



The Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC

June 2015

View From the Chair



Maureen Kelly, Chapter Chair
chair@amcsem.org

June is Here!

If you find yourself on Cape Cod this month.....

Join our great volunteer leaders for an outdoor activity while you're on the Cape!

We are leading a wonderful 22 mile 'Sunset and Full Strawberry Moon' bike ride in the Monument Beach and Gray Gables area of Bourne.

Paddling Trips in June include Chase Garden Creek in Yarmouth Port, the Herring River in Harwich, Oyster Pond in Chatham and Follins and Mill Ponds in Dennis.

When you are looking for an outdoor activity, check out our [website](#) to see what wonderful trips the Southeastern Mass Chapter of the AMC is offering.

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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Biking Vice Chair	Open	Membership Vice Chair	Ellen Thompson
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Conservation Vice Chair	Open	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: June 10, Sept. 9, Oct. 14

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

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

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

Take it Outside with AMC

WAS A GREAT SUCCESS!

Did We Meet You There?

AMC SEM Leaders and Volunteers

**Engaged more than 100 people in a bike, hikes,
and vernal pool exploration.**



Photos by A. Greenstein

**Thank you SEM Leaders and Volunteers for
sharing your love of the outdoors and AMC with
others.**

**Thank you Rangers Eleanor and Paul at Borderland
State Park for all of your help. More pictures below.**

2015 OPEN HOUSE -- TAKE IT OUTSIDE WITH AMC

MORNING BEGINNER HIKE: By Cheryl Lathrop

Saturday, April 18, was AMC SEM's "Take It Outside with AMC" Open House program at Borderland State Park. As part of this exciting day, we held a beginner hike at 10:00am to walk around the ponds at Borderland-- the "Pond Walk" trail. The leader was Cheryl Lathrop (red cap kneeling); the co-leader was Ellen Correia (pink shirt standing). As it turns out, we didn't get real beginners, but rather those recovering from long winter illnesses, joint replacements, and having eaten too many holiday cookies. But we did get one teenager (and his parents).

We had a nice warm sunny day, which was a great relief after our awful New England winter. Our hike was a leisurely 2-hour walk around the ponds, talking and getting to know each other, and taking pictures. Our teenager even went wading (the rest of us used the bridge).

INTERMEDIATE HIKE: By Cathy MacCurtain

We had an overwhelming response to the afternoon intermediate hike that included fifteen new enthusiastic SEM members. Pat Achorn mapped out the 4.1 mile hike that included a wooded, rocky route which followed part of the Bay Circuit Trail as it crosses Borderlands. Because of the recent snowmelt and rain there were several bubbling springs. Borderlands was previously a private property; we observed evidence of historic use in old stone walls and the dams that create the ponds on the property. It was a warm afternoon and so not to overwhelm the new hikers, the hike finished along the Heart Healthy Trail avoiding some of the elevation and providing an easy walk along the Leach ponds and past the Lodge on the return to the Visitor Center.

See more photos [here!](#)

PHOTO COURTESY ALAN GREENSTEIN



Cape Cod Paddling Trip Report by Ed Foster Popponeset/Shoestring Bays and the Mashpee River May 2, 2015

Leader: Louise Foster

Paddlers: Vicki Blair-Smith, Bill Fischer, Ed Foster, George Wey

We departed from the put-in in bright sun, temperatures in the low 50's and very light winds. A few had difficult starts, likely due to the long hiatus from last fall. Made our way along the shore of Shoestring Bay, crossing from the east to the western shores slightly after the Narrows. Along the way we noted several docks which had been ravaged by the harsh winter. A pair of osprey were busy trying to reconstruct a nest which had been built on a float owned by the marina on Popponeset Bay and removed by the same. The osprey had not yet given up hope of rebuilding, although it looked pretty bleak. Paddled up to the end of the Mashpee River, which according to Bill was exactly three miles from where we began. Had lunch on the river at a deserted picnic table, on a small patch of open beach area along the river.

Returned to the put-in around 2:00. I can only speak for Ed and me in saying we are a bit sorer than usual after just six miles, but that is usually the way it is after the first paddle of the season (for us, anyway). It was a good day and great to be back out on the water with friends. We miss Betty.

SEM's Chapter Hut Weekend Sept. 17-20 2015



Mark your calendar for the 2015 SEM's Chapter Hut Weekend **Sept. 17-20**, returning to the comfortable [AMC Cold River Camp](#) in beautiful Evans Notch, NH. The weekend will feature a variety of hiking and other outdoor activities, plus wonderful meals and lots of socializing.

Wilderness First Aid Training May 2 and 3, 2015 By Doug Griffiths-Education Chair



Our chapter sponsored a successful and well attended Wilderness First Aid two-day training on May 2nd and 3rd in Foxboro at the Donald Cotter Recreation Hall of the Cocasset River Recreation Area. We had 23 participants with one no-show, unfortunate because we had 8 last minute people who wanted to be on a wait list. Twelve attendees were from SEM, five from the Boston chapter, two from Worcester and one from New Hampshire. We had two Eagle Scouts preparing to go to the Philmont Scout Ranch and Training Center in New Mexico and there was one unaffiliated participant, maybe later to be encouraged to join the AMC!

