

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | Dec. 2015

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Full House at 2015 SEM Winter Hiking Workshop

By Paul Miller, SEM Hike Leader, Photos by Ken Carson

Thirty participants from the SEM and several other AMC chapters, six SEM hike leaders, plus several tables piled high with examples of typical winter hiking clothing and gear packed the Lakewood Hills Clubhouse in East Sandwich, Mass. for our 2015 Winter Hiking Workshop. This was held on the afternoon of November 7th, prior to the SEM Annual Dinner and Meeting in nearby Onset that evening.

With the wonderful winter hiking slide show assembled by Sue and Kevin Mulligan running in the background, Leslie Carson and Paul Miller welcomed the participants, reviewed the workshop objectives and agenda, and introduced the other leader/presenters.

After workshop participants introduced themselves and provided a quick overview of their own recent hiking experiences, Jeanine Audet and Ken Carson took a few minutes to discuss why they get so much enjoyment from winter hiking. Some of the reasons provided included the beautiful snow-draped scenery in the winter woods, the more expansive views, the peace and quiet, the smoother snow-packed trails, and the absence of bugs.

Continued on page 3



Winter hike presenters: Paul Miller, Anne Duggan, Leslie Carson, Dexter Robinson and Jeannine Audet





Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

In the midst of the holiday season I want to thank you, our members, for supporting the recreation, conservation and education principles of the AMC. Whether you are an active participant in activities or not, you all care about protecting the land today and for future generations. As Chair of the SEM Chapter of the AMC, I thank you for that.

I also want to thank our cape hikes, hiking, biking, paddling, skiing, conservation and trails leaders for offering fun outdoor activities for us to enjoy. To find SEM activities quickly, go to our website, www.amcsem.org and click on the brown 'schedules' tab at the top of the page. Then you can choose which activity you'd like see all the trip listings for. You can choose one or you can choose 'all SEM activities' to see everything we have listed. It is always up to date!

Best wishes for a warm, happy, holiday season.

See you outdoors!

Maureen Kelly

2016 Executive Board

Chapter Chair	Maureen Kelly	Communications Chair	Open	Membership Chair	Jodi Jensen
Vice Chair	Barry Young	Communications Vice Chair	Jeff Sugarman	Membership Vice Chair	Ed Miller
Secretary	John Pereira	Communications Vice Chair	Kristina Williams	Membership Vice Chair	Ellen Thompson
Treasurer	Patty Rottmeier	Conservation Chair	Joshua Tefft	Paddling Chair	Ed Foster
Past Chair	Cheryl Lathrop	Conservation Vice Chair	Open	Paddling Vice Chair	Open
Biking Chair	Bernie Meggison	Education Chair	Doug Griffiths	Skiing Chair	Barbara Hathaway
Biking Vice Chair	Open	Education Vice Chair	Open	Skiing Vice Chair	Open
Cape Hiking Chair	Farley Lewis	Hiking Chair	Leslie Carson	Trails Chair	Cathy MacCurtain
Cape Hiking Vice Chair	Peter Selig	Hiking Vice Chair	Open	Trails Vice Chair	Wayne Anderson

Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

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

Upcoming Executive Board Meetings: no meeting in Dec., Jan. 13 and Feb. 10



Paul Miller presenting the winter gear topic

Winter workshop, Continued from page 1

Then, Anne Duggan put on her promised “fashion show,” displaying a wide assortment of appropriate (non-cotton) clothing options for base, insulating, and shell layers. Anne stressed the importance of selecting clothing made of fabrics that wick moisture away from the skin (to help avoid hypothermia) and the equally important need to constantly adjust clothing layers when hiking in the winter to minimize sweating in the first place. Participants and leaders then had a lively discussion about the best places to purchase these types of clothing without having to take out a second mortgage on our homes. We also discussed other non-cotton alternatives to polyester that avoided the tendency of polyester clothing to become overly aromatic with repeated use. Leslie mentioned that she gets very good results from the latest generation of lightweight, “itch-proof” clothing made from lambswool.

