



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

2017 Annual Report

Presented to the members of the Appalachian Mountain Club
Southeastern Massachusetts Chapter at the 2017 Annual Meeting and Dinner at
the Brookside Club in Bourne, MA, October 28, 2017.



Westport Ride (Ken Carson photo)



*Winter Hikers on Lonesome Lake
(Mike Woessner photo)*



Paddling on Newfound Lake (Ken Carson photo)



*Skiing at
Noble View
(Jeannine
Audet
photo)*

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Chapter Chair Report

As I finish my first year as the SEM Chapter Chair, I'm pleased to 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. Our volunteer Executive Board, composed of 15 voting members, met "electronically" eight times this year and twice in-person. Our chapter offered **324 activity trips** lead by **64 volunteer activity leaders**. We ran 40 bike trips, 211 hikes, 3 training workshops, 51 paddles, 8 ski and snowshoe trips, 3 social events, and 11 trail work and conservation events. Our volunteer leaders are the force that makes the AMC a great organization and I am proud to work with each and every one of them.

Chapter-wide, we had a busy, successful and fun year too! In January, members of the Executive Board and other SEM members attended the AMC **Annual Summit**. In March, the Cape Hikers and Paddlers had a "**Welcome Spring**" **Potluck Dinner**. In April, the Chapter hosted an **Open House** to introduce the general public and our own less-active members to SEM activities; plus a **Leadership Training** day to train 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 immediate medical assistance. In September, the Chapter came together at the AMC Cold River Camp 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 whatever was necessary to keep the SEM Chapter running smoothly. This includes **Christine Racine**, Chapter Vice Chair; **Ann McSweeney**, Secretary; **Patty Rottmeier**, Treasurer; and **Maureen Kelly**, Past Chapter Chair. I also want to thank the **Communications Committee** for publishing our newsletter, the *Breeze* to help keep all of our members informed about what is happening in the Chapter.

I want to thank our **Committee Chairs, Activity Leaders** and **Co-leaders** for planning and leading so many great trips. I also want to thank our other volunteers who take registrations at events, take photographs, buy the needed supplies, serve on special committees, write articles for the *Breeze*, and many other small duties that make this Chapter such a warm, friendly, and vibrant entity.

To recognize our activity leaders' efforts this year, we continued our **Volunteer of the Month** award for a particularly outstanding leader each month and expressed our thanks to all activity leaders with custom-imprinted jackets or (for paddling leaders) PFDs.



*Respectfully submitted,
Barry Young, Chapter Chair*

*A rare, "in person" SEM Executive Board meeting at Aptuxcet Trading Post on the Cape Cod Canal in Bourne, June 2017
(Ken Carson Photo)*

Biking Committee Report



Bike Trip to Nantucket (Ken Carson photo)

The SEM Biking Committee hosted more than 40 rides this year, exploring all towns on the Cape and many other towns in southeast Massachusetts, including rides throughout many towns on the beautiful South Coast. We frequently ride the Shining Sea rail trail in Falmouth, as well as the Cape Cod Rail Trail from Dennis to Wellfleet. Some popular bike trips this year included Nantucket, Martha's Vineyard, Provincetown, Nickerson State Park, Myles Standish State Forest, and Newport, RI. And, of course, our brewery-, winery-, ice cream-, and (year-round) full-moon-themed rides are always popular. Why not join us for our annual New Year's Day ride from North Falmouth to Woods Hole? Just dress appropriately!

Our collective goal for going into the 2018 biking season is to offer more weekly and bi-weekly rides for all levels of biking experience. We also plan to offer free bike safety checks at several locations chapter-wide.

We have purchased an annual membership in the RIDEWITHGPS.COM and made it available for all current AMC SEM members to use at no charge. This includes free GPS access with premium services such as route planning, cue sheets, verbal turn-by-turn directions, and complete lists of rides in the region. The app runs on both iOS (Apple) and Android smart phones. In the spring of 2018, we will conduct additional training for the RIDEWITHGPS.COM package for all AMCSEM members. Contact Bike Chair for additional details.

