



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

April 2015

View From the Chair



Maureen Kelly, Chapter Chair

chair@amcsem.org

Welcome Spring!

It's been hard to think about Spring so far but the bulbs **are** starting to push through the snow and the weather will warm up **soon**. We have some fun Spring Events for you.

Consider taking our free, one-day [Leadership Training](#) Program in Foxboro on **Saturday, April 11**. Begin to lead hikes, bikes or paddles as one of the great volunteer leaders of the SEM Chapter of the AMC. We want YOU to become our new leader.

If you are new to the AMC or haven't tried an activity with us yet, we are hosting an [SEM Open House](#) called "Take It Outdoors with AMC" on **Saturday, April 18** at Borderland State Park in Easton. Meet our leaders and join us for a beginner or intermediate hike, a beginner bike, a family hike or a nature walk to a vernal pool with a naturalist. I will see you there.

See you outdoors!

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
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Conservation Vice Chair	Joshua Tefft	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open
Social Vice Chair	Open
Social Networking Moderator	Susan Franconi
Webmaster	webmaster
Breeze Editor	Gina Hurley
Blast Editor	Gina Hurley
Short Notice Email List	snel.admin@amcsem.org

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

Upcoming Executive Board Meetings: April 8, May 13, June 10

MARK YOUR CALENDARS——SAVE THE DATE AMC Club-wide and SEM Chapter-wide Events

COMMITTEE PLANNING MEETINGS

SEM QUARTERLY HIKE PLANNING MEETINGS (6:30pm)

Next meetings: 6/3, 9/2, 12/2- Contact [Hiking Chair](#) for details.

SAVE THE DATE -- 2015 EVENTS

SEM [Open House: "Take It Outside with AMC"](#) (Apr. 18, [Borderland SP](#))

AMC [August Camp](#) (Jul 18-Aug15)

SEM [Chapter Hut Weekend](#), (Sep. 17-20, [Cold River Camp](#))

AMC Fall Gathering (Oct 17-18, Upstate New York)

SEM [Annual Meeting & Dinner](#) (Nov 7, [Salernos](#))

SAVE THE DATE -- 2015 TRAINING

SEM [Leadership Training](#) (Apr 11, Foxboro)

AMC Info Vol & Naturalist Training (Apr 17-19, [Mohican Outdoor Center](#))

SEM [Trailwork Training](#) (Apr 25, Blue Hills)

SEM [Wilderness First Aid Training](#) (May 2/3, Foxboro)

AMC Info Vol & Naturalist Training (May 16-17, [Highland Center](#))

AMC Info Vol & Naturalist Training (Jun 5-7, [Gorman Chairback Lodge](#))

SEM "Leave No Trace" (Aug 15, Foxboro)

AMC [Wilderness Navigation 101](#) (Sep 12, [Joe Dodge Lodge](#))

AMC [Mountain Leadership School](#)

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

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

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

[All SEM activities](#)

[All AMC activities](#)

Want SEM activities delivered right to your email inbox?

[Sign up for the AMC Activity Digest](#) or call 1-800-372-1758

Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you!

SEM Chapter Open House

Take it Outside with AMC

Saturday, April 18, 2015, 10:00-4:00

[Borderland](#) State Park, Easton

Activities

Beginner [Bike](#) 10:00-12:00

Conservation Presentation 10:00- 10:15

Beginner [Hike](#) 10:00-12:00

Intermediate [Hike](#) 10:30-12:30

Free Lunch! 12:00-1:30

Boot Tying Demonstration 12:30-12:45

Conservation Presentation 12:45-1:00

Family [Hike](#) 1:00-3:00

Beginner [Hike](#) 1:00

*******FULL** Intermediate [Hike](#) 1:30-3:30 **FULL*******

Naturalist [Hike](#) to Vernal Pool - 1:30-3:30

Questions about Take it Outside with AMC? Email Jodi at membershipchair@amcsem.org

[AMCSEM website](#) [Borderland Trail Map](#)

REGISTER TODAY!

Leadership Training Offered Saturday April 11, 2015

- This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips.
- 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.

Wilderness First Aid Training Offered May 2 and 3, 2015

- The course runs 8:30 AM to 4:00 PM both days with an optional CPR course available Saturday at 4:00 PM.
- Instruction is provided by SOLO, experts in providing wilderness medical training.
- Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations.
- This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Any AMC trip participant is encouraged to consider taking this course. You will find it exciting and stimulating.

