

The Southeast Breeze

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

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Jean Lynch, left, Co-Leader Robin McIntyre, Tina Sparuk, and Lorene Sweeney encounter the glacial erratic that gives Bigelow Boulder Loop its name. *Photo by Éva Borsody Das*

Bigelow Boulder Loop tracks historic sites

By Robin McIntyre, Hike Leader

Five hikers enjoyed 4.5 miles of the wooded trails of Wompatuck State Park on a warm, humid afternoon. After sharing some history about Wompatuck, including its farming and former military use, Éva Borsody Das and Robin McIntyre led the group along old railroad beds, rocky trails, and wooded pathways. We enjoyed identifying some of the flora along the way and saw remnants of Wompatuck's military use. One of the highlights was the glacial erratic, Bigelow Boulder, with its three-cornered support.

We noticed many dry stream beds and very low water levels at Wildcat Pond, reminding us of the summer's drought conditions on the South Shore.

The hike was one of eight offered at the SEM chapter Open House on Sunday, Sept. 18, along with four "Learn Stuff" talks, and several bike rides in conjunction with the New England Mountain Bike Association. See more photos on page 6.

View from the Chair: My Last View



The view is bright! We just finished up a very active summer with paddling, hiking, biking, and trail work. Now we have an incredible line-up of over 40 [activities](#), including the always popular Winter Workshop (both [in-person](#) and [Zoom](#)), [Cape hikes](#), Full Moon hikes, Cross Country skiing weekends, New Member hikes, Winter Trail Trace, [Blue Hills Trail Maintenance](#), and more! Want to help with future activities? Consider taking in-person [leader training](#) October 22.

I'm excited for [SEM's 47th Annual Meeting](#), November 5, in person again at the Bay Pointe Club in Buzzard's Bay. I encourage you to attend and vote for the [Executive Committee slate](#). Everyone on the slate is currently serving as an Officer, Committee Chair, or Committee Vice Chair. Thank you, Nominating Committee, for filling roles throughout the year. Want to help the chapter? Consider one of the open [committee Vice Chair](#) positions. Email nominating1@amcsem.org for more information.

My term as SEM Chapter Chair is coming to a close, ending officially following the SEM Annual Meeting. Thank you for the opportunity to serve our chapter. In my two years as Chapter Chair, SEM went from the trying times of COVID restrictions to the vibrant chapter we are again. Credit for our resurgence goes to those in the Executive Committee who have served in the past two years, all the other committee volunteers, and our incredible activity leaders. It has been an honor and a privilege to work with them. I look forward to still being involved with SEM as the Past Chapter Chair and as a hike leader. Hope to see you on the trails!

Diane Simms, Chapter Chair

2022 Executive Board

Chapter ChairDiane Simms
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Paddling ChairBarry Young
 Paddling Vice ChairJoe Keogh
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 Trails ChairSkip Maysles
 Trails Vice ChairSteve Scala
 20's & 30's Chair.....Shannon G
 20's & 30's Vice Chair.....Natalie Halloran

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Lisa Robitaille
 Webmistress.....Cheryl Lathrop
 Nominating Committee Chair.....Walt Granda

The Breeze Editor.....Mo Walsh
 Blast Editor.....Marie Hopkins

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



Winter Hiking Workshop

It's beginning to look a lot like Christmas... hiking season

By Bill Belben, Hiking Vice Chair

Well maybe not quite yet... But it is time to start thinking about Winter Hiking! And what better way to prepare than by attending the SEM Annual Winter Hiking Workshop. Even if you have never hiked in the winter before, come learn how much fun winter hiking and snowshoeing can be from our panel of experienced and knowledgeable winter hiking leaders. Speakers will cover topics such as clothing, footwear, equipment, nutrition/hydration, and group management—all geared towards preparing you for a safe and enjoyable winter hiking experience.

This year we are offering two options. The first is our in-person workshop scheduled for Saturday, November 5th, from 12:30 to 3:30 pm. The workshop will be held at the Pocasset Community Center in Pocasset, MA.

If you are not able to attend the in-person session, we will be offering an on-line webinar at 7 pm on Thursday, November 10th, hosted by Paul Brookes and myself. We will be streaming portions of the 2021 recorded workshop and taking any questions.



Participants in last year's winter hike series at the summit of Mt. Pierce, with Mount Washington in the background.

Attendance at either workshop is free, but registration is required. If you wish to attend the in-person workshop on Nov. 5, please [register here](#). If you wish to attend the on-line webinar on Nov. 10, please [sign up here](#).

In conjunction with the workshops, we will offer a series of winter hikes designed for both beginners and intermediate hikers. The series will start out with local hikes and then proceed to progressively more difficult hikes in Western Massachusetts and New Hampshire. If you want to attend any of the winter hikes, you must have attended an AMC Winter Hiking Workshop or have prior winter hiking experience. If you want to find out more about the winter hiking series, [click here](#).