Respectfully submitted,
Bernie Meggison
SEM Bike Chair

Cape Hikes Report

Jane Harding and Cathy Giordano are Chair and Vice Chair, respectively, for the Cape Hikes program and collaborate on all decisions and share all responsibilities.

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 and generally take three to five hours to complete. We average 10 to 12 participants per hike, but have had as many as 30 people on a hike. Our hikers and leaders are primarily retirees, but we welcome all age



*Cathy Giordano and Jane Harding,
Cape Hikes Vice Chair and Chair*

groups. We had four active hikers attend leadership training this year and one has completed his co-leads and become a Level 1 hike leader. Two more hikers are actively pursuing leader status. This past year, we provided 59 hikes. We typically end the season with a potluck picnic. This year it was at Long Pond in Falmouth.

We currently have 18 qualified hike leaders plus four hike participants who are in the process of completing all requirements to become leaders. We pull from a pool of about 60 individuals who participate in our hikes annually. Our major challenges are keeping an active pool of leaders so we can have a robust schedule of hikes, dealing with the safety concerns inherent with an aging population of hikers, and scouting out new places to hike.

Cape Hikes has actively contributed to many chapter-wide endeavors. The Cape hosted the Spring Pot Luck Supper which many Cape Hikers attended. Cape Hikes led the stroll down Memory Lane at Eagle Pond Cotuit before the 2016 Annual Meeting and Dinner. Farley Lewis and Cathy Giordano presented Show and Go Hikes at the SEM Leadership training. Jane Harding organized a group to assist with clean up work at the National Seashore. We also had several leaders actively participate at the AMC-SEM Open House at Myles Standish in Plymouth.

Respectfully submitted,
Jane Harding, Cape Hikes Chair
Cathy Giordano, Cape Hikes Vice Chair



Typical Cape Hike

Communications Committee Report

The SEM Communications Committee had another busy year in 2017. In addition to producing this Annual Report for the chapter, the committee:

- Produced and distributed the ten scheduled monthly issues of our electronic *Breeze* newsletter (no newsletters in July and August)
- Sent out a number of Blast announcements on items of interest to chapter members
- Submitted relevant chapter-related news items for the periodic AMC Executive Updates, and
- Provided general communications support for chapter activities such as the Open House event at Myles Standish State Forest in April and the more recent SEM Chapter Hut Weekend at Cold River Camp in Evan's Notch, NH.



The committee would like to thank the many SEM members who contribute articles and photos to the *Breeze*. This helps share the fun, adventure, and camaraderie of the many and varied hikes, paddles, bike rides, and ski trips that our activities committees offer with the chapter membership as a whole. Our common goal, of course, is to get even more of our members actively involved.

Special thanks go to those individuals who do the lion's share of the work for the committee: Maureen Walsh, *Breeze* editor; Ann McSweeney, *Breeze* proofreader; Marie Hopkins, *Blast* editor; and Cheryl Lathrop, SEM webmistress and technology guru.

Respectfully submitted,
Paul Miller, SEM Communications Chair

Conservation Committee Report

In January, the Conservation Committee submitted an article to the *Breeze* on how we could all do a better job at preserving the outdoors for the coming generations. This included a link to an *AMC*



Earth Day Cleanup in the Blue Hills

Outdoors article by Karen Ingrahams on repurposing and reusing outdoor gear.

April was a busy month.

On April 8th, Conservation gave a session on Leave No Trace at the SEM Leader Training Workshop. This included specific examples of how we can repurpose gear.

On April 15th, we handed out Leave No Trace cards at the AMCSEM Open House at Myles Standish State Forest. This provided an opportunity to help bring many hikers and bikers were brought up to speed on what they could do to conserve the outdoors.

On April 18th, Earth Day, we had a trail cleanup hike in the Blue Hills between Headquarters and Buck Hill. Participants are shown in the photo below with their trash bags.

Also on Earth Day, the chapter had a cleanup hike at the Four Ponds Conservation area in Bourne, an area frequently used by grammar school students for outdoor recreation and education.

In May, we participated in a brush cleanup at the National Seashore on the Cape. Members of the National Seashore staff and the AMC cleared brush and vines to prevent wildfires and help native species of plants flourish.