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

HAPPY SPRING!





Volunteer of the Month Joe Keogh

Each month the SEM will recognize one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month we recognize **Joe Keogh** from the Hiking Committee.

Joe continues to do an outstanding job organizing, nurturing, and leading hikes for the SEM RLBH (Red Line the Blue Hills) series of Thursday evening hikes that starts up reliably every spring and runs through the fall. This very popular series not only provides our members with an opportunity to get out and enjoy the diverse trails in the Blue Hills for some exercise and socializing, but also provides an effective mechanism for transforming inactive AMC members into active members and as an "engine" for generating new SEM hike leaders. The SEM Hiking Committee truly appreciates Joe for his time and dedication. Joe will receive a Volunteer of the Month certificate and a \$50 gift card.



Are you interested in volunteering?

We have something for everyone. Contact the chapter chair at chair@amcsem.org to learn more about the opportunities that await you!

Cyclists: Do You Know What The Tour de Barnstable Is? (From the Barnstable Patriot, March 13, 2015)

Simply put, it is a nice spin on two wheels around the seaside town of Barnstable. The ride is a first-time cycling event that consists of a 38.5-mile ride around Barnstable and its seven picturesque villages on May 17. Much of the money raised from the event will go toward the Barnstable Land Trust and the in-the-works George Morrison Training Village, a program for at-risk youth run by a Barnstable police officer. The "Great Fundo" is based on the gran fondo cycling events that originated in Italy and have since grown in popularity in the United States. In gran fondos, cyclists ride, rather than race. "Being that it's not a race, it's about people riding bicycles," said ride consultant Rob Micelli, of Cotuit Cycling Tours. "You can ride your bicycle comfortably at any pace." The ride will kick off at Aselton Memorial Park in Hyannis and wend its way through all seven villages by traveling north to Barnstable Village, west to West Barnstable, south to Cotuit and back east to Hyannis. Registration forms and additional details are available at semcsports.com. Fees are \$55 to register in advance; \$60 after April 1; and \$65 on the day of the ride.



A route map for the Tour de Barnstable

AMC Boston Chapter Bicycling Committee BIKE REPAIR AND INFORMATION WORKSHOP

Saturday, April 11, 2015 9:45AM - 3:30PM

Trinitarian Congregational Church, 54 Walden Street, Concord, MA 01742

Come to the **Bike Repair and Information Workshop** to improve your bike knowledge and ride preparedness! This workshop is worthwhile for both newer and more experienced riders who want to feel more confident and capable on the road or trail. Topics covered include:

- differences between road, mountain, hybrid and other varieties of bikes
- the correct way to fit a helmet
- how to maintain your bicycle
- understanding gear ratios
- clothing and equipment

Concepts will be discussed and demonstrated at four stations: "Basic Bike", "General Maintenance", "Flat Tires", and "Brakes & Derailleurs". Participants will rotate through all four stations and receive an extensive handout to take home. During lunch (included) you will have the opportunity to pump your instructors about their favorite bike routes, best area bike shops, worthwhile bike accessories and clothing or anything else bike-related.

Advance registration strongly recommended

Prices are: Adults: \$30 for AMC Members/\$35 for Non Members
Youth (12-18): \$20 for AMC Members/\$25 for Non Members
\$40 at the door for ALL

Register online at: <http://www.amcboston.org/bicycle/workshop/reg.php> OR mail your check payable to "AMC Boston Chapter Bicycling Committee" along with contact information to **Valerie Paul, 85 Fruit St., Ashland MA 01721.**

Please arrive by 9:45 to sign in. Bring the front wheel from your bike (it is easier to remove than the rear), tire irons, and a pump to practice fixing flats, but NOT the whole bike (space is limited).

**For more information, contact Valerie Paul
valerie.paul@gmail.com or 508-561-8097 before 9:00PM**

Cycling By Paul Carrier

We have been road cycling on the recent sunny days. At last we were able to ride the sunny side of the meticulously plowed canal. It's been a long time since the milder days of early January. Our chapter bicycling photographer and cartographer **Barbara Gaughan** took several dramatic pictures of her ride and the ice flows. Riders with her were Jim Kilpela, Larry Decker, and Paul Carrier.

