View from the Chair

By Laura Smeaton

Many folks think of winter as a time for hibernation, but I hope you will also see it as a time to get out and enjoy the outdoors. SEM is here to show you how!

While the Paddling group is on hiatus, the other SEM activity committees are in full swing, providing you with an opportunity to turn those long New England winters into a great opportunity. The Cape Hikes committee has a full schedule of both weekday and weekend walks, and the Hiking committee has developed a Winter Hiking Series especially designed to introduce folks to hiking and backpacking in the fourth season (see details later in the Breeze). The Biking committee has varying trips all over the SEM area, and this is the Skiing group’s time to shine. Sign up early for these day and weekend trips (some skiing trips are listed in the Outdoors and online as Interchapter excursions), as they always fill early!

And if you are a new member, or just want to see how to get more involved, you are invited to attend our first new and prospective member potluck of the new year on January 19, 2007 at the Middleboro UU Church. No need to be a member to attend, so bring your friends and family along.

This is my last column as chair and it has been a privilege to serve the chapter over the past two years. My appreciation goes to all the generous hours and talent of so many wonderful volunteer members in the chapter. And a BIG thanks goes to the Executive Board members. We especially thank retiring board members Bill Ruel (treasurer) and Gifford Allen (paddling chair). See you out on the trails!

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Stay warm while helping support your chapter with an SEM fleece vest...

If you’ve been out on the trails with the SEM over the past year or so, you’ve probably seen one of your leaders wearing one of these snazzy vests.

These plush, mid-weight, Forest Green fleece vests provide an ideal insulating layer for your winter adventures (and can serve as an outer layer when the temperature drops at other times of the year…). They feel so good on, that you might never want to take it off!

The vests feature a full-length front zipper for temperature control, zipped outer pockets and inside pouch pockets for storage, and boast the SEM Chapter logo embroidered on the left breast.

To order, send check or money order made out to “SEM-AMC” for $39.95 plus $6.50 S&H ($46.45 total) to: Claire Goode, PO Box 533, Monument Beach, MA 02553. Please specify size (generously sized S, M, L, or XL) and be sure to include your shipping address and an evening phone number.

SAVE THE DATE FOR AMC ANNUAL MEETING

Summit 2007 will be held on Saturday, January 27, 2007 at the Best Western Royal Plaza Hotel in Marlborough, MA. This year’s keynote speaker will be Cameron Roe, the acting president of the Alpine Club of Canada (ACC). Mr. Roe is a highly accomplished mountaineer who has led ACC members to the summits of dozens of peaks including Mt. Orizaba and Iztaccihuatl in Mexico and Mt. Robson and Clemenceau in the Canadian Rockies. AMC is delighted to have Mr. Roe join us this year as he celebrates the ACC’s centennial.

The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.

PHOTOS: Rick Fodyce
Pot Luck Dinner to introduce our new SEM members to hiking... Have you recently joined the AMC Southeastern Massachusetts Chapter, or know someone who’s thinking about joining? If so, the SEM Membership and Hiking Committees invite you to join us for a pot luck dinner on Friday, January 19, 2007, from 6:30 to 9:00 pm at the Unitarian Universalist Church, 25 S. Main, St. in Middleboro, MA. Do you want information on hiking with the AMC, including what you need to hike safely, and how to register for SEM hikes? Not sure what to bring on a winter hike? Will your children be able to join you? Do you want to learn more about the AMC? Please join us for this informative and entertaining event geared for new and prospective members ages seven to adult.

Bob Vogel, an AMC hike leader for the SEM and Boston chapters will be giving a lively talk on hiking. His talk will cover a range of hiking activities from easy walks in the woods up to winter backpacking. Bob leads hikes in on a wide range of chapter activities and answer any questions you might have.

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Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf

Some interesting news items from AMC Headquarters in Boston...

**AMC ADDS TWO SPORTING CAMPS AS PART OF MAINE WOODS INITIATIVE**

AMC recently added two sporting camps, Medawisla Wilderness Camps and Chairback Camps, as part of its Maine Woods Initiative. Guests eventually will be able to hike, cross-country ski, or bike camp-to-camp within a network that also includes Little Lyford Pond Camps, which was purchased by AMC in 2003. Medawisla is located on the shore of Second Roach Pond, approximately seven miles from Kokadjo, and Chairback is located on Long Pond within AMC’s Katahdin Iron Works property. Both are spectacular locations for hiking, paddling, fly-fishing, snowshoeing, and skiing.

