



The *Breeze*

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

January 2015

View From the Chair



Maureen Kelly, Chapter Chair

Happy New Year!

Every year at this time we gather our hopes and dreams for the New Year. We commit ourselves to improvement. Come with us this year as we increase our strength and vitality outside. Come with us as we learn about and protect our environment. Come with us and join the social fun. Start off 2015 with the Southeastern Mass Chapter of the AMC.

In January, our local hikers will be at the Barnstable Crooked Cartway, Moose Hill in Sharon, the Blue Hills, a R.I. Monastery, Hawks Nest State Park, Ryder Conservation Lands, the Bay Circuit Trail at Borderland State Park, Island Pond in Harwich and Great Woods in Mansfield – and that is only January! Don't you want to experience all those wonderful local places?

Come with us! We'll be looking for **you** on the trails.

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 Club-wide and SEM Chapter-wide Events

AMC [Annual Summit](#) (Jan. 24, 2015, [Norwood](#))
SEM [Winter Fun Weekend](#) (Feb. 6-8, 2015, [Noble View](#)) (FULL)
AMC Outdoor Leadership Gathering (March 21, 2015, Connecticut)
SEM [Leadership Training](#) (April 11, 2015)
SEM Open House (April 18, 2015, Borderland State Park)
SEM Trail work Training (April 25, 2015, Blue Hills)
SEM [Wilderness First Aid](#) (May, 2-3, 2015, Foxboro State Forest)
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](#))

Upcoming Chapter Activities

Click on the links below to see the up-to-date listings for all of our activities.

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

[Volunteering](#) | [CYP](#) | [Social](#) | [Education](#) | [Executive Committee](#)

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

**Sign up for AMC "digests". [Sign up for the AMC Activity Digest](#)
or call 800-372-1758.**

[Visit our SEM Website Homepage](#)



Map and Compass Training

A compass is one of the 10 hiking essentials to pack. If circumstances dictate going off trail, do you know how to use one to get yourself (or a group) out? All hikers should have a sufficient knowledge of M & C skills to guide themselves and others to safety.

To encourage SEM members to develop (or refresh) skills in the use of terrain navigation using a map and compass, the SEM Executive Board has approved funding for a scholarship to promote map and compass skill development. A special application form (the Barry Farnsworth Memorial Scholarship) has been created and is now available on the SEM website under "Documents". (Click [here](#)). **The scholarship offers up to \$100 toward the M & C tuition offered by any AMC or non-AMC entity (e.g., REI, LL Bean). This award is open to all SEM members, trip leaders and non-trip leaders alike.**

Current M & C Offerings: April 24-26, 2015, NH Chapter Spring School @ AMC Cardigan Lodge.

Check for monthly M & C offerings from REI [here](#); from LL Bean [here](#)

The joy of winter hiking in the Bay State In the *Boston Globe*

November 30, 2014



Click [here](#) to read a recent *Boston Globe* article on AMC winter hikes. Paul Miller, SEM Hiking Chair, as well as Worcester Chapter leaders offer reasons why we head to the trails in December, January and February and suggestions for safe and enjoyable winter hiking.

(Photo courtesy of Gina Hurley)



Thursday Morning Hikes

(Photos courtesy
of Berryman Minah)

Massasoit State Park

Led by Barbara Hathaway



Barbara Hathaway guides hikers up a steep section of trail (left); Maria Campbell and Friends of Myles Standish State Forest (middle); and Massasoit State Park (right). Can you tell it is deer season?

SEM CONSERVATION CORNER: By Joshua Tefft!

What's new in SEM Conservation?

Hello everyone! I'm Joshua Tefft, the new Conservation Vice Chair. While conservation may not be at the top of everyone's list, it is the cornerstone for what we love as outdoor enthusiasts. Without conservation we wouldn't have so many outdoor parks and other areas to enjoy. But conservation isn't just about having special areas for nature to thrive, and people to visit; it is about the human/nature interaction in its entirety. Everyday our actions affect the environment in some way (for better, or worse); these actions not only affect nature, but our own well-being too. It only takes a little effort for everyone to contribute to the conservation of our planet's natural resources; it can be as simple as recycling, or repurposing an item.