If you want to be added to the Riders list contact paulbcurrier@comcast.net or 508-833-2690. Paul Carrier will continue to attempt full moon and mid-month road cycling. Check our AMCSEM website for [cycling schedule](#) and particulars.



SEM's Conservation Corner

By Joshua Tefft



In a world full of comfort and convince it can be hard to think, and act, with conservation in mind. Some of you may want to add more daily conservation acts to your life, but difficulties may be holding you back. As Conservation Vice Chair, I want everyone to know I also have a hard time being as ecofriendly as I should. While I do recycle, and turn off lights when not in the room, I still find myself committing eco-sacrilege. I sometimes find myself buying drive-thru coffee (in unrecyclable cups) out of sheer convenience. It wasn't until recently my wife and I finally got reusable shopping bags. And my biggest act against the environment-LONG SHOWERS!

My position as Vice Chair of Conservation and my personal pursuit of the SEM Conservation Patch have caused me to be more critical of my daily activity. Since my biggest concern is water conservation, I thought reducing my showering time was a great place to start. Most of you know the guilty pleasure of long, hot showers after a long hike, and I am no exception to this delight. I've probably taken 20 minute showers after a long muddy hike or obstacle course race. So what did I do? Rest assured I did not stop taking them. I took a stopwatch into the shower and timed the cleansing process. I averaged a little over 10 minutes on a regular work day. After doing some research, I found the average shower last 8.2 minutes, wasting over 17 gallons of water (2.1 gallons per minute)! I was over the average, so I decided to reduce my shower time and water use. I'm currently approaching the average, but I'm hoping to reduce my overall time to 6-7 minutes. I am also planning to invest in a showerhead that uses less water. Check out <http://www.home-water-works.org/> to calculate your water use in the shower, and the rest of your home.

We often have to give one thing up to gain another, and some choices are harder than others. The trick is to not give up all together. I hope everyone keeps pushing on with their conservation efforts (and any other goals) despite the difficulties. As always if anyone has any questions about the Conservation Patch Program, or any other SEM Conservation topic please contact me at conservationvicechair@amcsem.org.

And...if you still haven't checked out our [Conservation Patch Program](#), please do. Participating in the program is a great way for families to bond while saving the planet, or for the individual looking to set clear conservation goals.



New to Hiking or Backpacking? Come Join Us May 9Th!

Have always wanted to go on a backpacking trip, but not sure what to pack or where to start? Come join the SEM Chapter's **Introduction to Hiking** and **Introduction to Backpacking, Saturday May 9th** (place and time TBD), to learn more about clothing, nutrition, choosing the right gear, weather hazards, backcountry stewardship and much more! This workshop will kick off the SEM Backpacking and Summer Hiking Series. Check the [website](#) for further details, or email hikingvicechair@amcsem.org for more information. You won't be disappointed!



AMC Books Announces the Publication of
[AMC's Best Day Hikes Along the Maine Coast: Four-Season Guide to 50 of the Best Trails From the Maine Beaches to Down East](#)

This new guide from the editor of AMC's popular *Maine Mountain Guide* lets hikers explore the full length of the rugged coast of Maine. Between the century-old stands of white pine in Vaughan Woods Memorial State Park near Portland, and the oceanfront cliffs and maritime forests of Quoddy Head State Park—the easternmost point in the US—readers will find 50 of the best hikes in the state that can be completed in less than a day.

Acadia National Park is here, including the iconic Isle au Haut, as are multiple hikes in the York County, Casco Bay, Midcoast, and Downeast regions. Beginner hikers and seasoned trekkers alike will discover trails that will satisfy their longing for classic views of the rocky coast of Maine. For short outdoor excursions along the coast of the Pine Tree State, this guide will prove invaluable.

Inside You'll Find:

- 50 of the best coastal day hikes in Maine
- At-a-Glance Trip Planner, including family- and dog-friendly hikes
- Detailed maps, trail descriptions, difficulty ratings, distances, elevation gain and estimated times
- Directions to trailheads and GPS coordinates for parking areas
- Trip planning, safety tips, and Leave No Trace information

About the Author

Carey Michael Kish has been exploring the hiking trails along the coast and in the mountains of Maine for more than four decades. Carey is a freelance outdoors and travel writer and photographer, editor of AMC's *Maine Mountain Guide*, and writes a regular hiking and camping column for the *Portland Press Herald/Maine Sunday Telegram*. His writing and images have also appeared in a variety of online and print publications, including *AMC Outdoors* magazine. A Registered Maine Guide and Wilderness First Responder, Carey has thru-hiked the Appalachian Trail and completed more than two dozen other long-distance backpacking treks in the US, Canada, and Europe. He lives in Southwest Harbor, Maine.