Medawisla is currently accepting reservations by phone at 207-695-2690. Effective January 1, 2007, AMC will begin managing reservations directly at 603-466-2727 or www.outdoors.org. An opening date for Chairback has not yet been set.

More information on the AMC’s Maine Woods Initiative is available at www.outdoors.or/mwi.

**HALF-OFF FOR KIDS 12 AND UNDER MID-WEEK AT THE HUTS IN 2007**

In 2007, all kids 12 and under stay half-off at Lonesome Lake Hut throughout full-service season and at all huts during the month of June and August 26-30, Sunday through Thursday. These special child rates start at $124 per night for members. For reservations, call 603-466-2727, or go online for more details to: www.outdoors.org/lodging/huts/featured-programs.cfm

**AMC CARTER NOTCH HUT RETURNS TO FULL SERVICE IN SUMMER 2007**

The US Forest Service has approved AMC’s request to return Carter Notch Hut to full-service in summer, restoring a tradition of over eighty years and addressing strong interest in full-service huts in summer. This transition comes after a 10-year trial as self-service, which resulted in a steady decline in visitation at the hut. The full-service season at Carter Notch Hut for 2007 will run from June 1 to September 15. Full-service includes a hut crew to prepare and serve meals for guests, offer safety and hike planning information, and lead evening programs. Carter Notch Hut will continue to be operated on a self-service basis for the remainder of 2006 and annually during spring, late fall and winter. Reservations are now being taken for 2007 by calling 603-466-2727.

**CROSS COUNTRY SKI FOR FREE ALL WINTER LONG AT JOE DODGE LODGE**

Ski free when you stay at Joe Dodge Lodge this winter. AMC and Great Glen are teaming up this season and offering a free ski pass to all overnight guests. Prices start at $51 for members, with no restrictions or minimums! Includes shared room, dinner, breakfast, and Great Glen country ski pass. Other packages at Joe Dodge Lodge and Highland Center include Bretton Woods and Wildcat Mountain. Go online to www.outdoors.org/winterguide or call 603-466-2727 for additional information and rates.

Have e-mail? Then be sure to join the Yahoo-powered AMC SEM Short Notice Trip List... Our SEM Short Notice E-Mail Trip List is a great way to find out about late-breaking Chapter activities that might not appear in either the Breeze newsletter or the AMC Outdoors magazine. If you haven’t signed up for the e-mail list yet, just visit www.amcsem.org and enter your e-mail address in the appropriate location.
Four mile hike on the less hiked awards 2000 Mile Club certificates visit

NOTE: for additional SEM bi Chair – Joe Tavilla, Bike Rides Service Rd and park in lot by Orleans line. Call Leader for specifics. L Peter Selig (508-432-7656, peter@amcsem.org)

Cod Pathway trails to Amos Land – Moss (508-362-6440 9am-8pm, mossheidi@hotmail.com)

Swamp lot 1 mi on L. Brown sign tilted away from you. L Heidi turn south on Chase Rd then immed R on Service Rd. Park in Maple Pond. 2.5 hours. Meet at 12:45 pm for hike From Rte 6 exit 4 turn south on Chase Rd then immed R on Service Rd. Park in Maple Swamp lot 1 mi on L. Brown sign tilted away from you. L Heidi turn south on Chase Rd then immed R on Service Rd. Park in Maple Pond. 2.5 hours. Meet at 12:45 pm

Sun., Dec. 2. The Bogs of Carver – An enjoyable flat ride thru the cranberry bogs of Carver. Quiet roads with very little traffic. You can even plan a holiday season visit to the well-known Edaville Railroad. Distance: 20 miles CID. L Jacob Jacobs (509-933-0450, cyclepjack1@yahoo.com)

Sun., Dec. 10. For Jazz Lovers Only – Enjoy a flat off-season ocean view ride from Buzzards Bay and coffee & jazz. The route travels from East Falmouth to Woods Hole. In Woods Hole warm-up, relax with a cup of coffee and listen to a small jazz group. Great views of Vineyard Sound, Buzzards Bay and Martha’s Vineyard. Distance: 23 miles CID. L Joe Tavilla (508-428-6887, silverski@earthlink.net)

Sun., Jan. 27. Cape Cod Canal – Start at Buzzards Bay and cruise the Cape Cod Canal down to Sagamore and Scusset Beach. Flat in both directions. Distance: 20 miles. CID. L Jack Jacobs (509-933-0450, cyclepjack1@yahoo.com)

Cross Country Skiing Chair – Walter Mark, 508-884-8185 xochicat@amcsem.org

For information on SEM ski trips, please check AMC, Outdoors, visit www.amcsem.org, or use the AMC online trip listing system: (set Activity to “Cross-Country/Nordic” and set Chapter to “Southeastern Massachusetts”).