Hiking Chair Paul Brookes presents Kris Atkinson with her official Hike Leader bag. Photo by Diane Simms

New hike leader Kris Atkinson has roots in botany, conservation

By Diane Simms, AMC-SEM Chapter Chair

SEM welcomes Kris Atkinson as a new Hike Leader. Hiking Chair Paul Brookes presented Kris with her new leader gift bag at the Wompatuck Open House in September, where Kris gave a "Learn Stuff" talk: "Invasive Plants—How to Know When You Have a Close Encounter with an Alien." Kris is well versed in this topic, having a vast knowledge of local and invasive plants. She is a certified Massachusetts master gardener, Plant Conservation Volunteer for Native Plants of New England, and was recently appointed to the Green Communities Committee for the Town of Easton. Kris is also a volunteer on SEM's Conservation Committee.

Kris is a retired scientist (Ph.D. in genetics, U.S. patent agent) who recently moved to our region. Her experience with the Boston chapter in trail work and conservation is supplemented with AMC trail maintenance volunteer vacations in Costa Rica, Virgin Islands, Acadia Maine, the Bay Circuit Trail, and numerous New England sites.

Prior to her qualifying hike, Kris introduced me to hiking at Wompatuck State Park, which was a huge help in overall planning for the event. Her qualifying hike was a naturalist walk. During the hike, she made many observations of the local plants. People were very engaged and clearly having a great time. One person had never hiked with AMC before. Few people knew each other but all were chatting like old friends soon into the hike.

Thank you, Kris, for becoming an AMC-SEM leader and being part of the SEM community.

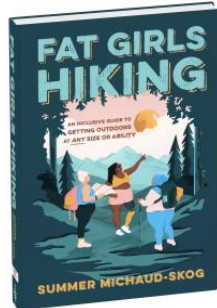


DEI (Diversity, Equity, Inclusion) Insight:
**Fat Girls Hiking group promotes
'Trails not Scales' philosophy**

**By Maureen Kelly, AMC SEM Hike Leader
SEM DEI Committee Chair**

Our culture discriminates against fat people as active outdoors people. The stereotypes of hikers, runners, mountain bikers and mountain climbers are thin and medium-bodied folks, but not fat ones. We do a double take if we see a fat person lining up at the beginning of a race or putting on hiking boots. We question if they can perform the activity and even why they are there. We don't include them.

Fat Girls Hiking says they are "fat activism, body liberation, and outdoor community." They want to take the shame and stigma out of the word FAT and empower it. Their motto, "Trails Not Scales," puts the emphasis on enjoying fun outdoor experiences and bans talk of losing weight. "Go at your own pace" is one of their slogans, and they lead hikes from the back so they can be sure that no one is left behind.



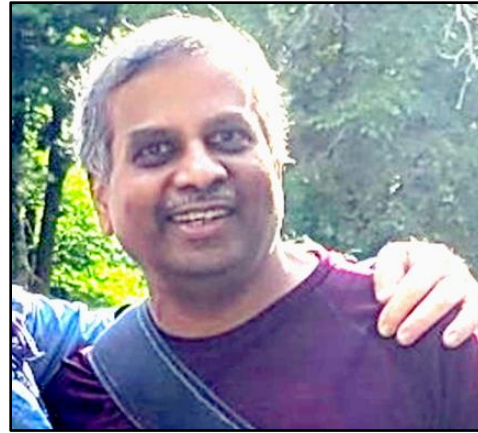
Fat Girls Hiking has created a safe space in which fat folks feel included in the outdoors. That's good for everyone. The group has also written a book: *Fat Girls Hiking: An Inclusive Guide to Getting Outdoors at Any Size or Ability* by Summer Michaud-Skog. Local chapters are in New Haven, CT, and Manchester, NH. For more information visit fatgirlshiking.com.

Other interesting DEI news:

100-year-old National Park Service Ranger Betty Reid Soskin retires after remarkable career. [Read it here.](#)

An all-Black team has summited Mt Everest – and made history in the process. [Read it here.](#)

We welcome your comments and suggestions on this article or any DEI issue. Contact the DEI Committee at DEI@amcsem.org.



Besides leading hikes, Raju Jaldu is working on our chapter's web site and other online resources.

Photo by a friend

**Raju Jaldu makes rapid ascent
to Level 2 SEM Hike Leader**

By Bill Belben, Hiking Vice Chair

Upon completion of his Wilderness First Aid (WFA) course on September 17th, Raju Jaldu officially became certified as a Level 2 Hike Leader for SEM. An incredibly fast journey as he had just been certified as a Level 1 hike leader back in July of this year. Not only has Raju completed the co-lead and qualifying hikes to become certified, but he has also been one of the most active leaders in our chapter this year with a total of 11 hikes led (and still going) in places such as the Blue Hills and White Mountains. Raju is quickly becoming a very popular and well-known hike leader for our chapter.