The course was led by SOLO instructor Jennifer Spears, a wilderness EMT, outdoor educator and leader. Her interactive and engaging style kept everyone interested, involved and on their toes.

In a series of hands-on scenarios, participants faced a bewildering array of backcountry emergencies and using an organized approach to evaluation and treatment, saved life and limb in repeated situations. With equal time spent in classroom talk and in role plays, it is during the role plays and debriefings in which one begins to develop self confidence in handling situations. This makes for a challenging and exhilarating day that leaves you brimming with knowledge. If you've never taken this course, you should check it out the next time. It's really cool and you'll have a fun time.

(WFA Human Burrito—warming up a hypothermic patient by encasing them in a human burrito made of fleece layers, inside a waterproof outside layer, Photo courtesy Cheryl Lathrop.)





Backwoods arm splint and helping the unconscious. Previous page: leg splint.
Photos courtesy of Maureen Kelly

**MASSACHUSETTS DEPARTMENT OF CONSERVATION AND RECREATION IS HOSTING ACCESSIBLE RECREATION FAIR
MAY 30TH, 2015 FROM 10AM-3PM
AT ARTESANI PARK IN BRIGHTON**

The Department of Conservation and Recreation's (DCR) Universal Access Program (UAP) will offer a free fun-filled day of celebrating Accessible Outdoor Recreation available for individuals, families and friends of people with disabilities. Activities will include a cycling fair with an assortment of accessible cycles available for use; other adaptive recreational activities, including power soccer, hiking, letterboxing, face painting, kite decorating/flying, DJ music, snacks, and more!

Join us rain or shine [call 617 626-1294 for recorded status in case of severe weather] and enjoy the accessible recreation fair and the beauty of the Charles River running along the park. Enjoy the camaraderie while learning about DCR's inclusive, accessible programs and resources available to people of all abilities around the state.

For more information on DCR's Universal Access Program and a schedule of activities, and to confirm program status, call (617) 626-1294 or visit <http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/>

Grand Monadnock via Monte Rosa Hike Turns into an Exercise in Group Navigation By Paul Miller, SEM Hiking Chair



On the summit of Grand Monadnock
(Photo courtesy of Peggy Qvicklund)

Anyone who has climbed Mount Monadnock in southern NH on a nice day knows that the main trails leading to the summit can be like Boston's Southeast Expressway at rush hour. Over the years, to avoid the crowds, I've put together a number of hikes on this wonderful mountain that, to a large degree, avoid the more popular White Dot and White Cross Trails that start at the State Park Headquarters in Jaffrey, NH. These are the two most direct routes to the summit (if not the prettiest) and thus the ones that get the most traffic.

One of my favorite of these alternate, "avoid the crowds" hikes is my "Grand Monadnock via Monte Rosa" loop hike. From the park headquarters, this hike skirts around the Poole Reservoir and follows the Parker Trail to the Lost Farm Trail and then hangs a right onto the Cliff Walk Trail for a short stretch before dropping down on the Thoreau Trail to the old Halfway House site. From there, the hike follows the Monte Rosa Trail up to the top of little-visited Monte Rosa. Next, it drops down again on the interesting Smith Summit Trail and eventually climbs steeply up to the summit of Grand Monadnock, typically the first place you run into any number of other hikers. From the Monadnock summit, the hike follows the exposed Pumpelly Trail for a stretch and then drops down again on the somewhat challenging (but fun) Red Spot Trail to pretty Cascade Link, which leads back to the main White Dot Trails and ultimately back to the main parking area.

Thanks to the fine advance work of co-leader, Barry Young, fifteen well-matched, enthusiastic and appropriately-dressed and equipped hikers showed up at the trailhead right on time at 9:15 am for our early spring hike on April 25th, including several participants joining us from other AMC chapters and Walt Granda and myself as nominal hike leaders. It looked like the weather for the hike would be great too, with comfortable temps in the 50s and mostly sunny skies. After a little socializing, we shouldered our packs, made the usual procedural announcements and introductions, and hit the trail at 9:30 am. We started out with me in the lead, Walt in the middle, and Barry doing "sweep."

One of the things that I like about this hike, is that rather than going right at the fall line, it starts with a relatively gentle stretch of the Parker Trail and only starts climbing a bit after a half mile or so when you reach the very pretty Lost Farm Trail. This gives everyone a chance to loosen up the legs and get the heart pumping after the approximately hour-and-half drive up from Southeastern Mass. After about a mile or so on the Lost Farm Trail (and at least one "de-layering" break), we gained about 700 feet of elevation and got to enjoy some nice views toward the south. Then we hung a right onto the Cliff Walk Trail for a short distance to the Thoreau Trail, which drops down to the historic Halfway House site. While obvious signs mark both ends of the Thoreau Trail, this not-terribly-popular trail appears to be otherwise totally unblazed. This is when our exercise in group navigation began, since I lost the trail at one point and it took multiple eyeballs to regain it.