Jan. 12-15. XC Ski - MLK Weekend at Applebrook B&B – 21st annual MLK xc ski weekend at cozy Applebrook B&B in NH. Ski at Breton Woods, Great Glen, Jackson or Bear Notch. Other options downhill, back country, snowshoeing and ice skating. Approx. cost of $155 to $265 p/p covers 3 nights lodging, 3 breakfasts, lunch and 1 supper. Register with L Barbara Hathaway, 508 880 7266, 7 to 10 p.m. CLs Florence Walker and Barbara Perry.

Sat., Jan. 20. XC Ski Windblown, Monadnock Region -- Windblown is a comfortable, friendly, family-owned ski center with 25 miles of trails. Sit by the fire in their lodge while enjoying homemade soup & sandwiches, or muffins and cookies with a hot beverage. Register with L Barbara Hathaway, 508 880 7266, 7 to 10 p.m. L at second light. R at stop sign. L at second light. R at stop sign.

Feb. 4. Barnstable-Bridge Creek Conservation (C3D) -- 4 Spring Tide, Harwich. L Ruth Handlen (508-432-1582 Before time and location are not indicated, contact ride leader (L)).

For more information, contact Joe Tavilla (508-428-6887,7-2, bikingchair@amcsem.org) or Victor Oliver (508-888-845 7-7, bikingvicechair@amcsem.org)

Up and Down and Up and Down those same ol’ Blue Hills

By Cheryl Lathrop

Erika Bloom (on right in front row) and her Tuesday Morning conditioning crowd atop scenic Buck Hill in the Blue Hills

Come join us on Tuesday mornings and power hike your way to fitness! You’ve seen those entries in the Southeast Breeze and the AMC Outdoors magazine: “Tuesday Morning Blue Hills Hike.” Every Tuesday we hike the Blue Hills for four hours—up and down and up and down.

The Tuesday hikes started in April 2005 as “conditioning hikes.” Conditioning for what? For a major excursion trip to Mount Killimanjaro (Africa) or Glacier National Park (Montana). For your own hiking vacation. Or just for the sheer joy of hard exercise.

Lest you think this is a bunch of twenty-something athletes—hah!—we’re 30-70 years young. About 12 of us, either retired or working, drop everything for our weekly wild and wicked exercise.

We start early—that’s right, roll out of bed at the crack of dawn and tug on those boots! After meeting, signing in, and circling up for introductions, we’re off and running. And I do mean running! We dodge rush hour traffic to cross the street and then power straight up a steep ½ mile hill, without stopping or slow ing. At the top of the hill, gasping for breath, we stop to rest, drink, and shed our never-should-have-put-on-it outside layer.

Now that we’ve intersected the Skyline Trail, we hike a loop out to the Eliot Observation Tower and back. This covers Houghton, Wolcott, Great Blue, Hemenway, and Hancock Hills. All the hills are steep, the trails are rocky, and we march fast to keep our heart rate up. We rarely stop and we don’t look at the scenery (but very looking at our feet so we don’t misstep). Since we hike the same trails every week, the route is memorized and there’s no need to spend time looking for blazes or looking at maps. A power hike like this is not meant for beginners.

After about two hours, we wind up at Reservation Headquarters for an indoor separation break, water refill, and snack at the picnic tables. Those with pressing appointments (or have simply pooped out), can leave at the halfway point. For the rest of us, it is onward for some more up and downing.

It’s now back across Hillside Street to continue for another two hours on the Skyline Trail. For this half of the hike, it is out to Tucker and Buck Hill and back. Stops infrequent, but we do pause to enjoy the panoramic scenery from the Buck Hill summit. There, we dump our packs and enjoy another snack break while admiring downtown Boston and the harbor.

After our scenery break, it’s back the same way we came (yup, up and down those same ol’ hills). Emerging from the woods at Reservation Headquarters once again, we’re now bedraggled and sweaty, but have a healthy glow. After a short trek back to our cars, we say some quick farewells and thank our AMC Leader. Then we’re back home and showered by noon with the whole day in front of us.

