

The Southeast Breeze

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

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

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

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Cape Cod hike leaders discuss the past hiking season and entertain suggestions for the rest of 2024 and 2025. *Photo by Robyn McIntyre*

Cape leaders review past hikes, plan new ones

By Robin McIntyre, Cape Hikes Chair

On August 29, 18 Cape Hike leaders and a leader-in-training gathered for a leader meeting at the Fuller Farm Barn in Marstons Mills to kick off our season for 2024-2025. This beautiful post and beam barn is a Barnstable Land Trust property. After a summer respite, leaders were eager to reconnect and make plans for the upcoming hiking season.

Following some late breakfast and social time, the morning started off with a photo review of many of the hikes from last season as a thank you to the leaders—76 hikes with 968 participants in the last hiking season. Updates from AMC and the SEM chapter, leader suggestions, and Cape Hikes were reviewed and discussed. The schedule for the fall is filling up—come join us!

In the September Breeze

This issue includes important information for all AMC-SEM members. Elections for the 2025 Executive Committee will be held at the Annual Meeting:

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View from the Chair: 2025 Executive Committee Slate

I am delighted to report that the Southeastern Massachusetts Chapter has a full nomination slate for 2025 with nominees for each of the Officer and Chair positions that make up the Executive Committee. SEM members will vote on this slate at our November 9th Annual Meeting, which will be held at the Bay Pointe Club at Buzzards Bay. I encourage all SEM members and their friends to attend our Annual Meeting and vote for the slate.

For more information about the Annual Meeting and Annual Dinner, and to register, see the flyer after page 11.

Short biographies for everyone on the nominating slate follow:

Happy Trails,



Paul Brookes, Chapter Chair

Jeannine Audet, Chapter Chair: Jeannine was elected as Chapter Vice Chair in November 2022. 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). Jeannine works full time in schools as a Developmental-Behavioral Pediatrician. She also enjoys playing upright bass, kayaking, yoga, camping & hanging out with her family & dogs.



Left:
Jeannine
Audet



Right:
Jenn
Wong

Jenn Wong, Chapter Vice Chair: Jenn joined SEM after returning to her hometown during the pandemic. She has since become NOLS certified in Wilderness First Aid and a Level 1 Hike Leader. In May Jenn was elected Chair of the Diversity, Equity, and Inclusion (DEI) Committee and became a member of the Executive Committee. In addition to hiking and running, Jenn is a road cyclist and currently serves on the Friends of the Mattapoissett Rail Trail Board, and as the Town-appointed representative to the South Coast Bikeway Alliance. Jenn has significant executive nonprofit experience and has worked with community-based organizations, higher ed and international nonprofits in the States and abroad. The throughline of Jenn's work has been her commitment to mission-driven organizations dedicated to social justice, equity, health, and human rights. If SEM members approve the slate at the Annual Meeting, Jenn will step down as DEI Chair and focus her time and efforts on her new role as Chapter Vice Chair.

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2024 Executive Board

Chapter ChairPaul Brookes
Vice ChairJeannine Audet
Secretary..... Sue Franconi Mulligan
TreasurerEarl Deagle
Past Chapter ChairDiane Simms

Cape Hiking Chair.....Robin McIntyre
Cape Hiking Vice ChairJanis Delmonte
Communications ChairLara Szott
Communications Vice Chair.....OPEN
Conservation ChairZoe Rath
Conservation Vice ChairOPEN
Diversity, Equity, Inclusion Chair.....Jenn Wong
Diversity, Equity, Inclusion vice Chair.....OPEN
Education ChairAnne Duggan
Education Vice ChairSrinil Iyengar
Hiking ChairBill Belben

Hiking Vice Chair.....Tracy Hawes
Membership Chair.....Nancy Piedra
Membership Vice Chair..... Stacey Steele
Paddling Chair.....Charlie Ashman
Paddling Vice Chair.....OPEN
Skiing ChairDia Prantis
Skiing Vice ChairMike Michalewich
Trails ChairSteve Scala
Trails Vice ChairLarry Petrone

2024 Standing Committees

20's & 30's Chair.....Dave MacDonald
20's & 30's Vice Chair.....Jeff Gilbert
Bicycling ChairBill Trimble
Bicycling Vice ChairOPEN

Ad Hoc Committee Chairs & Other Chapter Contacts

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

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

Please contact

chair@amcsem.org or

nominatingchair@amcsem.org

if you are interested in any open position.



2025 Nominees

Continued from page 2

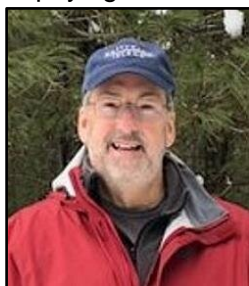
Paul Brookes, Past Chapter Chair: Paul was elected Hiking Chair in November 2020 and Chapter Chair in November 2022. Having served his full term as Chapter Chair, he will become Past Chapter Chair with the role of providing continuity and context for current and historical practices within the Chapter and the Club. Paul is also a four-season hike leader, bike leader, and paddle leader. He retired from Philips Healthcare in 2014, where he had been an engineer and a product manager.



Sue Franconi Mulligan, Secretary: Sue was first elected as Secretary in 2008 and held the position through 2010. She also served as the Social Networking Moderator from 2008 until 2018. Sue has been an AMC-SEM member since 2004. She was a member of the town of Norton's Open Space committee from 2011 – 2016. Sue retired from Keches Law Group after a 29-year career primarily managing the IT Department. She is an avid hiker who also enjoys yoga, cross-country skiing, cycling, kayaking, and rock climbing. Her hobbies include gardening and photography.



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 as Cape Hiking Chair in November 2023. She was Vice Chair of Cape Hiking for 3 years. Robin has been an AMC-SEM member for 14 years and a Cape Hike leader for eight 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.



Lara Szott, Communications Chair: Lara joined the Executive Committee in January as Communications Chair. She enjoys all things nature, especially hiking and bicycling. Lara worked in communications for a creative agency and for several non-profits. She holds an M.A. in International Journalism and Public Affairs and a B.A. in International Relations/Global Security. She has volunteered at the Hebrew Immigration Aid Society of Pennsylvania, the United Nations Development Program, and the United Nations Relief Works Agency. Lara credits AMC with helping her discover a love for the outdoors and shares the club's commitment to conservation and expanding access to outdoor spaces. In her free time, she enjoys photography, visiting breweries, and playing frisbee with her Aussie, Merlin.



Zoe Rath, Conservation Chair: Zoe was elected Conservation Chair in July 2023. She organized an SEM Earth Day conservation panel event in 2024 and created a bingo sheet to encourage members to earn their conservation patch. She loves hiking in the summer and winter and has hiked 37 of the 48 4000ft in NH. Zoe is also an Associate Leader with AMC Adventure Travel, her next trip is to Utah National Parks in September 2024.



Anne Duggan, Education Chair: Anne has been the Chair of the Education Committee since 2022. In her role she coordinates and teaches SEM's Leadership Education Training. She is a 4 -Season hike and backpacking Leader and is an Associate Leader in AMC's Adventure Travel Program. In the last year she has led trips in MA, NH, VT, Cape Breton, and Scotland. Anne is a graduate of AMC's Mountain Leadership School. When not hiking and traveling Anne works as a Nurse Practitioner and enjoys time with her husband, children, and grandchildren.



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Nominee biographies

Continued from page 3

Bill Belben, Hiking Chair: Bill became Hiking Vice Chair in April 2022 and was 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.



Nancy Piedra, Membership Chair: Nancy joined the Membership Committee as Vice Chair in September 2022 and was elected Chair by the Executive Committee in January 2024. Nancy organized a highly successful Open House event in May, collaborated with the Communications Committee in the creation of brochures for new members, and initiated a New Members email campaign to boost participation. She also actively promotes and leads New Member activities, fostering a welcoming and inclusive environment. Nancy is a certified Level 1 hike leader and is currently pursuing her Level 2 certification.



Charlie Ashman, Paddling Chair: Charlie has an extensive history of volunteer work in waterfront, outdoor and sports environments. His experience includes summer camp lifeguarding and waterfront instruction, low impact camping and hiking, youth hockey and other sports, coaching and mentoring special needs youth and mentoring youth for inner-city and underserved communities, and providing leadership training for adult Scout Leaders. He is a Red Cross Lifeguard Instructor, First Aid and CPR Instructor, and PADI rescue diver.



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 and other local areas, and believes that good trails enable good wilderness experiences, hopefully instilling in others the sense of obligation to create and preserve the same for future generations. Steve has been an AMC member for 30 years and serves on the Borderland State Park Advisory Council. He particularly enjoys the peacefulness and challenge of mountains and as such is a New Hampshire 48er, an Adirondack 46er, and summited Mt. Kilimanjaro.



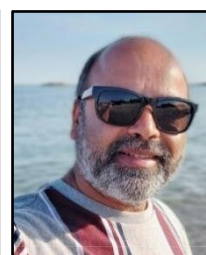
David MacDonald, 20's & 30's Chair: David was elected as the 20s and 30s Chair in March of 2024. David currently works as an auditor at the Massachusetts State Auditor's Office and holds a bachelor's degree in accounting and finance from Bridgewater State University. David is also a member of the Association of Government Accountants. Serving as 20s and 30s Chair, David hopes to serve as an advocate to help empower the next generation of environmental stewards through community, leadership, engagement, and fun outdoor events. David has hiked and camped in 25 of the national parks within the United States of America. Some of his favorite national parks are the Grand Canyon, Glacier, and Death Valley. David also enjoys camping, skiing, and kayaking.



Committee Vice Chairs are not on the official nominating slate per our bylaws however the Vice Chair generally becomes the Chair once the current chair completes their term. In addition, they support our chairs, attend the Executive Committee meetings if the Chair is unable to attend and has the committee chair's vote in those situations. Our committee vice chairs are:



Janis Delmonte
Cape Hiking
Vice Chair



Srini Iyengar
Education
Vice Chair



Tracy Hawes
Hiking Vice
Chair

Continued on page 5



Chapter Vice Chairs Continued from page 4



Left:
Stacey Steele
Membership
Vice Chair



Right: Mike
Michalewich
Skiing Vice
Chair

Left:
Larry Petrone
Trails Vice
Chair



Far Left:
Jeff Gilbert
20's & 30's
Vice Chair



Nominating Committee

I would like to thank the Nominating Committee for their tireless efforts throughout the year, responding to people interested in roles and scouting for new talent. Without their support we would not have a full slate.

The nominating committee is comprised of Ken Cohen, Pam Aberle and Kathy O'Keefe and is chaired by Ken Cohen.



Ken Cohen
Nominating Chair



Kathy O'Keefe
Nominating
Committee



Pam Aberle
Nominating
Committee

WANTED!

LOOKING FOR



**TREASURER
IN TRAINING**

Trainee treasurer needed for seamless transition

We are seeking an individual to train under our current Treasurer, [Earl Deagle](#), for several months and then take over when ready.

This is a great way to ease into an important role under an existing Treasurer who is committed to providing a seamless transition.

Benefits of being an AMC member Support AMC's conservation mission and take SEM's challenge *By Diane Simms, Past Chapter Chair*

Every AMC member I've talked to cares deeply about the outdoors, and I'm sure you do too. One of the important benefits of being an AMC member is you know you are tangibly supporting AMC's conservation mission. Your dues help to fund hands-on stewardship, scientific research, and public policy advocacy. You can take pride in contributing to AMC's mission.

In my previous Benefits of Being an AMC Member articles, I wrote about what you get out of it, but this benefit resonates deeper with me. What am I contributing to the outdoors that I love?

Learn more about AMC's [conservation mission](#), [priorities](#), and [approaches](#). Consider joining [AMC's Conservation Action Network](#) to receive the newsletter and learn more about AMC conservation initiatives.

Want to make a hands-on difference? Take the [Conservation Challenge](#) to complete one or more actions in each of six categories to win a beautiful SEM Conservation Patch.

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

SEM Memory: How not to get lost in the woods



Carolyn Crowell, far right, attempts to teach map and compass use to rowdy leaders-in-training at Camp Hayward in Sandwich on June 10, 1989.

Register now for Chapter Hut Weekend!



AMC-SEM Chapter Hut Weekend at Cold River Camp in North Chatham, New Hampshire September 27-29, 2024

Leaders will plan a variety of activities: hikes, paddles, bike rides, yoga, stargazing, and more. Family-friendly activities will be offered. Be your own activity director and do as little or as much as you want. New to SEM Chapter Hut Weekend? This is a weekend of relaxation, reflection, recreation and recharging, think of it as part summer camp, part retreat, and totally fun! Openings fill quickly, so make your reservation **now**.

Get details and register [here](#).



Fall Leadership Training Oct. 5th

By Anne Duggan, Education Chair

Good news! Due to unprecedented demand SEM plans to run another session of our popular single-day Leadership Training Class on Saturday, October 5th at Rochester Grange in Rochester, MA. The training includes a full day of indoor and outdoor instruction as well as three learning modules, which are completed by participants prior to the start of the course.

This course will prepare participants to begin leading AMC activities such as hiking trips; kayaking and paddling trips; bike rides; skiing trips; trail workdays; and social activities; or to serve on the Chapter Executive Committee. Participants will attend a full day of in-person learning and complete three online learning modules. The class session runs from 8:30 am to 5 pm.

We will learn about: leadership styles; trip planning, management, and screening; risk mitigation; DEI practices; Leave No Trace principles; and qualifications to become an activity leader. Role-playing exercises will reinforce learning and foster leadership skills.

The cost of the course is \$25, which is refundable if you become a SEM Leader. Register [here](#).

Adventure Travel in 2025!