In September, Red Line the Blue Hills (RLBH) hikers picked up trash on the CCC trails off of Randolph Ave. Conservation handed out trash bags and gloves to the volunteers. Several enthusiastic Red Liners indicated that they would like to do it again next year.

Respectfully submitted,
Bill Cannon, SEM Conservation Chair



SEM "Redliners" collect trash on the CCC Trails in Blue Hills

Education Committee Report

The Education Committee offered a variety of educational opportunities for chapter members throughout the year, marking it as another successful one.



WFA Class of 2017 (Ken Carson photo)

Our **Leadership Training** program held in April at the Foxboro Recreation Department Rec Hall in Foxboro, MA, was well attended with 26 participants, the biggest turnout in many years. This reflects a continued strong interest in leading and participating in chapter trips. As always, we are grateful to our dedicated chapter trip leaders who volunteer their time and expertise to mentor the new prospective leaders who take this course. New this year, we paired experienced hiking, paddling, and biking trip leaders with new attendees to encourage and ease the often-challenging transition from taking the course to actually becoming a co-leader on a trip. We plan to continue to develop

ways to increase the number of people who follow through with becoming an active leader after completing the course. Leadership training is offered free of charge for interested chapter members.

Once again, **Wilderness First Aid (WFA)** was a well-attended, two day hands-on, practical seminar taught by a Stonehearth Open Learning Opportunities (SOLO) instructor. SOLO continues to provide us with a comprehensive, but manageable program that engages participants in a challenging and entertaining review of first aid principles for outdoor activities that take place in wilderness or other remote settings. CPR training is offered as an optional add-on to WFA.

We continue to offer the WFA course in May. AMC-SEM leaders and members are given first priority for enrolling in this course. The spring date helps ensure a fully subscribed training as many other people look for a WFA training to prepare for outdoor summer jobs. A full training class makes for a fiscally efficient use of resources and also provides the most complete learning opportunity with questions and input from a large group. We plan to review and possibly update the current chapter requirement for advanced leaders, many of whom have already taken the course numerous times, to renew their WFA certification every two years (with an additional one-year grace period in between).

The Foxboro Recreation Department Rec Hall provides a practical learning space that permits both indoor and outdoor exercises. However, we seek input from chapter members who may wish to suggest other possible venues that might be more centrally located for all chapter members.

In November 2016, Dexter Robinson presented a half-day **map and compass course** at the Brookwood Community Farm at the Blue Hills Reservation. This filled up quickly, and we may repeat that offering again in 2018. Participants received a free copy of the popular *Staying Found* compass handbook by June Fleming, courtesy of the chapter. Everyone was encouraged to practice their renewed compass skills on future hiking trips and to lend out the book to other members.

Respectfully Submitted, Doug Griffiths, Education Committee Chair



"52 With a View" hiking series (Ken Carson photo)

Hiking Committee Report

2017 was another active hiking year for the chapter, with our leaders and co-leaders offering a wide variety of hikes for all levels of hikers. Whether new to hiking, or a seasoned hiker; looking for a short local hike, a challenging mountainous hike, or even a multi-day adventure; there was something for everyone.

The winter season saw the return of the popular "White Line the Blue Hills (WLBH)" series on Tuesday mornings, beginning after the winter solstice and ending with the spring equinox. The "Thursday Morning Hikes" which run from September through May, explored local places mostly around the greater Boston area and Southeast Mass. The Winter Hiking Series that ran from November through March gradually introduced winter hiking to many people who were new to the activity. It started with the winter workshop, a local hike, two New Hampshire hikes with progressively more elevation and mileage, and culminated with an overnight at one of the AMC huts. We also offered several snowshoe hikes as well as a High Cabin winter hiking and camping weekend. In February, SEMers could once again take advantage of a winter weekend at AMC's Noble View in Russell, MA with snowshoeing and cross-country skiing...always a lot of fun.