Once down at the Halfway House Site, where a small inn served by the Old Toll Road (now a trail) had once operated at some point in the past, we followed the popular White Arrow Trail for a short stretch to the Monte Rosa Trail. All was well until I missed the turn that leads up to the summit of Monte Rosa and continued for a short stretch on the aptly named Smith Bypass Trail, which bypasses this pretty sub-summit altogether. Luckily, Barry was paying better attention than I, and let me know about it before we went too far out of our way. The pretty, typically "un-peopled" summit of Monte Rosa features a distinctive wind vane. From here, we looked across to the crowded, exposed summit of Grand Monadnock, on which the wind appeared to be howling. Based on this observation and the fact that it was now almost noon, we decided to eat a quick lunch on a nicely protected spot on Monte Rosa before continuing along on our hike.

After lunch, we initially started down by following a cairn that I had mistakenly assumed identified the Smith Summit Trail, but others in the group more astutely identified the correct trail as the one marked by an "S" (duh!). The Smith Summit Trail drops down a bit into the trees before climbing steeply toward the exposed summit area of Grand Monadnock, requiring some scrambling in several spots. Once at the summit, where it was colder and windier enough to have to re-layer again, we found a more-or-less protected spot to stop for a drink, a snack, and a grab a few summit photos. After this quick break, Walt took the lead and led us down on the Pumpelly Trail, which follows a largely exposed ridge and ultimately ends up at Dublin Pond in picturesque Dublin, NH (home of *Yankee* magazine).

The Pumpelly offers several options for regaining the trailhead. Initially, we had planned to take the Pumpelly down to the Red Spot Trail, which cuts a corner and connects up with the Cascade Link Trail. However, due to the relatively steep and rugged nature of the Red Spot and the likelihood of encountering some wet and/or icy spots, we opted to follow the more scenic Pumpelly Trail all the way to its intersection with the Cascade Link and, from there, then descend from the ridge via the Cascade Link down to the main White Dot Trail that leads back to the parking area. While this added about a mile to the hike and there still were a few tricky spots to negotiate on the upper end of the Cascade Link, I'm pretty sure this is a "gentler and kinder" way down from this mountain. (Not everyone would agree with me on this...)

While the mostly sunny sky had threatened to cloud up ominously at several points in the hike, we made it back down to our cars dry, in good spirits, and with plenty of daylight left; if about an hour later than anticipated due to the route adjustment. Thanks everyone for joining us for this excellent hike on this wonderful, relatively nearby mountain!



Windvane atop summit of Monte Rosa
(Photo courtesy of Peggy Qvicklund)

Nature's Detective: Animal Tracking Workshop Reveals Unseen World

By Doug Karlson
(Photos courtesy of Doug Karlson)



You don't have to actually see an otter to know that one's out there. You just have to read its signs. Reading those signs is Todd Kelley's specialty. The self-taught animal tracker from Chatham doesn't do it to hunt animals, rather, to understand them. Tracking is a way of observing nature, nature that is often unseen. A short distance from the herring run in Bell's Neck Conservation area in Harwich, he points out a narrow

path where vegetation has been

trampled down. "This is an otter run," Kelley informs the 15 people who turned up on a recent Saturday morning for his tracking workshop organized by the Harwich Conservation Trust, "and that's an otter's scat."

Everyone gathers for a closer look as Kelley picks up the otter waste and pokes it with his finger. The scat contains fish scales, which makes sense, since river otters eat fish. As an added bonus, the otter has also left behind some scat, which is an anal gland secretion animals in the weasel family use to mark their scent. It's a form of communication, an animal's way of marking its range, or of attracting a mate. "It's nature's bulletin board," says Kelley.

A graduate of Chatham High School, Kelley started Kelley Trailblazer (kelleytrailblazers.com). Interpretive Guide Services after beginning his career as a 16th century Timucuan Indian re-enactor in St. Augustine, Florida. That led to an interest in tracking, and Kelley now hosts popular nature walks in Chatham, Orleans, Harwich and elsewhere on the Cape where he introduces the art, and the science, of tracking. During the summer he also works as a naturalist educator at Nickerson State Park. Part naturalist, part semiotician, Kelley sees signs others would miss. "There are

signs all around us. When you walk out your door in the morning, there are signs. The question is, can you perceive them?"

When you're interpreting signs, explains Kelley, "you're a nature detective.... Through [an animal's] tracks, you're stepping into its life." With a little practice, he adds, it's amazing how you start to recognize them. Interpreting signs involves a process of elimination, says Kelley. That tells you what it isn't. For example, if a footprint has five toes, it's not canine. But figuring out what it is can be a challenge. You look for clues. If a print has four toes in front, four in back, it's a rodent. A twist in the scat indicates the animal is a carnivore. The color and composition tell us when, in the animal's digestive process, the scat was deposited, and by whom. It also helps if you know what you should be looking for. Kelley has been to Bell's Neck many times before, and has collected fresh water mussel shells that have been bitten open by otters. So he knows they live here. There are also fishers, bobcats, minks, weasels, muskrats, snapping turtles, coyotes, foxes, raccoons and many other animals. Most of them avoid humans during the day, but are active at night. Kelley is particularly interesting in minks, and hopes to spot one. "You never see animals, but I want to see signs that they're there," said Alison Carroll of Orleans, who attended the three-hour walk. "I thought it was fascinating that there are just so many signs. It's amazing."