Since becoming involved with SEM, he volunteered to help out on many initiatives. He recently participated in the annual project to review and update the SEM web page and related hiking documents and links. He has also volunteered to be part of the Winter Hiking Workshop and the Winter Hiking Series. All of this while still working a full-time job as an engineer!

Please congratulate Raju for achieving his Level 2 status, and if you haven't had an opportunity to participate in one of his hikes yet, you should definitely lace up your boots and join him on a hike soon.





Cape hike group back row: Robin McIntyre, left, Judy Melanson, and Earl Deagle. Front row: Leader Cathy Giordano and Jeanne Cunningham. *Photo by co-Leader Denise Fronius*

Cape Hikes kick off with natural diversity on the Bourne Trails

By Cathy Giordano, Hike Leader

SEM Cape Hikes kicked off their fall season with a hike on the diverse Cataumet Greenways Trails in Bourne, Massachusetts, on September 8th. Hikers enjoyed refreshing temperatures with a gentle Cape Cod breeze as they traversed well maintained, foot-friendly paths.

We experienced diverse habitats, including harbor and pond views, cranberry bogs with bright red berries, as well as a variety of new and old growth in the tree farm.

In keeping with Bourne Conservation Trust's mission of keeping the land as natural as possible or in agricultural operation, we were greeted by the resident goats at Spring Hill Farm. I'm not sure who enjoyed the visit more—the hikers or Ruff, Tuff, and Sunbeam!



Above: View of Red Brook Pond.
Right: Star fungi. *Photos by Cathy Giordano*



Here's the scoop on new Level 1 Hike Leader Anastasiya Dumma

By Paul Brookes, Hiking Chair



Photo provided by Anastasiya

Anastasiya Dumma joins us as a new Level 1, local Hike Leader. This has been coming for a while as she had to reschedule her first qualifying hike in Breakheart Reservation, due to fires shutting down the park. I joined her on a lovely Saturday

morning late in September for her rescheduled hike. The hike started with a traverse of a ridge line, where she took us up to some amazing viewpoints. We could see all the way past the Boston skyline to the Blue Hills 20 miles south of us (and, yes, they were blue).

Once we left the ridgeline, we continued in woodlands past the lakes and ponds of the reservation. It was lovely, and more so since this is a reservation I don't often visit. The group hiking was quite international, with Anastasiya being from Russia, another participant from Iran, two Americans and myself from England. Everyone had a good time and at the end of the hike, she was awarded her new leaders gift bag.

Anastasiya is a very interesting person. She enjoys hiking in the Caucasian Mountains (*Editor: A range in the Caucasus*) and spent four months hiking the Appalachian Trail and practicing meditation. She owns a home in southeastern Siberia near Lake Baikal. This is the deepest and biggest lake in the world and contains 22 percent of the world's freshwater!

Anastasiya lives in Revere on the North Shore with her partner. She does not own a car, so to get to the Leadership Training last April in Rochester, it required her to walk, take a train, catch a bus, and then hail an Uber. As you can imagine, most of her hikes will be based around parks and reservations accessible to public transportation. This is terrific! Access to public transportation is something we should all consider when putting on local hikes.

Anastasiya has an interest in leading family and youth hikes. She is a substitute teacher for one of the local Montessori schools and would make a terrific youth leader. Welcome Anastasiya to the SEM chapter!



Six Cape hikers enjoyed a beautiful, sunny, 4 mile hike at Great Neck Audubon Sanctuary in Wareham on Sept 29. *Photo by Robin McIntyre*



SEM's Open House included three "Learn Stuff" talks on bike maintenance and things to bring on a ride. *Photo by Lisa Robitaille*



The morning Woodpecker Pond hike participants at SEM's Open House. This hike was Keith Magyar's qualifying hike to become an SEM hike leader. *Photo by Éva Borsody Das*



This group hiked 5+ miles along wooded trails and roadways to the highest point in Wompatuck. *Photo by Lisa Robitaille*



Volunteers who made the SEM Open House possible included Robin McIntyre, left, Nancy Piedra, Bill Trimble, Diane Simms, Earl Deagle, Robert Branczewski, and Samantha Fisher. *Photo by Lisa Robitaille*



SEM MEMORIES

Eddie DeSantis: From the Civilian Conservation Corps to the Blue Hills

By Ken Cohen, Hike Leader



Eddie DeSantis
Photo by
Ken Cohen

The anniversary of the passing of Eddie Desantis (1921-2014), my dear friend and also a friend to so many in our SEM chapter, recently came to memory during one of our Thursday morning hikes. It was September 29, 2022, which marked eight years since Eddie passed away at the age of 93. He was a frequent AMC-SEM hiker until the age of 92!