[Walking Scotland's Border Abbey's Way](#)

Magnificent ruins and rolling countryside
May 7-16 • with Sam Jamke + Nancy Tutko



[Exploring Italy's Magical Lake Como](#)

Vistas and villas in the foothills of the Alps
Sept. 7-17 • with Steve Cohen + Nancy Tutko

Conservation Corner:

Apps that make a difference

Here are 4 apps to consider:

iNaturalist/Seek:

iNaturalist is an app that encourages the user to take a photo to "create research-quality data for science and conservation." Join AMC's iNaturalist projects. By joining the "[Flowers and Fauna along the Appalachian Trail Corridor](#)" project, you can streamline your contribution to AMC's research and get updates through project journal posts."

The Seek app on Apple is designed for all ages, does not require a login, and relies on AI (not other users) to identify plant species. You optionally connect your Seek account to iNaturalist.

Merlin Bird ID:

"Merlin offers quick identification help for all levels of bird watchers and outdoor enthusiasts to help you learn about the birds in any country in the world." There are three major sections, identifying birds by their songs and calls, identifying a bird from a photo, and saving your identified bird to your own bird list.

Too Good to Go:

Help good food find a home before it goes to waste. "This app offers a solution to food waste by connecting users with local restaurants and shops that have a surplus or leftover food nearing expiration. Users can purchase a "Magic Package" from their chosen location, which contains edible items that would otherwise be discarded."

PlugShar:

Own an electric car? Use this app to identify charging stations in your area. "With over 160,000 charging stations in the USA and Canada and an additional 275,000 globally, PlugShare covers a wide range of locations, particularly in Europe and North America."

To find out more visit: [Help Track Flowers for AMC](#)

[19 Green Apps to Tackle 21 Environmental Issues Helping Us Live Greener Lives](#)



Updated Bylaws due for your vote at the Annual Meeting

By Paul Brookes, Chapter Chair

At the Annual Meeting in November, you, the members, will be asked to vote on updates to our Chapter Bylaws. The Executive Committee has worked on these updates and approved them to be brought to our members for a vote. The updated bylaws are on our website for your review. You will find two files, the first is a [clean version](#) of the updated bylaws, the second has [revision marks](#) and shows the changes from the current bylaws.



For your convenience I have also prepared an overview of the changes along with commentary. This commentary is not part of the bylaws and in addition to reading this article you should also review the actual updated bylaws as posted on our website.

DEI Committee

This update to the bylaws promotes the Diversity, Equity and Inclusion (DEI) committee from an Ad Hoc Committee created by the Chapter Chair (that can be disbanded by the Chapter Chair at any time) to a standing committee, equivalent in status to all our other standing committees, and with a vote during the Executive Committee meetings.

The Executive Committee

This update requires that all the officers, chairs and vice chairs on the Executive Committee must be members of the SEM chapter.

Nominating Committee

This update to the bylaws promotes the nominating committee to standing committee and clarifies who can serve as a committee member:

The current bylaws state that each year the Chapter Chair appoints a Nominating Committee by May 1 so they can start working on the Executive Committee slate for the following year, however in practice our Nominating Committee does not disband each year and is a vital resource for filling positions in the Executive Committee that open during the year as well as finding Committee Vice Chairs and promoting leadership. The update makes the Nominating Committee a permanent non-voting standing committee that is not disbanded and reconstituted every year.

The update also removes the limitation that the committee can only have three to five members and the restriction that Executive Committee members may not serve on this committee but adds that the Nominating Committee Chair, Vice-Chair and members must be members of our chapter.

Chapter Chair

The current bylaws state that in the permanent absence of the Chapter Chair and Vice-Chair the Executive Committee will elect an Acting Chapter Chair for the duration of the term. The update removes 'acting' and makes explicit that this person is an actual Chapter Chair and not just performing the responsibilities of the Chapter Chair. They will be recorded in the list of Chapter Chairs on our website.

Past Chapter Chair

The expectation is that the Chapter Chair will serve as the Past Chapter Chair for the duration of the next Chapter Chair's term as an advisor and as a resource of past practices. The update makes it explicit that although the Past Chapter Chair is on the nominating slate, this role is only filled by the most recent Chapter Chair at the conclusion of their term. This has always been the practice, and the update makes it explicit.

Terminology & Processes

We also updated the bylaws to use current terminology and bring it up to date with current processes and practices:

The Executive Board is now called the Executive Committee.

The Bicycling Chair is now called the Biking Chair.

The secretary keeps the meeting minutes of the Executive Committee meetings but generally no other chapter meetings. This update removes the statement that the secretary keeps the minutes of other chapter meetings.

We use email rather than snail-mail letters when communicating with AMC.

Wordsmithing & Formatting

We decided to use the words "may" for optional requirements, and "shall" rather than "will" for mandatory requirements.

And lastly, we made a few formatting changes that don't impact the meaning of the document.



Volunteer of the Month:

Madelyn Atwood

By Bill Belben, 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! Our Volunteer of the Month receives a Volunteer of the Month Certificate signed by the Chapter Chair, a \$60 gift card for REI, and recognition in the *Breeze*. Since the *Breeze* is not published during the summer months, this month we have two Volunteers to recognize. For the month of August, the Hiking Committee recognizes Madelyn Atwood, and for the month of September, the Paddling Committee recognizes Ann Hargleroad. Please join us in thanking Madelyn and Ann for their contributions to the Chapter.

For several years, Madelyn has been one of the most active participants in our local hikes. In the fall of last year, she decided to obtain her Level 1 Hike Leader certification which she was awarded to her in November. Since that time, Madelyn has led or co-led in 32 hiking events. Through leading these hikes, Madelyn has gained a lot of experience, and her confidence has grown tremendously. Most recently, Madelyn took responsibility for organizing a weekly summer series in the Blue Hills. The summer season can be a challenging time to find leaders to support a weekly series, but with Madelyn's efforts, she has garnered enough support to run without missing a week.

We are honored and lucky to have Madelyn as part of our chapter and thank her for all of her efforts.

Volunteer of the Month: Ann Hargleroad

By Charlie Ash, Paddling Chair

Ann has been an AMC member for more than 20 years and comes to us from the Boston chapter. She discovered SEM as a regular participant on the Winter Trail Trace Series in 2021 and started talking to leaders about becoming a multi-sport leader. Since then, she has thrown herself into the chapter and is now a Level 2 hike leader, a bike leader, and in July became a SEM paddle leader.

This summer, she has led two New Member paddles on the Upper Charles River and has planned and led an amazing two-day multisport weekend of kayaking, biking, and hiking on Cape Cod. Those who attend Ann's trips rave about how much fun they have! As an example, read about a trip she led to teach participants how to build snow shelters. Click [here](#).

Ann also gives back to the chapter in other ways as a contributor to the *Breeze* and has helped at our Open House. In addition to paddling, biking, and hiking, Ann enjoys camping/backpacking, photography, rock climbing, and Nordic skiing. She met her partner, Tim, who is also a leader for SEM, at a Wilderness First Aid class. Thank you, Ann!

Why issss thissss photo blurry? SSSSee the video!



Massachusetts hikers were shocked to spot two rattlesnakes fighting in the middle of a walking path in the Blue Hills. See the clearer video they captured of this rare event [here](#).



Distinguished Service Award nominations

By Len Ulbricht, 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.



| | |
|------|-------------------------|
| 2023 | <i>Len Ulbricht</i> |
| 2022 | <i>Walt Granda</i> |
| 2021 | <i>Leslie Carson</i> |
| 2020 | <i>Jeannine Audet</i> |
| 2019 | <i>Paul Miller</i> |
| 2018 | <i>Maureen Kelly</i> |
| 2017 | <i>Joe Keogh</i> |
| 2016 | <i>Farley Lewis</i> |
| 2015 | <i>Barbara Hathaway</i> |
| 2014 | <i>Mike Woessner</i> |
| 2013 | <i>Erika Bloom</i> |
| 2012 | <i>Carolyn Crowell</i> |
| 2011 | <i>Cheryl Lathrop</i> |
| 2010 | <i>Walter Morin</i> |
| 2009 | <i>Stephen Tulip</i> |
| 2008 | <i>Bob Vogel</i> |
| 2007 | <i>Lou Sikorsky</i> |
| 2006 | <i>Dexter Robinson</i> |
| 2005 | <i>Pamela Carter</i> |
| 2004 | <i>Robert Bentley</i> |
| 2003 | <i>John Smart</i> |
| 2002 | <i>Elsie Laverty</i> |
| 2001 | <i>Bruce Dunham</i> |

If you know of someone who is eligible for this award, please complete a [DSA Nomination Form](#) and email it to [Len Ulbricht](#) the 2024 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, 2024. The award will be presented at the SEM [Annual Meeting](#) on Saturday, November 9, 2024. Thank you.



Hikers in the Introduction/Refresher series take a break after climbing to the Eliot Tower atop the 635-foot Great Blue Hill in the Blue Hills Reservation. *Photo by Ronald Cadillac*

“Hiking the Blue Hills Reservation: An Introduction or Refresher Series” experiences A successful inaugural season during the spring of 2024

By Ken Cohen and Larry Petrone, SEM Hike Leaders

Traditionally our chapter has sponsored a number of highly successful Blue Hills hiking series almost every season. This past spring was no exception with well-attended “Moderate” and “Intermediate” hiking series in the Blue Hills Reservation.

However, what appeared to be missing was a series that offered opportunities for the new hiker, and hikers who for various reasons had stopped hiking for an extended period of time and wanted to build back to their conditioning and hiking abilities. Therefore, we scheduled six hikes in the Blue Hills as an introduction for novice hikers or a refresher for those returning to hiking.

The series began with a short 1.8-mile hike on relatively flat trails. It progressed to more distance, more rugged terrain, and more elevation gain with each subsequent hike in the 6-hike series. By the program’s end, we attained distances exceeding six miles and elevation gains in excess of 900-feet! Those who attended most or all of the hikes felt that their hiking stamina, knowhow, and confidence had increased greatly from where they began.

There were 35 individual registrants; 21 were AMC members, and at least six were not. A number of the non-members joined AMC by the end of the program. Each hike averaged eleven participants.

We met at various locations in the Blue Hills Reservation for all of our hikes. Throughout the series, and especially at the onset, participants received instruction and guidance regarding hiking attire, proper footwear, equipment, how to stay safe, and even trail etiquette. The objective was to expand everyone’s hiking IQ and to have fun!

Participants came from many different backgrounds and age groups. The series had a very social aspect to it, as well, with everyone apparently enjoying one another’s company and comradery. Even those who attended less frequently seemed to fit right in. We came away from the series realizing that hiking can break down social barriers for those who join these group activities.

Based on the success of the “Spring Intro/Refresher Series,” we will repeat the bi-weekly program starting with the first Tuesday in the fall, September 24th. Once again, participants will need to register only once in order to attend any or all of the seven hikes in the series. It will run through Tuesday, December 17th.

Please be sure to tell your friends and family about this terrific Introduction to the Blue Hills hiking series. Remind them that they do not need to be a member of AMC, but they will need to open an Appalachian Mountain Club account at:

<https://outdoors.my.site.com/CommunitiesSelfReg>



Sandra Alisch receives her 100-mile hiking patch from series coleaders Ken Cohen, left, and Larry Petrone.

Photo by Lydia Anderson



Mike Michalewicz, left, encourages participants on one of his AMC-SEM hikes. *Photo by Tracy Hawes*

New Level 2 Mike Michalewicz: Peaks, music, and brewing

By Tracy Hawes, Mentor / Hiking Vice Chair

When it comes to the age-old question of whether it's better to brew or drink beer, Mike Michalewicz will tell you, "Why not both?" Our newest hike leader has a knack for the alchemy of balancing his love for the outdoors with his passion for home brewing. Trained as a chemist, the art of blending fine elements is a skill. With a Belgian ale and Doppelbock currently brewing at home and a Czech-style Pilsner bubbling away, Mike's enthusiasm for fermentation runs as deep as his love for mountain trails. Who knows, his next brew might just be called "You Enjoy Myself"—combining his love for both Phish and brewing.

Mike's love for hiking started early, during his Boy Scout days when he first took on Mount Washington at ten. Though his legs were shaking back then, his determination to conquer peaks never wavered. By college, hiking had become a regular summer activity with friends, and he was soon bagging peaks and logging miles every other weekend. He still loves the views rewarded atop vistas and open peaks, but the journey really is the destination. Fast forward to today, and Mike has completed the NH 48 and is well on his way to checking off the New England 100 highest peaks. His mantra on the trail? "Halfway to Everywhere"—a comforting reminder from the Black Crowes that though the journey isn't over, you've already accomplished so much. And when the going gets tough, Mike finds motivation in Phish's "Mountains in the Mist"—"*I am here at least*"—a reminder that the journey is as important as the destination.

But there's much more to Mike than just mountains and malts. An extrovert with a love for spreading good vibes, Mike proudly embraces his "hippie tendencies." His approach to life is simple: spread love and light, whether that's through hiking, sharing a brew, or just a friendly chat. Mike is a self-identified extrovert, so please do not hesitate to say hello! He's always up for a conversation, whether it's about hiking or skiing trails, travels he has taken with his partner Renee and their two pups Axel and Bones, or the best live music performances he's seen: 35 Phish shows and counting—and, yes, he knows that's not a lot by Phish standards! If you're lucky, you might even catch him humming "Farmhouse" as he sets up camp.



Mike, center in orange shirt, addresses participants in a pre-hike circle-up. *Photo by Tracy Hawes*

As a hike leader, Mike's goal is to help others fall in love with the outdoors, just as he has. Whether it's a challenging peak in Vermont or a weekend stroll in the Blue Hills, he's ready to guide hikers of all levels and share the joys of the trail, although his heart is set on more lofty peaks in all seasons. So, lace up your boots, grab your hiking poles, and get ready for an adventure—Michalewicz style. And if you're lucky, there might even be a cold brew waiting at the end of the journey! And who knows? Maybe you'll end the hike with a jam session around the campfire.

In February Mike was voted in as our Skiing Vice Chair and this winter will be leading ski trips for SEM.