Leslie provided a thorough overview of the available options for the all-important insulated, waterproof winter hiking/snowshoeing boots and provided some of the pros and cons of each. These included Sorel-type pac boots with removable felt liners (warm and generally affordable, but not very supportive); stiffer and more supportive winter hiking boots without removable insulation (tend to hold crampons well and warm enough with at least 400 grams of Thinsulate-type insulation...); plus technical “plastic” winter mountaineering boots (very warm, but also very expensive and generally too stiff for our types of winter trips).



Leslie stressed that, since everyone’s feet are different, it’s important to spend plenty of time in the store walking around with the boots on, wearing your own winter hiking socks, to try to determine how the boot will feel out on the trail. She mentioned that she went through several pairs of winter boots herself before finding a pair that fit her well and were appropriately warm (rated down to minus 40 degrees F.), yet comfortable over the long haul.

Following Leslie’s presentation, “Gear-head Paul” discussed and displayed a variety of winter hiking equipment: snowshoes, hiking poles, light traction devices (e.g., micro-spikes), full crampons (those with 10 or 12 points), insulated water bottle holders, goggles, zero-degree sleeping bag (required for the winter overnight trip), plus a backpack large enough to hold all this stuff and lots more! Paul also discussed some of the available options for each of the above and provided some advice for how to select the right winter gear.

Jeanine and Ken discussed the need for and importance of adequate hydration and nutrition for winter hiking and put on an excellent demonstration of some of the techniques they use to condition themselves for winter hiking, which typically involves long hours, carrying a heavier-than-usual backpack, and negotiating snow- and/or ice-covered trails. Jeanine’s kettle ball demonstration was particularly impressive, particularly when you consider that she weighs all of 90 pounds herself, and demonstrated some exercises with a 50-pound kettle ball! Ken also stressed the importance of exercises that strengthen our core muscles and how to stretch properly after a hike.

AMC/SEM Annual Meeting and Dinner 2015

On November 7, 2015, AMC Southeastern Massachusetts Chapter held its Annual Meeting and Dinner at the filled-to-near-capacity function room at beautiful Salerno's in Onset, Massachusetts. Over 100 people attended including many former board members as well as many people new to AMC making for a recent memorable attendance record. Attendance was bolstered by two local activities held prior to the meeting. Bob Vogel, long time hiking leader and Past Chapter Chair, organized and led the annual "Stroll Down Memory Lane" at nearby Myles Standish State Park, and Paul Miller, outgoing Hiking Chair, and his dedicated team conducted the annual "Winter Hiking Workshop" in Sandwich.

The formal part of the event began promptly at 5:30 PM with true gentleman Luther Wallis, as Master of Ceremonies, and Maureen Kelly, SEM Chapter Chair and event organizer, orchestrating the evening. A quorum being present, the Annual Meeting consisted of the presentation of the Annual Report, Treasurer's Report, and elections for the 2016 Board. Also, this year a special Bylaws Committee presented their proposed changes to the membership for a vote. Alan Greenstein, Bylaws Committee spokesman, presented to the membership the bylaw changes and the reasoning behind the requested changes. After some discussion, the bylaws were approved with some minor changes. Copies of reports, bylaws, and the newly elected Executive Board and Officers are available at the AMCSEM www.amcsem.org website. Susannah Hatch, AMC Volunteer Relations Coordinator, updated the members on the latest activities emanating from AMC Joy Street Headquarters.

Following the Salerno's scrumptious buffet with several entrée choices, the evening moved on to member volunteer awards. Volunteer activities are the lifeblood of AMCSEM and this year was exceptional in both numbers and dedication, too numerous to mention them all here. The highlighted Distinguished Service Award, which is presented to an active member with more than five years of service who goes "above and beyond" the normal service to the SEM Chapter, was presented by last year's winner Mike Woessner to this year's winner Barbara Hathaway, Ski Chair for SEM for many years. Barbara's enthusiasm for skiing, winter activities, and willingness to volunteer was apparent in her acceptance speech imploring people to get outdoors and to volunteer. Anniversary awards presented by Ellen Thompson, Membership Vice Chair, were impressive - almost 70 people for 10 years of active membership, over 15 people with 25 years, and one person with 50 years of continuous membership!