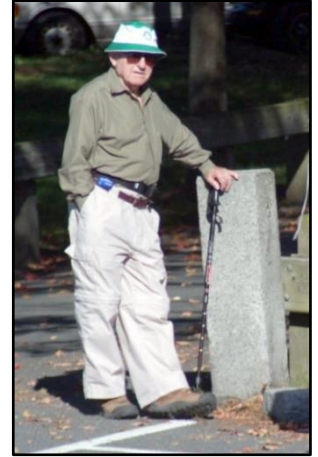
He was born in the North End of Boston and was put to work for the Civilian Conservation Corps (CCC 1933-1942) as a teenager during the Great Depression. "If it wasn't for the CCC, I would have become a North End hoodlum," Eddie said. "Instead, I had a warm bed, three square meals each day, sent my salary home to my parents, and worked with many other young men building and maintaining trails in the White Mountains." Many of the stairways in the Blue Hills Reservation were also installed by local CCC crews during those FDR years.

Eventually Eddie became the full-time barber at the *Boston Globe* Headquarters in Dorchester, MA. The *Globe's* owners, top executives, and middle management enjoyed his expertise, his life's stories, and his wisdom. In fact, he was so well loved and admired that when the *Globe* was sold to the *New York Times*, the owners (its founding family) insisted that Eddie must stay on as the corporate barber as long as he'd like to. It was a clause written into the purchase and sales agreement!



Eddie at work at the Boston Globe headquarters c. 1979

During his sixties, Eddie's doctor insisted that he start a vigorous exercise routine after a life-changing health event. That's when he began to hike—with a passion! He joined the AMC, was a founding member of DCR's Trail Watch crew in the Blue Hills, participated in most every SEM Thursday morning hike—providing "trail magic" to all midway through each hike in the form of Werther's butterscotch candy—and attended many other AMC-SEM events. Eddie resided in Canton, MA, and adopted the Ponkapoag Pond trails as their chief supporter and lookout. Trail maintenance was a passion, perhaps due to his CCC experiences earlier in life. He always alerted the Blue Hills DCR Park Rangers when trail hazards appeared and attended to many of them personally.



Eddie ready to hike on October 8, 2006 at age 84. Photo by Ken Cohen

The following article by AMC member and *Patriot Ledger* Reporter Sue Scheible provides more insight into the life and admiration for Eddie DeSantis.

A Tree Grows at Ponkapoag for Eddie DeSantis

By Sue Scheible

scheible@patriotledger.com

CANTON, MA—Dec. 13, 2018--On a brisk December morning, it was good to stop a moment for warm thoughts of the late Eddie DeSantis beside the sugar maple tree planted in his memory at the Ponkapoag Golf Course.

Eddie was a *Boston Globe* barber who became active in retirement with the state's Blue Hills Trail Watch volunteers and the Appalachian Mountain Club. He died in September 2014 at the age of 93.

This morning, a group of hikers with the Southeastern Massachusetts Chapter of the Appalachian Mountain Club were walking the four-mile Ponkapoag Trail around Ponkapoag Pond in Canton. Ken Cohen of Brockton, the leader, stopped by the tree planted in memory of Eddie and shared a few thoughts. "Eddie was the volunteer who looked after the trail around the pond for many years; I walked it with him when he was in his late 80s and had to step along quickly to keep up.

When he turned 90 in 2011, his AMC friends had a walk around Ponkapoag Pond in his honor. He enjoyed it a great deal.

Continued on page 8



Eddie DeSantis Continued from page 7

(Patriot Ledger, December 13, 2018)



Eddie in the Lead. Photo by Sue Scheible

The state Department of Conservation and Recreation and his friends from the Friends of the Blue Hills and the AMC were proud to have the state plant a sugar maple tree on Maple Avenue by the golf course after he died. The first tree, however, did not thrive and was reportedly hit by a golf cart; last year the state planted a larger replacement.

In December 2017, the DCR's Visitor Services Supervisor Maggi Brown reported: "Ranger Tom Bender and I replaced Eddie's tree this October 2017 with a new sugar maple—hopefully bigger and better than the last one. We are hoping this tree will grow big and strong as a lasting memory of Eddie's spirit!"

When Eddie's friends walk around the pond, Maggi said, "You are walking in Eddie's footsteps! I'm sure he was smiling down on you!"

The tree is doing very well. Thank you to Maggi, Tom, and all of Eddie's AMC and Friends of the Blue Hills for making sure he is not forgotten.

So many people have fond memories of Eddie that have been shared in the past few years. All enjoy talking about his special qualities.



Eddie's Tree at Ponkapoag Pond. Photo by Sue Scheible



John Nery saddles up as a new SEM Bike Leader. Photo by Len Ulbricht

New SEM Biking Leader John Nery is certified bike safety teacher

By Len Ulbricht, Biking Leader & Past Chapter Chair

Please welcome John Nery as our newest SEM biking leader. I say "newest SEM" because John, for about 10 years, was and still is a biking leader for the AMC Narragansett Chapter. A Rhode Island resident, he lives just over the MA/RI border and enjoys riding in the Westport and Tiverton areas. John has offered to lead trips for SEM. He recently planned and completed his qualifying ride, a loop that started in Tiverton, headed to Westport's South Beach, and returned with the requisite ice cream stop at Moose Cafe.