A beautiful reminder from Mike, and a favorite of mine: "*Listen to the river sing sweet songs to rock my soul.*" Welcome, Mike—we're lucky to have you!





Janis Delmonte, left, Robin McIntyre, and Sandra Alisch during "Hike Barnstable" week.

Photos by Sue Sullivan of BLT.

Cape Hikes is partnering with the Barnstable Land Trust

Robin McIntyre, Cape Hikes Chair

In follow-up to a successful partnership in 2023, Barnstable Land Trust (BLT) Director of Programs, Sue Dahling Sullivan, reached out to Cape Hikes to do joint programming during June for "Hike Barnstable" week. Robin McIntyre, Janis Delmonte, and Sandra Alisch participated in the first project phase.

On June 13, we presented "Hiking 101" to a group of 9 participants. After an introduction to AMC, SEM, and Cape Hikes, we guided participants through preparation for day hiking, using a PowerPoint presentation paired with a show-and-tell of gear for local hiking year-round. The audience engaged with good questions and information sharing. Afterwards, all three leaders joined the group in exploring the Fuller Farm property in Marstons Mills, a one-mile, figure-eight loop through restored wildflower meadows and a wooded trail. We hope to see some of the participants on Cape Hikes this fall.

After a weather delay on June 6, 18 participants gathered at Eagle Pond on June 27 for a 3-mile hike and instruction on reading trail maps and using AllTrails. Janis Delmonte, Jane Harding and Robin McIntyre all worked to



Day-hike preparations are included in the PowerPoint.

Hike through the Barnstable Land Trust's Fuller Farm property.



coordinate the effort. Wendy Barker, board member for BLT welcomed everyone and discussed BLT and their partnering with AMC. Jane Harding described the history of the area and terrain including the indigenous Wampanoag people, farming, and harvesting of the trees for ship building in Europe. Janis Delmonte reviewed AMC specifics, and we all worked together to get participants started with an introduction to AllTrails. Many participants had not been on AMC hikes previously, but we hope to see them again in the fall.



Group gathers for a hike at Eagle Pond. *Photo by Wendy Barker of BLT*

Communications Vice Chair with tech skills

AMC-SEM seeks a tech-savvy person to support Communications Chair [Lara Szott](#). Tasks include advising on website updates, soliciting articles for the *Breeze* and social media, and working with AMC staff on marketing, such as flyers, patches, and business cards. You do not need to be active outdoors to do well in this role.





SEM EXECUTIVE COMMITTEE 2025 NOMINATION SLATE



| | |
|------------------------------|-----------------------|
| Chapter Chair | Jeannine Audet |
| Chapter Vice-Chair | Jenn Wong |
| Secretary | Sue Franconi Mulligan |
| Treasurer | Earl Deagle |
| Biking Chair | Bill Trimble |
| Cape Hiking Chair | Robin McIntyre |
| Communications Chair | Lara Szott |
| Conservation Chair | Zoe Rath |
| Education Chair | Anne Duggan |
| Hiking Chair | Bill Belben |
| Membership Chair | Nancy Piedra |
| Paddling Chair | Charlie Ashman |
| Past Chapter Chair | Paul Brookes |
| Skiing Chair | Dia Prantis |
| Trails Chair | Steve Scala |
| 20's & 30's Chair | David MacDonald |

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).

Bio's for all those on the slate can be found [here](#).

The Nominating Committee

Ken Cohen

nominatingchair@amcsem.org

Kathy O'Keefe, Pam Aberle

nominating@amcsem.org



“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

49th Annual Meeting

Followed by the

2024 Annual Dinner

Saturday, November 9th 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 Dinner¹ & Guest Speaker (\$30 per person)

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

Special Guest speaker

Nicole Zussman

Chief Executive Officer
of the Appalachian Mountain Club



[register](#)

Guest speaker bio and **registration details** follow.

Questions? Contact Paul Brookes by emailing chair@amcsem.org



¹ vegetarian & vegan options available

2024 Annual Dinner

Guest Speaker Nicole Zussman CEO of the Appalachian Mountain Club

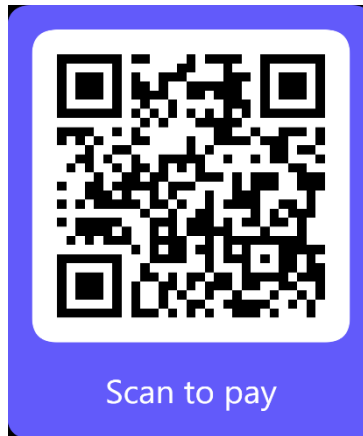
Nicole Zussman is President and CEO of the Appalachian Mountain Club (AMC) the nation's oldest conservation and recreation organization, committed to fostering the protection, enjoyment, and understanding of the outdoors. Nicole is a transformational business leader who combines her professional experience with her personal passion for the outdoors and AMC's mission.



..... online registration

To register for the dinner online, please scan the QR code or click the link below the QR code (one scan per person).

You will be redirected to a form where you select your meal preference, list any food allergies, and enter your credit card information.



\$30 per person
(\$40 after October 1)

<https://buy.stripe.com/5kAaF00AG7g74rC14I>

..... paper registration

If you do not want to pay by credit card, 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: \$ _____ \$30 per person (\$40 after October 1)



AMC-SEM Google Photo Albums and Media Policy

By: Lara Szott, SEM Communications Chair

In August, I went for a multi-day trek throughout the Whites with my brother and a few others. I brought with me my camera, two lenses, and a tripod. I anticipated taking lots and lots of photos, and I did exactly that. I took some that are not so special and others that make carrying around unnecessary equipment worth it. My devices are filled with thousands of photos from various trips over the years. Yet, I still haven't found a great way to organize them. This is when I remembered AMC-SEM recently started using Google Photos.

In July, we created two Google photo albums—one for Activities and another for Events. Having a single place where photos and videos live will allow:

Leaders and participants to reflect on activities and events whenever they'd like.

Participants to continue engaging with one another by sharing their photos, videos, and comments, hopefully building an even tighter-knit community.

ExComm members to access media when it comes to creating marketing materials and social media posts.

It should be noted that nothing is changing in terms of how you send over *Breeze* submissions. Please continue to send your article and photos over to the *Breeze* Editor with the word "*Breeze*" in the subject line and a word or two or three on the content. These albums are intended for post-outing collaboration and general sharing.

In addition to the two Google albums, we also solidified a media policy. As much as we love seeing photos and videos of AMC-SEM outings, we love seeing happy participants more. The media policy ensures each participant knows what the photos and videos might be used for and considers the participants' well-being and preferences.

Here is our new media policy:

AMC SEM MEDIA POLICY

We take the privacy of our members and all individuals seriously. All event leaders are required to make all participants aware of our media policy prior to the start of an event.

By sharing photo(s), video(s), and any other content, you grant us permission to use it in any marketing materials, website and social content, or other creative projects we develop. If there is an individual who wishes to remain

anonymous, please make us aware so we do not name, or post any content, of that individual. Also, some individuals may not want their photo taken; some will want to be excluded from photos altogether. SEM will honor these requests and not post photos of individuals who have made this request explicit.

Your privacy is valuable to us, and we appreciate you helping us spread the word and mission of our chapter. If you have any questions or concerns, please contact the Communications Chair:

communicationschair@amcsem.org.

The SEM [Homepage](#) and [Photos](#) page have both been updated with a Google document, [SEM Media Policy and Upload Guide](#), which has our media policy and instructions on how to upload media to the Google albums.

On the Homepage, you'll see the "Submit Photos" button (circled in yellow):



On the Photos page, you'll click the "Submit Photos" button or the "learn how to submit your photos here" link (circled in yellow):





AMC-SEM participants in August warm their hands over a faux campfire: Ben West, left, Barbara Gaughan, and Éva Borsody Das.

AMC-SEM members enjoy hiking, rafting, & more at August Camp

By Barbara Gaughan, Cape Hiking Leader

It was my good fortune to attend August Camp for the very first time, along with Ben West who was making his debut as an August Camp hike leader and Éva Borsody Das who was making Week 1 her swan song after her debut in 1998!

Aside from the weather (forest fire smoke, elevated Air Quality Index), I can only describe my experience in superlatives. Our site, on U.S. Forest Service land in Sisters, OR, was last used by August Camp in 2015. The tent village was set up on the Hoodoo Ski Area cross-country ski trails. Setting up camp before our arrival involved spreading much of 127 cubic yards of wood chips over two days in an effort to tamp down the dirt and mitigate the dust. An impressive undertaking!

Multiple Level A, B, and C hikes were offered each day. My favorite hike was the Green Lakes Trail in the Three Sisters Wilderness. This is a permitted 9.4-mile hike with 1200'



Hard to believe this cool-to-frigid lake is at the base of a volcano! (Last eruption 2,000 years ago.)

Photo by Barbara Gaughan

elevation gain. There was still snow on the trail at one point despite the 90° temperature! A dip in the lake at the base of South Sister was refreshing and unimaginable at 6 a.m. when we woke to a temperature of 36°! We were blessed with no mosquitos that day.

White water rafting was a half-day activity offered with Ouzel Outfitters. In twelve-foot round boats, we enjoyed twelve of the 90-mile McKenzie River, a tributary of the Willamette and the second coldest river in Oregon. We witnessed evidence of the Holiday Farm Fire of 2020, which jumped the river and destroyed more than 173,000 acres. Wildlife sightings included an ouzel, osprey, and merganser. One of the Class 2 rapids, Natural Selection, did not disappoint. We witnessed our guide, Makenna, perfectly execute a man overboard rescue!

A 90-mile drive to La Pine, OR, was a sightseeing option to walk the interpretive Obsidian Flow Trail located within the Newberry National Volcanic Monument. This lava flow of obsidian and pumice is the youngest in Oregon at 1,300 years old! There were a lot of Fun Facts on the display boards along the trail.



Camp Manager extra-ordinaire Ned Beecher.

Photo by Barbara Gaughan

A Fun Fact about camp meals: Not a single canned food was harmed in their preparation. Fresh produce was used in delicious and creative ways by two chefs and one baker on Croo. From kale and bean soup to carnitas to key lime pie, we ate very well.

Friday Follies, a camp tradition, was fun to participate in, singing "Sweet August Camp" to the tune of "Sweet Caroline" and dancing with the Salsa Sisters in fashionable tarp couture created by one very inventive fellow camper.

The most impressive take-away from my experience at August Camp, though, was the dedication of AMC volunteers. Aside from the paid Croo and camp manager, the entire success of Camp is thanks to all the volunteers, many with multiple hats. My account is just a fraction of the exploration and activities offered.

The Olympic Peninsula in western Washington was the big reveal at our Thursday faux campfire for August Camp 2025. I would encourage anyone who has never been, who is open to outdoor adventure, to give it a go.

Fall 20's and 30's events

Click hyperlinks to event registration



JACK-O-LANTERN SPECTACULAR AT ROGER WILLIAMS PARK ZOO

Status: Open | Date(s): 9/28/24, 7:30PM - 9:00PM

Activity: Social Events | Offered By: Southeastern Massachusetts

[Click Here to Register](#) (Control + Click to Open Link)



CORN MAZE AND ICE CREAM SOCIAL

Status: Open | Date(s): 9/29/24, 1:00PM - 2:30PM

Activity: Social Events | Offered By: Southeastern Massachusetts

[Click Here to Register](#) (Control + Click to Open Link)



WATERFIRE FESTIVAL

Status: Open | Date(s): 10/5/24, 7:30PM - 9:00PM

Activity: Social Events | Offered By: Southeastern Massachusetts

[Click Here to Register](#) (Control + Click to Open Link)



WATERFIRE FESTIVAL

Status: Open | Date(s): 11/2/24, 6:00PM - 7:30PM

Activity: Social Events | Offered By: Southeastern Massachusetts

[Click Here to Register](#)

Musical Bingo

MUSICAL BINGO

Status: Open | Date(s): 12/5/24, 8:00PM - 9:00PM

Activity: Social Events | Offered By: Southeastern Massachusetts

[Click Here to Register](#) (Control + Click to Open Link)



New Level 2 leader Maureen Thomas says the mountains have had her heart since her first hike. Below, congratulations from Tracy Hawes.



Photos by Tracy Hawes



Kindness equals Maureen Thomas, new Level 2 leader

By Tracy Hawes, Mentor / Hiking Vice Chair

I first met Maureen Thomas on the unforgettable Winter Hut Weekend two years ago at Carter Notch Hut. It was the grand finale of the 5-part winter hike series that SEM AMC hosts every year. We had a mostly smooth hike along the Nineteen Mile Brook Trail to the Hut, with just a few slips and unplanned ascents. But when we arrived, we were greeted by a winter storm, complete with 90 mph winds and over 17 inches of snow. Oh my! Through it all, Maureen remained one of the calmest and most easy-going hikers in the group. It was clear to me then that she had the qualities of a great leader.

Maureen recently checked all the boxes on her final hike to qualify as a Level 2 leader. She led a group of nine fellow hikers over the Blueberry Ledges of Mount Whiteface, even though visibility was far from ideal for such a scenic viewpoint. She continued to demonstrate her skills and attention to detail as she led the group down and back up through the col to Mount Passaconaway. Throughout the hike, her warm, steady, easygoing nature shone through.

When I asked Maureen what drew her to hiking, she quickly replied, "The love of the mountains, which have had my heart since I first hiked here, and the desire to explore further afield."

Maureen is eager to offer day hikes on the 4,000-footers in New Hampshire and the surrounding areas, with the hope

of eventually leading backpacking trips. One of her latest passions is rock climbing, so we might be lucky enough to see her offer some activities in that area too. From the beaches of Cape Cod to the heart-stealing mountains of the Northeast and beyond, we are incredibly fortunate to have Maureen as a new Level 2 hike leader. Wherever she takes us, it's sure to be an amazing experience, infused with the kindness that Maureen radiates. Let's all give Maureen a warm welcome!