The final major event of the evening featured guest speaker, Dianne Benson Davis, who presented slides and commentary of her book, Eagle One, which chronicles her life of dedication to the care of wildlife. The title of the book stems from the time she spent four months living alone as the caretaker for eight baby bald eagles in the remote Quabbin Reservoir area of Massachusetts as part of an ambitious and successful effort to reintroduce the endangered bald eagle to the skies of New England. In addition to the chronicle of her time with the eagles, the book also tells the story of a woman's life devoted to the care of wildlife: her nearly twenty year relationship with a red-tailed hawk, her experiences caring for a baby polar bear, tagging loggerhead sea turtles, and working with countless animals at the Tufts University Wildlife Clinic and the EcoTarium in Worcester. Dianne graciously stayed after her presentation to answer many questions.

Thanks to all who attended and made the event a great success.

Photos: Ken Carson



Mike Woessner, 2014 SEM Distinguished Service Award Winner, giving 2015 SEM DSA to Barbara Hathaway



Jean and Paul Hauck



Donna and Jeff Hyman



Speaker, Dianne Benson Davis

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.

Volunteer!

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 outdoors opportunities (e.g., leading a hike). We also have indoors opportunities (e.g., web work, arranging events). Something for everyone!

New! The Breeze Marketplace

Kahtoola micro-spikes

Used pair of recently sharpened Kahtoola micro-spikes, pre 2013 version, size large, suitable for men's shoe size 10.5 - 14, \$25.

Contact Dexter Robinson at dexpdoc@gmail.com



Stewardship Society Awards 2015

Submissions due by December 15, 2015

Now is the time to look back and tally up all of the time you have contributed doing the things you love with the AMC! AMC values all of our volunteers and we would not be able to do all that we do without your help! Please take the time to total up your hours spent volunteering for the AMC in 2015. This information helps us to calculate the thousands of hours our volunteers contribute annually. Thank you!

Stewardship Society Award tally sheets should be sent to Alex DeLucia: adelucia@outdoors.org

<http://www.outdoors.org/volunteers/awards/index.cfm>



Photo: Jeff Sugarman

From The Archives

1986 AMC/SEM Lonesome Lake trail crew.

Sitting up front on the right, with the Scottish hat, is Bill Brown. He was the Chapter's first trail chair. He held the position for eight years.

Standing on the far left is Stu Morris. He gave the Chapter newsletter it's name.

Photo: Bruce Dunham



Understanding the Impacts of Climate Change in the Northeast

The AMC Series: Climate Change, Energy & The Outdoors

The next episode, on December 8, is called *Understanding the Impacts of Climate Change in the Northeast*. Scientists Dave Publicover, AMC and Robert Buchsbaum, Mass Audubon will deliver this presentation. For full details, you can visit this listing: <https://activities.outdoors.org/search/index.cfm/action/details/id/86070>

On December 16, the series will close with a screening of *Chasing Ice*. This is the description for that event:

<http://activities.outdoors.org/search/index.cfm/action/details/id/85708>

Photo: Jeff Sugarman

Activities

[Search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA ... 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL ... Activity co-leader

FT ... First Time

NM .. New Members

AN ... Advance Notice

C Conservation

Biking

Dec. 3 (Thu). Beautiful Mashpee Waterfront Ride, Massachusetts, Cape Cod, MA. Meet at Mashpee Town Beach for 12 noon departure. We will cycle thru Popponessett CC, onto Daniels Island, Monomoscoy Island & Seconsett Island. Views of tidal marshes, Waquoit Bay and real estate of course! C2D. L Bernie Meggison (617-930-4029 8:00 AM - 6:00 PM, thosmeggisons@gmail.com) CL Barbara Gaughan

Dec. 10 (Thu). Dennis- Brewster, New Coffee Boutique Ride, Massachusetts, Cape Cod, MA. Enjoy the quietness of off season riding on the Rail Trail from Dennis to Brewster. We will stop at the new Coffee Owl Roasters custom coffee shop near Nickerson State Park. L Bernie Meggison (617-930-4029, thosmeggisons@gmail.com) CL Barbara Gaughan