Tracking is "really an art, but it's a science also," says Kelley (pictured below). In fact it's a blend of many sciences: meteorology, ornithology, dendrology, botany, and geology. That's because it not just about footprints, it's about using all your senses to see, hear, and smell the signs around you: weather, sounds, smells, marks on trees, birds in the sky. It can also get very technical, and as Kelley examined a set of tracks left in the dirt, one is reminded of Sherlock Holmes investigating a crime scene. Trackers consider



many three dimensional components of an animal's track, as well as the composition of the soil. Identifying the gait, which is a pattern of movement that demonstrates the rate of speed, is also important. The gait indicates whether the animal is a bounder, a hopper, a waddler, or a looper, among other things. It may also indicate if the animal is tired, injured, old, hungry or sick.

On the sandy marge of a cranberry bog, Kelley studies a footprint. He points out a subtle raised portion of the print which he says was made by the fur on the bottom of the paw, and a barely discernible chevron pattern on its heel. The only animal around here that has fur like that on the bottom of its paw, and a chevron, is the red fox, he explains. Kelley is concerned that people are losing that connection to nature, and are out of sync with the seasonal rhythms that traditionally guided activities on Cape Cod. By reading the signs, we realize how much nature is all around us, and that leads to greater respect for it. Says Kelley, "when you have a deep reverence for it, you stop being a consumer and actually have a relationship with nature."

He pauses by West Reservoir toward the end of his tour, and looks down to examine some scat he's noticed at the water's edge. Even an expert tracker like Kelley is sometimes challenged.



Tracks in the sand left by a red fox.

Friends of
Massasoit State Park
Spring Cleanup
Saturday June 20th 9-12
Click [here](#) for more
information.



SEM's Hiking and Backpacking Workshop

By Leslie Carson

On May 9th, an Introduction to Hiking and Backpacking workshop was held at The Chapel Meeting House in Foxboro.

Three SEM leaders, Bob Vogel, Bryan Jones and Leslie Carson were the presenters to the 24 participants who attended.

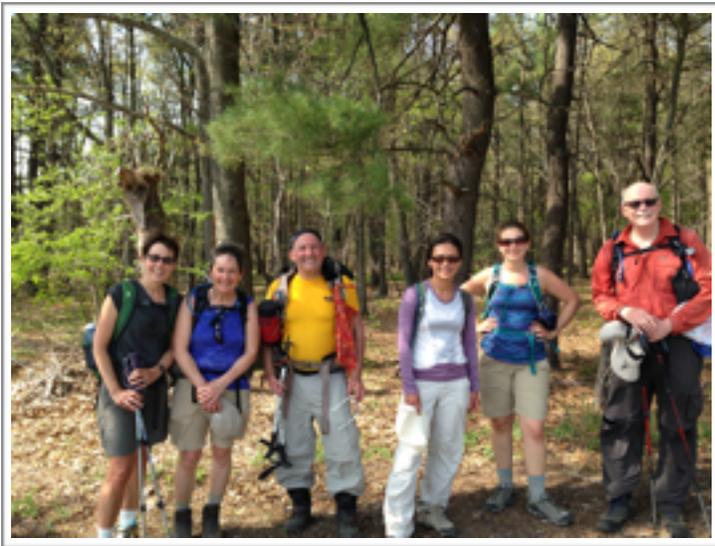
The morning was spent on general hiking information. A few of the topics included clothing, footwear, nutrition, hydration, water purification and Leave No Trace. The presenters and some participants brought gear to demonstrate and related personal stories about hiking experiences. The afternoon session focused on backpacking. A variety of tents were set up and cooking demonstrations with different stoves took place outside. Great tips were offered on how to pack a backpack and decrease weight when backpacking. The participants asked pertinent questions, were able to sample trail food and tried out the different styles of tents. Regardless of what the participants' level of experience, everyone left with some new information. It was a great way to kick off the summer Hiking and Backpacking Series!



Photos courtesy of Paul Brookes and Bob Vogel

Skyline End to End Hike in the Blue Hills By Paul Brookes

On Mother's day, SEM held its traditional Skyline end to end hike in the Blue Hills. This is a strenuous 8 mile hike that allows the participants to summit 12 of the hills in the Blue Hills. The temperature for the day was in the mid to high 80's, extremely hot for this early in the season, yet a small and intrepid crew braved the heat to enjoy a challenging hike and good company. With amazing views of Boston from Buck Hill where we had lunch, to the welcome shade of Tucker ravine, we enjoyed it all. The first leaves of spring along the woodland trails were appearing on the beech trees and the

