michael O'Keefe, hiked the last four miles with us so they could cheer us on and document it. Trust us; if we were able to do this, so can you!

Tips from beginner trail tracers:

**Find the perfect partner.** We both found ourselves getting a bit obsessed with tracing and neither one of us thought the other was crazy. We motivated each other, shared a ton of laughs, and grew a really wonderful friendship. Plus, it is helpful to have another set of eyes looking for those trail markers!

**Tell everyone you're trail tracing.** We benefited from everyone else's knowledge and experience. Ken Cohen, Patty Everett, and Walt Granda shared maps, led us on a few of the more challenging hikes, and cheered us along our way. We're pretty sure we'd still be trying to finish the Quincy Quarries if it weren't for them!

**Use multiple maps.** While we found that online navigation tools were helpful, the best tool of all was the

old-fashioned printed map. By saving a PDF of the reservation map, we could enlarge the area and highlight our intended hike. We also put our phones on low battery mode and used both Maprika and AllTrails. We still missed a few turns but were able to self-correct without going too far out of our way!

**Get excited.** We truly enjoyed exploring new areas and learning our way around. The Blue Hills is so much more than the Great Blue Hill! The terrain is varied, the views are amazing, and there is so much to see! Plus, you'll earn a patch when you finish!

We hope you will challenge yourself and give trail tracing a try!

## Hiroko Hardebeck, experienced hiker, qualifies as SEM leader

By Bill Belben, Hiking Chair

On Tuesday, Oct 24, Hiroko Hardebeck led a large group of hikers on a fall hike of the Blue Hills, which were ablaze with red, orange, and yellow leaves. The perfect weather conditions were only outdone by the absolutely perfect job that Hiroko did in planning and leading her Level 1 qualifying hike. The group was very impressed with her efforts and showed their appreciation with a thumbs-up and a hearty round of applause at the hike's end.

If Hiroko's name is unfamiliar to you, it may be because she is new to SEM. She is a seasoned local hike leader for the Boston Chapter. She has a lot of experience hiking locally and up in the mountains of New Hampshire and Maine. She is going to be a welcome addition to our growing number of new leaders, and I encourage you to look for, and join, one of her upcoming hikes.

Please welcome Hiroko to our SEM leadership team and congratulate her on her qualifying hike.



Bill Belben presents Hiroko with her new leader bag. Photo by Patty Everett





Tim Harvey on the fire tower on Speck Mountain. *Photos by Anne Duggan*

## New Level 2 Hike Leader Tim Harvey likes a challenge

By Anne Duggan, Hike Leader

Congratulations to Henry “Tim” Harvey, SEM’s newest Level 2 Hike Leader. With a wealth of experience hiking, backpacking, and rock climbing, Tim brings a new perspective to our hike offerings. He completed leadership training and co-led a trip to Mount Jefferson in 2022.

Never one to take the easy path, Tim chose to lead a backpack in western Maine through Mahoosuc Notch to Old Speck Mountain for his qualifying hike. On that August 6- 8 hike, Tim shared his expertise on the Mahoosuc Notch Trail, considered the most challenging mile of the Appalachian Trail.

Backpackers descend to the Speck Pond campsite after tackling the Mahoosuc Ravine.



Tim led a group of six over, under, and between rocks in the notch and to the incredible views on the top of Mahoosuc Mountain. After dropping down to the Speck Pond Campsite, the group spent a pleasant night before summiting Old Speck Mountain and returning to cars via the Speck Pond Trail. This strenuous and challenging route was completed seamlessly due to Tim’s quiet, confident leadership.

To further demonstrate his love of challenging hikes, Tim led a climb to New Hampshire’s King Ravine, one of the Terrifying 25, on October 14.



Left: Challenges on this one-mile section of the Appalachian Trail include jumbles of rocks to climb over, under, and between.

Below: One of the many scenic rewards for all the effort is Mossy Fall.







Approaching the Peters Hill summit.

## A Colorful Prelude to Winter at the Arnold Arboretum

Article and photos by Ken Cohen, Hike Leader  
Co-Leader: Larry Petrone

It happens every year—after a vigorous summer growing season, the trees at the Arnold Arboretum are preparing for a rejuvenating rest.

For many species photosynthesis stops; the oranges, reds, and yellows behind the green appear; and eventually the leaves shrivel and drop from their branches.

Life continues—in a veiled sort of way—with one last blast of a colorful—"wait 'til Spring!"

Mother Nature is immune to many of the troubles in the world. In fact, she is in the process of putting many of her tree and plant children to sleep for a while, right on schedule. Locally, few places are a better example of that transition than is the Arnold Arboretum, located at 125 Arborway, Jamaica Plain (Boston), MA.

This past October 26, 2023, during a warm autumn day, 15 of us reveled in the spectacle of this "tree museum" during a five-mile exploration. This was the SEM's "7th Annual Autumn Peak Hike!"

Amongst the home of a couple of red-tailed hawks, and one amazing life form after another, we put foot afield, with cameras in hand, in that sanctuary of the trees. The Arboretum is an "island-in-the-city" where many of us find solace and peace in nature's splendor.

The photos that follow are a few examples of the approaching dormancy of more than 15,000 specimens of

trees and other plants at the 170-acre park, which is owned and maintained by Harvard University. It was founded in 1872 and designed by the "father of American landscape architecture," Frederick Law Olmstead. I refer to it as the diamond in the Emerald Necklace.

Admission is always free-to-all. The often-breathtaking scenery changes every day!

You might like to join us in May, 2024, during the SEM "7th Annual Spring-Into-Spring Hike."



Ginkgo Tree Leaves



Red-tailed Hawk



European Terracing



Leaf Litter



Autumn Reflections



SEM Arboretum Walkers



Hikers on a Lofty Cityscape





**Claire's** beautiful smile and spirit of adventure inspired all of her SEM friends to enjoy their explorations in the outdoors.

*Photos by  
Craig  
MacDonald*

## In Memory of Claire MacDonald

By Pam Johnson, Hiking Leader

Claire MacDonald, a long-time SEM member and hike leader, died at home October 2, 2023, after a two-year battle with pancreatic cancer. To those who knew her, Claire was regarded as an avid hiker and adventurer, traveling all over the world with her husband, Craig. Claire lived a full and meaningful life, touching the lives of so many SEM Chapter members.

Claire graduated from Weymouth North High School in the Class of 1966, and from the University of Massachusetts, Boston, in 1970 with a degree in Psychology. She earned her Masters in Educational Psychology in 1975 from the University of Hawaii, where she also held graduate certificates in School and Vocational Rehabilitation Counseling.

Claire married Craig Dixon MacDonald, formerly of Pawtucket, Rhode Island, in 1974. They had two daughters, Taryn and Cailigh. After living in Hawaii for 28 years, Claire and Craig settled in Duxbury, MA, in 2000. They celebrated 49 years of marriage in July this year.

Claire dedicated her life to public service. She worked as a school counselor for physically and socially disadvantaged youth in Jefferson Elementary School in Waikiki and at READS Collaborative and Cardinal Cushing Centers in Massachusetts.

She was also a vocational rehabilitation adjustment counselor for the states of Hawaii and Massachusetts. She was brave and compassionate. Her caseload in

Hawaii included HIV patients at a time of turmoil and desperate understanding. In other cases, she prevented several suicides through direct intervention.

A hiker and mountain trekker, Claire climbed all 48 of New Hampshire's 4,000-foot peaks in her late 60s. She also scaled heights in Nepal's Himalayas and the Patagonian Andes of Argentina and Chile, Europe's Mont Blanc, and the Canadian Rockies.

