

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | June 2022

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

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Summit Hikers Robert Grecco, left, Mark Clerk, Ann Boland, Diane Hartley, William Dunham, Joanna Dixon, Michael Abbot, Diane Simms, Anne Duggan. *Photo by Friendly Brian*

SEM hikers hit the High Summits

By Diane Hartley, Hike Leader

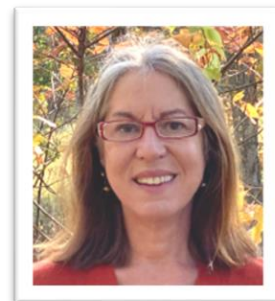
Anne Duggan and Diane Hartley led a group of seven hikers on a challenging, multi-day White Mountain hike that included summitting six 4,000-footers (eight since two were summited twice) and a two-night stay at AMC's Galehead High Mountain Hut.

After allowing time for car spotting at the Gale River Trailhead, the group had its initial circle-up, boots and backpacks on, at the Mt. Garfield Trailhead by 8:25 am on Monday morning, June 6th. Gaining 3,050' elevation in the five-mile ascent, they reached Garfield's summit in time for a photo-op-filled lunch break, taking in spectacularly clear views of Franconia Ridge and the Pemi Wilderness.

The group trekked along the Garfield Ridge Trail, an extremely rugged section of the AT, noted for its numerous, steep up-and-downs, and arrived at the Galehead Hut by mid-afternoon. There, they dropped their overnight gear and proceeded to Galehead's summit and overlook before returning to the Hut in time for a hearty dinner served by the Hut's entertaining "croo." It's unlikely that anyone was still awake at the official lights-out time of 9:30 that night...or the next.

Continued on page 5

View from the Chair: Welcome new Biking Chair!



The SEM Executive Committee has approved Bill Trimble as Biking Chair. He recently joined AMC and quickly raised his hand when he saw SEM needed a Biking Chair. Bill has been a cyclist as long as he can remember. He frequently bikes with Narragansett Bay Wheelman on Sunday group rides throughout southeastern Massachusetts.

Bill is active in helping his community. He is an appointed member of the Dartmouth Pathways Committee which promotes the establishment and use of trails and bikeways in the Town of Dartmouth. He leads group rides with school youth for [Youth Opportunities Unlimited](#). He formed and organized a youth lacrosse program playing in the Mass Bay Youth Lacrosse League. Bill is a certified bike mechanic who is also proficient with Ride With GPS. (Note, SEM members can get a [free membership](#).) Thank you, Bill, for stepping up!



Bill Trimble
SEM Biking Chair

Save the date! We've started planning the first SEM Open House since 2019. On Sunday, September 18, we plan a day of activities and "learn stuff" talks at Wompatuck State Park in Hingham. This is free and open to the public. We'd love to see you! We plan to post the activities for registration in August. I'll provide more information in the August email to SEM members and also on the home page of [amcsem.org](#).

The Breeze is going on its summer hiatus. You will receive your next issue in mid-September. We hope to have articles and pictures featuring all the fun activities SEM is leading this summer: a robust line-up of New Hampshire hikes and local hikes, paddles, and bike rides. Check our [schedule](#) of activities. Consider creating your personal [Activities Digest](#) to get notified of activities when they're posted.

I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at chair@amcsem.org.

Diane Simms, Chapter Chair

2022 Executive Board

Chapter ChairDiane Simms	Communications ChairVictoria Holland	Paddling ChairBarry Young
Vice ChairOPEN	Communications Vice Chair... Alanna Halloran	Paddling Vice ChairJoe Keogh
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Cape Hiking Chair.....Jane Harding	Hiking Vice Chair.....Bill Belben	20's & 30's Chair.....Filled
Cape Hiking Vice ChairRobin McIntyre	Membership Chair.....Samantha Fisher	20's & 30's Vice Chair.....OPEN
	Membership Vice ChairSandy Santilli	

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Social Media Administrator Lisa Robitaille	The Breeze Editor.....Mo Walsh
Webmistress.....Cheryl Lathrop	Blast Editor.....Marie Hopkins
Nominating Committee Chair.....Walt Granda	

Please contact chair@amcsem.org or nominating.com@amcsem.org if you are interested in any position.



DEI Insight:

They Climbed the Highest Mountain(s)

By Ken Cohen, Hike Leader

This is a new column, presented by your Diversity, Equity, and Inclusion (DEI) Committee. In this column we will briefly review an inspiring article which gives us insights into the great value of continuing efforts to welcome and include a more diverse population into the hiking community. It will appear monthly in future Southeast Breeze issues.

This month we present a review of “Lofty Heights,” an article by Ernie Atencio.