Ordering Information for AMC Books

AMC Books can be ordered directly from AMC at outdoors.org/amcstore or by calling 800-262-4455. (**AMC members receive a 20% discount.**) The e-book versions are available online through Amazon, iBooks, and Barnes & Noble.

Other AMC Spring Book Releases



- New England Trail Map & Guide
- Southern New Hampshire Trail Guide, 4th edition
- AMC's Best Day Hikes in the Berkshires, 2nd edition
- AMC's Best Day Hikes in the Shenandoah Valley
- AMC's Best Sea Kayaking in New England, Available Early May

Sign up to get all the latest AMC Club and Chapter wide news at the [AMC Member Center](#)! Don't miss out on all the outdoor fun!

Planning a White Mountain Hiking Trip? The White Mountain Hiker Shuttle Map and Schedule for 2015 is now available.

The [Hiker Shuttle](#) operates daily from June 3rd through September 20th, and on weekends and holidays from September 26th through October 18th.



AMC's 2015 Information Volunteers and Volunteer Naturalist Trainings

Information Volunteers: AMC Information Volunteers are friendly folks who possess a firm knowledge base in outdoor recreation, as well as the trails around the location they serve in the White Mountains and at Cardigan Lodge in Alexandria, NH. Volunteers provide recreation information (trails, gear, trip planning, weather, etc.), conservation and natural history information, assist with retail sales and provide information on AMC membership these volunteers are an invaluable resource to both the public and the AMC!

Volunteer Naturalists: For more than 20 years, AMC Volunteer Naturalists have offered natural history programs to backpackers and hikers staying at AMC destinations. Naturalists draw on their own expertise, which can range from alpine ecology to logging history to wildlife management. Although diverse in their backgrounds, they all have a common appreciation for the complexities of nature, a desire to share their knowledge, and a dedication to the conservation of our natural resources. Through the Naturalist Program, the AMC promotes wise and responsible use of our natural resources by educating backcountry users and encouraging a deep sense of awareness for the mountain environment, including the ecology, social history, and resource management of the White Mountains. The program also serves to increase public awareness of AMC's mission.

Training Details: This year we are planning on combining our various trainings for both Information and Naturalist volunteers providing several dates and locations for our busy volunteers from the Mid Atlantic to New England region to choose from. We are happy to announce that the programs will expand to include naturalist volunteer opportunities at Mohican in New Jersey and at Gorman Camp in Maine. As a result we will be holding these multi-track trainings at both these locations as well as Highland Lodge throughout the 2015 spring season.

AMC Information and Naturalist Training Dates:

April 17-19 – Mohican Outdoor Center

May 16-17 – Highland Center

June 5-7 – Gorman Chairback Camp

For more information contact the AMC at 800-372-1758.

15TH ANNUAL HIKE-A-THON TO SUPPORT MOUNT WASHINGTON OBSERVATORY

seek **THE** peak **15** JULY 17-18

SEEK **YOUR** PEAK

- ▲▲ HIKE TO THE SUMMIT OF MOUNT WASHINGTON
- ▲▲ ALTERNATIVE MOUNTAIN TREKS
- ▲▲ NATURE WALKS
- ▲▲ BE A "VIRTUAL" HIKER



KICK-OFF PARTY

\$30,000+ IN GIVEAWAYS

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OUTDOOR EXPO

THE NATION'S PREMIER HIKING EVENT

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For more details contact Krissy Fraser
(603) 356-2137 x231 or kfraser@mountwashington.org



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SACO RIVER Map from AMC's White Mountain Guide, 29th Edition, 2012. Reprinted by permission of Appalachian Mountain Club Books.



Cape
Hikes to
Island
Pond in
Harwich
by
David
Selfe.

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).

SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS AND ACTIVITIES

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!