Claire was a Level I SEM Hike Leader and a co-leader on the Winter Trail Tracing Series and the Spring Conditioning Series for a number of years. She and her husband, Craig, were mentors to many of us in the SEM Chapter and helped train new hike leaders.

Claire and Craig also participated in AMC August Camps and enjoyed meeting folks from all over and sharing great stories from the trails of New England. Claire loved hiking in all seasons and all kinds of weather. She never backed down from a challenge. Always cheerful with a good adventure story to share, Claire was lots of fun to have on those four-hour hikes in the winter!

Claire and Craig were often found on the trails, under the full moon at Borderland State Park or leading Winter Trail Trace the Blue Hills hikes. It was a joy to see Claire these last two years at occasional SEM events such as our Open House and end of season Winter Trail Trace party. Her stamina and uncomplaining spirit are an inspiration to us all. Claire, we will miss your stories and zest for life. We will remember you on the trails.



**Claire's adventures abroad** included the Andes in Argentina.

Claire's obituary is in the *Patriot Ledger*, [here](#). A memorial service was held on Monday, November 13th in Duxbury, attended by many of Claire's hiking buddies from SEM. Those who wish to remember Claire in a special way may make gifts in her memory to the Dana Farber Cancer Institute, Gifts for Spiritual Care, 450 Brookline Avenue, Boston, MA.

*(See photos page 14)*





Kate Sullivan celebrates reaching yet another summit. *Photo by Tracey Hawes*

## The SEM family grows with new Level 1 Leader Kate Sullivan

*By Tracy Hawes, Hiking Destination Vice-Chair*

On September 9, 2023, Kate Sullivan completed her qualifying hike for Level 1 Hike Leader Certification by leading a group of eleven hikers at Borderland State Park. According to Joanne Newton, who steadfastly mentored Kate, “She did an outstanding job with everything. Everyone had a great time. She communicated well with me and all the registrants; prepared the route; scheduled stops along the way; and checked in with the hikers to make sure they were okay, and the pace was good. We covered over seven miles on this hike.”

Kate is for sure a confident hiker and manager of groups. I have hiked not only several of the local Blue Hills hikes with Kate, but also higher peaks in the White Mountains in pursuit of my own goal of 48/4K’s. She is easy-going, informed, and holds a balance of all the right ingredients for leadership. Kate joined me for one of the summer’s sloppy, wet, and strenuous hikes up Galehead, South Twin, and North Twin with a zest and *joie de vivre* that makes hiking fun and safe in those conditions. I was grateful to have her on my Liberty and Moosilauke hikes as well. She’s a natural.

When Kate isn’t volunteering for AMC-SEM, she commutes to her job in Boston, and enjoys landscaping with the spirit of “Native Plantings.” Welcome to the Leadership track, Kate. I know you’ll be leveling up before a blink of an eye.

Please congratulate Kate on her accomplishment and look for her upcoming local hiking trips!

## Autumn views on an ideal day on Martha's Vineyard ‘heights’

*By Nancy Tutko, Cape Hiking Leader*

Crisp, clear fall weather greeted us on Nov. 11 for a nine-mile hike of the moraines on Martha's Vineyard. These are ridges formed by rocks and sediment swept down and deposited as a mass by glaciers.

It was an early start for hikers Susan Cummings and Butch Ripley, who took the ferry from Woods Hole to Vineyard Haven, where we met up to carpool to the trailhead in Chilmark.

The hike topped two of the island's three highest “peaks”—Peaked Hill (311') and Radar Hill (302')—whose open hilltops provided expansive views over Vineyard Sound, the Elizabeth Islands, the Gay Head Lighthouse, and the Atlantic Ocean.

The route rambled through scenic woodlands, pastures, and wetlands, including seven permanently protected conservation properties and several public walking trail easements through private lands, with a beautiful mossy stretch along the meandering Tiasquam River.

It's always an adventure making the trek over to the Vineyard for a day hike, and this time the stellar weather and views were a happy bonus.



SEM hikers enjoy a beautiful day and uplifting views from **Martha's** Vineyard.

*Photo by Nancy Tutko*





Conservation Corner

## Shop thrift stores for gifts that save money and the planet!

Paul Williams, Vice Chair Conservation Committee

This holiday season consider one way to go green by shopping at thrift stores and online resale sites. Almost every “thrifter” has a story about an amazing find—including never-worn clothes or never-used items that were impulse purchases, unwanted gifts, overstock, etc.

By reselling or donating instead of dumping these articles, the original owners are benefiting the environment as well as thrift shoppers—and community charities that run many of these stores. Business Insider estimates that 85% of textiles are trashed, a garbage truckful of clothing burned or dumped in landfills every second.

Thrift store shopping may require more time and persistence, but that’s a small price to pay for a smaller price tag and a bigger contribution to the environment!

## Cape Hiking Committee was part of Thoreau Readerthon

By Jane Harding, Cape Hiking Leader

Barnstable Land Trust (BLT), in honor of its 40th anniversary, proudly presented the first-ever Thoreau’s Cape Cod Readathon, 10 am to 3 pm on October 7th and 8th. The Cape Hiking Committee was excited to partner with BLT for the event. This unique first-of-its-kind initiative celebrated Thoreau’s iconic work, *Cape Cod* describing the natural beauty of Cape Cod and inviting the public to contemplate how his depiction of the environment and Cape Cod life has changed over time. The event was held at the Michael R. Kramer post-and-beam barn, located on Barnstable Land Trust’s historic Fuller Farm in Marstons Mills, MA.

The Cape Hiking Committee set up a table outside the barn with information on the chapter and different hiking equipment that first-time hikers should consider using as they venture into the woods. We had SEM’s printed brochures and business cards to distribute to interested individuals. We were also prepared to explain our equipment. Jane Harding did one of the Thoreau readings.

The table was manned both days by Jane Harding, Cape Hiking Chair, and hikers Susan Jilson and Susan Harding. Other hikers joined them on Day 1, and Cape Hiking Vice Chair Robin McIntyre and Cape Hiking Leaders Trish Crocker and Margaret Christen on Day 2.



Great Neck Audubon hiking group. Photo by Robin McIntyre

## Beautiful autumn day for Great Neck Audubon hike

By Robin McIntyre, Cape Hiking Leader

On October 12, seven hikers enjoyed a four-mile hike in the Great Neck Audubon Sanctuary in Wareham. The property was expanded within the past few years to include the former Sacred Heart Retreat, and it has a history of farming with evidence of stone walls throughout the trails.

In addition to views of Widow’s Cove and Bass Cove on Onset Bay, the hikers also enjoyed large stands of old-growth white pines. Old quarrying of granite was noted. During a silent Muir portion of the hike, we heard several birds also enjoying a beautiful fall day in the woods.



Great Neck Audubon hikers hit the beach. Photo by Kathy O’Keefe





## Volunteer of the Month: Larry Petrone

By Steve Scala, Trails Committee Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best. This month, it is with great pleasure that the Trails Committee recognizes Larry Petrone.

Larry does it all on the Trails Committee. He scouts new trails for potential work, works with various constituencies to allow our access, recruits new members, shows up ready to work on workdays, thinks of innovative ways to remedy trail-related challenges, and is a pleasure to have along the way.