“They” are two Chicanos. The “Mountains” were not only the Grand Tetons but also the barriers they faced while trying to achieve their goals.

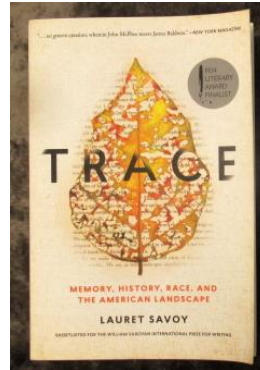
Here’s an interesting quote from the story: *“And in that stripped-down version of life, class distinctions faded, and I discovered strengths, skills and leadership abilities I never imagined I had. It very likely saved me from a dead-end life, or worse, in inner-city Denver.”*

I recently read this short, well written article, which was published in the Spring 2022 Issue of *National Parks* magazine.

The subjects’ desires and efforts to conquer Grand Teton Peak, and so much more, are quite telling.

Being fellow hikers with a cause, I thought you might enjoy reading this as much as I did. Just open [this hyperlink](#) for the captivating four-page story with photos.

Also, here are two book recommendations which you might like to add to your summer reading list:

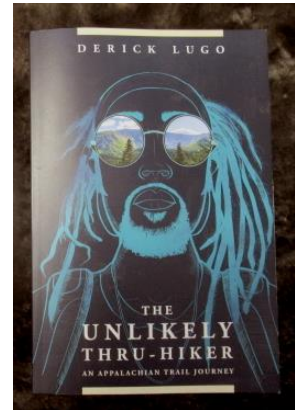


Trace by Lauret Savoy

After many years of research, along with her lifelong personal experiences, the author provides an insightful “history of racism in America”. The intricate details cover the periods from the “European Invasion” of the 1600’s through to the present day.

The Unlikely Thru-Hiker, An Appalachian Trail Journey by Derick Lugo

As one reviewer noted: “Derick’s story takes us into a world of where his lack of AT knowledge, his unique perspective, his appearance, and his sense of humor opens the minds and hearts of those he encounters along the way. Change has come, and the AT will never be the same again.”



June 3rd paddle on the Weweantic River with leader, Joe Keogh. Thank you, Joe, for all you do for our chapter! Your leadership is very much appreciated. Keep paddling friends! *Photos from the AMC-SEM [Facebook](#) page.*



Call for nominations for the Distinguished Service Award

By Leslie Carson, DSA Committee Coordinator

Every year since 2001, the AMC Southeastern Mass. Chapter has presented one of its members with a Distinguished Service Award (DSA) to recognize his or her outstanding contributions to the chapter. While a committee of past award recipients selects the ultimate recipient, all chapter members are encouraged to make nominations. Click [here](#) to see a list of past recipients.

The DSA is awarded to someone who:

- Is a current AMC-SEM member and has belonged to the SEM chapter for at least five years (to be verified by AMC Membership)
- Has contributed to the SEM Chapter “above and beyond” the high level of volunteer service typically provided by our activity leaders and other members;
- Whose contributions can be at the Board level, committee level, across multiple committees, or in some other chapter-wide capacity;
- Is actively contributing to the chapter or has contributed significantly in the past;
- Has not previously received the chapter’s Distinguished Service Award.

If you know of someone who is eligible for this award, please complete a [DSA Nomination Form](#) and send it to the 2022 [DSA Committee Coordinator](#). If you prefer, just email the person’s name with a brief explanation of why you think he or she deserves to receive this prestigious annual award based on the above criteria.

All nominations must be received by October 1, 2022. The DSA will be presented at the Annual Meeting on Saturday, November 5, 2022. Thanks! Get outdoors and stay well!



SEM Cape Hikers enjoy Lowell Holly/Ryder Conservation Area

By Robin McIntyre, Cape Hikes Vice Chair & Debbie Hayden

On May 26, sixteen hikers enjoyed a sunny, cool hike in Lowell Holly and Ryder Conservation Areas. Leader Jane Harding with leader-in-training Keith Magyar led the group through wooded trails with views of both Mashpee and Wakeby ponds.

We were treated to a bald eagle, great blue herons, osprey, Baltimore orioles, and several shore birds in addition to at least 20 lady slippers and a group of wild yellow irises. The Town of Sandwich Natural Resources staff allowed us to park near a beach at Ryder so we could access our cars before our end-of-season picnic with food that only hikers can prepare.

Jane received a warm round of applause and flowers from the group for planning another full season of local hikes for us to enjoy. Our Cape Hikes group had a total of 64 hikes between September and May. Don’t forget to join us for Full Moon hikes in the summer!