If you’ve been hiking regularly and want to increase your level of fitness even more, please come join us! It’s great fun being outdoors getting exercise in the early morning. It’s also a great social time, because even though we’re hiking hard, we’re also chatting all the way, catching up with each other and analyzing the latest movie or novel.

This is a B2-3H-taxed hike (5-8 miles, moderate-fast, strenuous) with hills that are steep and rocky. You need sturdy hiking boots and a sturdy heart—along with the mandatory raincoat (just in case!).

Erika Bloom, an SEM Hiking Leader and AMC Major Excursion Leader, leads the hikes. She runs a tight ship, so the hikes are both safe and fun. Note that Erika needs to pre-qualify participants for these hikes to ensure a good experience for all.

Please register for the SEM Short Notice Trip E-Mail List at www.amcsem.org for upcoming hikes.

Bike Races Chair – Joe Tavilla, bikingchair@amcsem.org, 508-428-6887

NOTE: Approved bikes required for all: AMI bike rides. If start time and location are not indicated, contact ride leader (L).

Note: for additional SEM bike rides, please check, AMC, Outdoors, visit www.amcsem.org or use the AMC online trip listing system: (set Activity to “Biking” and the Chapter to “Southeastern Massachusetts”). L sign up for the SEM Short Notice trip list at www.amcsem.org.

NOTE: AMC SEM 2000 Mile Club – The SEM Bike Committee awards 2000 Mile Club certificates of achievement and embroidered award patches to members who ride 2000 miles or more in a year. For more information, contact Joe Tavilla (508-428-6887,7-2, bikingchair@amcsem.org) or Victor Oliver (508-888-845 7-7, bikingvicechair@amcsem.org).
2006 Summer Mountain Hiking Series finishes with a great backpack

Bob Vogel and Erika Bloom

Well, the 2006 SEM Summer Mountain Hiking Series is now history.

It started with a well attended workshop the afternoon of the Spring Fling, where we presented information about equipment, clothing, good hiking practices, etc.

The first actual hike was a local warm up hike at the B Blue Hills. Although it rained most of the day, only one participant cancelled because of the weather. For those that attended, the objective was to have a good, fun hike, despite the weather. After five hours of hiking in the rain, most of the 16 participants declared the hike a big success, rain and all!

The next hike was a hike to Mts.Morgan, Percival, Squam, and Doublehead in New Hampshire. This 7+ hour hike was a long day, and again the group did a great job.

Congratulations to everyone who participated, and especially those who completed the entire series: Bill & Chris Pellegrini, Leslie Carson, Maureen Yachtmis, Pam Jones and Fred Wason! We wish we could have taken everyone who wanted to come on one or more of the hikes, but space limitations made these tough hikes impossible.

But despite lots of moose tracks around the pond, we saw no moose. (We did see an eagle, so the trip wasn't a total wildlife loss.) After breakfast the group hiked back to the trailhead, where we awarded certificates of achievement, suitable for framing.

Sunday, January 20

Yarmouth Three Peaks (C3C) – Meet 12:45 at Yarmouth Rd. Directions - From Rt 6 exit 8 S. Take R on Route 1582 before 9PM, packrhandl@comcast.net.

Sat., Jan. 19. Nickerson State Park - Winter Series #2, Nickerson Hike/Snowshoe in Nickerson State Park. Call Leader for specifics. L Peter Selig (508-432-7566-6 pm, pamselig@hotmail.com)

Sun., Jan. 20. Nickerson State Park - Winter Series #2, Nickerson Cranberry Bogs/Tidal River in Conservation Area. Take exit 9A off Rt 6, go approx 1 1/2 miles, and take L on County Rd. One mile to parking lot on left. Meet 9:45. L Nancy Braun (508-487-4004, nancybraun@comcast.net)

Sat., Jan. 19. Nickerson State Park - Winter Series #1 - Hike/Snowshoe in Nickerson State Park. Call Leader for specifics. L Peter Selig (508-432-7566-6 pm, pamselig@hotmail.com)

Sun., Jan. 14. Easton Coast Guard Tower Reserve (B3C) - Hike along New England's coast to the Easton Coast Guard Tower. A guided hike with classic Cape Cod vistas, through salt marsh to arrive at the tower. Meet 12:45 at 1 PM hike. L Ruth Handlen (508-432-1582 Before 9PM, packrhandl@comcast.net)