The SEM Conservation Committee is hoping to help you become more conservation savvy, and live more sustainably (if you choose). The SEM Conservation web page will be updated soon with new links related to conservation, including where to recycle electronics, water and energy saving tips, and suggested reading list. We will also be contributing a monthly article in the *Breeze*, and establishing a **Conservation Patch Program**.



Saving money and energy in an un"bear"able winter

A lot of us in New England love the winter months, the beautiful snow covered peaks and frost laden forest. However, there is nothing pretty about a hefty heating bill. High heating bills not only have a negative effect on your wallet, but the environment too. The simplest money saving tip is to turn your thermostat down when you're not home (save 10% a year). Sealing cracks and holes in your house with weather stripping or caulk is another great tip, which will pay for itself in a year. For those of you wanting to cut more off your heating cost (35%-50%) a pellet stove is a great investment. Click [energy saving tips](#) for more ways to save this winter, and winters to come. The EPA also has a new [Energy Star Tool](#) to help homeowners save money this winter. So by applying a few of these suggestions you could not only save the environment, but a few dollars along the way.

For any questions, comments, or to volunteer on the committee please contact me at conservationvicechair@amcsem.org. Stay warm and happy.

COMING ATTRACTIONS FOR SEM AMC CYCLING 2014-2015



- Winter cycling – We are still road cycling on the few sunny days we are having – anyone want to be added to the list? If so, contact paulbcurrier@comast.net, 508-833-2690

- Sunday Dec. 21 – Winter Solstice Ride. Contact paulbcurrier@comast.net, 508-833-2690

2015 - Thursday Jan. 1 – The 11th Annual New Year's Day Ride. Contact paulbcurrier@comast.net, 508-833-2690

- March (or sooner) a group ride & lunch to discuss the upcoming cycling season – what should be included, suggestions for rides, etc. Contact Biking Chair, Cheryl Washwell cawashwell@gmail.com
- Plan a ride for all of the 2,000 Mile Club Members. Let's get to know who is who!



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Update on Damage in the Southeastern Massachusetts Bioreserve By Everett Castro

In the southeastern corner of Massachusetts is the Southeastern Massachusetts Bioreserve (SMB). By linking protected lands managed by the Department of Conservation and Recreation, the Massachusetts Department of Fish and Game, The Trustees of Reservations and municipal watershed land controlled by the City of Fall River, the SMB was born.

In establishing the Bioreserve, Massachusetts seized a rare opportunity to protect a large, contiguous area of coastal forest with diverse habitats. The SMB protects natural communities representative of the region such as Atlantic white cedar swamps, which host species adapted to wet conditions and the pitch pine-scrub oak barrens, which host species that are adapted to dry conditions. Species considered at risk by the state's Natural Heritage and Endangered Species Program are the Plymouth gentian, a flowering plant found only along broad, sloping lakeshores; Hartford fern; marbled and four-toed salamanders; spotted and eastern box turtles and the barrens buck moth.

The SMB provides opportunities for the enjoyment of the natural environment and for appropriate outdoor recreation. Unfortunately, before its creation a little more than a decade ago, the Freetown/Fall River State Forest section of the SMB suffered years of neglect. Trails were illegally cut and legal trails were compromised by off-road vehicle (ORV) activity. The most serious land and trail damage in the SMB occurs along Rattlesnake Brook and its watershed. Rattlesnake Brook is a high gradient stream flowing almost entirely through protected land, northerly to the Assonet River and westerly, to the Wild and Scenic Taunton River.

Rattlesnake Brook is one of the last pristine, ecologically-rich, brooks in Bristol County and will be even richer in species diversity when the remnants of a dam are removed and anadromous brook trout, river herring and other species can once again ascend to their natal waters for spawning.