Anne Duggan, left, and Diane Hartley on Boncliff. *Photo by Ann Boland*

High Summit Hikers Continued from page 1

Tuesday morning, the group headed out at 7:45, full-bellied and eager to reach its goal of hiking four more 4,000-footers on a 12-mile out-and-back. The first and most challenging part of this trek was climbing up South Twin from Galehead. This section of the AT is steep and rocky, gaining 1,300' of elevation in .8 miles. They moved along at a good pace, all the time thinking about keeping some gas in the tank for this section in reverse at the end of the day.

After a short "ooh-ah" at the panoramic view from atop South Twin, they descended and traversed along Twinway Trail to Mt. Guyot then onto Bondcliff Trail, up and over Mt. Bond and on to Bondcliff in the clearest skies and brightest sunshine. The photo-ops and lunch break were brief to ensure time for an ascent of West Bond on the return route.

The weather held out for the entire afternoon; winds picked up, but clouds stayed at bay. The group of intrepid hikers returned to the hut at 5:35, just in time to clean up before another entertaining, delicious meal and evening of perusing the hut's library.

Around 9:00 pm the skies opened. The rain poured mightily, and the wind blew fiercely, rattling the hut's windows in their frames. By morning the weather had settled down to a light rainfall. The hikers packed up and hiked 4.8 miles down Gale River Trail to the three cars they had spotted before embarking on their adventure Monday morning.

The group gathering outside Galehead Hut.

Photo by Diane Hartley



Anne Duggan trying on the Galehead Croo's pack.

Photo by Diane Hartley

Joanna Dixon on the Bondcliff Trail.

Photo by Diane Hartley





Larry Petrone, left, co-led a hike at Wilson Mountain and Whitcomb Woods to complete his training as a Level 1 Hike Leader. *Photo by Ken Cohen*

Larry Petrone takes the lead!

By Ken Cohen, Hike Leader/Mentor

He has recently become a Level 1 Hike Leader for our AMC-SEM Chapter.

Larry's progression from classroom to hike creation/lead may be a good template for anyone interested in becoming a Level 1 Hike Leader or their mentor.

Larry Petrone and I have known and hiked with one another for the past year during AMC-SEM programs such as Winter Trail Tracing the Blue Hills, as well as a few formal and informal AMC treks. With the knowledge that Larry had gained by his co-lead practice hikes during many AMC-SEM and Boston Chapter trips and programs, I thought that he'd be a great candidate for hike leadership.

His first co-lead went very well, as I allowed him to take the reins after the circle-up during our five-mile Arnold Arboretum hike on May 25th. Overall, Larry's group leadership performance was excellent! He learned quite a bit as the hike went on.

Larry's second required co-lead (his "qualifying hike") was virtually all his! I put him in charge of everything, except for the actual listing and participant administration of the hike, since he did not yet have full access to the AMC ActDB system. Actually, I took the time to walk him through the procedure I used to list the trip on the database, in a virtual way, via a Zoom call while sharing my screen.

Larry successfully designed the hike route (the 5th Annual Perennials Hike at Wilson Mountain and Whitcomb Woods); checked in all participants; conducted the circle-up; led the hike; helped to add points of interest and details along the way; organized separation and snack breaks; and conducted the circle-up at the end of the hike. Everyone accounted for. All-in-all he nailed it! Mostly I simply went along for the ride.

I strongly believe that Larry will make an excellent trip organizer and trip leader. His knowledge and hiking expertise will benefit and inspire many participants and future hike leaders.

It wouldn't surprise me to see Larry move towards a Level 2 Leader Certification in the not-too-distant future.



Above: Hike Leader and Mentor Ken Cohen, left, presents Larry Perone with his Level 1 Hike Leader badge. Below: The hiking group celebrates Larry's achievement. *Selfie photo by Susan Cummings.*





Volunteer of the Month: Richard Kaiser

By Robin McIntyre, Cape Hiking Vice Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best! This month, Cape Hikes recognizes Richard Kaiser.

Richard has been a tireless hike leader on the Lower Cape this year, leading 14 hikes over the past nine months. He started at the National Seashore and led a hike every other Saturday making a path to Provincetown. The hikes have spectacular views in the National Seashore Park or overlooking the bay or oceanside of the Cape.

His hikes have a variety of wooded trails, beach frontage, marsh-side trails, and Cape Cod hills (yes, they do exist). He enjoys the history and geology of the area, sharing interesting facts about previous uses of the land by our forebearers and how the topography of the area was shaped centuries ago.

Richard is both willing and able to step up to fill in when needed, as he has a vast number of tracks of hikes, carefully catalogued and knowledgeably used. He is an enthusiastic leader who provides and exemplifies a welcoming nature to all hikers; preparedness; good interpersonal skills; and a love of the outdoors.