He has developed the innovative idea of combining regular hikes with light trail work in an effort to encourage new members to join us. Larry also played an important role in improving trails at the Bioreserve, an effort which spanned many months. Given his commitment to trails, it is fitting that Larry be recognized as Volunteer of the Month.

Larry will receive a Volunteer of the Month certificate and a \$50 gift card. Thanks, Larry!



## Cape Hikers explore nature & history at three sites in Bourne

By Robyn McIntyre, Cape Hiking Leader

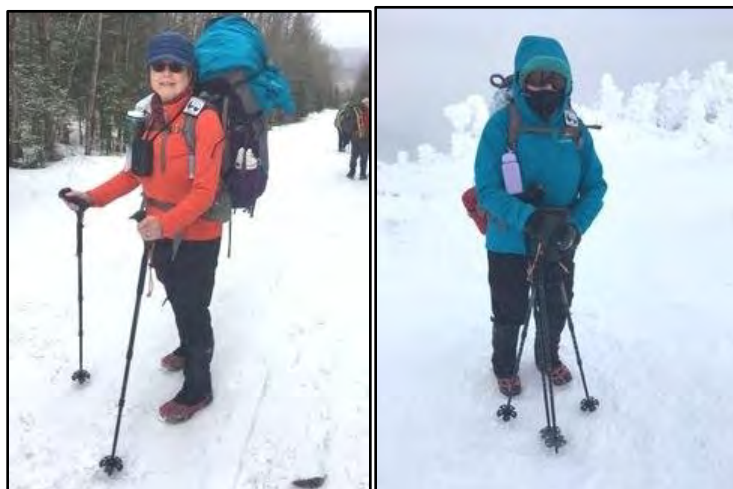
On October 22, thirteen hikers enjoyed a cool but sunny day in Bourne on two Bourne Conservation Trust properties, Bourne Sisters Woodland and Perry Woods, and the Town of Bourne Leary Property. The two-hour, 3.9-mile hike was led by Robin McIntyre with Leader in Training Sandra Alisch assisting.

We shared some history about the area, including the contributions of the Bourne Sisters to the town; one local house being part of the Underground Railroad; and information about the cranberry industry related to a bog. We viewed some changing foliage; mallards on the wet, picked cranberry bog; and had no waterfowl, but beautiful views on the Back River Marsh.

Hikers also saw the new sign on the Leary Property which AMC-SEM funded last spring.

One pair of hiking poles from the new, pilot Equipment Loan Program were used by one of the hikers. This hike has multiple rolling hills and gave participants a good autumn work-out.

## Claire MacDonald *(Continued from page 11)*



*Photos by Craig MacDonald*

Claire loved the outdoors in all weather—hiking, snowshoeing, or on skis. She enjoyed the Chapter Hut Weekend each year as a leader or participant. And with the right clothing and equipment, she defied the coldest environments. Happy Trails, Claire!



Zoe Rath brings experience and passion for the outdoors to her new role as a SEM Level 1 Hike Leader.

## ‘New’ SEM Level 1 leader is an AMC Adventure Travel veteran

By Paul Brookes, Chapter Chair & Level 3 Hike Leader

Zoe Rath joined AMC in 2012 and became a leader for the Boston chapter in 2013. She was very active there, leading over 50 hikes, assisting with their series and training programs, and being a board member on the Young Adults Committee from 2015-2018. When she moved to Brockton, she quickly became involved with the SEM chapter. She became our Conservation Chair this July, and now I am pleased to announce that she becomes our latest SEM local hike leader.

Zoe is full of energy and passion. She was recently an Associate Leader on an AMC Adventure Travel trip to Liechtenstein and will be an Associate Leader on an

Adventure Travel trip to Utah National Parks in 2024. With all this experience under her belt, Zoe is certainly qualified to be a local hike leader for SEM.

Our leadership guidelines allow the Hiking Chair to take into account a person’s prior experience and waive some of the usual steps to becoming a SEM leader if the candidate completes a qualifying hike with a mentor at the candidate’s leader level.

As you might expect, our Hiking Chair, Bill Belben, exercised his discretion and waived all requirements other than Zoe doing a qualifying hike. That being said, Zoe chose to attend our April leadership training anyway, so she could build relationships with other SEM leaders and leaders in training.

Zoe completed her qualifying hike to become a local Hike Leader on October 3, 2023, and I was honored that she asked me to be her observer. The hike was a conservation walk in the Cuffee Conservation Area, which is part of a unique, sensitive ecosystem which includes a rare quaking bog, known as Black Pond Bog. This 83-acre preserve is owned by The Nature Conservancy (TNC).

Zoe arranged for Will Saunders, the Conservation Agent for the Town of Norwell, to lead the hike. Will pointed out fauna, flora, geology, and history of the area as we went.

I appreciate Zoe putting in the extra effort to create this unique experience for us. She is terrific as our Conservation Chair, and I am thrilled that Zoe Rath joins us as our latest SEM local hike leader. I predict she will lead many hikes each year.

## Hikers survive haunted Halloween in the woods

By Bill Belben, Hiking Chair

Photo by Bill Belben

On Halloween, 23 brave souls dared to enter the Blue Hills for a hike. Greeted by “Knuckles,” who was on unauthorized furlough from MCI-Walpole, the group ventured into the woods under dark and stormy skies. (It was actually beautiful, but that doesn’t fit the theme of the story). Despite being chased by ghosts and goblins throughout the hike, and being forced to eat missing body part gummies, the



group managed to come out of the woods (minus one hiker) unscathed and was rewarded by some delicious Halloween cupcakes made by the lovely feline Jenn Wong. You never really know what is going to happen on a SEM Blue Hills hike.





## Conservation Bingo

Challenge: Earn the patch, and the chance of prizes

By Zoe Rath, Conservation Chair

AMC-SEM's new Conservation Bingo card is a new way to earn your Conservation Patch by changing some of your own practices and promoting conservation efforts in your community.

### How to qualify for an AMC-SEM Conservation patch?

Just complete the actions in **two** horizontal rows, **two** vertical rows or the two diagonal rows and email a PDF or JPG file showing your filled-out Bingo squares to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org).

Patches will be mailed out to qualifiers starting in January

### How to qualify for the Earth Day gift card drawing?

Complete **three** horizontal, vertical or diagonal rows by Earth Day, April 22, 2024. Email your PDF or JPG file, and your name will be entered for one chance in two prize drawings, first for a \$50 AMC gift card and then for a \$50 REI gift card (one of each card will be awarded to each of the two winners).

### How can you earn an extra chance in the drawing?

Complete at least **four** rows by April 22, 2024. Email your PDF or JPG, and your name will be entered twice in the drawing.

Get more information and download your Bingo sheet [here](#). You can add details to your email on the actions you completed where needed, but for many just check the squares or the list on the website.

### How does everybody win?

Every habit changed, every action taken, creates a more sustainable environment and health benefits for us all and our families.




Name: \_\_\_\_\_ Date: \_\_\_\_\_

**SEM AMC CHAPTER**

**EARTH DAY CONSERVATION**


**BINGO CHALLENGE 2024**



**How to Qualify for a AMC-SEM Conservationist Patch?** Fill **2 bingo rows** (vertically or horizontally) by **April 22, 2024**. Email pdf or JPG of the completed bingo card to [conservationchair@amcsem.org](mailto:conservationchair@amcsem.org)

**Conservation Bingo Earth Day Drawing?**  
Fill out at least **3 rows** to qualify for a drawing of 1-2 gift cards a \$50 AMC gift card or \$50 REI card. Include detail on some of these but many a simple check mark is fine. \*Each person can enter the drawing twice by filling out at least 4 rows of bingo by April 22nd. <https://bit.ly/SEM-Bingo-24> to see the full Conservation Bingo Challenge 2024 and info sheet.