Over the years, John has volunteered at several recycling programs, and he is currently volunteering at the bicycle cellar at Fall River City Hall. All cyclists and anyone wanting a hands-on learning experience is welcome to join in at City Hall to work on their own bike or one that has been donated. A few AMC members have done so.

As an interesting sidelight, in the 1980s and 1990s John traveled the world while in the Merchant Navy, toting along his trusty Trek. He and rode in numerous European and Asian countries during his travels.

John qualified as a Certified Bicycle Safety Instructor by the League of American Bicyclists, and he is also an ASA certified sailing instructor. He gives lessons on his 16-foot sailboat—at no charge.

I am pleased to congratulate John Nery on becoming an SEM bike leader.



Hikers stop to admire a thicket of colorful winterberry along the trail. *Photo by Nancy Tutko*

Winterberry in the landscape

By Nancy Tutko

In early winter, deciduous shrubs covered with red berries offer pops of color in an otherwise muted landscape. As AMC hikers on Martha’s Vineyard last year rambled through hilly woodlands, wetlands, and open pastures, they stopped often to photograph and examine the different specimens they spotted along the trails. Many turned out to be invasive non-native species.

One member of the group, landscape architect Kristen Reimann of Oak Bluffs, identified the invasive shrubs as Japanese barberry (*Berberis thunbergii*) and multiflora rose (*Rosa multiflora*). Both species were likely introduced as residential landscape specimens that spread quickly into wild habitats, she explained. Now those species are listed by the Massachusetts Department of Agricultural Resources as invasive non-native plants, banned from being sold or propagated anywhere in the state.



Left: Japanese barberry. Right: Close up of berries. *Photo by Nancy Tutko*

Though the shrubs we saw on the hike had lost most of their foliage, there were other clues that helped identify them. Barberry has spiny, grooved brown branches with hanging clusters of shiny oval berries. Multiflora rose grows in dense thickets with upright, arching stems and tiny red rose hips that get darker and more leathery as the weather cools. Both species can outcompete many native plants, but multiflora rose is especially aggressive. It is considered a noxious weed throughout much of the country, despite the considerable charm of its tiny, fragrant white blossoms in the warmer months.

Along with the invasive shrubs, the Martha’s Vineyard walkers came across several impressive stands of winterberry (*Ilex verticillata*), a deciduous holly shrub native to the eastern United States. Winterberry thrives in open wet areas but is found in drier habitats as well. Its densely packed clusters of round, bright-red berries on bare stems make a dramatic impact in the early-winter landscape and are an important winter food for birds.



Left: Multiflora rose. Right: Close up of berries. *Photo by Nancy Tutko*

“Winterberry is really pretty in the wild, and it’s a great choice for the home landscape, too, especially for people who want to use native species,” Kristen said. She recommends choosing one of the cultivated forms for their more dense, visually appealing berry clusters, such as Sparkleberry (a larger shrub) and Red Sprite (a dwarf species). She noted that winterberry, though hardy and easy to grow, is a dioecious species, requiring female and male varieties for cross-pollination; otherwise, the woody shrubs won’t bear fruit.

For information on growing winterberry in the home landscape, click [here](#) and [here](#).



Winterberry holly. *Photo by Nancy Tutko*



CONSERVATION CORNER

Residential Water Saving Tips

By Barry Young, Conservation Committee

Despite the recent heavy rainfall in some areas, most of us living in southeastern Massachusetts still have constant reminders of the severe and extreme drought in our area this past summer. As we hike, we see dried up stream beds and water holes, and as we paddle, we see very low lakes, ponds and rivers. As members of AMC SEM, we should be asking ourselves, "How can I do my part to save water?"

Here are a few ideas to save water around your home:

Limit watering lawns. If you feel you must water your lawn, then only water 1-2 days a week and only when your city or town allows you to water. To prevent excess evaporation, only water before 9 am and after 5 pm. In households with large lawns, up to 50 percent of domestic drinking water is used for lawn watering, and often large quantities of water are wasted by over watering, evaporation, and misdirected sprinklers that water sidewalks and driveways.

Speaking of driveways, sweep your driveway; don't use your hose to do what a broom will do! Even if you are using well water instead of municipal water, you are still drawing water from the watershed, so don't waste it. Every year, try to reduce the size of your lawn and let areas go back to being natural.

* **Install water-efficient fixtures.** Some older toilets use five times the water of a newer efficient toilet! Only use the toilet for its intended purpose. Don't use the toilet to dispose of trash or tissues. Use low-flow shower heads.

* **Fix leaks as soon as possible.** Don't let faucets drip, drip, drip. Make sure your toilet does not run.

* **Use a compost bin.** A sink garbage disposal needs a lot of water to work efficiently, so opt for a compost bin instead. It's healthier for the environment, and your plants and garden vegetables will thank you.

* **Be efficient.** Only run the washing machine and the dishwasher when they have a full load. Turn off the faucet while brushing your teeth and while shaving.