Congratulations, Richard, and thank you from all of us at Cape Hikes and AMC-SEM! Richard will receive a Volunteer of the Month Certificate and a \$50 gift card.

“Volunteers do not necessarily have the time; they just have the heart.” -Elizabeth Andrew



Southern Presidential hike, June 10, 1995, NH White Mountains. Probably taken on Mt. Jackson, the last of mountains we climbed. Dexter Robinson in front with Doug Hutcheson, left, Ron Perry, and Dave Bennett. *Time-delay photo by Dexter Robinson*

SEM Memories: 5 Presidents in 1995

By Dexter Robinson, Hike Leader

From Dexter’s log: This was a long, challenging 12-mile hike, traversing the five presidential mountains: Mt. Monroe, Mt. Franklin, Mt. Eisenhower, Mt. Clinton (Pierce), and Mt. Jackson. We stayed at the Crawford Hostel Friday night, spotted cars early Saturday morning for the end point and an escape route, then began our climb on the Ammonoosuc Ravine trail at 7:10 a.m.

We arrived at Lakes in the Clouds hut at 9:45, enjoying the bright crystal weather and terrific views. From there we headed south along the ridge. First was Mt. Monroe. We had hoped to celebrate Bruce Dunham’s 48th 4K, but he had to cancel joining us. We had lunch beyond Mt. Franklin.

Dex recorded compass readings for Mt. Jefferson and Mt. Washington for later triangulation on a topo map. We continued across Eisenhower and Clinton, then dropped down to the Mizpah Hut. After a change of socks, we assaulted Mt. Jackson.

By now the weather had changed to dense clouds, which swallowed up Mt. Washington. Heading down the Webster-Jackson trail was awful, since the trail was in poor condition. A devilish mix of large sharp rocks, mud, water, and roots made it a tiring end of a long day.

We arrived triumphantly at the trailhead at 5:35 p.m. This was Dexter’s first co-led AMC hike. Some suggestions for the future: reviewing with everyone their equipment at the trailhead making sure that have necessary items; bringing extra items if needed; and putting on more sunburn lotion, since everyone got sunburned.



Conservation Corner



Trout lily, *Erythronium americanum*

Return of the Native: Gardening for Posterity

By Kris Atkinson

With all the buzz lately about planting pollinator gardens (oh, Kris...!), the need for native plants is front and center. Let's talk for a minute about why adding native plants to your home environment is so important and explore easy ways to do it.

The World of Native Plants

First, what's native? The convention is, these are the plants that grew here (in this region, namely New England) prior to European colonization. Many wildflowers you knew from childhood were introduced, such as Queen Anne's lace, orange hawkweed, and ox-eye daisy. Some types like Japanese barberry, oriental bittersweet, Norway maple, garlic mustard, and bigleaf lupine (*Lupinus polyphyllus*) became invasive, choking out natives.

There's a label problem here: some purveyors call something "native" when it's from elsewhere on the continent, particularly many prairie or western flowers, such as the purple coneflower, *Echinacea purpurea*. So be like Santa and carefully check your list twice, using such sources as GoBotany or Mass.gov to determine the true native range for our region.

Why Native?

The most important reason is that wildlife and other plants coevolved to depend on each other—the monarch butterfly can feed on other plants, but its offspring can only survive if laid on native *Asclepias* species (milkweeds). Severe losses in habitat from overpopulation and other anthropogenic causes—such as acid rain, air and water pollution, pavement, pesticides, herbicides, and invasives—have put many native plants in peril, as well as wildlife that depend on them.



Thanks to our previous owners for fostering the hayscented ferns (but the lawn has got to go).

A lovely perk of using natives is that they're well adapted to our conditions, often needing less watering and care. Replacing your lawn with native groundcovers such as sedges or violets means no mowing, irrigation, pesticides, or fertilizing. And for beautiful shrubs, winter color, flamboyant bark, or drought tolerance, *Lonicera sempervirens* (trumpet honeysuckle), *Cornus sericea* (redtwig dogwood), *Betula nigra* (river birch) and *Aster novae-angliae* (New England aster) are matchless. For attractive choices in managing drought tolerance, check this handy list (native plants have asterisks): <https://ag.umass.edu/landscape/fact-sheets/drought-tolerant-perennials>

Sources

The hardest part of going native is finding the plants! Foraging for them in reservations and parks is absolutely verboten. I grow many from seeds exchanged in seed swaps or from organizations such as Maine's Wild Seed Project. But I must warn you, some are fussy about germination (just this week some winterberry seeds sown last spring decided to sprout in a tray forgotten in the garage for 15 months). But as you grow more adept, the ease and fun of winter sowing is a great pastime for the bleak cold months.