Dec. 25 (Fri). Sunset and Full Cold Moon Road Cycling, Massachusetts, Cape Cod, MA. Approx. 22 miles; approx. 2 hours. Flats & Hills. Perhaps we'll do this ride on Boxing Day. December is the month when winter begins for most of the Northern Hemisphere, hence, its full moon is called the Cold Moon. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moon-rise over the Sagamore Bridge. Contact leader for further information. Ride starts around two hours before sunset. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

Hiking

Get your 100-mile patch! Contact hikingchair@amcsem.org.

We're always looking for additional hike leaders! Contact hikingchair@amcsem.org

Thursdays in Dec. (12/3, 12/10, 12/17, 12/24, 12/31). Warming Up For Winter Hike, DCR Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. A series of five Thursday hikes within the Blue Hills area as a conditioning program preparing for winter hiking. The length of the hikes will progress, and each individual can modify their packs and gear to prepare for winter hiking. While not technically part of the "SEM Winter Hiking Series," these local hikes offer a complementary opportunity to get in shape for winter hiking, which typically involves carrying a lot more gear and a heavier pack. L Peggy Qvicklund (508-883-1623 before 9 pm, qvickan@comcast.net) L Len Ulbricht (lwu9944@verizon.net) CL Mike DiBartolomeo (mbart4fam@comcast.net), R Peggy Qvicklund (508-883-1623, qvickan@comcast.net)

Dec. 3 (Thu). Hike Shawme Crowell State Park, Massachusetts, Southeast, MA. 2 hour hike on marked trails in state park. Meet at 9:45 AM for 10:00 AM start. Directions from the Cape take Rte 6 to exit 2 and turn N on Rte 130 and follow around Shawme Pond, past Town Hall, continue about 1.5 miles and entrance to park will be on L. From off Cape take Sagamore Bridge to Rte 6 and take 1st exit, follow ramp to 2nd traffic lights and turn R on Sandwich Rd., Follow to merge with 6A and bear L and look for R to Rte. 130, entrance to park on R. Drive past entrance kiosk and continue on road to dumpsters and park. L Jane Harding (508-833-2864 Before 9 PM., janeharding@comcast.net) CL John Bescherer (notmtwain@yahoo.com)

Dec. 3. Thursday Morning Hike - Massasoit State Park, Massasoit State Park, E. Taunton, Massachusetts, Southeast, MA. Meet at 10 a.m. at Massasoit SP, East Taunton's "hidden jewel." Approx. 6 miles on trails lined with pine needles that wind around lakes and ponds on mostly flat to gently rolling terrain. Wear boots, bring water, snacks and lunch. Rain cancels. L Barbara Hathaway (508-880-7266 before 9 pm, barb224@tmlp.net)

Activities

[Search activities online](#)

Dec. 5. Winter Series Hike #1 - Mt. Wachusett, Massachusetts, Central, MA. We'll Hike to the summit of Mt. Wachusett (2006') in Princeton, MA to enjoy views of the Boston Skyline and Mt. Monadnock (weather permitting). Four miles round trip. Snowshoes and micro-spikes or other light traction devices may be needed. For this, the first hike in this season's winter series, hiking technique, food, hydration, and equipment will be featured during the hike. Well also practice carrying our full winter backpacks. Note that either prior winter hiking experience or participation in our annual Winter Workshop in Sandwich on Nov. 7th (or equivalent) will be required. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Leslie Carson (lrc929@comcast.net) L Walt Granda (wlgranda@aol.com) CL Barry Young , R Paul Miller (Paulallenmiller@verizon.net)

Dec. 10. Thursday AM Hike on Bay Circuit Trail through Walpole Conservation Land, 109 Robbins Road, MA, Massachusetts, Southeast, MA. Meet at 10am at the VFW Post at 109 Robbins Rd in Walpole for a 4.5 mile hike on the Bay Circuit Trail through Conservation Land. Mostly flat but with a few steep, but short sections up and down eskers. L Hans Luwald (508-668-0462 Before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (781-828-0572 Before 9 pm, dlepore2@gmail.com)