Spring saw the return of the Blue Hills Tuesday Morning Conditioning series to help people prepare for the summer hiking season. We held our SEM Open House event at Myles Standish State Forest for the first time. This drew a fabulous turnout, thanks in part to support from the Friends of Myles Standish and to the variety of hikes, bike rides, nature and bird walks, and trail work offered. Leadership Training with subsequent co-leading opportunities allowed us to add five new leaders to the roster.

The line up for summer/early fall included hikes to the Berkshires, photo hikes, 4,000 Footer hikes in the White Mountains, "52 With a View" hikes, family hikes for those with young children, and overnights to the New Hampshire huts. Once again, we offered the popular "Red Line the Blue Hills (RLBH)" series every Thursday evening (in season), typically with a great turnout. A return to Cold River Camp for the SEM Chapter Hut Weekend in September saw some new faces and welcomed repeat participants. The "Introduction to Hiking" series in the Blue Hills has returned this fall to welcome anyone new to hiking.

As I wind down my tenure as Hiking Chair, I want to thank the Executive Board and all the people who have provided support and guidance over the past few years. Many thanks to all the leaders and co-leaders who have volunteered their time to provide the AMC community with these wonderful activities. See you out on the trails!

Respectfully submitted, Leslie Carson, Hiking Chair



Mt. Jackson, NH winter series hike (K. Carson photo)

Paddling Committee Report

This year, we likely set a record for “the most trips cancelled due to weather.” We scheduled 45 trips, but the first five were cancelled because of wind, cold, and/or rain. The first trip that actually ran was on May 13 to the North River, with six paddlers. The weather then settled down a bit and trips started running more regularly, but every so often wind and rain caused cancellation of several trips in a row.

Our corps of leaders has expanded by one and now numbers seven. That leader is not really new, she has led many trips over the years but took last year off for health reasons and is now back to leading trips.

Again, 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 less than four miles (aborted part way through due to wind) to one almost eight miles long. Most of our trips have been between six-and-a half to seven-and-a-half miles long, which seems to suit most paddlers.

Respectfully submitted, Ed Foster, Paddling Chair



Paddlers heading up the Mashpee River in late spring

Ski Committee Report

During the MLK weekend, January 13-16, 2017, Wayne Cardoza of the Boston Chapter's 40+ Group, Jeannine Audet, and Barbara Hathaway led this customary trip to the White Mountains. Fourteen avid skiers participated and we stayed at Applebrook Bed & Breakfast in Jefferson, NH.

We skied at the Jackson XC on Saturday, where Barbara encountered some debris on the trail and fell and fractured her arm, so Jeannine and Wayne continued leading the skiing that day. On Sunday Jeannine and Wayne led the group for a day's skiing at Bear Notch, where everyone enjoyed the wooded trails and views along the Saco River on a sunny day.



Skiing at Noble View (Jeannine Audet photo)

In February, Jeannine Audet and Walt Granda led a group of skiers and snowshoers for a weekend at Noble View Outdoor

Center, the AMC facility in Russell, MA. Walt Granda, Lysa Amaral and Sandy Santilli organized the trip. A well-timed snowstorm a few days before provided ample snow. Jeannine led skiing in the morning and afternoon and Walt led snowshoeing on Sunday.

Our third ski trip to the Old Field House in Intervale, NH the weekend of March 3-5 drew 14 participants. Jeannine Audet led the skiers, Walt Granda led the hikers, and Barbara (still recovering from her fracture) led the shoppers on a leisurely trip to the local shops in North Conway. Walt and Len Ulbricht led a hike on nearby Middle Mountain, while Jeannine led a small group of skiers in Bretton Woods. We all met for dinner at the Wildcat Tavern in Jackson. On Sunday, before departure, a group hiked the trails of the Mt. Washington Valley Ski Touring just outside the B&B, on a sunny, warmer morning.

Jeannine and Barbara have started communicating with the ski committees at other chapters to plan some inter-chapter events. We are also considering some short notice/show & go local trips to be able to take advantage of the unpredictable timing of our snowfall. Interested skiers should check the *Breeze* and the SEM website for related announcements.

We invite all you skiers to participate in our 2018 activities. You can also help kick start our cross-country skiing activities by volunteering to co-lead and train to be a leader. See you on the trails!!