Continued on page 8



Native Plants Continued from page 7



Left: Four species of milkweed, winter-sown in January: swamp, butterfly, poke, and common syriaca. Right: Milkweeds and friends in June: wild blue indigo, asters, columbine, etc.

Finding a good source for truly native plants can be an ongoing long explore: my neighbor has trekked to Native Plant Trust (Garden in the Woods) for years; Grow Native Massachusetts has an annual plant sale, and many local plant sales can yield treasures. Don't be afraid of bareroot suppliers for perennials and trees, as they are experienced in supplying well rooted, sturdy plants years ahead of what you can grow from seed.

Plan First

Your first step is to make a plan for what you want, perhaps just renovating a main bed, or replacing a plot of lawn with pollinator or rain gardens. Then carefully assess the site's sun exposure throughout the day, and the types of soil (wet or dry; clay, sand, or humus). Finding the right plants to suit sandy, moist soil in the shade is a quest done in advance, before entering the nursery: Hoping an attractive plant that caught your eye can be adapted to the wrong conditions is backwards, leading to heartache.

Some gaudy overachievers like Joe-Pye weeds (*Eutrochium*) and evening primrose (*Oenothera biennis*) give a fast sense of accomplishment. And the goldenrods--oh my, a gift to yourself--our *rugosa* seeds transported from Cambridge make fireworks of gold for many weeks. What you've been told is a weed by the Flat Lawn Believers may be your next early spring ground cover (common blue, sweet white, wooly blue, and meadow violets) or showy ornamental grass beside your birdbath (deer-tongue witchgrass, *Dicanthelium clandestinum*).

Your plan will change and expand with time but taking a few beginner steps is exciting.

Experience is the Best Teacher

Plenty of help is available online; just type in the species name and your question. I keep a running spreadsheet of my findings; there's too much to remember. Some of your best knowledge can be gleaned by keeping your eyes peeled on hikes. Seeing masses of columbines in the wild taught me just the right spot at home for placement. Matching conditions like a mulch of pine needles, a bed of moss, or finding the partial shade to help a fern thrive is a rewarding puzzle with answers gleaned in the wild.



Deer tongue witchgrass: Natives are patient.

Patience is a virtue, and your effort involved in getting natives established is paid off by their service needing little care or maintenance later. Having more birds, butterflies, and bees visiting is very satisfying! And discovering the many beauties overlooked by most commercial vendors holds a wealth of happy surprises.



Sunny skies and warm temperatures greeted eight bikers in search of a dairy treat. Jack led this ride at the end of May and Sue served as co-leader. Congratulations to Sue as this ride qualified her as a bike leader! We stopped at Quittacus Reservoir where swans were nesting. Nice ride with nice people on a nice day!



Activities

For the most current information, [search activities online](#)

Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at outdoors.org, and then click My Outdoors.

COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

BICYCLING

Sat., Jul. 16. Biking & Brews in Westport, Buzzard's Bay Brewing, MA. Join us for a summer ride through beautiful Westport & Dartmouth. We will meet at Buzzard's Bay Brewing. We will ride quiet, stone wall lined roads, past farms & conservations areas, with a stop at the beach. Afterward, we can enjoy beer/ wine, fare from the food trucks, & live music at the Brewery. The ride will be approximately 30 miles, with rolling hills, & 12 mph pace. A helmet is required to ride, as well as a bike that is in good working order. Bring water, a snack & spare tube. Steady rain will cancel. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirdbp@aol.com. Jeannine enjoys sharing the beauty of the area with fellow cyclists & aims for a "destination" with every ride.) L Jodi Jensen (jodijensen@gmail.com, Jodi enjoys sharing cycling with others in the Southeastern MA region.)

CAPE HIKES

Tue., Jul. 12. Full Moon Hike Sandwich Canal, Sandwich, MA. We will walk out to the end of canal and along Town Neck Beach to Mill Creek where we will observe the full moon rise around 7:48 PM. Then we will return through town streets. The beach can be very rocky sturdy footwear required no sandals. This can be a fun activity for families, responsible adult must accompany children. You may want to bring a headlamp or flashlight and bug repellent. L Jane Harding (203-500-3155 Before 8 PM, janeharding@comcast.net).