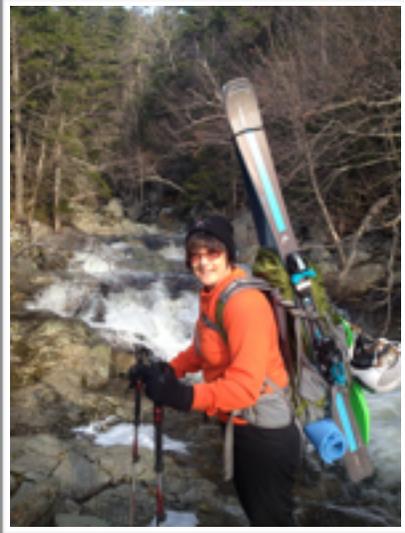


Skyliners at the finish line.
Photo courtesy of Paul Brookes.

skunk cabbage in the wetlands was soaking up the heat; it's flowers ready to burst forth. We stopped at the Blue Hills Weather Observatory to pay homage to the plaque showing maximum snow depth over the years and confirmed that this winter will be added as an historical high in both total snow fall and greatest depth. Then on to Little Blue Hill and Royall Street where our cars awaited. This hike is dedicated to Mother's everywhere.



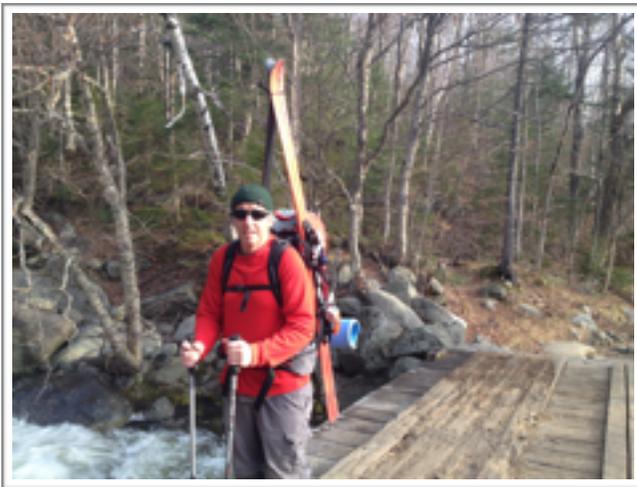
St. Moritz Pond with swan.
Photo courtesy of Jane Chen.



Skiing Tuckerman's Ravine!

By Gina Hurley
(Photos courtesy of Mark Hurley)

On Saturday May 9, 2015 I crossed this off my bucket list! For the past several years, each spring my husband and I have hiked up into Tuckerman's Ravine to watch hundreds of people ski the steep walls of the ravine. Each year we have wanted to trek up with our skis and try out our skiing skills. This year we finally did it! We loaded our ski boots and gear into our packs, strapped on skis to the outside of the pack and off we went. Our packs weighed about 35 pounds, which is about the same weight when we are long distance hiking. Here are a few pictures from the day. The pictures cannot capture the experience. Every year it is a party atmosphere. Hundreds and hundreds of young and old (I think we were on the top of the old side) enjoyed the day. People bring backpacking stoves to cook, sleds to ride, music, four legged friends, and a variety of food and beverages! Many skiers climb left or right gully to the top, but others climb up as far as they feel comfortable. When a skier or snowboarder completes a great run the crowd goes wild, and gives a round of applause. Each year we have heard of some of the crazy antics. While in the ravine this year we actually witnessed this....a skier coming down with just his ski boots and skis. That's right, he was totally naked. He seemed to be one with nature, and received a round of applause. If skiing Tuckerman's has been on your bucket list, my advice is to just do it! You will be exhausted at the end of the day, but be thrilled and overjoyed with the experience.



AMC's Activities Database (OLTL) Updates Have Launched!

We are pleased to announce that AMC's activities database, activities.outdoors.org, has some new exciting changes to ease trip sign-up and participation! The new features, launched in April 2015, allow participants to register for trips online and receive registration confirmation via email, and help coordinate carpooling with other participants.** You can also use your account dashboard to keep track of your upcoming trips!

In order to use these new features, you will need to login to <https://activities.outdoors.org/login> with your AMC account (the same as the AMC Member Center account or your AMC Online store login). If you have not yet created an AMC account, go to the link above and fill in the appropriate information in the box on the left side of the screen to create one. If you have an account but have forgotten the username and password, just scroll down and click the "I forgot my username or password" link at the bottom of the screen.

**Note that these new features are only available if the leader who posted the trip has opted to use the AMC Registration Form.

AMC Members: Drive Green and Save Green!

Want to put your auto and home insurance to work for the environment and save money at the same time?



AMC members receive an automatic 10% discount on auto insurance purchased through the [Environmental Insurance Agency](http://EIAinsurance.com) (EIA). Low-mileage drivers save even more. Each EIA policy also supports the environmental advocacy work of Conservation Law Foundation, a loyal AMC partner dedicated to [solving New England's toughest environmental issues](http://EIAinsurance.com). When's the last time your auto (and home) insurance helped promote healthy forests and clean water, fight climate change, and build healthy communities throughout New England? Learn more at <http://EIAinsurance.com/AMC>.

White Lining the Blue Hills By Paul Brookes

This Winter I decided to hike all the trails in the Blue Hills in the twelve cold and dark weeks between the Winter Solstice and the Spring Equinox. The SEM chapter of the AMC call this White Lining. After hurricane Juno dropped three feet of snow I would rarely see another person, just the occasional cross country skier. Usually I would be snow-shoeing through the virgin snow with map, compass and handy Garmin, my only indications that under many feet of white fluff a trail lay hidden.

