



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

December 2014

View From the Chair



Maureen Kelly, Chapter Chair

Hello! I am very excited and honored to be the Chapter Chair of SEM. I'm grateful to the previous Chairs and Executive Committees for their hard work and organization, especially to Cheryl Lathrop. I plan to build onto their successes with the help of our many wonderful volunteer leaders and officers.

December starts the season of winter fun. If you've always wanted to be more active in the winter, **now** is the time to check our list of trips and join us for one. Our trained volunteer leaders are waiting to show you the beauty of winter.

We are always looking for new leaders and new volunteers. Meet some great people who love the outdoors. Feel free to contact me if you'd like to volunteer, make a suggestion or just introduce yourself.

See you outdoors!

Maureen Kelly, Chapter Chair
chair@amcsem.org

2015 Executive Board

Chair	Maureen Kelly	Education Chair	Doug Griffiths
Chapter Vice Chair	Open	Education Vice Chair	Open
Secretary	John Pereira	Hiking Chair	Paul Miller
Treasurer	Patty Rottmeier	Hiking Vice Chair	Leslie Carson
Past Chapter Chair	Cheryl Lathrop	Membership Chair	Jodi Jensen
Biking Chair	Cheryl Washwell	Membership Vice Chair	Ed Miller
Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
Cape Hiking Chair	Farley Lewis	Paddling Chair	Betty Hinkley
Cape Hiking Vice Chair	Peter Selig	Paddling Vice Chair	Ed Foster
Communications Chair	Gina Hurley	Skiing Chair	Barbara Hathaway
Communications Vice Chair	Mark St. John	Skiing Vice Chair	Open
Conservation Chair	Open	Trails Chair	Cathy MacCurtain
Conservation Vice Chair	Joshua Tefft	Trails Vice Chair	Wayne Anderson
CYP Chair	Sally Delisa		
CYP Vice Chair	Open		

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Melissa Powers
Social Vice Chair	Open
Social Networking Moderator	Susan Franconi
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley

Contact Chapter Chair at chair@amcsem.org if you are interested in any open position.

**Upcoming 2015 Executive Board Meetings:
January 14, February 11, March 11, April 8**

MARK YOUR CALENDARS——SAVE THE DATE

AMC [Annual Summit](#) (Jan. 24, 2015, [Norwood](#))
SEM [Winter Fun Weekend](#) (Feb. 6-8, 2015, [Noble View](#)) (FULL)
SEM [Leadership Training](#) (April 11, 2015)
SEM [Wilderness First Aid](#) (May, 2-3, 2015)
AMC [August Camp](#) (July 18-Aug. 15, 2015)
SEM [Chapter Hut Weekend](#), (Sep. 17-20, 2015, [Cold River Camp](#))
SEM Annual Meeting & Dinner (Nov. 7, 2015, [Salernos](#))

Important Chapter Information and Links

Find activities (hikes, bikes, etc.)

1. Links in the monthly *Breeze*
2. [Online trip listings](#)

Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the *Breeze* and our website. Materials will be edited at the editor's discretion. **Submissions must be copy ready.** Title and credit for all photos must be included.

Send to breeze.editor@amcsem.org

Breeze Deadline

On the 15th of the preceding month.

Sign-up to receive the Breeze via email

Call 800-372-1758 or email amcinformation@outdoors.org

Where to find [Breeze newsletters](#) (current and past).

Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? We have volunteer positions open! Contact chair@amcsem.org

Want SEM activities delivered right to your email inbox?

Sign up for AMC "digests". Access the Member Center from our [homepage](#) or call 800-372-1758.

SEM ACTIVITIES AND TRIPS

UPCOMING ACTIVITIES

Schedules -- QUICK-CLICKS

The QUICK-CLICK links below are connected to the AMC query results, providing instant access to currently scheduled activities for AMC and AMCSEM. With no parameters to input!

[Biking](#) | [Cape Hiking](#) | [Hiking](#) | [Paddle](#) | [Skiing](#) | [Trails](#) | [Conservation](#)

[CYP](#) | [Family Events](#) | [Social](#) | [Education](#) | [Membership](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

[Sign up for the AMC Activity Digest](#)

[SEM VOLUNTEER OPPORTUNITIES](#)

Where else can you find SEM activities listed?

[Links in SEM e-Breeze newsletter](#)

Short Notice Email List

[UNDER THE "UPCOMING EVENTS" TAB AT AMCSEM.ORG](#)

(also includes community events and activities from other AMC chapters!)

Short Notice Email List (SNEL)



Sign-Up Now!

Receive email about short-notice trips, cancellations, changes, and announcements.