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Secretary, SEM chapter. SEM is seeking to fill the position of Secretary to the Executive Committee. The Secretary's responsibilities are to: * Record, prepare and distribute the minutes of the monthly Executive Committee meetings (2nd Wednesday from 6:30-8:00 pm) for review and approval. (Meetings are via Zoom. There may be an infrequent in-person meeting, no more than annually.) * As voting member, provide viewpoint in ExCom meetings. * Volunteer for occasional ad hoc discussion meetings to provide input and assist with occasional special event sub committees (not note taking; all ExCom members to assist with ad hoc activities) Proficient writing, listening and proofreading skills appropriate to a recording secretary are desirable. Reasonably proficient with Powerpoint (for taking notes.) Access to a computer. L Diane Simms (chair@amcsem.org)

Ongoing. SEM Bicycling Vice Chair, MA. Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair collaborates with the Biking Chair. They assist leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available here: <http://amcsem.org/assets/pdf/biking.pdf>. L Diane Simms (chair@amcsem.org)



Activities

For the most current information, [search activities online](#)

EXECUTIVE COMMITTEE Volunteer Opportunities

Ongoing. SEM Education Vice Chair. The role of the Education Vice Chair is to help the Chair to coordinate programs to improve the skills of SEM's members and activity leaders. The Education Committee's core program is Leadership Training. In addition, the Education Committee's goals include supporting the chapter and other SEM committees to develop on line or in person programs that contribute to education. The Vice Chair generally moves up to the Chair position when that person steps down. An effective candidate will demonstrate a willingness to collaborate & share new ideas. A love of nature is also a plus. Please email chair@amcsem.org for more information. L Diane Simms (chair@amcsem.org)

Ongoing. Chapter Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Help organize chapter special events. - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. L Diane Simms (chair@amcsem.org)

Ongoing. Vice Chair SEM Trails, MA. Support the Trails Chair. Coordinates trailwork activities including volunteer events. This position opens in Nov 2022 when our longstanding Trails Chair steps down and the current Vice Chair moves up. Candidate for this position should have trailwork experience or a strong desire to learn. Would look for person to be involved in SEM trail events in 2022. More details about Trail committee responsibilities here: <http://amcsem.org/assets/pdf/trails.pdf>. For more information, contact chair@amcsem.org. L Diane Simms (chair@amcsem.org)

Ongoing. SEM Chapter Chair, MA. Executive and administrative officer of the Chapter and of the SEM Executive Committee, and representative to the Appalachian Mountain Club. Provides leadership and overall direction to all Chapter activities and operations. Email Chair@amcsem.org to discuss. Position opens November 2022. More information: <http://amcsem.org/assets/pdf/chair.pdf>. L Diane Simms (chair@amcsem.org)

HIKING

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

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sun., Jun. 26. New Member Hiking Series - Borderland (start change to 9 am), Easton MA. Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from you experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register. L Samantha Fisher (508-243-7594 before 9:00pm, sahavah@yahoo.com, Level 1 hike leader) L Robert Branczewski (508-577-9253 before 9:00pm, lv2cook@hotmail.com, Level 1 hike leader) L Diane Simms (chair@amcsem.org)

Tue., Jun. 28-28. Tuesday Morning Hike in the Blue Hills, Blue Hills Reservation, MA. Please join me for a hike 6-7-mile hike on various trails in the beautiful Houghton's Pond, Hancock Hill and Hemminway Hill areas of the Blue Hills. The pace will be moderate (1 ½ - 2 MPH) and include about 1,000' elevation gain. The hike should be about 4 hrs. in duration. Some of the trails will include small hills, rocks and tree roots. Participants should be in good physical shape and have a recent hike history of similar length. The meeting time is 9:45am for circle up with a firm start time of 10AM. More details of meeting the meeting location and trail route will be provided to those who register and are confirmed for the hike. Participants should bring sturdy footwear, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben (william.belben@yahoo.com)



Activities

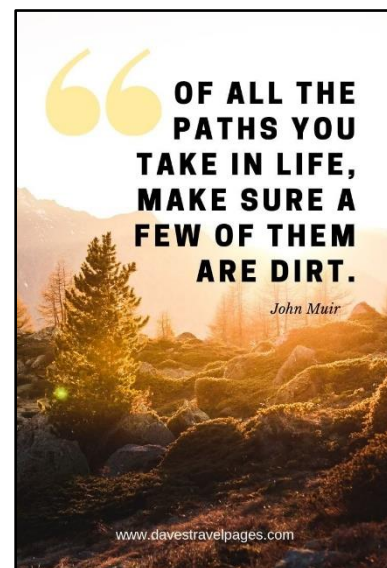
For the most current information, [search activities online](#)