I would leave my house after weekday traffic died down, drive to the hills and hike into the twilight. Four weeks into White Lining, Juno hit hard and from then on I was snow-showing. My dog, Sunny, would run ahead or when tired walk in the indentations left by my snow shoes. He would nuzzle my pocket, where I often carried treats, when he thought it was time for lunch. I would stomp down the snow until it formed a hardened circle; take off my pack and stretch my weary back, then give him his kibble. While I slowly ate my sandwich, Sunny would lie down and gather in the scents on the breeze, confident that I would protect him from the snow demons that lurked behind ice bound trees.

Once you leave the over hiked Houghton's pond area the Hills are more alone, more strange, more assured of themselves. These less hiked trails remind me of my childhood, playing in the woods behind my house where I was once sure wood nymphs danced around the next bend and older magic hung in the air. My daily trudge through the drifting snow settled into a melancholic rhythm, in tune with the deep sadness of winter: A season on pause; a season waiting for spring. Then to unwind, then to restart, only then to begin the cycle of life anew.



Paul and Dog Sunny
White Lining the Blue Hills
(Photo courtesy of Paul
Brookes)

I finished the last trail two days before the Spring Equinox, happy to have accomplished my goal, in one season, during the worst winter in memory. Now, as spring approaches, like the winter hills, I am renewed and ready, waiting for new adventures and the new life that comes with the spring. I cannot say why the Blue Hills enamor me so but I ask that you hike them yourself and if you find an answer flowing in the brook or whispered on the breeze maybe you can let me know and we can share a trail together.

For more information on White Lining the Blue Hills, click [here](#).

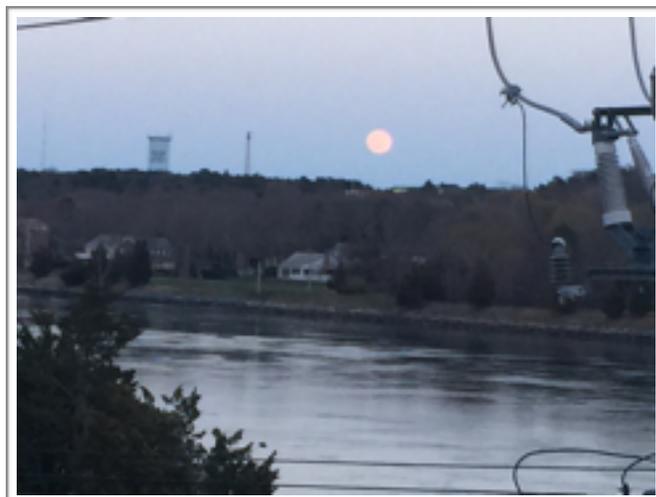
Biking News **By Cheryl Washwell**

After a grueling winter we are all glad to be back enjoying what Southeastern Massachusetts offers us for great riding. We had a couple of bike rides and a planning meeting on March 29th. There were about 12 people who attended. It was very cold that day but we had great rides – the sun was shining bright and there was no wind. Here are some pictures to inspire you for summer riding. To learn more about the Biking Committee and our trips, [click here](#).



Peaked Cliff

Three Mile Lookout
(Photos courtesy of Paul Currier)





Wednesday Blue Hills Conditioning Hike Series By Len Ulbricht

(Photo courtesy of Alan Greenstein)

This hiking series began on April 1 and continued for 8 consecutive Wednesdays through May 20. With a focus on conditioning for more demanding hikes in the Whites, we began week one hiking the north to south Skyline loop, about 3 miles

of up and down hills. Then each subsequent week an additional up and down was added so that by the seventh week we were up to 7+ miles with lots of hills including a leg out to Buck Hill. Sometimes we reversed direction from the previous week to add a bit of variety. Some of us even added weight to our packs as the weeks progressed to enhance the conditioning effect. Weatherwise we hit the jackpot. No rain any day and sunshine or partial sun every Wednesday. Twenty two hikers participated but not every day. Turnout varied from as few as 4 to as many as 13, with several hikers getting their first Skyline Trail experience. The last hike of the series, on May 20, dawned with clear breezy conditions, a perfect hiking day that highlighted our traditional capstone hike. For this year's finale we hiked the Skyline Trail end-to-end from west to east, completing the 8.5 mile trek in 5 1/2 hours. Kudos to George Danis for making 7 of the 8 hikes, Pete Tierney made 6, and both Alan Greenstein and Ellen Nichols made 5 hikes. To emphasize the benefit of taking on a conditioning series, here is a quote selected from an email to me from one of this year's hikers.

"...I wanted you to know it [the conditioning series] is much appreciated and has been very effective for me. On week one when we headed up Hancock on the North Skyline and you didn't stop till we reached the top, I thought my heart was going to pop out of my chest. It was a rude awakening to show me how poor my conditioning really was after a bad winter. This week when we headed up Hancock again (after already heading out to Buck Hill and back), I had no problems at all. That's when it really sunk into my brain that the conditioning hikes have really helped."

