



AMC Southeastern Massachusetts Chapter Annual Report 2016

Presented to the members of the Appalachian Mountain Club,
Southeastern Massachusetts Chapter
at the SEM Annual Meeting on November 5, 2016



Chapter Hut Weekend, Cardigan Lodge, September 2016, photo K. Carson

Chapter Chair's Annual Report

As I finish my second and final year as the SEM Chapter Chair I can report that the Southeastern Massachusetts Chapter of the Appalachian Mountain Club is vibrant and strong. Our financial position is stable with savings invested in AMC - managed investments. We have a volunteer Executive Board composed of 14 voting members which met 8 times this year electronically and once in-person. This year, as a chapter, **we led 308 activity trips** for our SEM members and the general public.

The 308 activity trips this year were led by **56 volunteer activity leaders**. They are the force that makes the AMC a great organization and I am proud to work with them in my role as Chair of the SEM Chapter. We ran **20 bike trips, 220 hikes, 5 backpacks, 5 trainings and workshops, 44 paddles, 4 ski trips, 5 social events** and **5 trailwork and clean-up events**.

Chapter-wide we had a busy, successful and fun year too! In January members of the Executive Board and some SEM members attended the **Annual Summit** of all AMC in Norwood. In March, the Cape Hikers and Paddlers had a **Welcome Spring Potluck**. In April, the Chapter hosted an **Open House** to introduce the public and 'armchair' members to SEM activities and a **Leadership Training** day to train our members who want to become activity leaders. A **Wilderness First Aid** weekend followed for leaders to learn how to treat injuries in areas far from medical assistance. In November the SEM Chapter will host a **Map and Compass Training** to train our leaders and members to have more knowledge on the trails, and in September the Chapter came together at Cardigan Lodge for its **Annual Chapter Hut Weekend**.

Running an AMC Chapter takes many volunteers and many hours. I want to thank my Executive Board for doing the necessary work to keep the SEM Chapter running smoothly. **Barry Young** was Chapter Vice Chair, **John Pereira** was Secretary, **Patty Rottmeier** was Treasurer, and **Cheryl Lathrop** was the Past Chapter Chair. I also want to thank the **Communications Committee** for publishing our newsletter, **The Breeze** and keeping all of our members informed about what is happening in the Chapter.

I want to thank all of my **Committee Chairs, Activity Leaders** and **Co-leaders** for leading such great trips. I want to also thank our other volunteers who take registrations at events, take photographs, buy the supplies for

events, serve on special committees, write articles for The Breeze, and many other small duties that make this Chapter a warm and friendly place to be.

In recognition of our leaders efforts we began the **Volunteer of the Month** award to an activity leader which came with an award certificate and an REI gift certificate. The Chapter also supported **Leader Recognition AMC Logo Clothing** for our active leaders to recognize and thank them.

Respectfully submitted by Maureen Kelly, AMC SEM Chapter Chair



Sunrise at Noble View, photo M. Kelly

Biking Committee Annual Report 2016

The cycling for 2016 has been fairly solid. Our leadership group has supported several AMC/SEM meetings activities such as the leadership training.

Our 2000 mile club has been reorganized and is now named the AMC/SEM high mileage bike club. Over the last few years, we have seen a drop off in participation by riders who are unable to achieve the 2000 miles per year threshold. In order to retain these participants, we will now start acknowledging participants starting at the 1000 mile point. We will also add the option for participants to send their quarterly and annual mileage to the bike chair who will happily add them to the on-line AMC/SEM bike mileage spreadsheet. By doing this, we will also add the personal touch of writing comments throughout the year. In the past, this has added a personal touch for the riders and gives them motivation to participate more.

At the end of Quarter-3, 2016, we, as a group have amassed over 25,000 miles. This is with several hold outs who only report year end numbers. We hope to total 50,000 miles of riding by years end.

We have had several "destination" rides this year which have been well-attended. The Mayflower II was sailing through the Cape Cod Canal back to Plymouth after its annual stay in Mystic Seaport for additional restoration. We had a ride that drew over 20 riders and a few local news media.