HIKING

Tue., Jun. 28. SEM'S "IT'S ALL ABOUT THE VIEWS" - HIKE MT. CUBE, NH. SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views." Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the waitlist to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. In addition to being on the 52 With-A-View list, Mt. Cube (2916') has a lot to offer. This western NH mountain in Oxford lies in the Appalachian trail corridor and thus has trails that can access it from both the north and south. It is also the eastern terminus and highest point of the 36-mile Cross Rivendell Trail, an educational and recreational trail. We will meet at the road crossing of the AT in Oxford then carpool to the trailhead of the starting point. Facemasks and open car windows will be required while carpooling. The hike will be a traverse first climbing to the south summit via the Cross Rivendell trail. This trail section has several short steep pitches including the final ascent to the south summit. After enjoying views to the south, we will hike .3 miles over to the north summit which offers stunning views of the Baker River Valley and beyond to the White Mountains. We then return to our cars via the Mt. Cube trail (AT). The hike is 6.3 miles and ascends 1600 feet. We will hike at a moderate pace of 1.5-2.0 mph, making the trip in about 4-5 hours. Steady rain cancels. Rain date is Wednesday, June 29. To be able to do this hike, you should have hiked 6 miles recently that included significant hills or have hiked other 52WAV mountains. Contact a leader if you are not sure whether this hike is appropriate for you. L Dexter Robinson (dexpdoc@gmail.com, Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four thousand foot mountains multiple times including winter. He also enjoys trail work and running.) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.)

Thu., Jun. 30. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA. Join us for the 17th year of this popular series. We hike at a moderate pace for 2.5 to 3 hours in The Blue Hills Reservation every Thursday evening, depending on much daylight we have. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, wdoherthy1@verizon.net, Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, newt665@comcast.net)

Sat., Jul. 2. SEM's It's All About the Views - Red, White and Blue to Buck Hill, 821 Hillside Street, Milton, MA. SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views." Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the waitlist to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible but no Pets/Dogs. This is a moderate 5 mile hike with an elevation gain of about 500ft from Houghton Pond to Buck Hill section of the Blue Hills Reservation at Milton, MA. This hike takes about 2 1/2 hours based on group pace and stops. We will hike up and down a few scrambles and steep sections along a mix of Red, White, Blue and other trails to catch wonderful views at Buck Hill. Plan is to hike rain or shine, but the destination and route may be altered for inclement weather or unsafe trail conditions. Sturdy shoes with good traction are required. No open toe shoes. We suggest you bring at least 1 liter of water and a snack. Insect repellent and sunscreen are recommended. In the event of rain, bring a rain jacket. Leader(s) will send out an info sheet with additional details 2-3 days prior to the hike. To be able to do this hike, you should have a cardio exercise routine or should have hiked at least 4 miles and climbed some hills with similar elevation gain recently. Contact the leader(s) if you are not sure this hike is appropriate for you. L William Doherty (781-857-4148 5-8pm, wdoherthy1@verizon.net, Level 1 AMC Hike leader. Four season Blue Hill hiker, occasional White Mountain hiker, and Trail maintenance volunteer.) CL Raju Jaldy (508-446-4220 5-8pm, raju.jaldy@gmail.com)





Activities

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HIKING

Thu., Jul. 7. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA. Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, wdoherly1@verizon.net, Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, newt665@comcast.net)

Sat., Jul. 9. SEM Loves Hiking: Mt. Whiteface and Mt. Passaconway, Grafton County, NH. Participation is open to all qualified hikers. We expect there could be high demand for this hike. You may be placed on the wait list to give other hikers a chance. Join us for a hike to Mt. Whiteface (4,019') and Mt. Passaconway (4043'). These mountains are part of the Sandwich Range and are part of the 48- 4,000 footers of NH. Mt. Whiteface has south facing cliffs and ledges which offer sweeping views of Lake Winnepesaukee and Squam Lake. Other ledges offer views towards Mt. Washington and Mt. Chocorua, and on a clear day, well into Maine. We will be hiking the loop via the Dicey's Mill, Tom Wiggins, Blueberry Ledge, and Rollins Trails. This hike would be rated as challenging. Our pace will be moderate at an average of 1-1 ½ mph. Total distance is approximately 11.4 miles with just over 4,000' elevation gain. You can expect the hike to take between 7-8 hrs. to complete. Appropriate hiking clothes and a small backpack are required. Weather can change, so please check before coming to the hike. Hiking shoes or other functional footwear are required (no work shoes or gym shoes). Please bring a minimum of 2 liters of water, snacks and a lunch. Anyone who does not register will not be allowed to join the activity. Online registration is required. AMC membership is not required, but you will need to set up a free AMC online account if you do not already have one. Click "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. Each person must register individually; you cannot register for a friend or household. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. Participants will receive additional detailed information (including meeting location and time) via email approximately 1 week before the hike date. L william belben (william.belben@yahoo.com) CL Sujatha Srinivasan (ncsuja@gmail.com)