Dec. 12 (Sat). Mt. Washington Hike via Jewell Trail, New Hampshire, White Mountains, NH. We'll be hiking to the summit of Mt. Washington, the tallest peak in New England. The 10.4-mile (round trip) hike will take us up and down the Jewell and Gulfside trails, an elevation gain of 3,800 ft. Because of the exposed summit and ridge, severe weather and/or winter conditions may cause a change in destination, most likely to another 4,000 footer without such exposure. Winter clothing and equipment will be required. Experienced winter 4K hikers only please. L John Pereira (johnpereira33@gmail.com) L Maureen Kelly (moke1773@aol.com) CL Josh Tefft (tefft9wes@aol.com), R John Pereira (774-473-8145 6:00 to 8:30 P.M., johnpereira33@gmail.com)

Dec. 17 (Thu). Hike John's Pond and Beyond, Massachusetts, Cape Cod, MA. 9:45AM for sign-in. Hikes starts promptly at 10AM. 2hr. hike C3C. An old favorite revisited. Water-views, wetlands, woodlands. From Rte. 151 turn North (not South) on Currier Rd. then right on Ashumet Rd. Short distance Ashumet bears off to right but continue straight on what will become Hoopole Rd. (unmarked). Continue 1.5 miles and turn R onto Back Road following it .06 mile to large beach parking lot. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Dec. 17. Thursday Morning Hike – the Blue Hills, Massachusetts, Southeast, MA. A 3-4 mile hike up to Rattlesnake Hill. The hike will then continue on the Skyline Trail to Wampatuck Hill. Meet at Shea Ice Rink in Quincy. L Sue Chiavaroli (508-496-6452, brillo6452@yahoo.com)

Tuesdays (Dec. 22, 29; Jan. 5, 7, 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 1, 8). White Line the Blue Hills Hike Series, Blue Hills, Massachusetts, Southeast, MA. White Line the Blue Hills. We will meet weekly, Tuesday mornings at 10:30am (for 10:45 start) and hike trails in the Blue Hills for about 4 hours. After the first snow fall appropriate winter clothing, including winter hiking boots and snow shoes will be required. A severe snow storm or unsafe driving conditions will cancel that week's hike. The series will run for the 13 weeks from the Winter Solstice (Dec 22) to the Spring Equinox (Mar 20). The leader will have his dog, Sunny, with him when weather permits, if you wish to bring your well behaved dog please discuss during registration. Register once and then Show and Go. Have you been a Red Liner and would like to try White Lining or do you simply enjoy winter hiking then consider joining us Tuesday mornings. L Paul Brookes (603-799-4399), R Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Jan. 7. Thursday Morning Hike – Whitney and Thayer Woods (B3C), Cohasset, Hingham, Ma, Massachusetts, Southeast, MA. Whitney & Thayer Woods (B3C) Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Jan. 9 (Sat). Winter Series Hike #2 - Seven Sisters, Massachusetts, Pioneer Valley, MA. Moderate 6-mile hike on the Metacomet Monadnock Trail over a series of peaks including Mt Holyoke, and The Seven Sisters. Total elevation gain will be approximately 2000 ft. Enjoy great winter views of the Pioneer Valley and the Connecticut River (weather permitting) while getting in condition for our next winter series hikes "up North." Snowshoes and micro-spikes (or other light traction devices) are likely to be needed. Once again, we'll be carrying our full winter backpacks for this preparatory hike. Note that either prior winter hiking experience or participation in our annual Winter Workshop in Sandwich on Nov. 7th (or equivalent) will be required. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Leslie Carson (lrc929@comcast.net) L Walt Granda (wlgranda@aol.com) CL Anne Duggan CL Peggy Quicklund , R Paul Miller (Paulallenmiller@verizon.net)

Activities

[Search activities online](#)