CHALLENGE YOURSELF. I'm sure you can think of many more ways to save water around your home. If you are a homeowner, look at that last water bill, which will show the water consumption for the time period, then "challenge yourself" to reduce the consumption by the next water bill.

**SEM Executive Committee
2023 Nomination Slate**

Chair	Paul Brookes
Vice-Chair	Jeannine Audet
Secretary	Lindsey Meyers Bertone
Treasurer	Earl Deagle
Biking Chair	Bill Trimble
Cape Hiking Chair	Jane Harding
Communications Chair	Victoria Holland
Conservation Chair	Shana Brogan
Education Chair	Anne Duggan
Hiking Chair	Bill Belben
Membership Chair	Samantha Fisher
Paddling Chair	Barry Young
Past Chapter Chair	Diane Simms
Skiing Chair	Dia Prantis
Trails Chair	Steve Scala
20's & 30's Chair	Shannon G

Names in **black** are continuing in their current posts; names in **blue** are new to the position since the last annual meeting.

The Nominating Committee

Walt Granda	nominating.com@amcsem.org
Pete Tierney	nominating1.com@amcsem.org
Susan Rollins	nominating1.com@amcsem.org

The Southeastern Massachusetts Chapter of the Appalachian Mountain Club invites members, friends and families to our

47th Annual Meeting

*Saturday, November 5, 2022,
At the Bay Point Club, Buzzards Bay, MA*

No charge if you just join us for the social hour and business meeting!

4:30 pm - Doors Open,

Registration & Cocktail Hour:

Free appetizers and cash bar

5:30 pm Annual Meeting (no charge)

6:30 pm Buffet Dinner & Guest Speaker

\$25 per person (\$35 after October 28)

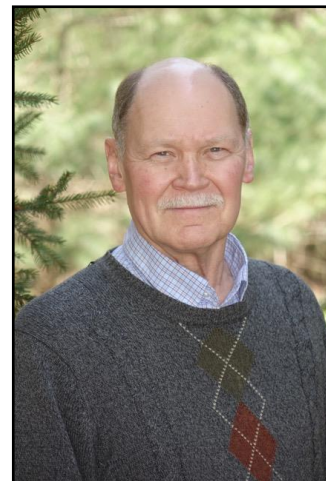
Guest speaker presentation abstract and registration form follow.

Questions? [Contact Len Ulbricht](#)

THE CHANGING CAPE COD SHORELINE

Presentation By Gil Newton

The shoreline of Cape Cod is rich in the diversity of marine plants and animals. Many of these species have washed up on the numerous sandy beaches, but several live embedded in the hostile intertidal zone, or attached to the many rocks and jetties in front of the beaches. This fascinating world of marine life can be seen by exploring the various marine habitats including the salt marshes, the mud flats, and the sand dunes. How are these organisms adapting to climate change? What species are being most affected by increasing water temperature and ocean acidification? And what can we expect as sea levels rise and coastal erosion increases? We will examine these topics and other related issues in this presentation and consider the implications of climate change in the coastal zone.



AMC Southeastern Massachusetts Chapter 2022 Annual Meeting Registration Form
\$25 per person; \$35 after October 23

Please print and complete this form. Mail with your check (payable to AMCSEM) to:
Earl Deagle, 6 Surf Avenue, Wareham, MA 02571.

AMC SEM 2022 Annual Meeting Registration Form
Todays Date
Your Name
Guest's name
Your email address and cell number
Check for Vegetarian/Vegan meal: You [] Guest []
List food allergies
Total Price



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.

BIKING

Wed., Oct. 19. Bike Seapowet Marsh to Sakonnet Point Lighthouse, Tiverton, RI /Little Compton RI, MA. A casual 24-mile-ride along the Sakonnet River in Tiverton to Sakonnet Point in Little Compton. Tiverton to Little Compton Ride starting at the Emilie Ruecker Wildlife Refuge Address: 116 Seapowet Avenue, Tiverton, RI 02878. L John Nery (401-624-4576 8A to 8P only please, jpnery@yahoo.com, AMC approved ride leader. LAB certified safety instructor dedicated to a safe ride.) CL William Trimble (774-301-1209 8AM-8PM, wmjt0824@gmail.com)

CAPE HIKING

Thu., Oct. 20. Hike Long Pond, Falmouth, MA. This is a 4.5 mile 2 hour hike in the Falmouth Town Forest with scenic views of Long Pond and Angel Mirror Pond. The hike includes some hilly sections with uneven footing. Heavy precipitation cancels--please check the website for any cancellation since this is a Show and Go hike. L Deborah Hayden (508-274-2820, shaferhayden@gmail.com)

Sun., Oct. 23. Hike Shawme Crowell State Park Sandwich, MA. Two-hour, 4-mile hike on wooded trails through the scenic campground, some hills. Expect to encounter lots of roots and rocks along the trail, we will need to step over or under some blowdowns, lots of leaves and pine needles on trails. Hiking poles strongly recommended. Bring fluid for hydration. Ticks are still active. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell on L, drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell on right and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 8 PM, janeharding@comcast.net)