Tue., Jul. 12. SEM LOVES HIKING - MT. WAUMBEEK, NH. SEM's Intermediate/Advanced Summer Hiking Series. Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the waitlist to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. Hike with us to Mount Waumbek (4,006'), one of the easier 48 four thousand footers. Along the way we will pass over Mt. Starr King (3,915'), one of the 52 With-A-View mountains. Both mountains lie along the western end of the Pliny Range which is north of US 2 in Jefferson. Although Mt. Waumbek's summit is wooded with no views, Mt. Starr King offers a unique opportunity to view the Northern Presidentials from a different angle. We will be hiking the Mt. Starr King trail to both summits which are below treeline. Grades are moderate and footing is generally good. The hike is 7.2 miles round trip and ascends 2700 feet. We will hike at a moderate pace of 1.5-2.0 mph, making the trip in about 6 - 7 hours. Appropriate hiking clothes, rain gear, sturdy footwear and a small backpack are required. The trip will be weather dependent, determined 1-2 days before the hike. Rain date, Wednesday, July 13. To be able to do this hike, you should have hiked 7 miles recently that included significant hills or have hiked another 4000 foot mountain. Registration is required to go on this hike. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Participants will receive additional detailed information (including meeting location, time to meet, and what to bring) via email approximately 1 week before the hike date. L Dexter Robinson (dexpdoc@gmail.com, Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH four thousand foot mountains multiple times including winter. He also enjoys trail work and running.) L Leslie Carson (508-737-6627, lesliecarson929@yahoo.com, Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4KFooters in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest since 2013. More recently, she has led/co-led Adventure Travel hiking/trekking trips in western US and internationally. She is certified in SOLO Wilderness First Aid and CPR.)



Activities

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HIKING

Thu., Jul. 14-14. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA. Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, wdoherly1@verizon.net, Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, newt665@comcast.net)

Sun., Jul. 17. Beginner hike in F. Gilbert State Forest, F. Gilbert Hills State Forest, MA. Join us on a hike of Tupelo, HighRock and WolfMeadow trails. It will be roughly 3.5 to 4 miles. It is a beginner easy trail. The pace will be slow to moderate, good for walking and chatting at the same time. We will start the hike at 8:30 am and expect to be back at the car by 11 am. Depending on the day, if its not too hot, we can add an extra loop to the route or if it's a really hot day, we can cut it shorter as well. The goal is to get nice walk in the woods with good company. We will be stepping over rocks and roots. Please wear sturdy hiking boots. (no open toed shoes) Dress for the weather. Please bring about 2 litres of water, trail snacks and pack to carry them. Heavy rain will cancel. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The leaders will may have their well behaved dogs with them, no other dogs allowed. AMC Trip Policy COVID 19 Information: As of December 1, 2021 AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly. L Paul Brookes (PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Sujatha Srinivasan (ncsuja2021@gmail.com)

Sun., Jul. 17. SEM It's All About the Views-Mt Hedgehog, NH. SEM's Beginner/Intermediate Summer Hike Series, "It's All About the Views". Participation is open to all qualified hikers. We expect high demand on some hikes so you may be placed on the wait list to give other hikers a chance if you have already participated. We want to have as many hikers join us as possible. Join us on a hike to Hedgehog Mtn. While it is one of the lower peaks on the updated list of 52 With A View, it offers 10/10 views! This will be a loop hike, taking the UNH Trail, located on the Kangamangus Highway. The trail has all the variety New Hampshire trails can offer: hemlock forests, short scrambles and wide open ledges. Mileage will be approx. 4.8 miles with 1,400' el gain. We will hike at a moderate pace and stop to enjoy the views. L Peggy Qvicklund (774-893-3011 before 9 pm, qvickan@comcast.net, Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Emilie Bent (508-577-3679 before 9 pm, emilieb1@yahoo.com)

Thu., Jul. 21-21. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA. Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, wdoherly1@verizon.net, Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, newt665@comcast.net)



Activities

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HIKING

Thu., Jul. 28. TRAIL TRACE THE BLUE HILLS - THURSDAY EVENINGS, Blue Hills Reservation, MA. Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is an AMC Southeastern MA Level 2 Leader.) L William Doherty (781-857-4148, wdoherly1@verizon.net, Level 1 AMC Hike Leader. 4 Season Blue Hills Hiker. Occasional White Mountain Hiker. Trail maintenance volunteer.), R Joanne M Newton (508-215-9470, newt665@comcast.net)



*Happy
Trails!*

Taunton River photo by Lisa Robitaille