Stacey Steele is embracing her return to Southeastern Massachusetts by joining the AMC-SEM chapter and bringing enthusiasm and new perspectives to the Membership committee.

Courtesy Photo

Welcome Stacey Steele to the Membership Vice Chair role!

By Nancy Piedra, Membership Chair

We are thrilled to welcome Stacey Steele as the new Membership Vice Chair for AMC-SEM. Stacey's journey with AMC has been nothing short of transformative. Since joining, she has not only explored the beautiful trails of the Blue Hills and the 52 With a View in New Hampshire but has also forged meaningful connections with fellow members. Her enthusiasm for the outdoors and the community is infectious, and she is eager to contribute her time and energy to our chapter.

With her four children grown and embarking on their own adventures, Stacey has the time and passion to give back to the AMC. Having recently moved back to Cohasset after a decade away, Stacey is enjoying life by the ocean and is excited to be closer to the outdoor activities she loves—whether it's hiking, running, biking, or skiing.

As she steps into the role of Membership Vice Chair, Stacey looks forward to collaborating on new ideas to enrich our community and enhance the experiences of all our members. Her commitment to AMC is evident, and we are excited about the fresh perspectives she will bring to our team. Please join me in welcoming Stacey to this important role!



Brian Gollub receives his new Level 1 Hike Leader kit from Hiking Vice Chair Tracy Hawes.

*Photo by
Maryellen
Cusack*

Brian Gollub, the comeback hiker who returns to lead the way

By Tracy Hawes, Mentor / Hiking Vice Chair

I am beyond thrilled to introduce Brian Gollub to our hiking community as one of the newest additions to AMC-SEM's roster of Level 1 Hike Leaders! Brian's journey to this achievement is nothing short of inspiring. He embarked on his hiking adventure just a year ago, with his sights set on conquering the mountains and that famous "48 / 4K's" list. In no time, he had already tackled over 30 of those peaks.

Then, in late December, life threw him an unexpected curve—a patch of black ice sent him spinning off the road and into a serious accident. The road to recovery was challenging, but if there's one thing Brian has in abundance, it's determination. Incredibly, just six months later, he was back on his feet and ready for the SEM Leadership Program, becoming the first leader from his qualifying group.

For those who haven't had the pleasure of meeting Brian, let me share a bit about him. His love for the outdoors and physical challenges runs deep. At just 18, he took on his first major hiking experience with an Outward Bound course in Leadville, Colorado—during the frigid month of February. This adventure had him and his group traversing high mountain passes on cross-country skis, building and sleeping in snow caves and igloos, and adapting to the harsh elements. As Brian says, "From there, I never looked back."

Brian's adventurous spirit extends beyond hiking. He once flew a Cessna 152 solo from Fall River, MA, to Albany, NY, then on to Bridgeport, CT, before returning to Fall River. He's also completed the Boston Marathon twice! If you're hiking with him, feel free to share your trail snacks—just don't offer anything with beets!

In addition to his role with SEM AMC, Brian is actively involved with the Dartmouth Natural Resources Trust (DNRT) as the Volunteer Land Steward for DNRT's Star of the Sea property, which conveniently borders his backyard. He's also a dedicated volunteer for trail crew work in the spring and fall.

Brian's leadership goals are to introduce our SEM members to the beauty of Southeastern MA and Rhode Island, areas that some may not have yet explored. Ultimately, he aims to become a Level 2 leader for AMC-SEM and lead White Mountain day hikes.

When he's not leading local hikes, Brian and his wife Kathryn will be venturing out to four National Parks, soaking in the beauty of our country's most stunning landscapes. Let's all wish Brian the very best in his adventures ahead!

AMC-SEM leads 14 summer hikes in the White Mountains

By Bill Belben, Hiking Chair

It was a busy summer for SEM hiking activities up in the White Mountains with hikes scheduled to many of the New Hampshire 48 over 4,000 feet (NH48-4Ks). From June through August, our chapter led hikes to 14 different peaks and currently has hikes posted for six more in September and October with more in the planning stages.

Participation continues to be strong as most of the hikes were full, with not only many familiar faces but lots of new friends who joined us from all over the Northeast. Many were working on their NH48 lists that ranged from completing their first 4K all the way to someone finishing their 48th on Mount Isolation.

A huge thank you to the following Leaders, Co-Leaders, and Leaders-In-Training who volunteered their time to help plan and lead these activities.

| | |
|----------------|------------------|
| Dia Prantis | Tracy Hawes |
| Kate Sullivan | Jeannine Audet |
| Diane Simms | Anne Duggan |
| Diane Hartley | Jenn Wong |
| Maureen Thomas | Mike Michalewich |
| Nancy Piedra | |

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Summer hikes

Continued from page 15



Top: Glen Boulder above Pinkham Notch. Middle: Lincoln Woods trailhead for Owl's Head. Bottom: Summit of North Tripyramid. *Photos by Bill Belben*



Top: Firetower at the summit of Mt. Carrigain.

Middle 1: Summit of Carter Dome. *Photos by Bill Belben*

Middle 2: Summit of Mt. Isolation. *No photo credit*

Bottom: En route to Kinsman summit. *Photo by Michael Abbott*



AT trip to Scotland led by Anne Duggan and Leslie Carson of AMC-SEM.

Exploring Adventure Travel with Southeast Mass. Leaders

Interviews by Nancy Tutko, Adventure Hiking Leader

Our AMC-SEM chapter activities generally range from the Blue Hills to Fall River to Provincetown, with destination hikes to the White Mountains and other locales in the Northeast. But some SEM hike leaders venture even further afield through AMC's Adventure Travel (AT) program. We interviewed these AT trip leaders to learn more about the program and what drew them to it, including three longtime leaders who've guided trips all over the globe, along with four new Associate Leaders.

Éva Borsody Das is one of the AT program's most longstanding trip leaders. She first experienced Adventure Travel (then called Major Excursions) as a participant on a 1992 trip to Poland's Tatra Mountains, and she was hooked. An avid year-round hiker, Eva has been leading AMC Adventure Travel trips since 2007, mostly in less visited places like Romania, Bulgaria, Slovakia, Poland, and Morocco.



"AMC's Adventure Travel is an incredible vehicle for allowing people to explore extremely diverse and interesting parts of the world," she said. "It helps people stretch the boundaries of their comfort zone, to experience nature in places they might not venture alone."

Éva, born in Hungary, has traveled the world over and has a few favorite places. "The High Tatras of Poland are

among my highlights, with their jagged peaks, high mountain meadows, and beautiful lakes that you can experience without having to climb to higher elevations," she said. "The Anti-Atlas mountains of Morocco are another favorite. I absolutely love that area – it's so elemental. You're trekking through the rocky desert, seeing the bones of the earth and all its undulations."

Semi-retired from leading AT trips, Éva is still out and about on the trails closer to home and active in SEM hike planning and other activities.

Leslie Carson, who is off trekking in Austria's Stubai Alps this month, has been leading hiking and backpacking trips for AMC since 2007, including AMC's August Camp. For the past 12 years, she has led hiking and trekking Adventure Travel trips internationally and domestically. She enjoys the whole process of researching trips, learning about places she's never been, and broadening her circle of friends.



"You meet the most intriguing, wonderful, like-minded people from all over the country," she said. "It's so inspiring. And the AT leaders themselves are a great group of people, a really supportive community."

Organized and detail-oriented, Leslie often takes her Adventure Travel groups to locations she's never been herself, saying, "I do a lot of research and talk to other trip leaders to put together an enjoyable experience at a reasonable cost."

Leslie's upcoming AT trips will take her and fellow travelers to explore [A National Park Trio](#): White Sands, Carlsbad Caverns & Guadalupe and a [Greek Islands Hiking Odyssey](#).

Robin Melavalin, an AMC AT leader since 2008, has been involved with educational travel for more than 25 years, having worked with college students and faculty on study abroad programs. She has led AMC Adventure Travel trips hiking in Morocco, the Bavarian Alps, Nepal, Kilimanjaro, Machu Picchu, and more.



"My background is anthropology, and I'm very comfortable crossing cultures," she said. "I enjoy sharing things that people would not do alone, to experience places and people and situations they would never see in their everyday lives. I'm basically an educator at heart."

Continued on page 18



Adventure Travel

Continued from page 17



AT leaders Diane Hartley and Leslie Carson in Slovenia.

"Every trip has at least one awesome moment or learning experience," Robin said. At the end of a trek in Nepal, their trip's local porters pointed out where they were going next. "Right after our hike ended, they were heading out to walk home to a mountain far off in the distance, miles away with many mountains in between. I was blown away by that."

Next year, Robin will lead an AT trip to [Kilimanjaro](#): Hike to the Crown of Africa. For that trip, her group will spend three days in a traditional Masai lodge built by local women, and her guides, porters, and drivers will include indigenous Masai women as well as men.

Anne Duggan, chair of SEM's Education Committee, has been leading hikes for AMC since 2011. A graduate of AMC's Mountain Leadership School, she has summited New Hampshire's 48 4,000-foot mountains and leads four-season hiking and backpacking trips throughout New England. A new AT Associate Leader, she participated in several AT trips before signing on to be a trip leader herself.



"It's great as a participant. AMC really works to create a cohesive community within each group, and everyone looks out for each other," she said. "I've met the most interesting people through AMC, and you find your life has many things in common with other people."

"As a trip leader, it's a lot of work but so much fun," she said. "We do tons of research, and I'm learning about different places all over the world."

Anne has several Adventure Travel trips coming up, including [Joshua Tree National Park](#) and [The Canary Islands](#): Hiking and Cultural Exploration.

Diane Hartley is an AMC hike leader and member of SEM's Education Committee. A graduate of AMC's Mountain Leadership School, she leads four-season hikes in the White Mountains and has hiked all of New Hampshire's 4,000-footers. She has traveled with several Adventure Travel groups as a participant, experiences that kindled her desire to become an AT trip leader herself.



"I have a couple of friends who are Adventure Travel leaders; that's how I found out about it," she said. "Every trip has something awe-inspiring, and there are really nice group dynamics. You meet so many interesting people, it's ideal for single people because you get to be part of a group, and fun for friends too. I love checking out the places I'd never have thought of to go myself."

Sometimes there are challenges. On a trek in Slovenia's Julian Alps, the group experienced three days of rain and traversed a tricky section of trail using harnesses and via ferrata. "I loved that trip," Diane said. "It's exciting, overcoming challenges, supporting each other with awesome people and leaders who know what they're doing."

Diane heads west this fall to lead hikes with [Colorado's Best Hikes for Fall Colors](#), with a few openings left for last-minute sign-ups.

Zoe Rath joined AMC in 2011. Active with the Boston chapter for many years, she now leads SEM hiking, backpacking, and skiing trips. A librarian in Norwell, Zoe is SEM's Conservation Chair and is certified in Advanced Wilderness First Aid. She's done several AT trips as a participant, including to New Zealand and the United Kingdom, and recently became an Adventure Travel Associate Leader.



Continued on page 19



Adventure Travel

Continued from page 18

"It's a great opportunity to see other cultures, meet new people, and enjoy the camaraderie of group travel," she said. "Sometimes we stay in nice inns or hotels, but it's also fun to rough it once in a while."

In addition to the ease of traveling with a like-minded group to explore new places, she points out that as a nonprofit organization, AMC returns any unspent funds to participants at the end of each trip.

Zoe's next trip is right around the corner, with room for some last-minute sign-ups for [Day Hiking Utah's National Parks](#).

Nancy Tutko loves active nature-based travel. A longtime AMC member, she's been leading local and destination hikes with SEM since 2019 and is a new Adventure Travel Associate Leader. In recent years she's also planned and led private small-group trips in the Azores, Dolomites, UK's West Cornwall and Dorset, the Faroe Islands, and the French Alps.



"I'm always on the lookout for out-of-the-ordinary or lesser-known locations and experiences, which I love sharing with others," she said. "Adventure Travel really plays into my research-nerd alter ego. I enjoy doing a deep dive to look at all the different possibilities for a particular area, to be able to offer experiences that mix hiking and exploring with local culture, history, and natural history."

Next year, she'll co-lead two international hikes that tick all of those boxes: [Walking Scotland's Borders Abbeys Way](#) and [Exploring the Vistas and Villas of Italy's Magical Lake Como](#).

SEM website now uses encryption

Have you ever seen the "Connection is not private" message when entering our website, www.amcsem.org? Well, fear no more, the website now uses SSL to encrypt communications. You will now see the URL start with "https" instead of "http" and, for some browsers, a padlock icon next to the URL in the address bar. All these indicate that our website is protected. Cheryl Lathrop, our webmistress (her own chosen title), worked with our service provider to convert our website. It took many hours of perseverance and dedication with their Technical Support team. Thank you, Cheryl!

Aug. 18th: AMC-SEM volunteers clean up Quincy quarry trash



Above: Group displays bagged trash.

Right: Hunting for discarded paper, food scraps, etc. Photos by Zoe Rath



Left: Too bad graffiti can't be put in a bag. Photo by Zoe Rath

Below: Yea! Volunteers celebrate a job well done. Photo by Paul Brookes





Canary Islands Exploration

Join SEM Leader Anne Dugan and veteran Adventure Travel Leader Rami Haddad on an exciting adventure!

On this trip, we will explore trails and culture on two Canarian islands: Tenerife and La Gomera.

Tenerife boasts ancient volcanic mountains and diverse landscapes crisscrossed with trails, and includes Pico del Teide, Spain's highest mountain. On Tenerife, we will circle the island, visiting three National Parks, as well as culturally significant cities, towns, and villages.

La Gomera Island, or "Isla Magica" (The Magic Island), is known for its rugged coastline of small black-sand beaches and its wild mountain landscape. La Gomera's mountains are the home of the Parque Nacional de Garajonay, featuring a prehistoric forest crammed with vegetation. Alto de Garajonay, La Gomera's highest peak, is believed to have been a ceremonial site for ancient Gomerians.