Write an elected official about a conservation-related topic:	Collect rainwater to use for watering the lawn and garden.	Carpool to an AMC event. Ask the trip leader for help organizing this.	Start or continue using a compost pile.	Swap out your single-use items at home and repurpose 3 glass or plastic containers.
Attend an AMC conservation event or some other environmental awareness event:	Watch a movie/documentary about conservation issue:	Read a book about a conservation topic:	Attend a trail clean-up event:	Plant native plants in your garden
Shop at thrift stores.	Bring a reusable mug many coffee cups cannot be recycled and end up in a landfill.	Pick up trash when you see it on the ground even if it isn't yours.	Practice Leave No Trace on a trip/hike.	Bring bag to collect trash and you tp on a hike.
Commit to stop using Roundup and other chemical weed killers.	Drink tap water/avoid using single-use bottles.	Choose non-toxic chemicals in the home and office.	Ride a bicycle instead of driving	Read about how to eat a more sustainable diet.
Use pet-safe snow melt.	Store reusable silverware and cloth napkins in your car or bag (ready for to-go food).	Walk to nearby store instead of driving.	Join AMC's Conservation Action Network.	Eat low on the food chain for week+. A vegetarian or vegan diet is a low-carbon diet.






## Southeastern MA Adult Walking Club

Department of Conservation and Recreation

### Winter 2023-2024 HIKES

The DCR Southeastern Massachusetts Adult Walking Club meets most weekdays for social recreational walks. Meeting times vary. Please see descriptions. This club is open to people of 16 years of age and older and there is no fee to join. Walks average 2-miles to 5-miles and terrain is varied. New walkers are always welcome. Please be sure to bring a map for all. Bring drinking water, a snack, and dress for the weather. Some DCR sites charge a parking fee which is noted in the hike description. Individual walking skill levels. For more information and to confirm, please call the phone number listed with the specific hike below.

upcoming hikes

- Saturday, December 2** **Nickerson State Park, 9:00 am – 11:00 am**  
Moderate 2.5 mile walk around Cliff Pond with incredible vistas. Meet at the end of Flax Pond Road. From the park entrance at 3488 Main St. in Brewster, go up the road, take your first left on Flax Pond Rd. and follow to the end. 508-896-3441
- Saturday, December 9** **Blue Hills Reservation, 1:00 pm – 3:00 pm**  
Moderate 4 mile hike up to Buck Hill summit. Minimal facilities to the summit view of the trip. Meet at Houghton's Pond Visitor Center, 840 Hillside Street, Milton. 617-698-1802
- Saturday, December 16** **Borderland State Park, 1:00 pm – 3:30 pm**  
Moderate 4 mile loop along the old carriage roads around Upper and Lower Lenth Ponds. Meet at the visitor center located at 257 Massachusetts Avenue, North Adams. Parking fee applies. 508-238-0366

#### First Day Hikes: ring in the New Year with an outdoor adventure

- Monday, January 1** **Waquoit Bay, 10:00 am – 12:00 pm**  
A guided walk along a salt marsh, beach, and upland trail and back to Visitor Center. Views of Martha's Vineyard and Washburn Island. Hot chocolate at the end. Meet at WBIERR Visitor Center 131 Waquoit Highway, East Falmouth. 508-447-0495
- Blue Hills Reservation, 11:00 am – 3:00 pm**  
Start the year off right with a hike in the Blue Hills. Join us at 10:00 am for snacks, hot chocolate, live animal program, and merry wassailing fire. Two guided and one self-guided hike will begin at 12:00 PM. Meet at the Houghton's Pond main parking lot at 840 Hillside Street, Milton. 617-698-1802
- Saturday, January 6** **Nickerson State Park, 9:00 am – 10:30 am**  
Moderate 1.5 mile walk around Little Cliff Pond with vistas of winter landscapes. Meet at the end of Flax Pond Road. From the park entrance at 3488 Main St. in Brewster, go up the road, take your first left on Flax Pond Rd. and follow to the end. 508-896-3441
- Saturday, January 13** **South Cape Beach, 11:00 am – 1:00 pm**  
**NOTE: No bathroom facilities on-site; plan accordingly**  
Moderate 2.2 mile walk on Dead Neck Trail, exploring beach barrier dunes. Snowy conditions have been seen here in the winter. Meet at Madaket Coast Guard parking lot, Beach Access Rd, Mashpee. 508-457-1462
- Saturday, January 20** **Blue Hills Reservation, 1:00 pm – 3:00 pm**  
Moderate 2.0 mile on the Wilcox Green Don trail. Rolling terrain through the scenic valleys of the Blue Hills. Meet at the North Lot Busk at 1500 Canton Ave, Milton (one north of the Tristram Museum). 617-698-1802
- Sunday, January 28** **Blue Hills Reservation, 1:00 pm – 3:00 pm**  
Moderate 3 mile walk with scenic views. We'll take Bagbow Path to Headquarters Path and return on Tucker Hill Path. Meet at the Houghton's Pond main parking lot at 840 Hillside Street, Milton. 617-698-1802
- Saturday, February 3** **Nickerson State Park, 9:00 am – 10:30 am**  
Moderate 1.5 mile walk around Flax Pond, with incredible vistas of winter landscapes. Meet at the Flax Pond Public Swimming Area. From the Park entrance at 3488 Main St. in Brewster, go up the road, take your first major left on Flax Pond Rd. and just after the Public Area on the Right will be the parking lot. 508-896-3441
- Sunday, February 11** **Freetown-Fall River State Forest, 10:00 am – 1:00 pm**  
Moderate 4 mile walk to Lollipop fire tower. You are invited to ascend the tower to take in one of the most incredible views in Southeastern MA. Meet at Southern MA Bioscience Loop Trail Parking Area (approx. address: 2400 Blossom Rd, Westport, MA 02790, Westport). 857-276-5365
- Saturday, February 17** **Blue Hills Reservation, 1:00 pm – 3:00 pm**  
Moderate 2 mile hike up Burnt Hill and beyond. Meet at Houghton's Pond Visitor Center, 840 Hillside Street, Milton. 617-698-1802
- Sunday, February 25** **Blue Hills Reservation, 1:00 pm – 3:00 pm**  
**NOTE: No bathroom facilities on-site; plan accordingly**  
Moderate 3.5 mile walk on Meadow Rd to Madden Rd and return on Acton Little Area at the Denovan School at 123 Ross Street in Randolph. 617-698-1802







## Activities

For the most current information, [search activities online](#)

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### Create your personal Activities Digest

AMC has an email notification system for members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the very bottom of [Outdoors.org](#) & click **Login to My Outdoors**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

### BICYCLING

**Ongoing. Biking Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))

### CAPE HIKES

**Thu., Dec. 14. Hike--Lyman Reserve to Red Brook Network Trails, Buzzards Bay, MA.** This Show and Go 3.5-mile hike starts in wooded trails at Lyman Reserve in Buzzard Bay, a Trustees of the Reservation property. We will then explore the new Red Brook Network Trails which is a Wareham Trust Property in cooperation with the Onset Water District. Currently 2 trails are open with 1 trail to be forged and open in the spring. This is mostly flat wide trails with a few long hills. Expect to have exposed roots which are now covered by leaves and pine needles. We will walk along the Red Brook which is a sea brook trout river and pass through an Atlantic Pine Barren Preserve. The final 3/4 mile will be out to the water for views of Buttermilk Bay. Ticks are still plentiful in this area. Hunting is allowed--suggest blaze orange. A good tread sneaker or hiker is suggested. Hiking poles if you prefer. No restroom or water available. Cape Hikes has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed. Contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. In support of our conservation mission, please carpool when possible. Directions: From the Buzzards Bay (OFF CAPE) rotary at the base of the Bourne Bridge, take the first right onto Head of the Bay Road after the CVS/gas station. Look for the green Lyman Reserve Trust sign 2.6 miles on the right, pull into the lot. Since this is a show and go hike, please check the website the day of the event for a weather cancellation. L Robin McIntyre (150-878-9825 x2, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is an 8th year Level 1 hike leader with previous WFA training.) CL Sandra Alisch ([sgna@comcast.net](mailto:sgna@comcast.net), Sandra is working on her qualifying hike for Level 1.)