Another large turn-out was for the summer solstice and monthly full moon ride which happened to coincide with each other. This happens once every 75 years. Our group was approximately 30 riders. Both of these destination rides concluded with folks getting together at a local restaurant for after-ride socialization.

These rides along with others helped draw the biking community closer.

Going forward to 2017, my goal will be to add 2-3 new leaders. I want to add rides that occur the same day of the week, all season long, weather permitting. I also want to add rides that will encourage beginner and intermediate riders. We need to offer rides to all those who wish to participate.

It has been a rewarding first year leading the cycling group. I thank especially Maureen and Barry for their continual assistance during the year. And my wonderful, but small number of bike ride leaders.

Respectfully submitted by Bernie Meggison, AMC SEM Bike Chair



Barbara Gaughan's bike trip June 18, 2016



full moon ride July 2016 under the railroad bridge

Cape Hikes Committee Annual Report 2016

The Cape Hiking Season runs from Labor Day to Memorial Day annually. We schedule hikes on Thursdays, Saturdays and Sunday afternoons. The Saturday hikes tend to be slightly longer in length 3 – 5 hours. We average 10 -12 participants per hike and have had as many as 30 people on a hike. Our hikers and leaders are primarily retirees but we welcome all age groups. We welcomed one new hike leader this year Dia Prantis. This past year we provided 42 hikes. We typically end the season with a potluck picnic. This year it was at Long Pond in Falmouth.

This year witnessed a change in leadership for our group. Farley Lewis stepped down as chair along with vice chairs Janet DiMattia and Peter Selig. Jane Harding assumed the role of Chairperson with Cathy Giordano serving as Vice Chair.

Cape Hikes has actively contributed to many chapter-wide endeavors. The Cape hosted the Spring Pot Luck Supper which many Cape Hikers attended. Barbara Gaughan won the award for best video for pre-hike prep talk. Farley Lewis and Cathy Giordano presented Show and Go Hikes at the SEM Leadership training. This year Cape Hikes will lead the Stroll Down Memory Lane at Eagle Pond in Cotuit.

Respectfully submitted, Jane Harding, AMC SEM Cape Hikes Chair



Cathy Giordano and Jane Harding

Communications Committee Annual Report 2016

The SEM Chapter had no Communications Chair in 2016. We did however, have a newsletter editor, a proofreader, a Facebook and Twitter posting person and a webmistress. We managed to produce our newsletter almost monthly and send out Blast emails to our members.

The lack of a Communications Committee Chair was a real challenge to be able to communicate all the great things we were doing to our members and amongst ourselves.

The great news is that we have a Communications Committee Chair for 2017 and a larger committee of volunteers to help. I think it will help us communicate within our chapter and within the club going forward.

Respectfully submitted, Maureen Kelly, AMC SEM Chapter Chair

Conservation Committee Annual Report 2016

In February the Conservation Committee and other AMC SEM volunteers helped remove and pile brush for burning at Little Creek Parking Area in Eastham, MA. In collaboration with Cape Cod National Seashore, AmeriCorps, and Cape Cod Senior Environmental Corps we had over 30 people helping to make this project a success. The Conservation Committee also talked about Leave No Trace Principles at two other SEM club events, Leadership Training in April; and the Summer Series Backpacking and Hiking workshops in May. A Conservation Superhero also made an appearance, on behalf of the Committee, at the SEM Chapter Open House in April. The Superhero assisted on a hike and picked up trash along the trail.



Superhero Joshua Tefft

Respectfully submitted, Joshua Tefft, AMC SEM Conservation Chair

Education Committee Annual Report 2016

2016 was another productive year for educational opportunities offered through the Southeastern Massachusetts chapter. Our Leadership Training program held in April at the Foxboro Recreation Department Rec Hall in Foxboro, MA, was once again well attended with twenty participants. This represents a good turnout two years in a row signifying a continued strong interest in leading and participating in chapter trips. We are grateful and indebted to our dedicated chapter trip leaders who volunteer their time and expertise to mentor the new leaders who take this course. This year we had presentations from the paddling and biking committees in addition to the hiking committee. This made for a full day packed with exciting and informative presentations. As always, this training is offered free of charge for interested chapter members.