As a final note, this spring's weekly conditioning series was inspired by a similar series in past years that I attended run by Ken Jones, and the fast and hilly series of Maureen Kelly. Thank you both for leading the way!

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).

National Trails Day is June 6! Click [here](#) to read about the volunteers who have helped restore trails and what has been gained through their efforts.



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!



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

Wed., Jun. 3. SEM Hike Planning Meeting, Massachusetts, Southeast, MA. At this quarterly Hike Planning Meeting for the SEM Hiking Committee, we'll fill out our summer hiking schedule and look ahead to fall hikes. This will be an in-person meeting at a central location in Brockton. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Leslie Carson (lrc929@comcast.net), R Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net)

(FT) (NM) (AN) Thursdays

Jun. 4. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) (SN) Fri., Jun. 5-7. Backpacking Series - Backpack Hike #1 - Three Ponds, Three Ponds, Ellsworth, NH, New Hampshire, White Mountains, NH. Have you ever wanted to backpack into the woods of New Hampshire, but weren't sure how to get started? If that's the case, this summer the SEM Chapter is offering a 'Backpacking Series', where we will take you from 'What you need to know' to 'camping in the backwoods of the White Mountain National Forest'. The series starts May 9th with a workshop (see separate listing), where you can learn about clothing, food, equipment, etc. It will be followed by four backpacks, ranging from 'Anyone can do this!' to 'Hey, that was one HECK of a backpack!' This backpack, #1 in the Series, will take place near Three Ponds, in Ellsworth, NH. Friday night (for those who can make it) will give you an opportunity to camp 'near your cars' (In case this is backpack number 1 for you, and you want to start near your car, and a cozy cabin.... just in case.) Saturday night we will camp in the back country near Three Ponds. (This is prime territory for moose, so if we are lucky, we may spot one...) This first backpack in the series will involve modest distance and elevation gain, and we'll have all day to "get there." Future backpack trips in the series will be more challenging. Preference in this series will be given to those who have completed the workshop and the previous backpacks in the series. Interested? Sign up for the workshop May 9th (if you are available). Then sign up for this backpack (registrations accepted after May 9th.) Series dates (tentative): (Details of hikes 2-5 will be available when hikes are listed.) Series dates (dates and locations are tentative, and subject to revision): May 9th: Workshop (Foxboro) June 5-7: Backpack #1 Near Three Ponds, Ellsworth, NH July 18-19th: Backpack #2 Mt. Sunapee greenway area August 15-16th: Backpack #3 Flume and Liberty, with camping off the Osseo Trail September 26-27th: Backpack #4 Mt Cabot, with the night at Unknown Pond. L Bob Vogel (vogel.r@comcast.net) L Leslie Carson (lrc929@comcast.net) CL Barry Young (Barry.young@comcast.net), R Barry Young (Barry.young@comcast.net)

(FT) (NM) (AN) Thursdays

Jun. 11. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm

every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Thu., Jun. 11. Mt. Tecumseh (hike), New Hampshire, White Mountains, NH. Climb Mt Tecumseh Trail from the Waterville Valley Ski area. Elevation gain: 2,200 feet. Distance 5 miles round trip. Moderate pace. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) CL Peggy Qvicklund (508-883-1623 before 9 pm, qvickan@comcast.net), R Peggy Qvicklund (Bellingham, MA, 508-883-1623 before 9 pm, qvickan@comcast.net)

Fridays

Jun. 12. Loop Hike Moosilauke (El. 4,802 ft), New Hampshire, White Mountains, NH. Take in 360 degree views from the above tree line summit of this 4,000 footer to the Franconia Ridge, the Kinsmans and the Green Mountains of VT. A 9+ mile loop hike from Ravine Lodge trailhead over Gorge Brook and Asquam Ridge trails. The Appalachian Trail crosses the summit. This is a strenuous hike for experienced hikers. L Len Ulbricht (lenu44@gmail.com) CL Anne Duggan (abduggan12@gmail.com), R len ulbricht (lenu44@gmail.com)

Sat., Jun. 13. Mt. Monadnock and Bald Rock, New Hampshire, Monadnock Region, NH. 5.5 mile loop on Mt. Monadnock and Bald Rock. L Maureen Kelly (moke1773@aol.com) CL John Pereira (774-473-8145 6-8:30 pm, johnpereira33@gmail.com), R John Pereira (774-473-8145 6-8:30 pm, johnpereira33@gmail.com)

(AN) Sat., Jun. 13. Paddle Chase Garden Creek, Yarmouth Port, Chase Garden Creek, Yarmouth Port, Massachusetts, Southeast, MA. Paddle Chase Garden Creek & tributaries. See Greys & Chapin beaches, shellfish plant & Brays Farm. Stop for lunch. Roundtrip 7-8 mi. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com) CL jean orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Wed., Jun. 17. Paddle - Harwich - Herring River North - Level 2, Massachusetts, Cape Cod, MA. Paddle - Harwich - Herring River North Meet at 10:00 am for 10:30 am Start. Put in on the south side of Rt. 28 at the Herring River (east bank). L Peter Selig (508-432-7675 x6, pandmselig@hotmail.com) CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, Chatham, MA 02633, 508-432-7656, pandmselig@hotmail.com)