**Sun., Dec. 17. Hike Shawme Crowell State Park Sandwich, MA.** Two-hour, 4 mile hike on wooded trails through the scenic campground, some hills. Expect to encounter lots of roots and rocks along the trail, we will need to step over or under some blowdowns, lots of leaves and pine needles on trails. Hiking poles strongly recommended. Bring fluid for hydration. Ticks are still active. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell on L, drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell on right and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 8 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))



## Activities

For the most current information, [search activities online](#)

### CAPE HIKES

**Thu., Dec. 21. Hike-Great Neck Wareham (NOT Audubon), Wareham, MA.** This Show and Go hike is 4+ miles, 2 hours in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. Note we are NOT meeting at the Great Neck trailhead on the map. Since this is a Show and Go hike, if it is cancelled due to inclement weather, it will be on the website. Please check the website on the day of the activity for updated status. Directions: over Bourne Bridge on Rte. 25 for 6.7 miles to Exit 3/old Exit 2 (Rte. 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3-way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. L Robin McIntyre (508-789-8252, [robinmcityre@comcast.net](mailto:robinmcityre@comcast.net), Robin is an 8th year Level 1 SEM/Cape Hike Leader with previous WFA training.)

**Sat., Dec. 23. Hike/History Walk--First Encounter Beach, Eastham, MA.** This 2–3-mile adventure is more of a history walk than a hike. We'll meet at the parking lot for First Encounter Beach in Eastham, and do a loop walk, partly on the beach and partly on the road. I'll stop several times along the way to read from Mourt's Relation about this day 403 years ago in 1620. This week is the anniversary ("New Style") of the Pilgrims' early morning "First Encounter" with the "Indians". They had seen a few Native Americans at a distance in their prior month on the Outer Cape, but until this morning none close up. Dress for weather on the water--warm layers, sturdy walking footwear, poles if wanted for soft sand. Dogs are welcome with permission of the leader the day before the walk. Afterwards we may go for lunch at a nearby fish market that has great sandwiches. It'll be a bit cool to eat outside at their picnic tables, but we'll be bundled up and warmed up from walking. From Route 6, Orleans Rotary, continue on Route 6, go left at the traffic light/Town Hall/Police Station onto Samoset Road (if you get to the National Seashore, you missed the turn). Go 1.8 miles on Samoset to First Encounter Beach, Eastham. Meet in the parking lot. L Jay Vivian ([jvivian0@comcast.net](mailto:jvivian0@comcast.net)), R Jay Vivian ([jvivian0@comcast.net](mailto:jvivian0@comcast.net))

**Thu., Dec. 28. Hiking Johns Pond Park Conservation Area, Mashpee, MA.** 4-mile hike in a 227-acre conservation property that has abandoned cranberry bogs that have become shallow freshwater marshes, a freshwater kettle pond, woodlands, Quashnet River headwaters and a town beach. Terrain is a combination of woodland trails, soft sand, loose gravel, dirt roads, mud puddles. Mostly flat. Gentle hills. A few downed trees to step over, around or thru. Hunting is allowed in all Mashpee conservation areas. Cape Hikes has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed. If you would like to borrow either, contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. In support of our conservation mission, please carpool when possible. From time-to-time unplanned events, usually weather, force us to cancel a hike at the last minute. Please check postings on the day of the hike to be sure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 leader.)

**Sun., Jan. 7. Hike Coonamessett River Greenway, East Falmouth, MA.** An easy hike along a small stream, beginning at the site of an old farm, and continuing along a section of river which was recently restored from cranberry bogs. The hike will cover about 4 miles in two hours. Wear appropriate outerwear and footwear for the temperature and weather, and if conditions are icy, poles and boots with spikes are recommended. To learn if the hike is cancelled due to inclement weather, go online in the morning to see if the hike is still listed - if the listing is gone the hike is cancelled. If in doubt, or for any questions, contact the leader. To support its conservation efforts, the AMC urges attendees to carpool when possible. Cape Hikes has 2 sets of hiking poles and 2 sets of microspikes that can be borrowed for this hike. Contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. One pair is Medium (men's shoes 8-11, women's 9-12) and one pair is large (men's 11-14, women's 12+). L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net), Has been a Level I Cape Hike leader for 20 years.)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Nominations Committee Member.** Do you regularly attend activities and are comfortable talking to people about open positions. If so, please consider the nominations committee. We are looking for people from all over our region, but especially someone from the Cape. For more information contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org). L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL Walt Granda





## Activities

For the most current information, [search activities online](#)

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### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Diversity Equity & Inclusion Committee.** Our DEI committee works to welcome everyone to our activities, especially previously underrepresented groups. All you need for this committee is openness, interest, and enthusiasm. Our next task is to create the content for our DEI webpage. For more information, please contact Maureen Kelly by emailing [deichair@amcsem.org](mailto:deichair@amcsem.org) or Rachel Brown-Eisenstadt by emailing [deivicechair@amcsem.org](mailto:deivicechair@amcsem.org). You can also discuss this position or any other volunteer opportunities by contacting our Nominating Committee chair Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or our chapter chair Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Membership Committee.** If you're a fan of SEM and regularly promote SEM to those you meet, this committee could be for you. In addition to supporting our Open House and other outreach events, you would help our new members fully engage with the chapter by organizing new member activities and social events. For more information contact Samantha Fisher by emailing [membershipchair@amcsem.org](mailto:membershipchair@amcsem.org) or contacting Nancy Piedra by emailing [membershipvicechair@amcsem.org](mailto:membershipvicechair@amcsem.org). L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org), SEM Chapter Chair)

**Ongoing. 20's & 30's Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. As we all know, our younger members are the future of our chapter, and we are looking for someone to jumpstart & form our 20's & 30's committee which is currently without a chair or vice chair. Do you have an outgoing personality? Do you like organizing events especially social ones? Perhaps this could be a role you would consider. For more information on the responsibilities of the 20's & 30's chair click on 'Roles & Responsibilities' under Related Link(s) however although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. 20's & 30's Committee.** As we all know, our younger members are the future of our chapter. We are looking for someone to jumpstart & form our 20's & 30's committee which is currently without a chair or vice chair. Do you have an outgoing personality? Do you like organizing events especially social ones? If you do, send an email to Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) for more information. L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)), R Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

**Ongoing. Hiking Vice Chair of Local Walks and Hikes.** We are looking for a SEM hike leader interested in working with Bill Belben and Tracy Hawes as an additional Hiking Vice Chair with a focus on Local Hikes and Walks (as opposed to Destination hikes). For more information, please contact Bill Belben our Hiking Chair at [HikingChair@amcsem.org](mailto:HikingChair@amcsem.org) or Tracy Hawes our Hiking Vice Chair at [HikingVicechair@amcsem.org](mailto:HikingVicechair@amcsem.org)

**Ongoing. Communications Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our communications committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. We are particularly looking for someone with good organizational skills, who is tech savvy and detail oriented who would support the activities of the Communications Chair. You do not need to be active outdoors to do well in this role. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Communications Committee member.** We are looking for people to train under our current Communications Committee volunteer staff as backup and support for the following roles. Social Media Administration: Will work with Lisa Robitaille our Social Media Administrator Web development and maintenance. Will work with Cheryl Lathrop our Web Mistress who maintains our SEM Website Editing and typesetting: Will work with Mo Walsh who produces our monthly Breeze magazine. We are also looking for someone with Video editing skills to help generate video content for our website. For more information contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).