Activities

HIKING KEY

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy). FT=First Timer; NM = New Member; AN = Advance Notice; C = Conservation

(NM) Thu., Apr. 2. Hike-Barnstable-Bridge Creek Conservation (C3D), Cape Cod, Massachusetts, Cape Cod, MA. Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls. Meet at 9:45AM. 2 hrs. From exit 5 off Rte 6 North on Rt 149. Park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

(FT) Thu., Apr. 2. Thurs. Morn. Hike World's End (C3C), Hingham, MA, Massachusetts, Southeast, MA. Meet at 10:00 AM, World's End, \$5.00 per person entrance fee for non-Trustees members. Join us on a moderately paced walk of approximately 4-5 miles, exploring the landscape of a unique peninsula in Boston Harbor. The terrain is moderately hilly (over the 4 drumlins), with a mixture of carriage ways and sometimes rocky paths. Boots or shoes with good traction are recommended. The reservation has stunning views, but is exposed to the sea and wind, so dress accordingly, in layers and with good wind protection, as well as sunglasses if bright out! Bring water, snacks or lunch. There are portable toilets to the left of the parking area, up a small hill. For more information visit: <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (borsody@gmail.com)

(FT) (NM) Thu., Apr. 9. Thursday Morning Hike Blue Hills, Blue Hills, Massachusetts, Southeast, MA. A moderate paced 5 mile hike around the Yellow Triangle loop with a short detour to Eliot Tower where we will have lunch. Make sure to bring two liters of water, snacks, and a lunch. Bring sturdy shoes, this is a rugged and hilly hike in sections. Also bring a rain jacket and appropriate layers of clothing depending on the weather. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

(AN) Sat., Apr. 11. Leadership Training AMC Southeastern Massachusetts Chapter, Foxboro, MA, Massachusetts, Southeast, MA. This one day training session is required for SEM trip leaders. Training is focused on improving group management skills and understanding AMC leadership practices. Training is optional yet encouraged for group participants who wish to become familiar with trip group management. This training is free to AMC members. L Douglas Griffiths (508-758-4315 after 6 PM, RedDougG@aol.com), R Doug Griffiths (508-758-4315 after 6pm, RedDougG@aol.com)

(FT) (NM) Thu., Apr. 16. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA, Massachusetts, Southeast, MA. Hike the Oldham Trail & Harold Clark Forest. Meet 10:00 am at parking lot on Rt. 140 Foxboro across from Sunoco Station. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, murielguenthner@comcast.net)

(C) (FT) (NM) (AN) Sat., Apr. 18. Take it Outside with AMC - SEM's Open House, Massachusetts, Southeast, MA. Join us for "Take it Outdoors with the AMC" the SEM Open House on Saturday, April 18 at Borderland State Park. L Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

(FT) (NM) (AN) Sat., Apr. 18. "Take it Outside with AMC" Beginners Hike @ 1:00PM, Easton, MA, Massachusetts, Southeast, MA. A leisurely 3-mile hike around the pond areas at Borderland State Park. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com) CL Hadley Donaldson

(FT) (NM) (AN) Sat., Apr. 18. Take It Outside with AMC...SEM's Open House-Road Cycling, Borderland State Park, Massachusetts, Southeast, MA. Join AMC SEM's Open House event at Borderland State Park for a group road ride. This 20-25 mile ride is geared for new AMC members who are new to group rides and/or AMC members who would like to try an activity. Free post-ride lunch will be available. Discover that AMC is more than hiking the

Appalachian Trail. *Borderland Parking Fee (\$6). L Jodi Jensen (781-249-8346, jodiajensen@gmail.com) CL Linda Church (lchurch@whoi.edu), R Jodi Jensen (781-249-8346, jodiajensen@gmail.com)

(FT) (NM) (AN) Sat., Apr. 18. "Take It Outside With AMC" - Intermediate Hike @ 1:30 PM", Borderland State Park, Massachusetts, Southeast, MA. Join us for a moderately paced 4-5 mile hike on the Bay Circuit Trail and Borderland State Park. This hike will be in conjunction with the Southeastern Mass Chapter's "Take It Outside With AMC" event. Hike starts at 1:30 pm, but participants are invited to come early and join us for lunch and other great activities! Hike starts at the Visitor's Center. *Borderland Parking Fee (No Charge for lunch and activities). L Catherine MacCurtain (781-848-9506 Before 9:00 p.m., camacurtain@aol.com) CL Pat Achorn , R Cathy MacCurtain (781-848-9506 Before 9:00 p.m., camacurtain@aol.com)