Wilderness First Aid was once again a popular and well attended two day hands-on, practical seminar taught by Stonehearth Open Learning Opportunities (SOLO). SOLO continues to provide for us a comprehensive, but manageable program that engages participants in a challenging and entertaining review of outdoor activity first aid principles. CPR training is offered as an optional add-on to wilderness first aid. This year, we offered the WFA course in May, which allowed interested SEM members to update their first aid training and also allowed a good number of non-AMCSEM participants to enroll in the training. This spring offering ensures a fully subscribed training as many people look for a WFA training in preparation for outdoor summer jobs.

Wilderness First Aid was also held at the Foxboro Recreation Department Rec Hall. The Rec Hall provides a convenient and practical learning space that permits both indoor and outdoor exercises. Both presenters and attendees appreciate the amenities at this location. Both Leadership Training and WFA programs have morning coffee and lunch included which make for an enjoyable and satisfying experience.

New this year, we are preparing a map and compass course to be held Saturday November 12, 2016. This will be a three hour indoor/outdoor workshop held at the Brookwood Community Farm at the Blue Hills Reservation, led by AMCSEM leader Dexter Robinson.

Other educational programs were offered by the Hiking Committee. The Intro to Hiking and Intro to Backpacking workshops were given a second year in a row and both well attended. Check out the reports from that committee for more details.

Respectfully Submitted, Doug Griffiths, AMC SEM Education Committee Chair



Help! They're all unconscious! WFA

Hiking Committee Annual Report 2016

The 2016 SEM hiking season has been very active with over 140 offerings ranging from local day hikes to multi-day adventures. The wide variety of trips and instructional series has provided hikers of all capabilities and experience levels with many opportunities to get outside and enjoy the natural world.

Our “Series” programs and hikes continue to draw newcomers as well as seasoned hikers to the wonderful activities our leaders offer. This past winter saw the continuation of the popular Winter Hiking Series, kicking off with the Winter Hiking Workshop, introducing many newcomers to the joys of winter hiking, and concluding with a weekend stay at Carter Hut in Carter Notch, NH. The White Line the Blue Hills (WLBH) Series, which ran during the winter months, hiked different trails in the Blue Hills and the Borderland Full Moon hikes drew a dedicated following on those moonlit nights. The Thursday Morning Series hikes explored many of the state forests and parks in the southeast section of the state. The start of Daylight Saving Time kicked off the popular Red Line the Blue Hills (RLBH) Series which has a dedicated following and the Blue Hills Conditioning Hikes Series helped people prepare for the summer hiking season. The Introduction to Hiking Series has returned this fall to attract people new to hiking. Many of these series will continue into 2017. Each of these has proven to be a success and it appears that more and more people are taking advantage of these offerings.

The Hiking and Backpacking Workshop in May provided participants with the appropriate information to participate in the Summer Hiking Series and the Backpacking Series both of which saw some new faces and became more challenging as the summer progressed. With the help of the Education Committee providing training and SEM leader mentoring, we have gained some new hike leaders for local hikes and backpacking.

Chapter Hut Weekend took place this year at the beautiful Cardigan Lodge in Alexandria, NH and offered various hikes and paddles as well as delicious food and camaraderie. Next year, we will return to Cold River Camp for CHW.

Many, many thanks go out to all the leaders and co-leaders who have volunteered their time to provide these wonderful activities.

Respectfully submitted, Leslie Carson, AMC SEM Hiking Chair



The Crew on South Hancock, photo L. Carson



Ken and Josh, photo L. Carson

Membership Committee Annual Report 2016

Membership committee was responsible for 4 events in 2016.

ANNUAL DINNER MEETING: The annual dinner meeting was held on November 7, 2015 at Salerno's in Onset. Our guest speaker was Diane Benson Davis, author of the book, "Eagle One: Raising Bald Eagles, A Wildlife Memoir." Due to increased attendance approaching 100, the 2016 meeting venue would be the Brookside Club in Bourne.