## Activities

For the most current information, [search activities online](#)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Biking Vice Chair.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org).

**Ongoing. Paddling Chair & Vice Chair - Southeastern Mass Chapter.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. We are looking for a paddling chair who will start their term after our current chair completes his term on November 4. We are also looking for a paddling vice chair. SEM organized paddles were low in numbers this year with rainy weather and high winds forcing the cancellation of many organized paddles. In 2024 the main role for our Paddling Chair and Vice Chair will be to lead paddles, encourage our paddle leaders to lead more SEM paddles, and train/mentor new paddle leaders. You do not need to be a long-time member to volunteer for one of these roles, just paddling experience, interest, and enthusiasm. If you are not yet a SEM paddle leader, we will first train you as a paddle leader. To discuss this position please contact Barry Young, our current Paddling Chair, by emailing [paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org). You can also contact Walt Granda at [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes at [chair@amcsem.org](mailto:chair@amcsem.org) to discuss any of the open positions. L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))

### HIKING

**Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).**

**Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)**

**Tue., Dec. 12. Late Fall Trail Trace hike of the Quincy Quarries, Blue Hills Reservation, MA.** Please join me on a late fall trail trace hike of the Quincy Quarries. This hike will just under 5 miles and we will be hiking on both sides of Riccudi Drive. This hike will involve several sections of rock scrambles and uneven terrain. Participants should be in good physical shape and have a recent hike history of similar length. The meeting time is 9:45am for circle up with a firm start time of 10AM. More details of meeting the meeting location and trail route will be provided to those who register and are confirmed for the hike. Participants should wear appropriate clothing layers for a late fall hike. Required gear includes sturdy footwear, rain gear, 2 liters of water, snacks/light lunch and a backpack to carry everything. This hike is open to all who qualify, and you don't have to be a member of AMC to participate. Registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com))

**Thu., Dec. 14. Hike Destruction Brook, Dartmouth, MA.** Hike a moderate 5+/- mile hike while exploring some of the more interesting features of this Dartmouth Natural Resources Trust property, showcasing brooks, a vernal pool, ledges, wildflowers in the spring, and an historic farmstead foundation and cemetery. You must have recently walked a comparable distance. Trails are mostly flat with some moderate inclines. Be prepared to step over tree roots and some rocks. Hiking shoes are recommended and possibly microspikes depending on the weather. Orange is optional. Bring at least 1 liter of water and snacks. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location and directions will be emailed closer to the date. Please contact leader with any questions. Contact information is listed below. This hike is limited to 12 participants. Heavy rain/snow cancels. L Susan Rollins ([rollins\\_s@outlook.com](mailto:rollins_s@outlook.com)), I am a lover of the outdoors and welcome the opportunities to share the beauty with others, whether it is through hiking interesting areas or bicycling.)







## Activities

For the most current information, [search activities online](#)

### HIKING

**Sat., Dec. 16. SEM Beginner Winter Hiking Series, Wachusett Mountain, MA.** If you're new to winter hiking, join us for this winter Wachusett hike. Hoping for conditions that will allow us to practice using traction devices. Wachusett is great for conditioning for the bigger mountains in the SEM Winter Series because the ascents/descents are longer than those of the Blue Hills. The planned route will be around 6 miles and 1,500' elevation gain. You need recent hiking experience of this length/elevation. This hike is open to all that qualify and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEMs) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. A full winter gear list will be sent out to confirmed participants, but you can expect to need microspikes for traction devices on this hike. If you'd like to borrow microspikes or poles, please email the leader [DianeMSimms@comcast.net](mailto:DianeMSimms@comcast.net) after you register. The chapter has a limited amount of gear to loan. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L Benjamin West (860-382-8931 between 9:00AM and 7:00PM, [bwestct@gmail.com](mailto:bwestct@gmail.com), I am a four-season hiker and three season backpacker who enjoys everything from slower paced 3 mile trails to faster paced, longer, and more strenuous 4000 footers. Wilderness First Aid & CPR certified.) L Raju Jaldy CL Nancy Piedra (Nancy is a Level 1 hike leader. Is only listed as a LIT because of the system limitation. We have a lot of leaders on this hike :-))

**Sat., Dec. 16. Saturday Morning Trail Trace Hike in the Southern Blue Hills, Randolph, MA.** Please join us for a moderate paced, six-mile hike having a modest 400-foot elevation gain in a somewhat remote section of the Blue Hills Reservation, Randolph, MA. The trails are mostly flat with a few rolling hills along the way. Be prepared to step over tree roots and rocks. Sturdy walking or hiking shoes are required. Be sure to dress accordingly for the weather in non-cotton clothing. Steady rain or snow will cancel the outing. Bring plenty of water, a snack or lunch for a few short breaks along the route. As with all AMC hikes, we will start as a group and end as a group; nobody is left behind. No pets please. Registration is required for this trip; however, you do not need to be an AMC member to register, but you do need to set up a free AMC account if you don't already have one. More details and directions to the trailhead will be emailed to all registered participants 24-48 hours prior to the hike. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), AMC Member since 2006. Hike leader for both the Southeastern Massachusetts and Boston Chapters since 2017. Has mentored seven current hike leaders. Four-season hiker. Avid nature and photo-journalism photographer.) L Patricia Everett (508-562-2152 before 7pm, [patriciae568@gmail.com](mailto:patriciae568@gmail.com), Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)

**Tue., Dec. 19. Late Fall Tuesday Morning Buck Hill via Skyline from Trailside Museum, Blue Hills, MA.** Join us for the last of our 2023 Fall Series hike into the Blue Hills. We will plan to start at the Trailside Museum Parking lot and traverse along connecting trails to North Skyline over to Buck Hill. Return routes will meander to the South Skyline, returning to our starting point. This is approximately 6.5 - 7 miles with an elevation gain of roughly 1500'. The pace could be 1 - 1.5 MPH, depending on conditions and elevation points. We will stop for lunch mid-way. Registration is required and will be confirmed via email or phone call. Similar recent hiking conditions, distance, and elevation are needed. Winter conditions require appropriate gear (microspikes, warmer layers, etc.) Depending on the trails, we reserve the right to use alternate plans concerning safety. L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com), Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun". She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L susan cummings ([szqb65@gmail.com](mailto:szqb65@gmail.com), Susan is an enthusiastic level-one hike leader for the SEM chapter.) CL Anne McKee (508-596-1987 (best time to call: Before 8 PM), [mckee822@gmail.com](mailto:mckee822@gmail.com), Ann is currently working on her Level I hike leader qualification. She enjoys hiking, biking, skiing, and sharing the outdoors with others.)