(C) (FT) (NM) Sat., Apr. 18. "Take it Outside with AMC" Beginners Hike @ 10:00am, Massachusetts, Southeast, MA. FOR BEGINNERS, NEWBIES, AND THOSE WANTING TO TRY HIKING: An easy, leisurely 3-mile (~2 hours) hike around the pond areas at Borderland State Park during the Southeast Mass. Chapter's "Take it Outside with the AMC" event. Stay afterwards and join us for lunch and great afternoon activities! Hike starts at the Visitor's Center. Wear sturdy tie shoes and appropriate outdoor clothing. Bring water and a snack. (Sorry no pets. Children must be accompanied by a parent/guardian.) Borderland parking fee is \$6/car. (lunch and activities are free). L Cheryl Lathrop (cheryl4698@verizon.net) CL Ellen Correia , R Cheryl Lathrop (cheryl4698@verizon.net)

(NM) (AN) Sat., Apr. 18. "Take it Outside with AMC" Intermediate Hike @ 10:30 AM, Borderland State Park, Massachusetts, Southeast, MA. FOR INTERMEDIATE HIKERS: moderately paced, 5-mile (~2 hours) hike during SEM Chapter's "Take it Outside with the AMC". L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Joshua Tefft , R Barry Young (1785 West Street, Mansfield, MA 02048, 508-339-3089, Barry.young@comcast.net)

(C) (FT) (NM) (AN) Sat., Apr. 18. Take it Outside with AMC - Vernal Pool Exploration @ 1:30 PM, Massachusetts, Southeast, MA. A hike to and exploration of vernal pools at Borderland State Park during the Southeast Mass. Chapter's "Take it Outside with the AMC" event. L Maureen Kelly (mokel773@aol.com) CL Lorraine Rubinacci (617-335-0267 before 9pm, lrubinacci@hotmail.com), R Lorraine Rubinacci (617-335-0267 before 9 pm, lrubinacci@hotmail.com)

(FT) (NM) (AN) Sat., Apr. 18. Take It Outside With AMC - Family Hike @1:00, Massachusetts, Southeast, MA. Family Hike during Southeastern MA Chapter Open House at Borderland State Park. L Sally Delisa (781-834-6851 7-9pm, delisally@yahoo.com) CL Karen Singleton (), R Sally Delisa (781-834-6851 7-9 pm, delisally@yahoo.com)

(FT) (NM) Thu., Apr. 23. Blue Hills Thursday Morning Hike - Chickatawbut Hill Area, Blue Hill Reservation, Milton, MA, Massachusetts, Southeast, MA. Join us for a leisurely hike through the Blue Hills. 10:00 am start. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Sat., Apr. 25. Grand Monadnock via Monte Rosa Hike, Monadnock State Park, Jaffrey, NH, New Hampshire, Monadnock Region, NH. Nice 6-mile loop hike with 2,500-foot elevation gain that will take us to the little-visited summit of Monte Rosa on the way to Grand Monadnock and then back via some of the more popular trails. While not a 4,000 footer, this is a relatively challenging hike. Experienced hikers only please. L Paul Miller (paulallenmiller@verizon.net) L Walt Granda (wlgranda@aol.com) CL Barry Young (508-386-6041 before 9:00 pm, barry.young@comcast.net)

Sat., Apr. 25. Trail Maintenance Workshop at Blue Hills, Massachusetts, Southeast, MA. GET OUT, GIVE BACK, GET DIRTY...AND GET TO KNOW THE BLUE HILLS! We are looking for volunteers to participate in our "Trail Maintenance Workshop." A leader from the AMC North Country will show us the basics of trail maintenance including use of tools, tool safety and practical application on the trails of the Blue Hills. RAIN OR SHINE! NO EXPERIENCE NEEDED, JUST ENTHUSIASM! L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com), R Cathy MacCurtain (781-848-9506 Before 9:00 p.m., camaccurtain@aol.com)

Thu., Apr. 30. Falmouth Moraine Hike, Falmouth, Massachusetts, Cape Cod, MA. Hike approximately 5 1/2 miles of the Falmouth Moraine trail This is a one way hike. Carpool from the pond area parking lot in Goodwill Park promptly at 9:30 AM to the 10 AM start in Technology Park. We will traverse varied woodland rock strewn trails. Some steep hills, ridges, kettle holes and pond views. 3- 3 1/2 hours, depending on trail conditions Hikers should be experienced. Hiking boots are necessary. Bring plenty of water, snacks, tick protection. Dress in layers. Rain or inclement weather cancels the hike. For additional information, call L Cathy Giordano 508-243-3884. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