For more details, please visit:

<https://activities.outdoors.org/search/index.cfm/action/details/id/149968>

Or contact Anne Duggan for more information at abduggan12@gmail.com



Jeff often hikes with his dog, Laika.



New Vice Chair Jeff Gilbert eager to help with 20's & 30's committee

By Paul Brookes, Chapter Chair

Jeff Gilbert joined SEM this summer as our 20's & 30's Vice Chair.

By day Jeff works as a financial consultant for Point32Health, but on the weekends you can usually find him and Laika, his nine-year-old Siberian Husky, out on the mountains hiking or skiing. When I asked him where he lives—like many young folks—he has a story. Suffice it to say, he currently is based in Dorchester, MA, but grew up in Attleboro and spent the past five-plus years living in the Providence, RI, area.

Jeff grew up camping and hiking with family and has always had an affinity for the outdoors. When I asked him how he discovered AMC, he told me, "I've started spending more time in the backcountry and wilderness sites. Recently I came across an AMC volunteer at the Guyot Tent Shelter on a backpacking trip in the White Mountains. A brief conversation with this volunteer and the site caretaker prompted me to explore how I could get more involved with AMC," he said, "so I joined AMC this summer and reached out to you about the 20's & 30's Vice Chair role.

"Since I've already been acting as a 'pseudo' guide to my friends and family on recent trips, and I like to lead groups, the 20's & 30's Vice Chair role felt like a natural fit and a way I could get involved quickly."

Like many of us who embrace life and the outdoors, Jeff is doing something all the time. When we talked, he had recently attended the Newport Jazz Festival. He likes mostly folk, jazz, or funk music. In a few weeks, his brother and he are headed to Japan for two weeks, and the list of

adventures goes on. For example, he has an Ikon pass for 2024/2025 and plans to ski around Utah next spring.

I am thrilled, Jeff, to have you join SEM as our 20's & 30's vice chair. I am also excited that for the first time we have both a 20's & 30's Chair, Dave MacDonald, and, with Jeff, a 20's & 30's Vice Chair. Welcome to AMC and welcome to the chapter.



Charlie teaches kayak rescue to Ann Hargleroad (left), Emily McPhillips, & Teresa Pagliuca.

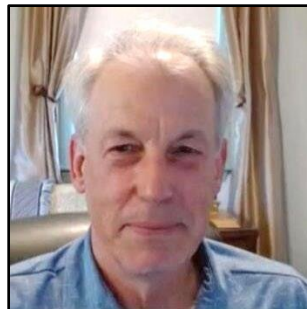
Charlie Ashman brings many skills as new Paddling Chair

By Paul Brookes, Chapter Chair

I am thrilled to welcome Charlie Ashman to AMC-SEM as our Paddling Chair. I have come to know Charlie over the summer on paddles and over spirited conversations about what more we can do to be better stewards of nature.

Last weekend, he ran a day of kayak rescue training at Dug Pond in Natick for the new paddle leaders and participants. We all practiced both rescuing someone and capsizing our kayaks and being rescued. Charlie's encouragement and sensitivity as we struggled to re-enter our kayaks reflects a gentle and kind personality that we all appreciated.

He is also a Red Cross Lifeguard Instructor, First Aid and CPR instructor, and PADI rescue diver. (I hear Anne Duggan thinking "education committee" down the road.) I encourage you to get to know Charlie. You cannot find a friendlier person to spend time with.





Sue Franconi-Mulligan reprises her role as SEM chapter secretary

By Paul Brookes, Chapter Chair

I want to welcome Sue Franconi-Mulligan as our AMC-SEM secretary, taking over from Lindsey Meyers-Bertone as she gets ready for the birth of their first child. Sue is not new to the role, having been first elected as Secretary in 2008 and holding the position through 2010.

The role of secretary is an important but sometimes less-visible role. Not only does the secretary take our Executive

Committee meeting minutes, but s/he also sends out those special Volunteer of the Month awards, gift cards, and certificates.

Sue is an avid outdoors person and enjoys gardening and photography, as well. You can read more about Sue in her bio on page 3.



To 'Catch My Breath,' I learned to move at my own pace & more

By Tracy Hawes, Hiking Vice-Chair

Kelly Clarkson may not be my hiking buddy, but her song, "[Catch My Breath](#)," feels as if it was made for my hiking adventures (even though I don't listen to music while hiking). Hiking is one of my true passions, and I'm humbled by how challenging it can be to find my rhythm in that first mile in group hikes. I know it's true for other hikers as well.

A lot of it is mental—that pesky voice inside our heads saying, "I'm holding everyone up" or "They're going to leave me behind." No matter the hiking skill, experience, or conditioning, it can happen. So how do we stay out of our heads and in the rhythm that will set a pace to maintain stamina, breath, enjoyment?

For me personally, on a recent trek up the Valley Way Trail in the Whites, this voice, coupled with some anxiety, hit me hard. My breathing was heavy, and it felt as if my group was sprinting up the hill from the parking lot. With the thought of turning back, I finally turned to our fantastic co-lead and shared what was happening.

Their response was exactly what I needed: "Don't worry about it; move at your own pace." Then they offered me a mantra of three simple words: "Slow, Steady, Capable." It was like a shot of pure oxygen to my lungs. My rhythm steadied, my pace normalized, and I got out of my head. Before I knew it, I was back in my strong hiking rhythm and helping another hiker reach the top.

Our normal walking rhythm is about 15 breaths per minute, but climbing can push that to between 40 and 60 breaths per minute. That's some impressive lung power! In an effort to support others who might feel intimidated by higher-elevation hikes, or worried they "can't keep up," knowing your *comfortable pace* is crucial. Hiking or walking with some elevation regularly helps, and starting slower can help you maintain your pace over a nine-, twelve-, or even 16-mile hike. Here are some tips to help condition and regulate your breathing for those more strenuous climbs:

Breathing Tips:

Inhale through your nose, exhale through pursed lips:

Make your exhale slightly longer than your inhale.

Take shorter steps: If you have shorter legs, shorter steps help regulate the oxygen your muscles need.

Regular breaks: These don't have to be long—just enough to catch your breath. Count to 20, then start again. Breathing rest stops every 20 minutes is a good rule of thumb for quick elevation gains, anyhow.

Hands-on your head: This helps open your lungs and diaphragm. It's a trick used by asthmatics, but it can benefit all hikers.

Mindful steps: Visualize light and gentle foot placement can take the imagined urgency out of the equation and naturally regulate your pace.

Hold a Mantra: "Slow–Steady–Capable" or whatever feels rhythmic and steady for you.

Strengthen Your Core: As seen in this [article](#) by Robyn Fog, breathing exercises and core strengthening are crucial.

Patience: Be kind to yourself. Taking a few extra minutes for a sip of water and a breathing reset ensures that everyone in your group is doing fine.

Embrace the journey, trust your pace, speak up if the group is outpacing their posted pace, and remember that slow, steady, and capable will always get you to the top.

Kristin Bor of Outside Magazine gives us some [great tips](#) for all-over conditioning at higher altitudes in the following link. See others [here](#).

NOTE: This article previously appeared in SEM Hiking Shorts and has been adapted for the Breez

AMC is developing a pathway to become net zero.

NET ZERO MEANS REDUCING GREENHOUSE GAS EMISSIONS AND INCREASING CARBON SEQUESTRATION THROUGH REFORESTATION AND CARBON STORAGE TO REACH ZERO TOTAL EMISSIONS.

Hard science and focused advocacy have defined AMC's conservation mission from the beginning. In 2003, we first began measuring our operational carbon footprint.

In 2019, AMC adopted a goal of achieving 'net zero' greenhouse gas emissions no later than 2050, with a goal of 45 percent reduction from 2010 levels by 2030.

Considerable process has been made to date, including energy efficient retrofits, increasing on-site renewable energy generation, improving fuel efficiency of our fleet vehicles, and more.

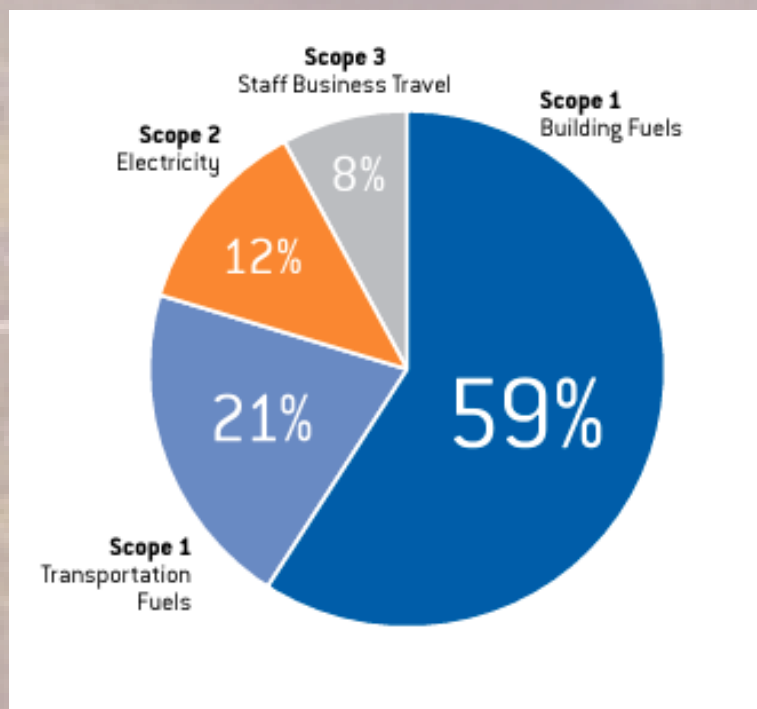
READ MORE ABOUT OUR WORK TO CURB GREENHOUSE GAS EMISSIONS AT OUR NET ZERO WEBPAGE:
[OUTDOORS.ORG/CONSERVATION/PRIORITIES/NET-ZERO-EMISSIONS](https://outdoors.org/conservation/priorities/net-zero-emissions)



What is AMC's operational greenhouse gas footprint?

Most greenhouse gas emissions result from burning fossil fuels like diesel and propane to heat buildings and run kitchens, gasoline to power vehicles, and natural gas combusted for energy at electricity plants.

Our 2019 footprint was 1,500 metric tons of carbon dioxide equivalent, an 8% increase from our 2010 baseline. Emissions by sector are noted to the right. Our footprint will be updated annually starting in 2025.



What can I do to support AMC reach net zero?

Our progress is fueled by volunteers that support this work with their time in local chapters and at camps/cabins, members who support our advocacy, and donations that empower us to innovate.

What can I do to take climate action?

Together, we can build a better world by supporting our communities, through volunteerism, responsible recreation, advocacy, and by living sustainably. Every choice we make, from how we travel to how we vote, helps protect people and planet.



Activities

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

BICYCLING

Wed., Sep. 18. Tiverton/ Little Compton Bike Ride, Tiverton, RI. Come bike again, a second time with us along coastal farmlands on the quiet roads of Tiverton and Little Compton, Rhode Island. We will ride 24 miles on rolling terrain with an elevation gain of 963 feet. Our bike speed will be 10 mph. We will start from the Tiverton Library at 10 am where there's plenty of parking. Arrive 15 minutes ahead of time. Bike Helmets are required for this ride. Bring a spare bike tire, water, rain gear if indicated. Dress for the weather. Bring sunblock, snacks/lunch. There is also a nice place close to the Tiverton library that we can enjoy a post ride snack at the Pine House Restaurant après ride. L Ann Hargleroad (617-935-9301, ahargleroad@gmail.com, Love the Outdoors. AMC hike, bike, kayak leader. CPR and WFA certified.) L John Nery (401-624-4576, jpnery@yahoo.com LAB LCI trained Bicycle Safety Instructor. Leading AMC rides over 5 years.)

Sun., Oct. 20. Cycle the Blackstone River Bikeway, Parking Front St., Lincoln, RI. Join us for a relaxed ride on the beautiful Blackstone River Bikeway, traveling from Lincoln to Woonsocket, RI & back. This ride will follow the Blackstone River, past some dams & historical sites. The ride pace will be approx. 10 mph. A helmet is required to ride. Bring water, a spare bike tube & clothing appropriate for cool/ changeable Fall weather. We will stop to take a lunch break, so pack a lunch/ snack. We will have the option to go to Foolproof Brewing in Pawtucket afterward for some social time. Sustained rain will cancel this event. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirddbp@aol.com, Jeannine enjoys leading road & bike path rides in New England.) L Jodi Jensen (jodiajensen@gmail.com)

Fri., Oct. 25-27. Berkshires Hiking & Biking Weekend, Wainwright Inn, MA. Join us for a fun weekend in the beautiful Berkshires. We will be returning to the Wainwright Inn in Great Barrington. The inn has 9 lovely rooms, serves a delicious multi-course breakfast, & is close by to many hiking trails of varying features & challenge, as well as to the 23-mile Harlem Valley Rail Trail. Hiking & cycling will be offered on Saturday, as well as a short hike on Sunday morning. L Jeannine Audet (508-493-8221, jhummingbirddbp@aol.com, Jeannine enjoys sharing her love of the outdoors with others through leading hikes, backpacks, bike rides & xc skiing. The Berkshires is a favorite location.) L Leonard Ulbricht (lenu44@gmaoil.com, Len leads hikes & bike rides in MA & NH.) L Paul Brookes (PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

CAPE HIKES

Thu., Sep. 19. Sagamore Hills/Cape Cod Canal, Scusset Beach State Reservation, Sagamore, MA. Join us for a Show and Go easy 4-mile hike at Sagamore Hill Military Reservation and finish on the Cape Cod Canal. Initially the site was an Indian Council gathering place. During WW II shortly after the attack on Pearl Harbor, the reservation was built. Its mission was to protect the northern entrance of the Canal from possible naval attack. The site has remnants of two Panama mounts (circular mounts) for 155mm guns. The trail is mostly flat and wide. We will have views of Cape Cod Bay at the top of the hill. We will finish with a 1.5 mile walk along the Cape Cod Canal. One never knows what we will encounter in the Canal--always wind! Please bring water and wear appropriate footwear. Take tick and poison ivy precautions. If you are interested in borrowing hiking poles, please let the leader know ahead of time to make arrangements. Please check the website the day of the hike for last minute cancellations, most often due to weather. L Sandra Alisch (sgna@comcast.net, Level 1 Cape leader. Also Cape Nordic walking host. Enjoying the outdoors in retirement.)