Sign up now! Go to: <http://www.amcsem.org/schedules.html>

[Instructions for posting SNEL trips](#)

Activity Participation Policy

"AMC encourages involvement in its mission and activities, through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status. 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 (skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available."experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available.

SEM COMMITTEE ANNOUNCEMENTS

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org if you'd like to volunteer. We have outdoorsy opportunities (e.g., leading a hike); we also have indoorsy opportunities (e.g., web work, arranging events). Something for everyone!

CAPE HIKES

Looking for additional leaders to lead hikes on the cape! Contact the capehikingchair@amcsem.org

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org. Always looking for additional hike leaders! Contact hikingchair@amcsem.org

SKIING

Looking for ski chair. Looking for someone to take over the ski committee and plan xc ski and downhill ski events in the winter. Contact the current ski chair at xcskchair@amcsem.org. Also looking for xc and downhill ski leaders! Also looking for a Vice Ski Chair.

SOCIALS

Looking for leaders to lead social events. Contact: socialchair@amcsem.org

News from the Communications Committee

Meet Mark St. John



Recently I was elected as the Vice Chair of the Communication's Committee for the AMCSEM. For the past fifteen years I served various roles in the IT department of a specialty retailer in the Boston area – most recently as the Director of IT. I am hopeful that I can bring some of my expertise to AMCSEM to streamline technology and make the experience for the end-users and the administrators a more fulfilling online engagement. I have been a member of AMC for several years and have participated in the

WFA course that was presented in 2013. In addition to this I have done considerable hiking in the area completing both the Appalachian Trail (thru-hike) and the Long Trail (section-hike) in 2014 and the NH 48 4,000 footers in 2012. I continue hiking as often as I can get out and will continue my quest of the NH 'Winter' 48 4,000 footers this year. I am a member of the Appalachian Mountain Club, Appalachian Trail Conservancy, Green Mountain Club and Appalachian Long Distance Hiker Association. You can reach me at communicationsvicechair@amcsem.org.

Annual Winter Hiking Workshop Draws a Crowd

By Paul Miller, SEM Hiking Committee Chair

The SEM Hiking Committee held our annual Winter Hiking Workshop in Sandwich on Nov. 1, 2014 (prior to the Annual Meeting and Dinner in Onset). Approximately 30 curious people with a wide variety of hiking backgrounds participated in this successful workshop, which was possible thanks largely to the efforts of SEM winter hike leaders Leslie Carson, Mike Woessner, Walt Granda, and Eva Borsody Das; plus Sue and Kevin Mulligan (who put on a dynamite winter hiking slide show).

The program covered appropriate clothing, gear, hydration/nutrition, and conditioning for safe and enjoyable winter hiking in the White Mountains of New Hampshire.

Participation in this (or an equivalent) workshop is a prerequisite for hikers without prior winter hiking experience to register for the 2014-15 SEM Winter Hiking Series. This season's series includes trips to Mt. Wachusetts in Princeton, MA; Mt. Kearsarge North in North Conway, NH; Mts. Tom and Field in Crawford Notch, NH; and a winter overnight trip to the AMC Zealand Falls Hut in NH.



Winter Workshop presenters (left to right): Kevin and Sue Mulligan, Mike Woessner, Leslie Carson, Paul Miller, Eva Borsody Das, and Walt Granda (Photo courtesy of Ken Carson)

Wilderness First Aid Training November 8 and 9, 2014 at Chapel Meeting House

By Doug Griffiths

Say you are a couple miles up the trail. What would you do if a member of your hiking group tripped and seriously sprained their ankle, or maybe even broke their ankle? How about if you are confronted with someone having an asthma attack or reaction to a bee sting? What if you came across someone who just had a bad fall from the steep cliff trail they were scrambling up, their leg doesn't look very good, or worse, they are unconscious? Don't freak out, take a deep breath and recall your wilderness first aid training.

This two-day, concentrated but manageable course, gives you a systematic approach to assessing the scene, the circumstances, the injury and the response that you can offer when rapid professional intervention is an hour or more away.

Twenty two people, most of them AMC members, took advantage of the most recent wilderness first aid training at the charming and convenient Chapel Meeting House in the Cocasset River Recreation Area in Foxboro, MA. Beautiful weather allowed us to focus completely on the hands-on training opportunities, much of which takes place outside.

Led by an instructor from SOLO (Stonehearth Open Learning Opportunities), a wilderness medicine school in Conway, NH, the course involves about equal parts of lecture, followed by practice scenarios, feedback and discussion. Participants trade off roles as victims and rescuers for practical experience. Even the victims get instructed how to act out their injuries for true realism. It's fun, exciting and serious all at the same time. As a rescuer, your heart rate increases just as it would in a real life situation. There is ample time to discuss and process the practice scenarios. SOLO has been providing these trainings to AMCSEM for several years, and our instructor for this course, Kathryn, was dynamic and engaging.