## Activities

For the most current information, [search activities online](#)

### HIKING

**Thu., Dec. 21. Thursday Morning First Day Of Winter Hike - Blue Hills Without The Hills!, Blue Hills Reservation, MA.** Moderate pace, with occasional stops. An approximate 5-mile hike, MicroSpike, or snowshoe around Ponkapoag Pond. Who knows these days?! I enjoy the hills in the Blue Hills as much as anyone but truly enjoy the ability to experience the nature as well along this well-traveled route (hikers, bikers, runners, horses too!). Bottom line - most every level of hiker is welcomed - beginner to expert as long as you can walk/hike five miles. Bring waterproof hiking shoes or boots, snack/lunch, and plenty of water. MicroSpikes and/or snowshoes may be necessary depending on trail conditions. We'll take a break at the AMC Camp, down at the pond, weather permitting. Steady rain or snow will cancel. Well behaved dogs on leash are welcomed. The group size will be limited to 15 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend or are not feeling well.. Details and directions to the meet-up location will be sent 24-48 hours prior to the hike to those who register. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC SEM and Boston Chapters Hike Leader since 2016 having organized many trips in The Hills and other local hiking destinations. Mentored 7 hike leaders to date Former At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Nature and photo-journalism photographer)CL Patricia Everett ([patriciae568@gmail.com](mailto:patriciae568@gmail.com))

**Tue., Dec. 26. Tuesday Winter Trail Trace the Blue Hills Hike #1, Blue Hills Reservation, MA.** Are you looking for a fun winter hike? Come join us for our Winter Trail Trace the Blue Hills Hike. This hike is part of a weekly series that will hike various trails throughout the Blue Hills Reservation. You can expect the hikes each week to be about 5-7 miles in length and have elevation gains ranging up to 1,200' each week. We can't guarantee winter conditions, but we will be prepared with micro-spikes and possibly snow shoes if needed. What makes this hike slightly different than a traditional hike is that our goal is to ultimately hike every trail in the entire Blue Hills Reservation. We won't complete this during the 13 weeks that the winter series runs, but participants can expect to get a large portion done and be well on their way to earning a much-coveted Winter TTBH Patch! This hike is open to all that qualify. You do not need to be a member of AMC to participate. Registration is required to attend each hike, but you are not required to attend every hike in the series. If you haven't hiked with us before, you will be asked a few screening questions to make sure the hike is suited for you. Appropriate hiking clothes for winter hiking, sturdy footwear, 2 liters of water, snacks/light lunch and a backpack are required. Weather can change quickly so be sure to check the weather before the hike so you are prepared for the conditions. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!) L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com), Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun". She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.)

**Wed., Dec. 27. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike the last Full Moon Hike of this year. This hike will be under a Full Cold Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. Micro spikes or even snow shoes may be required at this time of year. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Thu., Dec. 28. Thursday Morning Hike at Halfway Pond Conservation Area, Plymouth, MA.** Join me for a 9 am hike at Halfway Pond Conservation Area in Plymouth. We will combine dirt road walking around the ponds with hilly trails in between the ponds for 5.5 miles and 450' elevation of beautiful trails. Features along the trails include wetlands, kettle holes, beech forest and an area of cathedral pines. There will be both wide paths and narrow trails along the way. Halfway Pond is the headwater for the Agawam River and has been eagle nesting territory in the past. Meeting location will be the Long Pond boat ramp in Plymouth off Clark Rd., off Exit 7 on Rt. 3. The latitude and longitude values listed below will bring you to the boat ramp. We'll meet at 8:45 for a 9:00 am start and plan on a moderate pace to complete the hike in approximately 3 hours. Registration not required but feel free to contact leader with questions. There are no bathroom facilities at the parking lot. Microspikes may be helpful if there is ice on the trails. Check this listing if bad weather is predicted. Steady rain will cancel. Everyone who is able to do this hike is welcome. You do not have to be a member of AMC. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a 4 season hike leader for SEM and enjoys welcoming new hikers to AMC SEM.)





## Activities

For the most current information, [search activities online](#)

### HIKING

**Thu., Dec. 28. SEM Beginner Winter Hiking Series - Wachusett #2, Wachusett, MA.** If you're new to winter hiking, join us for this winter Wachusett hike. Hoping for conditions that will allow us to practice using traction devices. Wachusett is great for conditioning for the bigger mountains in the SEM Winter Series because the ascents/descents are longer than those of the Blue Hills. The planned route will be around 6 miles and 1,500' elevation gain. You need recent hiking experience of this length/elevation. This hike is open to all that qualify and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEMs) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. A full winter gear list will be sent out to confirmed participants, but you can expect to need microspikes for traction devices on this hike. If you'd like to borrow microspikes or poles, please email the leader [DianeMSimms@comcast.net](mailto:DianeMSimms@comcast.net) after you register. The chapter has a limited amount of gear to loan. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net), SEM hike leader since 2019. Let's enjoy the outdoors together!) L Dexter Robinson ([dexpdoc@gmail.com](mailto:dexpdoc@gmail.com), Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four-thousand-foot mountains multiple times including winter. He also enjoys trail work and running.) L Lawrence Petrone L Raju Jaldy CL Tim Harvey (Tim is a Level 2 hike leader. Is only listed as a LIT because of the system limitation. We have a lot of leaders on this hike :-)) CL Peggy Qvicklund (Peggy is a Level 2 hike leader. Is only listed as a LIT because of the system limitation. We have a lot of leaders on this hike :-))

**Tue., Jan. 2. Tuesday Winter Trail Trace the Blue Hills Hike #2, Blue Hills Reservation, MA.** See listing at Tues., Dec. 26.

**Thu., Jan. 4. Thurs. Morn. Hike Horseneck/Westport Beach, Westport, MA.** Meet at 9:45 AM Horseneck Beach main parking lot (5 John Reed Road, Westport, MA). This first section is a moderate 4.5-5-mile hike from the parking lot to the Westport River. After returning to the parking lot, we will take a short drive to Gooseberry Island. The second hike on Gooseberry is approx. 2 miles and is optional. Winter is a great time to explore the beach and check out the winter shore birds. The beach in the winter could be chilly and windy so dress appropriately. Bring snacks/lunch sturdy footwear, water, and rain jacket. Rainy conditions may cancel the hike. L Walt Granda (508-971-6444 before 9 pm, [wgranda27@gmail.com](mailto:wgranda27@gmail.com))