Thu., Jan. 18. Massapequa Woodlands (East) (C3C) – Varied terrain, woods, several hills, wonderful river views. Meet 9:45 - 5 hrs. From Rt 28 Massapequa take L at Lights onto Orchard St. Take R on Quinman Rd. to divide to Massapequa Mill Rd. approx 1 mi. to marked parking on R. L Betty Donoghue (508-428-4762, bettyc66@aol.com)

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Hiking/Backpacking Activities
Chair – Sue Chiavaroli, 508-252-4164, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip leader. Registration required for most trips. hikes being strongly recommended. For additional information about or to register, contact the trip Registration Leader (R), trip Leader (L) or Co-Leader (CL). SEM Chapter trip updates are also available at http://trips.outdoors.org. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

**Hikes Unlikely due to Weather:** The moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, the moon, the weather, 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A nurse’s perspective on SEM Wilderness First Aid training

By Carol Roupenian

I had the opportunity to participate in the SEM-sponsored AMC Wilderness First Aid (WFA) Course on September 30th and October 1st at Camp Lyndon in Sandwich, Massachusetts. Those in attendance had a mixture of prior experience – from novice to nurse; yet each came away with valuable lessons learned.

What made the course fun and will help us remember what we learned was the field practice, practice, and more practice. We each took several turns as patients and rescuers. If you don’t know what it means when someone goes from grumbling, to fumbling, and stumbling – then you need to take this course. Can you imagine coming upon a half dozen birders who have fallen from trees? What could be worse than finding a mountain biker unconscious after crashing his bike? How about a tandem mountain bike crash? Before this weekend, I thought a “chunk check,” was looking in the toilet after the student tells you he vomited.

If you hike in the wilderness, it’s only a matter of time before you or someone you’re with will need first aid. Don’t find yourself helpless when someone is hurt or sick. All hikers need to master survival skills. Map and compass reading, bivouac skills and crisis management are essential. You should also know how to make a human burrito. If you don’t, you need this course. From minor wounds to critical care, Wilderness First Aid gives you the confidence that if the worst should happen – you can help.

As the nurse in a junior high school with 1400 students, I sometimes feel like I work in the wilderness. I don’t have the equipment or professional support that hospital nurses have. And remember what junior high is like? I expected the course would show me new ways to improvise and the latest emergency medical care trends. What I didn’t know was that Wilderness First Aid is held to a different set of standards than basic First Aid.

Several factors demand these differences. The distance and difficulty in transporting from the scene, as well as the sometimes-hazardous environment, create a different set of rules for care. Rescue time from injury until transport to hospital can be huge, with a general rule of one-half mile from the road! Some injuries just can’t wait that long to be treated. I never imagined “clearing the spine” gives you the confidence that if the worst should happen – you can help.

The mouth shows me where to get started
And the walls keep me right on my path
Surrounded by trees, vines, and flowers
Sometimes fast, sometimes slow, sometimes still
When I’m feeling the call of the wild
Sometimes the ‘call’. Sometimes it is so loud, and I know that I have to go. My body needs to move, but more than that, my soul needs to be nourished by nature.

Prevention is the primary goal, but we learned how vital (and easy) it is to be prepared for an emergency. I will never again hike in the wilderness without easily accessible gloves, a pad, triangular bandages (cravats), and something to use as a splint. Hiking with others, preferably six strong men, is also helpful in case you need to “beam” someone who is crumpled around a tree.

Don’t find yourself helpless when someone is hurt or sick. All hikers need to master survival skills. Map and compass reading, bivouac skills and crisis management are essential. You should also know how to make a human burrito. If you don’t, you need this course. From minor wounds to critical care, Wilderness First Aid gives you the confidence that if the worst should happen – you can help.

AMC Membership in a Bottle (MIB) is the perfect gift for a friend or relative who loves the outdoors....

For just $50.00, you will receive an AMC water bottle, a one-year individual membership, a $10 AMC gift certificate, and an AMC window decal. Your membership also includes 10 issues of the AMC Outdoors magazine and quarterly issues of the Southeast Breeze newsletter. (Senior and Family Memberships also available.)

To receive an individual MIB, send your Name, Address, City/State/Zip and Phone Number, along with the name and address to which you would like to be the bottle sent, with a check for $50 payable to SEM/AMC, to: AMC SEM MIB (c/o Claire Goode) P.O. Box 533, Monument Beach, MA 02553

EDITOR’S NOTE: All SEM members are invited to share their own appropriate ponderings by submitting them to: communicationschair@amcsem.org

When I’m feeling the call of the woods
When I’m feeling the call of the wild
When I’m feeling the need for some peace
Escape modern life for a moment
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