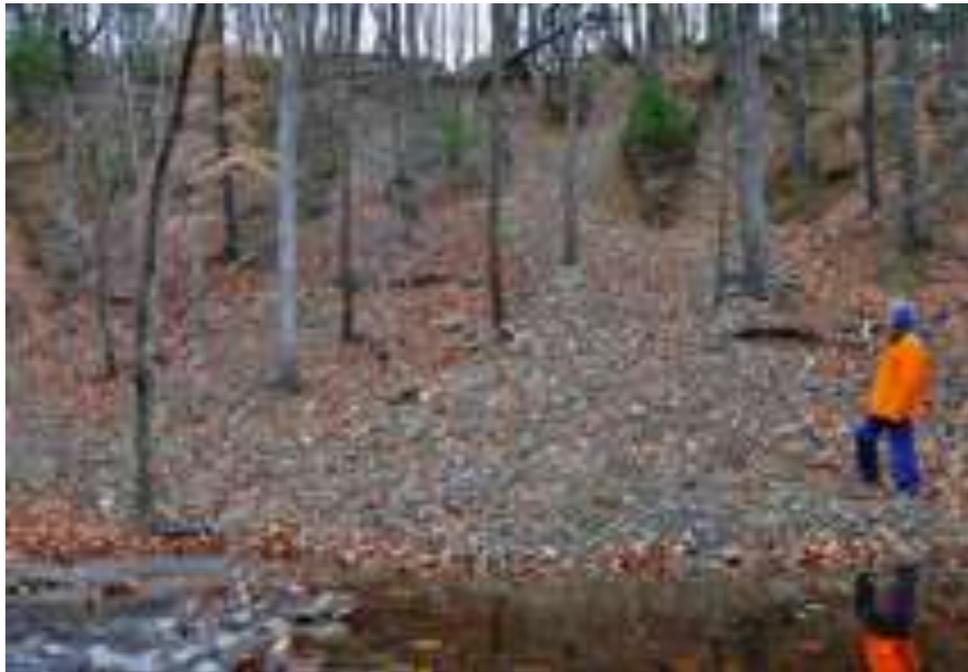
Seeking to find ways to restore the brook reclaim the land and repair legal trails AMCSEM long-time member Rick McNally contacted AMC. He was referred to AMC's Director of Trails and Recreation Management Andrew Norkin and Trails Supervisor Kris Kebler and asked them if they would come down and take a look at the damage and assess what it will take to repair it.

Andrew and Kris were kind enough to come for a site visit December 3rd to view the most egregious damage. While walking and viewing the site Andrew and Kris shared some initial ideas and they promised to get back to Rick with a more comprehensive assessment of what can be done to return the land to its former pristine condition ...or else as close to pristine as is humanly possible.

Thanks to Andrew and Kris for their interest and we look forward to their report.



Rick McNally leading the way (photo courtesy of E.Castro)



Damage to brook and Ridge Top Trail (photo courtesy of E.Castro)



The AMC SEM Executive Board played Santa by making a donation to Toys for Tots! Here are some of the toys we thought kids would enjoy!

(photo courtesy of G.Hurley)

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From all of us at AMC SEM we wish you a very Happy New Year!

Make your New Year's resolution to get outside!

NEWS FROM THE EDUCATION COMMITTEE

Leadership Training

The next Leadership Training course will be held on Saturday, April 11, 2015 at the Chapel Meeting House, 56 Mill Street, Foxboro, MA 02035. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all day course with a mix of classroom and outdoor exercises. Lunch and refreshments are provided. The course is offered at no cost to SEM members.

This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management.

To register, please contact AMCSEM Education Chair Doug Griffiths (RedDougG@aol.com) or 508-758-4315 after 6 PM.

Wilderness First Aid Training

The next Wilderness First Aid course will be held 5/2 and 5/3/2015 in Foxboro, MA. with an optional CPR course available.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well received by AMC members for years and we look forward to continuing to sponsor their trainings.

Cost: \$155 for AMC Members; \$170 for non-AMC members. Price includes lunch and break service both days.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify.

This training is required for AMCSEM Level 2 and above trip leaders, but is a great experience for any outdoor enthusiast.

To register, please contact AMCSEM Education Chair Doug Griffiths (RedDougG@aol.com) or 508-758-4315 after 6 PM.

***Breeze* Information**

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

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at chair@amcsem.org. We have something for everyone!

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

HIKING: Looking for additional hike leaders. Contact hikingchair@amcsem.org.

SKIING: Looking for leaders to plan XC and/or downhill ski events. Also looking for new Ski Committee Chair and Ski Committee Vice Chair. Contact the current ski chair at xcskichair@amcsem.org.

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

THANK YOU