The curriculum for the course has been carefully prepared by SOLO and includes instruction in assessing the scene for safety, assessing the patient for both critical and less critical injuries, obtaining necessary background information, and then providing comfort and treatment with whatever resources you may have on hand in the backcountry. Attention is paid to developing a rescue plan, managing the safety and anxiety of the rest of your group as you wait for or travel towards more definitive treatment. There is a specific framework for these assessments and plans that is outlined in an excellent, easy-to-read, illustrated text that is provided to all participants.

Wilderness first aid training is required for current and prospective AMC hike leaders, but is a great experience for anyone who enjoys outdoor recreation including hikers, bikers, paddlers, skiers, campers and families. This course increases your confidence and so increases your enjoyment of all those activities. It's fun to meet new faces from outside the chapter who take advantage of the training. This course included fifteen SEM members, three Boston chapter members and four non-AMC'ers. Naturally, WFA participants are outdoor enthusiasts who have their own stories and tips for great trips and destinations.

The skills learned in wilderness first aid are most helpful when two or more people involved in a group activity have experienced this training. Using teamwork when confronting a situation multiplies the level of care, the degree of calmness, and the confidence brought to bear. Keep an eye out for future offerings. You won't regret it!



The Chapel Meeting House
(Photo courtesy of The Foxboro Reporter)



Daring Birdwatcher (Paul Miller) Falls From Tree
(Photo courtesy of Walt Granda)



Congratulations to Sue Franconi for finishing the 48 4,000 footers in September. Here she is on #48-Whiteface. Way to go Sue!!

(Photo courtesy of Sue Franconi)

Earn An AMC SEM Patch In Conservation!

The AMC SEM Conservation Committee is proposing to offer a patch for conservation-related activities, similar to earning a patch for climbing all 4000 footers in the White Mountains or riding a bike for 2000 miles. To earn a patch, participants would need to complete any 10 activities from the 18 listed below, but at least one from each of the six categories. Ideally, you would not pick an activity that you already do, and each activity should be done whenever possible, but for at least one year. Should you have your own ideas for an activity within a category, feel free to substitute, but please let the Conservation Committee know in advance. Completing the activities as a family or group is fine, as long as everyone participates. We will establish a central location to update progress. Here are the categories and the activities in each:

Conservation Activism

- Write an elected official about a conservation-related topic
- Read a book about conservation and write a summary for AMC SEM Breeze
- Teach 'Leave No Trace' principles to a local group

Environmental Activism

- Spend at least a day doing trail work maintenance
- Participate in conservation-related events, such as clean-ups, walks or lectures
- Plant native plants around your home that require less water and pesticide

Health Activism

- Walk or ride a bike on one errand or commute per week
- Replace one grocery item with an organic or locally-grown item per week
- Use organic fertilizer and pesticide

Energy Conservation

- Thermostat: not higher than 63 degrees F in winter, not lower than 78 F in summer
- Always turn off unnecessary lights and appliances
- Take stairs rather than elevators

Water Conservation

- Collect rain water to use for watering lawn and garden
- Take shorter showers
- Use gray water to flush toilets

Waste Reduction

- Compost kitchen and yard waste
- Use reusable bags at stores other than grocery stores
- Reduce household waste disposal by 10%

Reducing household waste by 10% might sound a bit tricky to accomplish. Here is our thought: each person should estimate how much trash they dispose of per week e.g. "my trash can is always 3/4 full", and then etch or paint a line about 10% below that. Then each week, try to get close to the line. It is imperfect, but we are trying to instill a way of thinking related to reducing, reusing and recycling as opposed to strict rules.

Please let us know what you think about the idea of a Conservation Patch and the specific activities by emailing the Conservation Committee at conservationvicechair@amcsem.org. We may change the activities depending on feedback. We hope to begin the program in 2015. As the recent U.N. IPCC report highlighted, now is the time to focus on conservation/environment issues/ climate change!

Sincerely,

AMC SEM Conservation Committee



**Thursday morning hike.
Freetown State Forest:
Profile Rock. Jerry from
Woburn, Al from Middleboro,
Ed from Abington.**

(Photo courtesy of Berryman Minah)

Come to August Camp 2015 in Oregon's Beautiful Central Cascade Mountains

August Camp 2015 will take place in the Three Sisters Wilderness area in the Central Cascades of Oregon, southwest of Portland. This area offers terrific hiking and fascinating geological sites. Studded with volcanic peaks, mountain lakes, wildflower meadows, lava tubes and obsidian, miles of beautiful hiking trails, including the Pacific Crest Trail and the Three Sisters Wilderness Area -- it's legendary for a reason! In addition to the multiple hikes August Camp offers each day for all levels of ability, other activities may include car camping at Crater Lake National Park, backpacking, sightseeing excursions, river rafting, canoeing and kayaking. Delicious cooked meals and trail lunches are provided; great camaraderie and nightly campfire make for a memorable experience. This full service tent village accommodates 64 campers each week, and the fleet of rental vans provides transportation to trailheads, as well as between camp and the airport (Portland International) each Saturday.