Sat., Sep. 21. Hike Long Pond, Falmouth, MA. This is a 4.5-mile 2+ hour hike in the Falmouth Town Forest with scenic views of Long Pond and Angel Mirror Pond. The hike includes some hilly sections with uneven footing. Bring water, wear sturdy hiking footwear, poles if desired, tick repellent. Because this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. L Jane McLaughlin (781-695-6310, optmed@aol.com, Jane McLaughlin is a first year Level 1 Cape Hike Leader.)



Activities

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

CAPE HIKES

Sun., Oct. 6. 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, Past Cape Hike Chair, many years as leader.)

Thu., Oct. 10. 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, tick and mosquito repellent, 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. Cape Hikes has 2 sets of poles to borrow. If you want to borrow them, contact the leader ahead of time. Carpooling will be helpful for somewhat limited parking and to support AMC's mission of conservation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 9th year Level 1 SEM/Cape Hike leader with WFA training) L Barbara Gaughan (781-572-1321, barbaragaughan12@comcast.net, Barbara is a Level 1 hike leader with significant hiking experience and an avid cyclist.)

Sat., Oct. 12. Hike Long Pond, Falmouth, MA. This is a 4.5-mile 2+ hour hike in the Falmouth Town Forest with scenic views of Long Pond and Angel Mirror Pond. The hike includes some hilly sections with uneven footing. Bring water, wear sturdy hiking footwear, poles if desired, tick repellent. Because this is a Show and Go hike, participants will need to check this website on the day of the hike for any cancellations due to poor weather. L Jane McLaughlin (781-695-6310, optmed@aol.com, Jane McLaughlin is a first year Level 1 Cape Hike Leader.)

Sun., Oct. 13. Hike Crowes Pasture and Cold Storage Beach in Dennis, MA. Hike approximately 4.5 miles through the historic Quivett Creek Neighborhood in Dennis, Crowes Pasture, Cold Storage Beach and Sesuit Harbor. Please check this website on the day of the hike to ensure that there has not been a weather cancellation. Cape Hikes has 2 sets of hiking poles that can be borrowed. If you would like to borrow them, contact the hike leader before the hike so the leader can arrange to have them available for you to borrow. In support of our conservation mission, please carpool when possible. L Margaret Christen (832-443-7321 Before 9PM, margaret@mchristen.net)

Thu., Oct. 17. Hike Indian Lands in Dennis, MA. Hike along the Cape Cod Rail Trail and through Historic Indian Lands along the Bass River in Dennis. The hike is approximately 4 miles over paved and wooded paths. Please check this website on the day of the hike to ensure that there has not been a weather cancellation. Hike will start and end in the Cape Cod Rail Trail (CCRT) parking lot on Rt 134 in Dennis. Take Exit 78A (Old Exit 9A) from the Mid Cape Highway and head south on Rt 134 for approximately a 1/2 mile. After crossing under the bike trail bridge spanning Rt 134 take an immediate left into the CCRT parking lot. We will meet by the rail trail kiosk. L Margaret Christen (832-443-7321 Before 9PM, margaret@mchristen.net)

Sat., Oct. 19. Hike Marconi Station, Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, October 19, 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 2-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 5.3 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)



Activities

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

CAPE HIKES

Sun., Oct. 20. Hiking the Three Ponds of Yarmouth, West Yarmouth, MA. Hike the Three Ponds in Yarmouth, 2 hours, 4 miles. Very nice trails although a couple are narrow. Don't forget to spray for ticks and mosquitoes, bring water. Wear shoes or boots that can get wet because we will be walking along a very beautiful stream that can be a little wet. Since this is a Show and Go hike, check the website on the day of the hike in case of a weather cancellation. Take Exit 73 and go towards West Yarmouth, Hyannis. At the next set of lights turn onto Higgins Crowell Road. At the next set of Lights turn right and go about 1/4 mile to Sandy Pond Recreation area and park in the Dog park parking area. L David Selfe (508-776-4260, kdsel@comcast.net, My wife, Kathy, and I have hiked over 1000 miles on the Cape) L Kathleen Selfe (508-776-4260)

Sat., Oct. 26. 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. Poison ivy may be growing along the trails. 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 12:45 PM. Consider carpooling, parking is limited. 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 McLaughlin (mclaughlinmediation@gmail.com)

Sun., Oct. 27. 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 in the unlikely event conditions are icy, poles and boots with spikes are recommended. To learn if the hike is cancelled due to inclement weather or other reasons, go online in the morning to see if the hike is still listed - if the listing is gone the hike is cancelled. If in doubt, or for any questions, contact the leader. To support its conservation efforts, the AMC urges attendees to carpool when possible. L John Gould (508-540-5779, jhgould@comcast.net, Has been a Level I Cape Hike leader for 20 years.)

Thu., Oct. 31. Monks Park/Little Bay Conservation Monument Beach, Valley Bars Road, Bourne, MA. This Show and Go hike is 4 miles, 2 hour wooded hike with moderate hills finishing along the shores of the local dog beach. We will cross the road to explore the area adjacent to the ball field. Please bring water and have appropriate footwear. Use tick and poison ivy precautions. Some sections will be narrow. If you are interested in borrowing hiking poles, contact the leader ahead of time to make arrangements. Please check this website for last minute cancellations, most often due to weather. Carpooling is encouraged. L Sandra Alisch (sgna@comcast.net, Level 1 leader. Also Cape Nordic walking host. Enjoying the outdoors in retirement.)

Sun., Nov. 3. Hike--Bourne Town Forest/Four Ponds, Monument Beach/Bourne, 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. Hunter orange advised. Cape Hikes has 2 sets of hiking poles that can be borrowed. Contact the hike leader before the hike so the leader can arrange to have them available for you. In support of our conservation mission, please carpool when possible. Directions: NOTE: NOT meeting at Four Ponds trailhead and GPS will not work well. 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, just after the fire hydrant and before 77 Valley Bars Road. Since this is a Show and Go hike, check the website on the day of the hike for any weather cancellation. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is an 9th year Level 1 SEM/Cape Hike leader with previous WFA training.) CL Maria Grotz (Maria is a leader in training using this hike as her first co-lead.)

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



Activities

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

CAPE HIKES

Sat., Nov. 16. Hike North Falmouth Crane Moraine, Crane Wildlife Area West, 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 4 hours, which includes a stop for lunch. Boots and poles recommended. Bring a snack or lunch, and water. There could be ticks, poison ivy, and mosquitoes encountered. Wear appropriate outerwear and footwear for the temperature and weather, and in the unlikely event conditions are icy, poles and boots with spikes are recommended. To learn if the hike is cancelled due to inclement weather or other reasons, go online in the morning to see if the hike is still listed - if the listing is gone the hike is cancelled. If in doubt, or for any questions, contact the leader. To support its conservation efforts, the AMC urges attendees to carpool when possible. L John Gould (508-540-5779, jhgould@comcast.net, For 20 years has been a Level 1 SEM/Cape Hikes leader.)

Sun., Nov. 17. Hike Maple Swamp, Sandwich, MA. This hike is a show and go, please contact leader with questions. We will hike 4+ miles over 2 hours. The trails are very hilly hike over uneven glacial terrain. We will be on narrow trails and ancient cartways. Sturdy footwear preferably hiking boots and fluid for hydration required, hiking poles strongly recommended. Be prepared for ticks and poison ivy. From Sagamore Bridge take Rte 6 E and exit 61 Quaker Meetinghouse and turn R off of ramp and then immediate L onto Service Rd., just beyond Mill Rd, look for entrance to Maple Swamp. From outer Cape take Rte 6 W to exit 63 Chase Rd, turn L off ramp, go over highway and turn R on Service Rd., just beyond Noel Henry Rd is entrance to Maple Swamp. Arrive at 12:45 PM please. Carpool if possible. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. L Jane Harding (203-500-3155 Before 8 PM, janeharding@comcast.net, Former Cape Hike Chair with many years of hiking experience.)

Sat., Nov. 23. Hike Great Pond Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, November 23, 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 5.4 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)

Sat., Dec. 7. Hike Newcomb Hollow, Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, December 7, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds, an excellent ocean view from cliffs, 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)

Sun., Dec. 15. Hike Cape Cod Community College and Old Jail Lane, Barnstable, MA. We will meet at the college and hike 4.5 miles on wooded trails to Old Jail Lane Conservation area and back in a large loop. There are moderate up and down hills. If there is snow or ice on trails snow spikes are strongly recommended. Driving Directions: Take Rte 6 to new exit 68 and turn towards 6A, turn right into college entrance and follow road to parking lot 4 & 5. Drive to back of lot and park by woods adjacent to solar field. L Jane Harding (203-500-3155 Before 8 PM, janeharding@comcast.net)

Sat., Dec. 21. Hike Pamet Hill, Truro, MA. We will be meeting at 9:45 AM on Saturday, December 21, 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 4.6 miles of steep hills, forests, and amazing ocean views 150 feet above the beach. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. If icy conditions, you will need poles and crampons or spikes on your boots. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)



Activities

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

CAPE HIKES

Sat., Jan. 4. Hike Bearberry Hill, Truro, MA. We will be meeting at 9:45 AM on Saturday, January 4, 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 4.9 miles of hills, forests, and amazing ocean views. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. If icy conditions, you will need poles and crampons or spikes on your boots. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Jan. 9. Hike South Truro to Poors Hill, Truro, MA. This Show and Go hike is on woodland trails, hills, and pavement, railroad bed, and beach walking. Scenic bay views, houses and places of interest. Wear hiking footwear and dress in layers for beach wind exposure in the winter air. Bring water. Consider microspikes and poles if icy. 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. Since this is a Show and Go hike, please check the website on the day of the hike for any cancellation, most often due to weather. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (774-534- x2281 Before 9 p.m., jtkaiser@comcast.net, AMC life member, Cape hikes leader many years.) L Richard Kaiser (508-246-7582 Before 9 p.m., rjkaiser@comcast.net)

Sat., Jan. 18. Hike Long Nook, Truro, MA. 2.5-hour hike. Hike 4.9 miles to visit abandoned AF Base, PAYOMET, and Jenny Lind Tower. Excellent high cliff ocean views. 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 - 12:30 pm. Waterproof hiking shoes/boots are required. Bring water, use tick repellent, clothing layers. If icy conditions, you will need poles and crampons or spikes on your boots. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

EDUCATION

Sat., Oct. 5. Fall Leadership Training, Rochester, MA. This course will prepare participants to begin leading AMC activities such as hiking trips; kayaking and paddling trips; bike rides; skiing trips; trail workdays; and social activities; or to serve on the Chapter Executive Committee. Participants will attend a full day of in-person learning and complete three online learning modules. The class session runs from 8:30 am to 5 pm. We will learn about: Leadership styles; Trip Planning, Management, and Screening; Risk mitigation; DEI practices; Leave No Trace principles; and Qualifications to become an activity leader. Role-playing exercises will reinforce learning and foster leadership skills. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne is a graduate of AMC's Mountain Leadership School. She is a 4-season hike leader with SEM and is an Associate Adventure Travel Leader. She has been the Chair of the Education Committee since 2022.)

EXECUTIVE COMMITTEE

Volunteer Opportunities

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



Activities

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

EXECUTIVE COMMITTEE

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

Ongoing. Nominating Committee Vice Chair - Southeastern Mass Chapter, MA. Do you regularly attend activities and are comfortable talking to people about open positions. If so, please consider the nominating committee's vice chair position. We are looking for an AMCSEM member from any locale within our region, but especially someone from the Cape. For more information contact Ken Cohen by emailing nominatingchair@amcsem.org. or Paul Brookes (chair@amcsem.org).

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

HIKING

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

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

Tue., Sep. 17. Fall Tuesday Morning Blue Hills Hike Series #2, Blue Hills Reservation, MA. Please join us 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 of 1 1/2 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. L William belben (william.belben@yahoo.com) L Susan Cummings (szqb65@gmail.com). Susan is an avid outdoor enthusiast. Hiking throughout New England locally and NH.)

Thu., Sep. 19. Thursday Morning Hike: Massasoit State Park, MA. Our 6.2-mile hike takes us past Fisherman's Landing and Middle Pond, and lunch at Furnace Pond. We return via a scenic route along Lake Rico. We will be hiking at a moderate pace. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is 4-season Level I hike leader for the SEM and Boston AMC chapters, and a Nordic ski enthusiast. He is also Co-chair of SEM's Trails Committee.) L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern Massachusetts and Boston Chapters Hike Leader and Leader-In-Training Mentor. Avid nature photographer.) CL Elaine Killough (This is Elaine's second year of hiking with the AMC. She is an experienced four season hiker who enjoys both the challenges and joys of being out in the trail.)

Tue., Sep. 24. Fall Tuesday Morning Blue Hills Hike Series #3, Blue Hills Reservation, MA. Please join us 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 of 1 1/2 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. L William Belben (william.belben@yahoo.com) L Susan Cummings (szqb65@gmail.com). Susan is an avid outdoor enthusiast. Hiking throughout New England locally and NH.)