(FT) (NM) (AN) Thursdays

Jun. 18. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) Thu., Jun. 18. Thursday Morning Blue Hills Hike, Milton, MA, Massachusetts, Southeast, MA. A leisurely 4-5 mile hike in the Blue Hills starting at 10:00 AM. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Sat., Jun. 20. Paddle - Chatham - Oyster Pond - Level 2, Massachusetts, Cape Cod, MA. Paddle- Chatham - Meet at 10:00 am for 10:30 am start - Starting at Oyster Pond to Oyster River to Stage Harbor to Mitchell River to Mill Pond and return. Lunch at entrance of Stage Harbor. L Peter Selig (508-432-7656, pandmselig@hotmail.com) CL pandmselig@hotmail.com (508-432-7656, pandmselig@hotmail.com), R pandmselig@hotmail.com (02633, 508-432-7656, pandmselig@hotmail.com)

Sat., Jun. 20-20. Whitney and Thayer Woods, Massachusetts, Southeast, MA. What do giant boulders, a Nike missile site, a hermit's den, and American holly trees have in common? They can all be found at Whitney and Thayer Woods! This special Trustees of Reservations property and the adjacent Turkey Hill offer rocky trails, a brook, vernal pools, grasslands, and fine views. Rich in human and natural history, this Cohasset reserve is part of the largest tract of open space on the South Shore. Come enjoy its lovely trails in early summer when some of the rhododendrons will still be in bloom. We will be making some stops to study nature and history along the trails. Expect 5 miles of somewhat hilly terrain. Wear sturdy shoes and please bring water, snack, and raingear. Binoculars would be helpful. L Lorraine Rubinacci (lrubinacci@hotmail.com), R Lorraine Rubinacci (lrubinacci@hotmail.com)

(FT) (NM) (AN) Thursdays

Jun. 25. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes

(603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com),
R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Sat., Jun. 27. Paddle Follins/Mill Ponds, Dennis, Dennis, MA,
Massachusetts, Southeast, MA. Paddle Follins Pond to Weir Creek & if tide is
ok under bridge into Mill Pond passing Crab Creek Conservation area & back
to circumnavigate Follins Pond stopping on beach for lunch. 7-9 mi. L Paul
Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), R Jean Orser
(508-362-0451 before 8 pm, jeanorser@gmail.com)

(FT) (NM) (AN) Thursdays

Jul. 2. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike
the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every
Thursday night. Register once then show-n-go. L Michael Swartz
(swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506,
camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes
(603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com),
R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Wed., Jul. 8. Paddle Mashpee/Wakeby Ponds, Sandwich, Sandwich, MA,
Massachusetts, Southeast, MA. Circumnavigate 2 fresh water ponds for
about 7 mi with lunch on beach at end of Wakeby Pond. L Jean Orser
(508-362-0451 before 8 pm, jeanorser@mail.com) CL Paul Corriveau
(508-362-0451 before 8 pm, paulcorri@gmail.com)

(FT) (NM) (AN) Thursdays

Jul. 9. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike
the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every
Thursday night. Register once then show-n-go. L Michael Swartz
(swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506,
camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes
(603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com),
R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(AN) Fri., Jul. 10-12. Hike the Carters and Wildcats, Pinkham Notch, NH,
New Hampshire, White Mountains, NH. Trip includes a Friday night at Joe
Dodge Lodge and Saturday night at the Carter Notch Hut. The Saturday and
Sunday hike is a total of 16 miles on Middle Carter, South Carter, Carter
Dome, Wildcat Mnt. and Wildcat D. Not recommended for inexperienced
hikes. Space is limited so register as soon as possible. L Walt Granda
(508-999-6038 Before 9:00 PM, wlgranda@aol.com) CL Len Ulbricht
(lenu44@gmail.com), R Walt Granda (508-999-6038 Before 9:00 pm,
wlgranda@aol.com)

Wed., Jul. 15. Leader's Choice Paddle, Cape Cod, Massachusetts, Cape Cod, MA. Probably Barnstable Harbor, weather permitting. L Ed Foster (508-420-7245, erfoster@comcast.net)

(FT) (NM) (AN) Thursdays

Jul. 16. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) Sat., Jul. 18. ELL/Long Pond Hike, Hopkington, RI, Rhode Island, RI. A hike along the Narragansett Trail to the cliff that over looks Long Pond. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

(AN) Sat., Jul. 18. Paddle Swan Pond/River, Dennis, Dennis, Massachusetts, Southeast, MA. Paddle down Swan River to mouth on Nantucket Sound with lunch on beach and return circumnavigating Swan pond for 7-8 mi. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), R Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

(FT) (NM) (AN) Thursdays

Jul. 23. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

(FT) (NM) (AN) Thursdays

Jul. 30. Red Line the Blue Hills - Hiking, Massachusetts, Boston Area, MA. Hike the Blue Hills. Location, terrain and elevation vary each week. 6-8pm every Thursday night. Register once then show-n-go. L Michael Swartz (swartz@brandeis.edu) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)



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