The Application and Camper information forms, as well as detailed Camp information can be found on the

August Camp website at www.augustcamp.org. Plan your one or two week adventure now and be part of one of the AMC's oldest traditions.

Applications will be accepted after Jan. 1, 2015.

Week 1: July 18 - July 25

Week 2: July 25- Aug 1

Week 3: Aug 1- Aug 8

Week 4: Aug 8 - Aug 15

Questions about August Camp? Contact hike leaders Éva Borsody Das, borsody@gmail.com, or Leslie Carson, lrc929@comcast.net



Nine happy Southeast Mass. Chapter hikers during week 3 of August Camp 2014 in Washington's Mount Rainier National Park. (Photo courtesy of Éva Borsody Das.)

AMC ANNOUNCEMENTS



YOU'RE INVITED...
to help us kick off a fantastic year in the outdoors!

AMC Annual Summit – Norwood, MA – Saturday, January 25, 2015

The AMC Annual Summit is a fun day of exciting trainings, meaningful meetings, and fun conversations with volunteers and staff from every level and area of the club. We have curated a great selection of useful and interesting courses this year including:

- Splinting in the Backcountry
- AMC's Historical Film Fest
- Advocacy for the Outdoors
- Volunteer for Trails!
- Navigation for Sea Kayakers
- Group Dynamics for Leaders

and many more!

For more information and to register, visit outdoors.org/AnnualSummit

AMC's New Books!

AMC Fall Books: *No Limits But the Sky: The Best Mountaineering Stories from Appalachia Journal* and *Outdoors With Kids Maine, New Hampshire, and Vermont*. Contact Ryan Dorsey (rdorsey@outdoors.org) if you are interested in writing a review for either of these books in your newsletter.



Adventure Travel

Adventure Travel recently added 7 new trips to their 2015 calendar. There are a total of 41 opportunities in 2015 for an adventurous trip with like-minded travelers, and we have started listing our trips for 2016 too. Travel the globe including such destinations as Thailand, Utah, Machu Picchu, Austria, Alaska and Patagonia. Check out our full listings of trips at www.outdoors.org/adventuretravel. If you are interested in leading Adventure Travel trips, please contact Nancy Holland (nholland@outdoors.org) for more information about the upcoming training in November.

AMC NH Chapter Winter School **Two sessions Jan 30-Feb. 1, and Feb. 27-March 1 2015**

This workshop offers instruction in winter mountain travel to backcountry skiers and snowshoers of all levels, covering just about every aspect of winter backcountry travel. The weekend is filled with instruction, field exercises, lectures and discussions. And there will be plenty of great food to fuel you back up!

Choose from one of the following classes:

- Introduction to Winter Mountain Travel: beginner and intermediate classes. Instruction in safety equipment, route finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergencies in the mountain environment.
- Backcountry Skiing: beginner, intermediate and Down-mountain Backcountry classes.
- Advanced winter wilderness travel, high peaks and crampons.
- Winter backpacking: beginner in January, intermediate class in February. Instruction in backpacking equipment, campsite selection, route finding, map and compass, weather, trip planning, cooking and emergencies. For those who want to take their skills beyond day hiking. Plan to spend Friday and Saturday night outdoors and provide for your own backpacking equipment.

- **Leadership and Mountain Skills:** For those who have good winter hiking and/ or skiing skills, and wish to enhance them to run trips of their own. Exercises in planning, organizing and conducting trips with emphasis on leadership techniques and group dynamics. Plus the basics of accident scene management, medical considerations and off-trail navigation.

Not sure which class is right for you? Just ask Workshop Director Rick Silverberg at (603) 225-5921. You must be 18 years or older to attend. Cost is \$150 for AMC members and \$170 for non-members, and includes lodging, excellent meals, materials and instruction.

Workshop begins at 7:30 p.m. on Friday and ends at 4 p.m. Sunday.

For more information go to www.amc-nh.org

AMC Activity Digests

Find out about new chapter activities the day they are posted!

Don't have time to search AMC's or your chapter's website? Can't wait for your weekly digest? Good news! You can now receive a daily update of newly posted chapter activities via e-mail. You can be notified of upcoming chapter activities by chapter, activity area, or region.

Sign up for this member-only benefit now, or update your digest settings, through AMC's Member Center: www.outdoors.org/membercenter.



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