Thu., Oct. 27. Hike--Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA. This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius



Activities

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

CAPE HIKES

Sat., Oct. 29. Hike Marconi Station Wellfleet, MA. We will be meeting at 9:45 AM at the Marconi Station Site parking lot in Wellfleet. To find this parking lot travel north on Route 6 in Wellfleet to the first traffic light turning right at the brown sign, "Marconi Area". Follow the signs to Marconi Station Site and park on the left side of the lot. This is a 3-hour hike in the National Seashore on dirt roads, wooded trails, and with high cliff views of the ocean covering 6.1 miles. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Nov. 3. Hike South Truro to Poors Hill, Truro, MA. Woodland trails, hills, and pavement and beach walking. Scenic bay views, houses and places of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Turn right on County Road, then take next left on Ryder Beach Road. Park at the end in marked spaces, near beach entrance. Meet at 9:45 am. 2.5 hours. L Janet Kaiser (774-534- x2281 Before 9 p.m., jtkaiser@comcast.net, AMC life member, Cape hikes leader many years.)

Thu., Nov. 10. Hike Mashpee River Woodlands, West Side, Mashpee River Woodlands North Lot, Quinnaquisset Ave. Mashpee, MA. Approx. 4 mile hike through woodland trails and dirt road along the Mashpee River with some marsh views. Generally easy terrain but with exposed roots and there are several short but steep inclines. Start/finish has a steep incline with a dozen or more eroding stairs. Hikers should have sturdy footwear, water, and poles if desired. If icy conditions, bring Yak Trax or similar boot spikes. Parking lot is very small so car pool if possible. Car poolers can meet and park at Mashpee commons. Directions: Mashpee River Woodlands NORTH LOT Head to Mashpee rotary intersection of Rte 28/Rte 151 next to Mashpee Commons. At the rotary take the exit for Rte 28 S towards Hyannis. In less than 1/2 mile take the first right at the sign for Cotuit. Woodlands North Parking lot is 1/10th mile on your right. L Janis Delmonte (delmontej@gmail.com)

Sat., Nov. 12. Hike Cahoon Hollow Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, November 12, at the Great Pond, Wellfleet, parking lot. To find this area, travel North on Route 6 in Wellfleet and turn right onto Cahoon Hollow Road just after the new Cumberland Farms. Travel 1 mile on Cahoon Hollow Road and then park in a large, paved parking lot on the left. This 2.5-hour hike covers 4.6 miles of forests, soft beach hills, and 1 mile of beach walking. Contact me if you have any questions. Unfortunately, last minute unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Nov. 17. Hike--Punkhorns, Brewster MA. We will taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Lft @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left Unfortunately, last minute unexpected events often weather forces extend cause us to cancel @ the last minute. Pls check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy (Henny1960wood@gmail.com)

Sun., Nov. 27. Hike Ryder Conservation/Lowell Holly Reservation, Cotuit Rd. Sandwich, MA. Join us for a 4.3 +/- mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Much of trail is crisscrossed by tree roots. Meet at 12:45 for a 1 p.m. start. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. Carpooling recommended. Since this is a Show 'n' Go hike participants will need to check this website on the day of hike for any cancellation due to adverse weather. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader)

EDUCATION

Sat., Oct. 22. Basic Activity Leadership Training, Sandwich, MA. This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready for a full day of indoor and outdoor activities. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. Proof of Covid 19 vaccine or negative PCR result is required to take the course. Be advised that AMC requires volunteer leaders be vaccinated or receive a negative PCR test within 72 hours of the start of an event. L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Vice Chair Conservation.. Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities [here](#). For more information, contact Chapter Chair Diane Simms (chair@amcsem.org)

Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA. The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to Chapter Chair 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](#). L Diane Simms (chair@amcsem.org)

Ongoing. SEM Education Vice Chair, MA. 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 Chapter Chair Diane Simms for more information. (chair@amcsem.org)

Ongoing. Vice Chair SEM Skiing, MA. Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross country skiers and snowshoers. More details about Skiing responsibilities [here](#). L Dia Prantis (xcskchair@amcsem.org) L Jeannine Audet (vicechair@amcsem.org)

Sat., Nov. 5. SEM's 47th Annual Meeting, Wareham, MA. The 47th SEM annual meeting will be held on Saturday, November 5, 2022. It will commence at 4:30 pm with a social hour, followed by the business meeting, and a buffet dinner. The post dinner guest speaker, local naturalist Gil Newton, will address the changing Cape Cod shoreline and impact of climate change. Click "REGISTER NOW" button to access registration form appended to the annual meeting flyer. L Leonard Ulbricht (pastchapterchair@amcsem.org)