NOBLE VIEW WINTER WEEKEND: 26 Participants enjoyed winter weekend activities at AMC Nobleview February 19-21, 2016. Activities included snowshoeing and cross country skiing. It was a great way for Winter Workshop participants to try out winter activities. This has always been a successfully attended weekend. Next year's event is scheduled for February 10-12, 2017.

SEM OPEN HOUSE: This is the 2nd year at Borderland State Park for the open house, which was held on April 16, 2016. This year, we had 68 participants. Activities included beginning and intermediate hiking and cycling, a family hike, nature walk, and a very successful beginner walk with dogs. Lunch was also included for all participants.

CHAPTER HUT WEEKEND: Cardigan Lodge was this year's destination. The event was held on Sept. 15-18, 2016. We had a maximum of 45 participants on Saturday night. Cold River Camp has been reserved for 2017, although alternating years between Cardigan and CRC would be considered in the future.



Cardigan Lodge, photo Jodi Jensen



Kayaking Newfound Lake, photo K. Carson

Respectfully submitted, Jodi Jensen, AMC SEM Membership Chair

Paddling Committee Annual Report 2016

The Paddling Committee scheduled 40 trips in 2016, starting in late April and ending in late October. About 8 of these, including 2 in late October, had to be cancelled due to rain, wind, and/or low temperatures. We paddled bays, rivers, and ponds from Buzzard's Bay on the west to Nauset Marsh on the outer cape on the east. Trips ranged from 5½ miles to almost 11 miles. The April trips had limited attendance, sometimes only 1 or 2 paddlers in addition to the leader, but from May on 5 or 6 paddlers, sometimes more, was typical. We currently have 6 leaders, including one who led her first trip this year, and four of those leaders led more than half a dozen trips each.



Fall colors on Middle Pond in Marstons Mills as we set out on an October paddle.

Respectfully submitted, Ed Foster, AMC SEM Paddling Chair

Ski Committee Annual Report 2016

During the MLK weekend, January 15-18, 2016, Wayne Cardoza of the 40+ Chapter, Jeannine Audet and I led our customary trip to the White Mountains. The trip was attended by 20 avid skiers who stayed at Applebrook Bed & Breakfast in Jefferson, NH. We began the weekend on Friday with socializing and introductions of new attendees as they arrived at the B&B. The menu was salad and pizza and our favorite beverages. Unfortunately, one participant slipped on ice and injured herself soon after she arrived. It required a trip to the local hospital and a transfer to Dartmouth-Hitchcock 98 miles away. My Saturday was spent driving in a snowstorm on icy roads to pick her up after she was released! Not a fun day, especially for the patient.

The group said skiing conditions at Bretton Woods on Saturday were not good, as the snow was very sticky, whereas they were perfect at Jackson on Sunday.

In February, Jodi Jensen led a group of skiers and snowshoers in a weekend that she organized at Noble View Outdoor Center, the AMC facility in Russell, MA.

Wayne Cardoza of the 40+ Chapter and I led a successful trip to the Old Field House in Intervale, NH the weekend of March 4-6. We enjoyed great weather and skiing conditions at Great Glen and Bear Notch. Jeanine Audet was co-leader.

As chair of the cross country ski committee I invite all skiers to participate in our 2017 activities. You can help rejuvenate our cross country skiing activities by volunteering to co-lead and train to be a leader, as well. If you are interested, please contact the Ski Chair through e-mail or at the Annual Dinner. Watch the *Breeze*, *Outdoors* and online trip listings for details of both cross country and downhill skiing. And don't forget the short notice and e-mail blasts for "last minute" activities. See you on the trails!!

Respectfully submitted, Barbara Hathaway, AMC SEM Ski Chair

TRAILS COMMITTEE ANNUAL REPORT 2016

Trail Work Completed: The trail around Lonesome Lake was cleaned twice by Wayne Anderson and his grandchildren. Bob Vogel had two trail cleanups at the Blue Hills and three trail cleanups at Borderlands.

SEM Newly Adopted Trail at The Blue Hills: The SEM Chapter has adopted a trail at the Blue Hills to be maintained by the chapter as needed. The trail is a section of the Skyline from Hillside Street to Route 28.

Future Trail Work Dates: November 19, 2016 Pete Tierney and Skip Maysles will be leading a trail cleanup on the SEM's newly adopted trail at the Blue Hills.