Activities

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

HIKING

Tue., Sep. 24. Fall-Season-Hiking In the Blue Hills: An Introduction or Refresher, Blue Hills Reservation, MA. New Members - and ALL Are Welcomed! Are you interested in hiking with a group led by experienced Appalachian Mountain Club (AMC) hike leaders? Is hiking new to you or have you started hiking, had to stop, and would like to begin again? Perhaps you have hiked and you'd like to slowly improve your hiking stamina, abilities, and know-how. If you have answered "Yes" to any of the above, you are aged 18 or older, and in generally good health, then this is the hiking series for you! The program will start with just a few miles on mostly flat trails at a slow to moderate pace. We'll progress to slightly more challenging conditions, which will include longer distances, a bit more pace, and the addition of hilly terrain. The group will meet every other week. Our progress will depend on the comfort of EVERYONE who regularly participates. The series will begin on Tuesday, September 24, 2024 at 10 AM. It will continue every other Tuesday thru December 17th (seven hikes). You can register at any time during the series. We will meet at various locations in the Blue Hills Reservation for all of our hikes. The leaders will introduce you to different hiking techniques, rules for safety, and the various types of equipment to help you achieve your goals. The objective is to expand your hiking IQ and to have fun! You are not required to be a member of AMC. However, you do need to set up an account to Register Once for all of the hikes in the program. Then just "show and go" for any or all of the hikes in the series. If you already have an AMC account just register once the entire program. Don't forget to tell your friends and family about this wonderful opportunity! Here's the website address to register: <https://outdoors.my.site.com/CommunitiesSelfReg> No pets will be permitted on these hikes, except for pre-approved service dogs. Additional information will be sent prior to each hike to all those who register. We hope that you, your friends, and family members will join us! L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, AMC Member since 2006. Hike leader for both the Southeastern Massachusetts and Boston Chapters since 2017. Has mentored seven current hike leaders. Four-season hiker. Avid nature and photo-journalism photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is 4-season Level I hike leader for the SEM and Boston AMC chapters, and a Nordic ski enthusiast. He is also Co-chair of SEM's Trails Committee.)

Thu., Sep. 26. Thursday Morning Hike: Fall at F. Gilbert Hills, F. Gilbert Hills, MA. Join us on a fall hike through F. Gilbert Hills State Forest. Our roughly 6.5-mile hike will take us past Sunset Lake, and the area around the Acorn trail and trails adjacent to the Warner trail. There will be some climbing with a total elevation of approximately 890 feet. We will be hiking a moderate pace for approximately 3.5 hours. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is 4-season Level I hike leader for the SEM and Boston AMC chapters, and a Nordic ski enthusiast. He is also Co-chair of SEM's Trails Committee.) CL Kathy O'Keefe (kathyokeefe2020@gmail.com, Kathy is an experienced 4-season hiker, seeking her Level I certification.)

Fri., Sep. 27-29. -- SEM Chapter Hut Weekend at Cold River Camp, North Chatham, NH. Join the fun at SEM's Annual Chapter Hut Weekend. This year we will be at Cold River Camp in North Chatham, NH. All our welcome, youngsters, adults, retirees. AMC members from any chapter and non-members. There will be something for everyone. The weekend begins on Friday afternoon September 27th (arrive any time after 2 PM) and ends on Sunday September 29th after a morning activity. Leaders will plan a variety of activities for example hikes, paddles, bike rides, yoga, stargazing and more. Family-friendly activities will be offered. Be your own activity director and do as little or as much as you want. New to SEM Chapter Hut Weekend? This is a weekend of relaxation, reflection, recreation and recharging, think of it as part summer camp, part retreat, and totally fun. Two hearty, hot meals (breakfast and dinner) and one bagged trail lunch will be provided daily starting with dinner Friday night at 6 PM and ending with a hot breakfast Sunday morning and a bagged trail lunch for Sunday's activities. All meals are homemade by the camp chef using seasonal ingredients and served family style or buffet. A vegan/vegetarian option will always be available to those who have requested vegetarian meals during registration. Participants may bring their own beer or wine (BYOB) for the daily social hour. Lodging is in cabins. Restrooms with showers are available. Participants must bring bed linens/ sleeping bag & towel, as we are staying during the "off season". In past years the Chapter Hut Weekend has filled up quickly so if you would enjoy relaxing in a stunning environment, mark your calendar, registration opens June 3rd. L Robin McIntyre (capehikingchair@amcsem.org) L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, jhummingbirdbp@aol.com, Jeannine enjoys sharing outdoors experiences with others, through leading hike, backpack, bike & xc skiing trips throughout New England.) L Paul Brookes (chair@amcsem.org, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid).)



Activities

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

HIKING

Tue., Oct. 1. Fall Tuesday Morning Blue Hills Hike Series #4, Blue Hills, MA. See listing for Tues., Sept. 17.

Thu., Oct. 3. Thursday Morning Hikes - Borderland State Park, North Easton, MA. Join us for a hike through beautiful Borderland State Park. Our hike will take us past Split Rock and to Moyles Quarry, before returning past the Tisdale site and both Upper and Lower Leach ponds. Total hiking distance will be about 7 miles with less than 400 feet of elevation. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is 4-season Level I hike leader for the SEM and Boston AMC chapters, and a Nordic ski enthusiast. He is also co-chair of SEM's Trails Committee.) L Ken Cohen (508-942-1536 before 7:00 pm, k-cohen@comcast.net, AMC Member since 2006. Hike leader for both the Southeastern Massachusetts and Boston Chapters since 2017. Has mentored seven current hike leaders for SEM. Four-season hiker. Avid nature and photo-journalism photographer.)

Tue., Oct. 8. Fall Season Hiking in the Blue Hills: An Introduction or Refresher—Hike #2. See listing for Tue., Sept. 24.

Thu., Oct. 10. Thursday Morning Hike in the Blue Hills - Houghtons Pond to Buck Hill and Back, Blue Hills Reservation, MA. Moderate paced 3-3 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. L William Doherty (wdoherly1@verizon.net, Level 1 AMC Hike leader. Four season Blue Hill hiker and Trail maintenance volunteer.) L Madelyn Atwood (I have been hiking in NH and the Blue Hills since 2007 with a few years off in between. I love hiking, kayaking, bird watching, and getting people involved in the outdoors. I am a Level 1 Leader.)

Tue., Oct. 15. Fall Tuesday Morning Blue Hills Hike Series #6, Blue Hills Reservation, MA. Please join us for a fall hike in the Blue Hills. The hike will be approximately 6-8 miles, including up to 1,300' elevation gain. We will average a pace of 1 1/2 + 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 activity. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy is an avid hiker, having hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. She is a four-season and backpack Hike Leader and currently serves as SEM Hiking Co-Vice Chair.) L Madelyn Atwood (I have been hiking in NH and the Blue Hills since 2007 with a few years off in between. I love hiking, kayaking, bird watching., and getting people involved in the outdoors. I am a Level 1 Leader.) CL Ann Rega

Wed., Oct. 16. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and Hike under a Full Hunters Moon. We will be hiking about 5 miles on mainly wide and flat trails around 2 large ponds. In the past we have seen the moon about 90% of the time. Under clear conditions the Ponds and Meadows are brightly lit. Sturdy Hiking Shoes are a must for the Fall conditions on the sometimes wet and slippery trails'. A detailed Poop Sheet will be sent to all who register This hike is not appropriate for pets. L William Cannon (508-649-6730 After 3PM and Before 8 PM, bcannon56@gmail.com) L Patricia McNally (pmcnally@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com)

Thu., Oct. 17. 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](#). L Eva Das (borsody@gmail.com)

Thu., Oct. 17. Thursday Morning Hike: Wareham Forests, MA. Come join us for an autumn hike that meanders through different properties in the forests of Wareham. The weather will be cooler with falls arrival which means less bugs and perhaps some foliage to view. The trail will pass through a patchwork of protected properties which include The New England Forestry Foundation, Great Neck Conservation, including exploring the restored Minot Forest Trails. Hikers should be prepared for uneven ground with tree roots to navigate. The hike will be approximately 6 miles with little elevation. Please have water with you as well as snacks/lunch. Steady rain will cancel. It will be archery season so please wear blaze orange. Directions and more information will be provided to registered participants 2 days before the hike. L Susan Cummings (508-272-2570, szqb65@gmail.com, Susan is an avid outdoor enthusiast. Hiking throughout New England locally and NH.) CL Pam Aberle



Activities

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

HIKING

Fri., Oct. 18-20. Three Day / Two-night Bonds to Hale Adventure, Lincoln Wood, NH. Join us for a three-day and two-night shelter/hut stay as we hike Lincoln Woods Trail to Bondcliff Trail up to Bondcliff for a hopeful sunrise. Day one-Meeting at Lincoln Woods, we'll head down Lincoln Woods Trail for 5 miles at a quicker pace (2-2.5 mph) to Bondcliff (4265), where we will climb nearly 4 miles with 4500 ft of elevation gain (1 - 1.25 mph). Continuing to Mt. Bond (4698) and West Bond (4540), we will then make our way to the self-service Guyot Shelter for the evening. Total estimated miles 11.45 / 4,022 ft elevation along varied terrain (flat, ridgeline, ascents, and descents). Day two-We will start with breakfast and a traverse over to Mt. Guyot (4580) and Mt. Zealand (4260), with a stop at Zealand Cliffs and Zealand Falls before arriving at Zealand Falls Hut for a good meal (6:00 PM) and overnight. The day total will be approximately 6.25 miles and over 1500 ft of elevation along varied terrain (flat, ridgeline, ascents, and descents). We may want to soak our feet in the Zealand Pond after dinner. Day three: We will leave the hut and travel the whopping 2.5-mile/1500-ft elevation hike up Mt Hale (4054). The hike will be completed with a 2-mile descent to our waiting car spot and a chauffeured drive back to Lincoln Woods for some of us. The Guyot Shelter is self-service and newly constructed. There is a reliable water source, an outhouse, and room for 20 people. We have reserved ten spaces, although it is rustic. Like the hut, it is a carry-in/carry-out resource. We will be cooking dinner wilderness style. You will want to have bear bags or canisters for this trip. The hut is also a carry-in/carry-out facility and sleeping arrangements are made in co-ed bunkrooms. Dinner for 10/19 and Breakfast for 10/20 are included in the fee. Sometimes, pastries and cakes are available for sale before dinner. Complimentary tea and hot chocolate are provided. Sleeping includes three wool blankets and a pillow. Sleeping pads, a quilt, and or a sleeping bag are needed. Our pace will vary depending on terrain and ascent or descent. This hike is difficult based on distance, terrain, and elevation gain. Previous 4K or similar elevation gain, and distance hiking will be required to participate in this hike. Leaders will follow up on registration with. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Since her teens, Tracy has hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. She is a four-season SEM Hike and Backpack Leader and serves as SEM Hiking Vice Chair.) L Dia Prantis (dprantis@yahoo.com, Dia is an all-season hike leader who enjoys getting outdoors as much as possible with others!) L Michael Michalewich (mpmichalewich@gmail.com, Mike has been an avid hiker and backpacker since his teens and has completed New Hampshire's 4000 footers. He is currently working on the New England 100 highest. In addition to hiking, Mike enjoys skiing, kayaking, and golf. He is also an avid homebrewer and enjoys live music and travel.)

Sat., Oct. 19. Midstate Trail: Wachusett Meadows, Princeton to Barre Falls, Barre, MA. Let's explore a section of the Midstate Trail. The Midstate trail runs through Massachusetts from the Rhode Island border at Douglas State Park to the New Hampshire border ending (or beginning, depending on where you start) near Mount Watatic in Ashburnham State Forest. This is a great hike if you are interested in completing the Midstate Trail or if you just want to get outdoors. We will maintain a moderate pace (1.5 - 2 miles per hour), with occasional stops. For this hike, we will hike southbound on a point-to-point route taking us through the town of Princeton, Hubbardston. Rutland and Barre, MA. The hike will involve a car spot (about a 20-minute drive) and about 11 miles of trails, elevation gain about 1000', with paved roads and hiking trails through forest and meadows. Points of interest are the Audubon Sanctuary and a beautiful dam. The hike, along with car spotting, will take approximately 7-8 hours to complete. Information on start time and location and what to bring will be sent to approved participants. Steady rain will cancel. L Kate Sullivan (617-460-5843, kbsullivan2014@gmail.com, Kate is a 3-season hike leader. She enjoys exploring new trails locally and in the mountains of New England.) L Kathleen Nash (kknash5@yahoo.com, Kathleen is an AMC SEM level one hike leader. She is a year-round hiker, and she enjoys leading local day hikes.) L Barry Young (508-339-3089 Before 9 PM, barry.young@comcast.net, Barry is a four-season hike leader, bike leader, and paddling leader who is Wilderness First Aid (WFA) certified. He is a long-standing AMC Southeastern Massachusetts Chapter (SEM) member and has served several years on the SEM Chapter Board including the position of Past Chapter Chair.)

Sun., Oct. 20. Rattlesnake Mt and Hermit Cave, Erving, MA. Check out this gem of a hike all within the borders of Massachusetts! Rattlesnake Mt lies in Erving MA, the spot is better known as Farley Ledges to those who practice bouldering and climbing. Don't worry, we will only OBSERVE those enthusiasts! Our hike will take us around the base of the mountain, with moss covered walls of gneiss and hemlock forest, then we will work our way up, walking along the "ridge". There are view points where we will gaze down on the Millers River. As we loop back to our start we will pass Hermit's Cave, home of Scotsman John Smith for many years. Distance: approx. 6.5 miles Elevation gain: approx. 1,400' Time: expect to be out 4 hours or so. L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net, Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Jennifer Wong (j_wo.wong@gmail.com) L Paul Miller (paulallenmiller@verizon.net.