Respectfully submitted, Barbara Hathaway, Ski Committee Chair and Jeannine Audet, Vice Chair

Trails Committee Report

The Trails Committee has had a very productive year. As of this writing, we had 23 different people contribute a total of 160.5 hours of trail work! This included five trail maintenance activities, four trail assessments, and seven re-blazing events for a total of 16 volunteer opportunities.

SEM trail volunteers ranged far and wide this year, performing work at:

- Myles Standish State Forest, Carver, MA
- Bay Circuit Trail, Hanson, MA
- Lonesome Lake, Franconia Notch, NH
- F. Gilbert Hills State Forest, Foxboro, MA
- Blue Hills, Canton, MA

In **F. Gilbert Hills State Forest** in Foxboro, we completed re-blazing the section of the popular Warner Trail from Route 1 to Main Street, working with DCR, Foxboro Conservation Commission, and Friends of the Warner Trail. The work entailed removing rusty metal discs nailed to trees and re-blazing with eco-friendly white paint markings. The work also included a minor reroute of the trail off private property and onto Foxboro Conservation land.

In the **Blue Hills**, we had our first scheduled maintenance event on our chapter's adopted trail in April. This is the well-used section of the Skyline Trail that runs from Route 28 westward to the State Police barracks on Hillside St. In September, we completed the reblazing of this trail section.

In October and November, we planned a second maintenance day on our adopted section of the Skyline Trail, as well as much-needed brushing of the Warner Trail in F. Gilbert Hills State Forest in Foxboro.

*Respectfully submitted, Pete Tierney, SEM Trails Chair,
and Skip Maysles, Vice-Chair*



Cleaning the Skyline Trail in the Blue Hills

Volunteers at Myles Standish State Forest, Carver, MA



Treasurer's Report

Another year has come and is almost gone. As we approach the end of 2017, we can expect to have another break-even year as a result of controlled and conservative committee spending. I want to thank the Executive Board and Committee Chairs for making 2017 a financial success.

2017 began with a successful Annual Financial Audit of the 2016 books by AMC headquarters. For 2017, we continue with our productive monthly, on-line Executive Board meetings, which in addition to making it more convenient for board members to participate, have saved the chapter the facility rental and food costs for the past years. The SEM board had one in-person meeting at the Aptucxet Trading Post and Bourne Historical Society prior to the summer hiatus. Our Chapter Chair and some of our Committee members attended the 2017 Summit and AMC Chapters Retreat to network with other chapter chairs and share issues and ideas. The committees have had a busy year with programs: Spring Wilderness First Aid training, Leadership Training, Winter Hiking Workshop, Membership Open House at Myles Standish State Forest with many outdoor activities and a BBQ, a Conservation "Leave no Trace" Cape Clean-up at the National Seashore, the Noble View Winter Weekend, and the Chapter Hut Weekend at Cold River Camp, to name a few programs.

We awarded 12 of our members scholarships (\$2,200 in total) for WFA training and sponsored a Leadership Training workshop. We continue to focus on recognition of Board, Committee members and volunteers for their dedicated work in their committees and our volunteer's leadership with gift cards from REI. After all is said and done, all of these programs were close to break-even with regard to revenue and cost.

Chapter Committees reported net expenditures as follows:

- \$422 for Communications/Website fees (*E-Breeze* newsletter and on-line meetings)
- \$118 for Conservation "Leave no Trace" Cape Clean-up
- \$420 for Biking planning meetings and GPS app
- \$239 for Paddling Committee – Subscription to Windsurf – real time wind reports
- \$2,808 net spending for Education: includes WFA, Leadership Training, and scholarships
- \$315 net spending for the Hiking Committee – including a winter workshop, Committee planning meeting costs, and Noble View Winter Weekend
- \$365 for the Membership Committee – Spring Open house at Myles Standish State Forest
- \$13,533 Administrative Expenses – insurance, office supplies, volunteer recognition (gift cards), Executive Board Meetings, Annual Meeting, and club-wide meetings

In closing, I want to thank the Board and the Committee members once 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, Treasurer



*SEMers ready to head home after a hike...tired, but happy!
(Ken Carson photo)*



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