Miscellaneous Trail News: The Inter-Chapter Trail Committee Chairs have been working with Brendan Taylor, AMC North Country, on developing a new chainsaw policy.

The AMC Chainsaw training program was hosted by the Narragansett Chapter in Rhode Island On October 29-30 and led by Andrew Norkin, AMC Director of Trails.

Also, the Volunteer Vacation Voucher will be awarded by Pete Tierney, Trails Chair to a member of our chapter who is interested in joining an AMC work crew for a week. Kristen Yngve was awarded the Voucher this year. Her trail work vacation report is below.

Lastly, the bi-annual, Fall Conference Call of the ITC is going to be on November 8, 2016. Pete Tierney and Skip Maysles who are the new SEM Trail Chair and Co-Chair will be on the phone conference.

Kristen Yngve's AMC Trail Crew Report:

We worked on building a new section of trail in Acadia, to replace a section of trail that was as old as Acadia. (Happy 100th Birthday, Acadia!) While some purists argued that the old trail could have simply been improved a bit, the Park's goal was to create a more accessible (wider, smoother, level) trail that more visitors could use.

We learned how to build an effective retaining wall, create a culvert to direct water flow off-trail, and build a lasting pathway with layers of various-sized rocks and dirt. Tool-wise, we:

- used a pick-mattock and rock bar to safely dig up and move large rocks for the retaining wall*
- used a cutter-mattock and a grip hoist to remove a stubborn tree stump*
- used a double-jack for breaking large rocks and a single-jack for crushing rocks (for creating a stable trail base)*
- sourced materials (rocks and dirt) from the immediate surroundings without disturbing the woods within sight of the trail.*

Through that all, we learned about conservation philosophies and strategies, saw the impact that even a small group can make within just four days, and simply had fun with a diverse group of fellow nature-loving people.

Respectfully submitted, Cathy MacCurtain, AMC SEM Trails Chair



Trailwork training

Treasurer's Annual Report 2016

I want to thank the Executive Board and Committee members for making the 2016 year a financial success. We continue to operate at breakeven with controlled and conservative spending of our crew. 2016 began with a successful Annual Financial Audit of the 2015 books by Joy St. For 2016, the committees have had a busy year with programs: Spring Wilderness First Aid training, Map & Compass Workshop, Leadership Training, Membership Open House at Borderland with many activities at the park, the Noble View Winter Weekend, and the Chapter Hut Weekend at Cardigan Lodge, to name a few programs.

We were able to award 3 of our members scholarships for WFA training and sponsored a Map & Compass Workshop for our hike leaders. We have focused on recognition of the Executive Board, Committee Chairs and volunteers for their dedicated work in their committees and our volunteer's leadership with gift cards from REI, and also SEM Logo Apparel as Leader Appreciation.

We continue with our productive monthly virtual Executive Board meetings on-line, which have been a cost savings in facility rental and food costs for the last 4 years. The SEM board had one real person to person meeting before the summer season kicked off. After all is said and done, all of these programs were close to breakeven with regards to revenue and cost, ending the year with a potential small surplus.

Chapter Committees reported net expenditures as follows:

- \$423 for Communications/Website fees (*E-Breeze newsletter* & On-line meetings)
- \$153 for Conservation "Leave no Trace" Cape Clean-up
- \$375 for Cape Hike/Paddle/Biking Spring Potluck gathering in Chatham
- \$316 net spending for Education: includes WFA, Leadership, Map & Compass Training & Scholarships
- \$1,543 net spending for the Hiking Committee – including a Winter Workshop, committee planning meeting costs, and Winter Noble View Weekend
- \$336 for the Membership Committee – Spring Open House
- \$14,000 Administrative Expenses – Insurance, Office Supplies, Board & Committee Member Recognition (Gift Cards), Leader Appreciation apparel, Executive Board Meetings and Annual and Clubwide Meetings.

In closing, I want to thank the Board and the Committee members again for their support and efforts during the past year. I look forward to another financially successful year for the Chapter.

Respectfully submitted, Patty Rottmeier, AMC SEM Treasurer