Activities

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

HIKING

Sun., Oct. 20. Hiking Fall River Bioreserve, MA. Enjoy a 4–5-mile hike in the Fall River Bioreserve. Specific location will be chosen week prior to hike based on recent weather and ground conditions (wet and muddy or dry.) The exact location will be emailed to those with confirmed registrations. Sturdy shoes required. Bring a liter of water, snacks, and bug spray. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets. Optional excursion after hike to Portugalia Marketplace at 489 Bedford Street in Fall River. Leader has never been there and is excited to check it out! L Diane Simms (dianemsimms@comcast.net) L Barry Young (508-339-3089 Before 9 PM, barry.young@comcast.net) L Walt Granda (wlggranda@aol.com)

Thu., Oct. 24. Thursday Morning "Autumn Peak Hike" at the Arnold Arboretum, Jamaica Plain (Boston), MA. Please join us for the "8th Annual Autumn Peak Hike at The Arnold Arboretum"! We will summit the arboretum's three hills, visit the spectacular bonsai exhibit, and wander thru "Explorer's Garden". Our group will meander thru this "Tree Museum" during a five to 6-mile hike at a moderate pace. There will be a number of stops and photo-ops along the way. Bring water, sturdy footwear, snack or lunch. We will meet in Jamaica Plain (Boston) at 9:45 for a prompt 10:00 am start. The exact meeting point will be sent to those who are registered; 24-48 hours prior to the day of the hike. There's plenty of free on-street parking along both sides of the nearby Arborway; or you can walk to the entrance from the Forest Hills Orange-Line MBTA Station. The group will be limited to 14 participants plus the two leaders. Steady rain will cancel the trip. Well behaved dogs on leash will be permitted. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern Massachusetts and Boston Chapters Hike Leader and Leader-In-Training Mentor. Avid nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, lpetron57@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.)

Fri., Oct. 25-27. Berkshires Hiking & Biking Weekend, Wainwright Inn, MA. Join us for a fun weekend in the beautiful Berkshires. We will be returning to the Wainwright Inn in Great Barrington. The inn has 9 lovely rooms, serves a delicious multi-course breakfast, & is close by to many hiking trails of varying features & challenge, as well as to the 23 mile Harlem Valley Rail Trail. Hiking & cycling will be offered on Saturday, as well as a short hike on Sunday morning. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirddbp@aol.com, Jeannine enjoys sharing her love of the outdoors with others through leading hikes, backpacks, bike rides & xc skiing. The Berkshires is a favorite location.) L Peggy Quicklund (qvickan@comcast.net, Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Len Ulbricht (lenu44@gmail.com, Len leads hikes & bike rides in MA & NH.) L Paul Brookes (PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

Thu., Nov. 28. "Turkey Trot" (Hike) - Ponkapoag Pond at the Blue Hills Reservation, MA. Start your Thanksgiving Day holiday off with an invigorating hike to make room for your celebratory feast later in the day! We will move along at a moderate pace, with occasional stops during the 5-mile route, which has a modest 250 feet of elevation gain, as we circumnavigate Ponkapoag Pond. 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, mostly flat trail for hikers, mountain-bikers, runners, and 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. Wear layers as the weather dictates. MICROspikes, or other traction devices, may be necessary depending on the trail conditions. We'll take a break at the AMC Camp down at the pond midway thru the hike, weather permitting. A steady rain or the immediate threat of a snowstorm will cancel the hike. Well behaved dogs on leash are welcomed too. 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 trailhead location will be sent two days prior to the hike to those who register. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, AMC Member since 2006. Hike leader for both the Southeastern Massachusetts and Boston Chapters since 2017. Has mentored seven current hike leaders for SEM. Four-season hiker. Avid nature and photo-journalism photographer) (patriciae568@gmail.com)



Activities

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

HIKING

Tue., Dec. 3. Fall Tuesday Morning Blue Hills Hike Series #13, Blue Hills Reservation, MA. Please join us for a fall hike in the Blue Hills. The hike will be approximately 6-8 miles, including up to 1,300' elevation gain. We will average a pace of 1 1/2 + 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 activity. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy is an avid hiker, having hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. She is a four-season and backpack Hike Leader and currently serves as SEM Hiking Co-Vice Chair.) L Madelyn Atwood (I have been hiking in NH and the Blue Hills since 2007 with a few years off in between. I love hiking, kayaking, bird watching., and getting people involved in the outdoors. I am a Level 1 Leader.) CL Ann Rega

Tue., Dec. 17. Fall Tuesday Morning Blue Hills Hike Series #15 Final of Series, Blue Hills Reservation, MA. Please join us for a fall hike in the Blue Hills. The hike will be approximately 6-8 miles, including up to 1,300' elevation gain. We will average a pace of 1 1/2 + 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. L Tracy Hawes (508-642-7124 Before 8:30 pm, trachaw@mac.com, Tracy is an avid hiker, having hiked throughout the Pacific Northwest, Alaska, and the mountains of the Northeast. She is a four-season and backpack Hike Leader and currently serves as SEM Hiking Co-Vice Chair.) L Susan Cummings (szqb65@gmail.com, Susan is an avid outdoor enthusiast. Hiking throughout New England locally and NH.)

SKIING

Mon., Dec. 30, 2024-Jan. 2, 2025. Ski at Craftsbury, VT, Northeast Kingdom, VT. Craftsbury in the Northeast Kingdom of Vermont is known for its outdoor Nordic ski center with both groomed and backcountry trails. It is also not far from Stowe or Pat's Peak if some would like to downhill ski for a day or two. Other options for the trails include fat bikes and snowshoeing. Lodging also includes passes for the ski center as well as home-style meals from dinner the first night to lunch on the last day. Come enjoy the beginning of the New Year in Vermont! L Dia Prantis (508-493-8221 Call before 9 pm, jhummingbirdbdp@aol.com, Dia is the ski-chair and hike leader. She enjoys spending winter outdoors as much as possible.) L Jeannine Audet (508-493-8221 Weeknights after 7:00pm, weekends anytime, jhummingbirdbdp@aol.com, Jeannine enjoys leading xc ski trips in VT & NH.)

20'S & 30'S SOCIAL

Sat., Sep. 28. Jack-O-Lantern Spectacular at Roger Williams Park Zoo, Providence, RI. Celebrate this Halloween season at the Jack O'Lantern Spectacular, a mesmerizing autumn tradition at Roger Williams Park Zoo! This enchanting event features over 5,000 hand-carved pumpkins, each showcasing intricate designs and creative artistry. Wander through a beautifully illuminated trail, where you'll be captivated by themed displays that bring Halloween magic to life. From whimsical scenes to extraordinary, impressive displays, this event will surely provide an unforgettable experience for all ages. Don't miss this spectacular celebration of art, light, and Halloween cheer at one of Providence's most iconic locations! The Pumpkin trail will contain thousands of illuminated pumpkins! The carvers expect to go through about 20,000 pumpkins during the 32-night run! There will be themed displays from classic Halloween icons to imaginative scenes inspired by popular culture and local legends! This is an inclusive event, where all are welcome to join, and encouraged to participate. There will be interactive activities at the event, seasonal treats, and craft booths designed for children and adults alike. There will be many photo opportunities while walking along the pumpkin trail to take snapshots of all the pumpkins and lights. There will be plenty of photo-friendly areas perfect for creating lasting memories! However, flash photography is not allowed. There is no dress code, but keep in mind to wear comfortable walking shoes and dress for the weather. Free nightly parking is available on a first-come, first-served basis. Optional premium parking for \$15 per car is also available. Parking availability is not guaranteed. On busy nights, the parking lots fill quickly. The Jack-O-Lantern Spectacular is open rain or shine. In the case of light to moderate rain, the show will be open. Tickets must be pre-purchased online. Every attendee must have a ticket. Tickets are available for purchase online through the Roger Williams Zoo website. Advance purchase is recommended to secure your preferred time slot. Please message Dave MacDonald directly with any questions about the event! L David MacDonald (774-266-4723, d2macdonald2@gmail.com, Dave MacDonald is the 20's & 30's Chair of the SEM Chapter. In this role he hopes to empower the next generation of environmental stewards through community, leadership, engagement, and fun outdoor events. Dave has hiked in 25 of the national parks, his favorites being Grand Canyon National Park, Glacier National Park, and Death Valley National Park.)



Activities

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

20'S & 30'S SOCIAL

Sun., Sep. 29-29. Corn Maze and Ice Cream Social, Flint Farm, Mansfield, MA. Join us for a fun-filled day at Flint Farm in Mansfield, Massachusetts! Experience the thrill of navigating this vast corn maze, designed to challenge, and entertain visitors of all ages. After conquering the maze, we will walk over and indulge in a delicious selection of ice cream from the Flint Farm ice cream shop. It's the perfect blend of adventure and sweet treats, offering a memorable outing for anyone looking to enjoy the great outdoors. Hayrides will also be available and run on an hourly basis. Please be respectful of the hard work and time that goes into the creation of the maze by staying on the paths. The maze takes approximately 1 hour to complete from beginning to finish. Depending on the path we take walking through the Maze, the completion time may vary. Pricing to enter the Corn Maze will be approximately eight dollars each. Maze and hayride combo tickets will be approximately ten dollars each. Ice cream prices may vary per order. Hayride only tickets will be approximately three dollars each. Be sure not to miss this delightful autumn event at Flint Farm! Free parking is available on-site. This event is weather permitting. Tickets can be purchased for the Maze directly at Flint Farm on the day of the event, with cash or credit card. Ticket purchase is required for entry into the Maze. There is no dress code, but keep in mind to wear comfortable walking shoes and dress for the weather. Please message Dave Macdonald directly with any questions about the event! L David MacDonald (774-266-4723, d2macdonald2@gmail.com, Dave MacDonald is the 20's & 30's Chair of the SEM chapter. In this role he hopes to empower the next generation of environmental stewards through community, leadership, engagement, and fun outdoor events. Dave has hiked in 25 of the US national parks, He enjoys all kinds of outdoor activities.)

Sat., Oct. 5. WaterFire Festival, Providence, RI. Come discover where water meets fire, at the Waterfire Festival in Providence, Rhode Island! The enchanting Waterfire Festival is a captivating celebration of art and community! WaterFire contains more than eighty roaring bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. As we make our way through the festival, you will quickly realize that WaterFire is an experience that dazzles your senses! From the site of burning wood embers that light up the river, the aromatic scent of blazing pine and cedar, and the flickering firelight on the arched bridges, there is no doubt, you will be left in awe. We will see torch-lit vessels traveling down the river and take in enchanting music from all parts the world. Flickering firelights will illuminate arched bridges along the river, with reflections on the river creating beautiful shadows of the bonfires. WaterFire has captured the imagination of over ten million visitors, and brings vibrant life to downtown Providence, so it is something you will not want to miss! The string of bonfires illuminates nearly two-thirds of a mile. As we stroll along the river walk, we will also encounter live performances and vendors. Some performers will be traveling along the river in torch-lit vessels! If you are feeling adventurous, there are also options to take a gondola ride on the river while the fires are burning! Thinking about dining at a restaurant along the WaterFire route during the event? There are plenty of cafes along the festival route, and many have great views on the bonfires of the river. If you want to dine in a restaurant near the waterfire festival, I recommend that you make your reservations at least one week in advance, as tables with a view fill up quickly. There are also plenty of great restaurants just off the WaterFire route, but still within easy walking distance! The emotional character of the music paired with the roaring bonfires along the river will be a memory to remember. WaterFire offers a magical evening that captures the spirit of art and creativity in a unifying way. The event is free, and all are encouraged to attend! L David MacDonald (774-266-4723, d2macdonald2@gmail.com, Dave MacDonald is the 20's & 30's Chair of the SEM Chapter. In this role he hopes to empower the next generation of environmental stewards through community, leadership, engagement, and fun outdoor events. Dave has hiked in 25 of the US national parks. He enjoys outdoor activities of all kinds.)

Sat., Nov. 2. WaterFire Festival, Providence, RI. See the listing at Oct. 5.

Thu., Dec. 5. Musical Bingo, Geno's Cafe in Mansfield, MA. Get ready for a unique twist on a classic game with Musical Bingo! This event will be hosted by Good Thomas' Entertainment at Geno's Cafe in Mansfield, Massachusetts. Join us for an evening of lively fun where traditional Bingo meets your favorite tunes. As you mark off your Bingo cards, you'll listen to a curated playlist of popular songs, with each track corresponding to the song name on your card. With great music, delicious food, and exciting prizes, this event promises a fantastic time for all. Come out and learn about upcoming AMC events and get to know some members of the Southeastern Massachusetts chapter. Don't miss out on the musical magic at Geno's Café in Mansfield, Massachusetts! The event will begin at approximately 8 pm and last 2 hours. However, you can come and go as you like! L David MacDonald (d2macdonald2@gmail.com, Dave MacDonald is the 20's & 30's Chair of the SEM chapter. In this role he hopes to empower the next generation of environmental stewards through community, leadership, engagement, and fun outdoor events. Dave has hiked in 25 of the US national parks. He enjoys outdoor activities of all kinds.)



Activities

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SOCIAL

Sat., Nov. 9. SEM Annual Meeting, 19 Bay Pointe Drive Ext, Buzzards Bay, MA 02532. The 49th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 9, 2024 at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour (includes free appetizers and cash bar) 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 sit-down buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. To register for the dinner, use the link under 'Related Link(s)'. L Paul Brookes (chair@amcsem.org)

Sat., Nov. 9. SEM Annual Dinner, 19 Bay Pointe Drive Ext, Buzzards Bay, MA 02532. Join us for the SEM Annual Dinner on Saturday, November 9, 2024, at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 6:30 PM immediately after the SEM Annual Meeting completes. Our guest speaker this year will be our very own CEO Nicole Zussman. Prior to the dinner will be our Annual Meeting and we encourage you to attend all the evening events. The full schedule for the evening is 4:30 PM for Social Hour, 5:30 PM for the Annual Meeting, 6:30 PM for the Annual Dinner. L Paul Brookes (paulbrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a biking leader, paddle leader and four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

Sat., Jan. 25., AMC Annual Summit 2025, Norwood, MA. SAVE THE DATE! AMC Annual Summit for 2025 is again at the Four Point Sheraton in Norwood, MA and will be held on Saturday January 25, 2025. L Paul Brookes (paulbrookes1966@outlook.com)