(FT) (NM) Thu., Apr. 30. Thurs. Morn. Hike Bioreserve, Fall River, Fall River, MA, Massachusetts, Southeast, MA. Meet at 10:00 a.m. Indian Town Rd

Parking lot. Required equipment: Hiking boots, rain gear, water and snacks. Heavy rains or snow will cancel. The hike is a gentle climb to the lookout tower which also can be climbed and then a gentle slope down to the parking area. The Bioserve, almost 15,000 acres, introduces nature lovers and outdoor enthusiasts to an entire regional ecosystem. Experience forests, streams, and cedar swamps, amid an array of flora and fauna, from deer and coyote darting among stands of hardwoods and conifers, to hawks, owls, and salamanders. Art Hart's day of hike cell phone 508-932-2705 Rick McNally's day of hike cell phone 508-415-0605. L Art Hart (ajhart32@comcast.net) CL Rick McNally (508-636-7179 Before 8 PM, rjmcnally@charter.net)

Sat., May 2-3. Wilderness First Aid AMC Southeastern Massachusetts Chapter, Foxboro Rec Hall, 56 Mill St, Foxboro, MA 02035, Massachusetts, Southeast, MA. The WFA course runs 8:30 am -4:00 pm Saturday and Sunday in Foxboro, MA. Optional CPR is available. SOLO has been engaged to provide the instruction. Pricing is as follows: \$155 AMC Member Price, \$170 for non-AMC members. Pricing includes lunch and break service both days. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save life 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. Optional CPR is \$35 extra. R Douglas Griffiths (508-758-4315 after 6PM, RedDougG@aol.com)

(C) (FT) (NM) Thu., May. 7. Thurs Morn. Hike - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., May 8. Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L. Muriel Guenthner (508-699-7461 before 9:00pm mguenthner@comcast.net). B3C. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net), R Muriel Guenthner (99 Birchwood Drive, Attleboro Falls, MA 02763, 508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

Sat., May. 9. Blue Hills Skyline End-to-End Hike, Blue Hills Reservation - Braintree and Canton, Massachusetts, Boston Area, MA. Skyline Trail from the Shea Rink in Braintree to the end of Royall St. in Canton. L Paul Miller

(508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Anne Duggan (ab.duggan@verizon.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) Thu., May. 14. Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. Leisurely 4-5 mile hike. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(C) (FT) (NM) Sun., May. 17. Copicut Woods Bioreserve Hike, Fall River, MA, Massachusetts, Southeast, MA. We'll take a leisurely 3.5-mile loop hike through Copicut Woods Biosphere Reserve in Fall River with an optional short side trip to an ongoing White Cedar restoration project. Along the hike we will encounter vernal pools and an abandoned farm settlement. A pre-hike breakfast will take place for those who would like to join. L Walt Granda (wlgranda@aol.com) CL John Pereira (774-473-8145 6:00 to 8:30 P.M., Johnpereira33@gmail.com), R John Pereira (774-473-8145 6:00 to 8:30 P.M., Johnpereira33@gmail.com)

May. 20. Wednesday Blue Hills 'Conditioning' Hike Series, Massachusetts, Southeast, MA. Hike hilly Skyline Trail and adjacent trails on successive Wednesday mornings 4/1-5/20, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 6 miles. 9:30 am start. Not suitable for beginners. Register once for entire series. L Len Ulbricht (lenu44@gmail.com), R len ulbricht (lenu44@gmail.com)

(FT) (NM) Thu., May. 21. Thursday Morning Hike in Blue Hills, Blue Hills, Massachusetts, Southeast, MA. A leisurely 5 mile hike in the Blue Hills. We will meet at Shea Ice Rink and follow the Skyline trail to Chickatawbut Tower where we will have lunch. After lunch we will cross Chickatawbut road and allowing lunch to settle by returning along Indian Camp Path at a gentle stroll through relatively flat woodlands. Make sure to bring two liters of water, snacks, and a lunch. Bring sturdy shoes, the skyline part of the trail is rugged and rocky in parts. Also bring a rain jacket and appropriate layers of clothing depending on the weather. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)



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