Jan. 14 (Thu). (FT) (NM) Borderland State Park/Bay Circuit Trail Thurs. AM Hike, Sharon/North Easton, Massachusetts, Southeast, MA. Meet at 10AM at Borderland SP parking lot on Massapoag Avenue on the Sharon/North Easton border for a six-mile hike, including portions of the Bay Circuit Trail with pond views. Bring water, lunch, layers, sturdy footwear. Rain or storm cancels. Parking fee is \$2.00. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9 pm, Hans.Luwald@GMail.com)

Jan. 21 (Thu). (FT) (NM) Thursday Morning Hike in the Blue Hills, Massachusetts, Southeast, MA. A 4-5 mile hike on the Wildcat Notch Path, the Coon Hollow Path, and around the Eliot Tower. Meet at the northern parking lot at Trailside Museum at 9:45. Driving Directions Take exit 2 (route 138N) off of Rt. 128 and go north toward Milton. We will meet in the 2nd parking lot next to the Trailside Museum. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

Jan. 23 (Sat). Mt. Tom & Mt. Field Hike, New Hampshire, White Mountains, NH. This 7.2-mile hike will take us to the summits of two NH 4,000 footers - Mt. Tom (4,051') and Mt. Field (4,340') - plus Mt. Avalon (3,442') provides another winter-hiking option in addition to those hikes in the Southeastern Mass. Chapter's Winter Hiking Series. This trip will involve a total of ~2,800' in elevation gain. Poor winter conditions may cause the hike to be canceled or cause a change in destination, most likely to a lesser peak nearby. Winter clothing and equipment will be required. Experienced winter hikers only please. L John Pereira (774-473-8145, johnpereira33@gmail.com) L Maureen Kelly (mokol773@aol.com), R John Pereira (774-473-8145 6pm to 8:30pm, johnpereira33@gmail.com)

Jan. 25 (Mon). (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a post-full moon hike at Borderland State Park. Moon-rise is 6:46 pm. Hike will be approximately 4-5 miles at a moderate pace, lasting about 2 hours. Snowshoes may be needed. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (508-212-0330, pmcnallyma@comcast.net) CL Nancy Coote, R Patti McNally (pmcnallyma@comcast.net)

Jan. 28 (Thu). (C) (FT) (NM) (AN) Morning hike at the Monastery Grounds, Cumberland, RI, Cumberland, RI, Rhode Island, RI. Thursday Morning Hike on Monastery grounds in Cumberland, RI - Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery and go past playground. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Feb. 6 (Sat). Winter Series Hike #3 - Mt. Pierce, New Hampshire, White Mountains, NH. Join us for the third hike in our 2014 Winter Series, which will bring us above 4,000 feet for the first time this year to the summit of Mt. Pierce with it's panoramic views of the southern Presidentials, Mt. Washington, and beyond. We'll take the historic (mostly protected) Crawford Path and return via the Webster Cliff Trail to the Mizpah Cutoff and then back to the trail-head via the Crawford Path. Full winter clothing and gear, including both snowshoes and micro-spikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th (or equivalent) required. L Maureen Kelly (617-943-4288, mokol773@aol.com) CL Anne Duggan CL Barry Young, R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Feb. 22 (Mon). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for a full moon hike at Borderland State Park. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Moon-rise is 5:34pm. With good weather, we should have nice moon views. Snowshoes may be needed. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (508-212-0330, pmcnallyma@comcast.net) CL Bob Vogel, R Patti McNally (508-212-0330, pmcnallyma@comcast.net)

Mar. 4-6. Winter Series Hike #4 - Carter Notch Overnight Trip, New Hampshire, White Mountains, NH. We'll return to remote Carter Notch for the final trip in the 2015-2016 SEM Winter Hiking Series. Participants may have an option to stay at the AMC Carter Notch Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. Four mile hike into the hut, with some elevation gain and loss. We'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) and full winter gear including snowshoes and micro-spikes (or other light traction devices) will be required. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in the SEM Winter Workshop on Nov. 7th required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net) L Maureen Kelly (mokol773@aol.com) L Leslie Carson (ltc929@comcast.net) CL Barry Young CL Ken Carson, R Paul Miller (Paulallenmiller@verizon.net)