**Sat., Jan. 6. SEM Beginner Winter Hiking Series #3 - Mt. Greylock, MA.** If you're new to winter hiking, join us for the 3rd of our Beginner Winter Hikes as we climb to the summit of Mt. Greylock in northwestern Mass. Mt. Greylock, the state's tallest peak at 3,491' above sea level, is located within Mt. Greylock State Reservation on the border of Vermont and New York (about a 3-hour drive on the Mass Pike from Boston). This is a rigorous hike and a continuous climb from the trailhead to the summit. The hike is approximately 6.5 miles with 2,200 feet of elevation gain. Expect to be on the trails for about six hours. Lodging is available at a discounted rate in nearby Williamstown for Friday and/or Saturday, depending on your travel preferences, with an optional additional hike on Sunday morning. This hiking series is a progressive series and each month we will select a hike that is more challenging in terms of increased mileage, elevation gain or both. As a participant in the series, you will have an opportunity to develop and fine-tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEM's) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. A full winter gear list will be sent out to confirmed participants, but you can expect to need Kahtoola Microspikes or Hillsound traction devices on this hike. L Nancy Tutko (508-693-8085, [ntutko@yahoo.com](mailto:ntutko@yahoo.com), Nancy is an AMC SEM level 2 hike leader with WFR certification. A year-round hiker based on Martha's Vineyard, she enjoys rambling the island's 220 miles of public walking trails and exploring mountain terrain elsewhere. She is training to lead winter hikes.) L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com), Bill is an avid year-round hiker, level 3 hike leader for SEM, and graduate of AMC's Mountain Leadership School. He has summited New Hampshire's 48 4,000-footers and is the AMC Southeastern Mass hiking chair.) L Tracy Hawes (508-642-7124 Before 8:30 pm, [trachaw@mac.com](mailto:trachaw@mac.com), Tracy has loved hiking since her teens. Naively finding a trail on her first adventure named Ammonoosuc and saying, "That sounds fun." She has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. Tracy is an SEM chapter Back Country Hike Leader and currently serving as SEM Hiking Co-Vice Chair.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) CL Abi Natarajan



## Activities

For the most current information, [search activities online](#)

### HIKING

**Tue., Jan. 9. Tuesday Winter Trail Trace the Blue Hills Hike #3, Blue Hills Reservation, MA.** See listing at Thurs. Dec. 26. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Len Ulbricht ([lwu9944@verizon.net](mailto:lwu9944@verizon.net)) L Deborah Sepinwall

**Thu., Jan. 11. Thursday Morning Hike - Blue Hills, CCC Camp And Domes, Blue Hills Reservation, MA.** Overview Blue Hills - CCC Camp and the Domes 9:45am-2:00pm Moderate to fast pace, with occasional stops. An approximately 7 mile, 4 hour hike with minimal elevation. This is a mostly wooded hike but some trails may be wet or icy. Some trails are 'in + outs' for those doing 'trail tracing'. Bring waterproof hiking shoes or boots, appropriate layering for the weather, snack/lunch, and water. Traction devices such as micro spikes or snowshoes may be required depending on snow conditions. Please bring them to the trailhead. Steady rain or heavy snow will cancel. No dogs allowed - except pre-approved service dogs. Group size is limited to 10 hikers plus the leader. Trail head location will be emailed to confirmed registrants. L William Doherty (781-660-5534 x 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Trail maintenance volunteer.)

**Thu., Jan. 25. Thursday Morning Hike: Whitney and Thayer Woods, Cohasset, Hingham, MA.** Winter walk in Whitney & Thayer Woods, along the lovely forest trails of this Trustees of Reservations property. We will start (and end) along the wide flat rail trail, climb a couple of hundred feet on a somewhat rocky path up to the Turkey Hill viewpoint. From there we will head towards the rhododendron grove, cross Brass Kettle Brook, past Ode's Den and Rooster Rock, mostly on wide paths with rolling hills, but expect sections of narrow uneven trails with roots, rocks and short steep sections as well. Plan to be out for 3-4 hours, 4-6 miles, depending on weather and trail conditions. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Wear boots (and gaiters) suitable for possibly muddy/icy trail conditions (bring traction devices if there has been recent snow or freezing temperatures), clothing suitable for the weather (windbreaker, rain gear, layers, hats, gloves); bring water/snacks/lunch. Persistent rain or snow that morning will cancel. Contact leader by email if weather is questionable. Please carpool if possible. L Eva Borsody das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Sat., Feb. 3. SEM Beginner Winter Hiking Series #4- Mt Moosilauke, Benton NH.** If you're new to winter hiking, join us for the 4th of our Beginner Winter Hikes as we hike Mount Moosilauke (4,802') located in Benton, NH. Mount Moosilauke is one of the 48-4,000 footers and is considered by many to offer some of the best views in NH. The summit is above tree line and is quite exposed, offering panoramic, 360-degree views of the Kinsmans (North), Franconia Ridge (Northeast) and Green Mountains and Adirondacks (West) on a clear day. The planned route is the Mount Moosilauke loop hike via the Gorge Brook Trail, Carriage Road, and Snapper Trail. The hike has a distance of approximately 9.7 miles with elevation gain of just over 2,800'. We will be hiking at a moderate pace, and we should complete the trip in around 7-8 hours. This hike has an AMC Activity Rating of Vigorous. This hike is open to all who qualify, and you do not have to be a member of AMC to participate. On-line registration is required. Attendance in a Winter Hiking Workshop (does not have to be SEMs) or winter hiking experience is also required. Preference will be given to first time winter hikers who attended this year's SEM Winter Hiking Workshop. Full winter gear will be required for this hike. A winter gear list will be provided to those who are confirmed for this hike. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Raju Jaldy ([raju.jaldy@gmail.com](mailto:raju.jaldy@gmail.com), SEM chapter All Season Back Country Hiking Leader. Enjoys being outdoors hiking in New England Hills and Mountains.) L Jeannine Audet L Dia Prantis

### SKIING

#### Volunteer Opportunities

**Ongoing. Skiing Vice Chair - Southeastern Mass Chapter, MA.** SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our skiing committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org) or Paul Brookes by emailing [chair@amcsem.org](mailto:chair@amcsem.org). L Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)).





## Activities

For the most current information, [search activities online](#)

### SKIING

**Fri., Jan. 12-15. ML King Weekend at Waterville Valley, Mountain Fare Inn, Campton, NH.** Enjoy a 3-night weekend at the charming Mountain Fare Inn. The location offers easy access to the Waterville ski area for cross-country trails as well as downhill for those interested. There'll also be the option for winter hiking. We have full use of the inn's kitchen, game room, and sauna. Join us for an enjoyable weekend! L Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Dia is the ski-chair for SEM and loves to get outdoors in the winter and share the fun with others!) L Jeannine Audet (508-493-8221, [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com), Jeannine is a very active level 4 hike leader and ski leader for SEM.) CL Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org), I'm a hike leader and bike leader for SEM chapter. I am training to be a ski leader.), R Dia Prantis (617-504-8797, [dprantis@yahoo.com](mailto:dprantis@yahoo.com))

**Fri., Feb. 16-19. Pinkham Notch Cross-Country Ski Weekend, Pinkham Notch, NH.** Join us for a 3-day cross country adventure during which we might ski at Bretton Woods, Great Glen Outdoor Center, or Bear Notch Ski Area. We will be staying at the Harvard Outing Club Cabin from Friday to Monday, February 16-19, 2023. The cabin is less than a 15-minute drive from Pinkham Notch Visitor Center located on Rte. 16. Cost includes only lodging. We will bring in food for our group meals and snacks. Harvard Outing Club Cabin offers loft sleeping space for group trips up to 24. You will need to bring your own sleeping pad, bag, and pillow. The cabin includes a large living area with a gas heater, a kitchen with two gas stoves for cooking, refrigerator, utensils, cookware, cups, and plates, well water with a pump, and an outhouse. L Dia Prantis (617-504-8797 Before 9 pm, [dprantis@yahoo.com](mailto:dprantis@yahoo.com), Hike and ski leader who loves winter outings! You can only enjoy winter if you are out in it!) L Jeannine Audet (508-493-8221, [jhummingbirddbp@aol.com](mailto:jhummingbirddbp@aol.com), Jeannine is SEM chapter vice-chair. Hike, bike and ski leader, Jeannine looks forward to skiing each year!)



Photo from Pixabay

The End