Activities

[Search activities online](#)

Mar. 10 (Thu). (FT) (NM) Morning hike at Ponkapoag Pond, Canton, MA, Massachusetts, Southeast, MA. Meet at 10AM in Ponkapoag Golf Course Parking Lot for a five-mile hike/snowshoe (depending on conditions) around the pond. Bring: water, snack and appropriate footwear. L Deborah Lepore (781-828-0572 before 9 PM, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 Before 9 PM, Hans.Luwald@Gmail.com)

Mar. 22 (Tue). (FT) (NM) Full Moon Hike - Borderland, Massachusetts, Southeast, MA. Join us for the last full moon hike of the season at Borderland State Park. Moon-rise is 6:23pm. Hike will be about 4-5 miles at a moderate pace, lasting approximately 2 hours. Please bring \$2 dollar to contribute to permit needed for after-hours hiking if you haven't paid on a prior month. Registration is required for this hike. L Patricia McNally (pmcnallyma@comcast.net) CL Nancy Coote, R Patti McNally (pmcnallyma@comcast.net)

Mar. 24 (Thu). (FT) (NM) (AN) 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)

Apr. 14 (Thu). (C) (FT) (NM) (AN) Morning Hike - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., April 14 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)

Apr. 21 (Thu). (FT) Morning hike - World's End (C3C), Hingham, MA, Massachusetts, Southeast, MA. World's End (C3C). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor, stunning views, hilly, carriage ways, rocky paths, could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Skiing

Dec. 20 (Sun). XC Skiing, Massachusetts, Boston Area, MA. Advanced beginner/Intermediate XC skiing. Come for a day to enjoy skiing the trails in the woods and fields at Great Brook Farm in Carlisle, MA. We will ski groomed trails. Meet at lodge at 10:00 a.m. Estimated time on the trails will be 3 or 4 hours. Bring lunch, snack and drink. Equipment rentals are available. Complete details including conditions and fees at this website: www.greatbrookski.com. L Barbara Hathaway (508-880-7266 before 9 p.m., barb224@tmlp.net) CL Jeannine Audet (508-493-8221 7 to 10 p.m., milmod@aol.com), R Jeannine Audet (508-493-8221 7 to 10 p.m., milmod@aol.com)

Jan. 15-18. XC Ski Weekend in White Mountains, White Mountains, New Hampshire, White Mountains, NH. SEM and Boston Forty+ join together for XC skiing, snowshoeing and camaraderie at Applebrook B&B, in Jefferson, NH. Friday, Saturday and Sunday nights lodging, 3 hot breakfasts, Friday night pizza and salad and Saturday and Sunday dinners are included in rates that range from \$230 to \$310 per person including taxes. Skiing at Bretton Woods or other facilities depend upon snow and trail conditions. Additional details provided prior to trip. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (603-673-2518 before 9pm), R Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net)

Mar 4-6. XC Ski White Mountains, Intervale, NH, New Hampshire, White Mountains, NH. Can you think of a better way to begin the month of March than XC- skiing in the White Mountains? Join the SEM and Forty Plus chapters on Mar. 4 for 2 nights lodging at the Old Field House in Intervale, NH. Room rates are from \$120 to \$135 per night plus tax and include a hearty breakfast on Saturday and Sunday mornings. Visit their website www.oldfieldhouse.com for a complete description of their rooms and amenities. After registering by phone with the AMC Leader, call the Old Field House at 800-444-9245 to reserve your room. If you don't have a roommate, leader or innkeeper will try to match you up with one or you have the option of paying for a single supplement. We'll ski at Jackson, Great Glen, or Bear Notch - or right out the door on the Intervale trails. Bring your snowshoes, too. The weekend begins with pizza, salad and socializing on Friday night (nominal charge) around 6:30. Bring a snack to share at Happy Hours and your favorite beverage. Space is limited, so reserve a spot soon. L Barbara Hathaway (508-880-7266 before 9pm, barb224@tmlp.net) CL Wayne Cardoza (508-880-7266 before 9 pm, barb224@tmlp.net)



Happy Trails!