HIKING

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

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

Sun., Oct. 16. Hiking Fall River Bioreserve, MA. Enjoy a 5 1/2 mile hike in the Fall River Bioreserve. We will be hiking by North Watuppa Pond to Doctor Durfee's Mill Pond. Beautiful water views! Mostly shaded trails. The hike will be about 3 hours. Beginner hikers welcome but you must have recently walked a comparable distance. Trails are mostly flat but there are several short steep dirt inclines and declines. Sturdy shoes and long pants required. Bring a liter of water and a snack. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed to those with confirmed registrations. No pets. L Susan Rollins (rollins_s@outlook.com) L Paul Audet CL Kathleen Nash

Sun., Oct. 16-16. New Member beginner hike, Whitney Thayer Woods, MA. Come join our beginner hiking series and start discovering the great outdoors! Our beginner hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 5 miles and in a fairly easy terrain. Hiking boots/ sneakers will be 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 our experienced hike leaders. Halfway through the hike we will stop to have snacks and open discussions to answer any questions you may have. Heavy rain or inclement weather will cancel. L Samantha Fisher (508-243-7594 before 9pm, sahavah@yahoo.com, level 1 hike leader) L Walt Granda (wlggranda@aol.com, experienced hike leader)



Activities

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

HIKING

Sun., Oct. 16. Fall River Bioreserve - Easy Hike, Fall River Bioreserve, intersection of Wilson and Rigenbach Roads, MA. Spark your sense of adventure! We invite anyone who is interested to join us on a simple loop trail a little over 1 mile long on the northwest corner of the North Watuppa Pond. It rises gradually through pine and oak forests, past iconic stone walls and pudgy cheeked chipmunks, culminating in a scenic vista known as East Look - known as a great place to spot bald eagles! The return trail joins an ancient cart path leading to a winding descent through a dense spruce grove planted by the Civilian Conservation Corps (CCC) in the late 1930's. We'll then head down to enjoy the North Watuppa Pond views for an overall hike length of 2 miles. All are welcome on this family-friendly hike. Parent/guardian will need to sign the waiver for their child(ren). Mother Nature is for everyone, no matter what your fitness level, quality of gear, style, or age. So, hike on over! We'd love to meet you and discover what the great outdoors means to you! Suggested items to bring/wear: comfortable closed-toe footwear, water, snack, insect repellent, and layers. No pets please. Registration is required for this activity. Email Julie at julierm@msn.com. L Diane Simms (chair@amcsem.org) CL Julie Manley. Julie is a leader-in-training. This will be her qualifying lead to be a new SEM Hike leader.), R Julie Manley (julierm@msn.com)

Thu., Oct. 20. Thursday Morning Hike, Borderland Fall Exploration, 259 Massapoag Avenue, North Easton MA. We will hike the most interesting sections of Borderland State Park, including the French Trail, Moyles Quarry, and both Leach ponds. We will also stop at a scenic spot for lunch/snack at the halfway point in our hike. The hike is expected to be a total of 7 miles. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is an experienced 4-season hiker. He is also a XC ski and snow shoe enthusiast.)

Sat., Oct. 22. Basic Activity Leadership Training, Sandwich, MA. This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready for a full day of indoor and outdoor activities. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. Proof of Covid 19 vaccine or negative PCR result is required to take the course. Be advised that AMC requires volunteer leaders be vaccinated or receive a negative PCR test within 72 hours of the start of an event. L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

Tue., Oct. 25. Autumn Hike - Blue Hills Reservation - Fox Hill, Rattlesnake Hill Area, Blue Hills Reservation, MA. Enjoy a 4.8 to 5-mile hike in the Blue Hills Reservation. The hike will be about 3 to 3 ½ hours depending on the group pace. The terrain will include gently rolling hills and narrow footpaths with rocks and roots. We will ascend and descend Fox Hill and make our way to Rattlesnake Hill where after a quick scramble we will get a view. Total elevation gain and loss will be about 596 ft. You must have walked or hiked at least 5 miles recently. Hiking boots are best for the roots, rocks and scrambles. No open-toe shoes. Bring at least 1 liter of water and a snack. Insect repellent and sunscreen are recommended. The exact meeting location for the hike will be emailed to you a few days before the hike. Steady rain or threat of thunderstorms will cancel. No dogs. Click the "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. AMC membership is not required but you will need to set up a free AMC online account if you do not already have one. L Patricia Everett (508-562-2152 before 7pm, patriciae568@gmail.com, Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)

Thu., Oct. 27. Thursday Morning Hike - Arnold Arboretum, Jamaica Plain (Boston), MA. Please join us for the "6th Annual Autumn Peak Hike at The Arnold Arboretum"! We will summit the arboretum's two tallest hills, visit their spectacular bonsai exhibit, and wander thru "Explorer's Garden". We'll explore this "Tree Museum" during a 4.5 - 5.5-mile hike at a moderate pace. There will be a number of stops and photo-ops. Bring water, sturdy footwear, snack or lunch. We will meet in Jamaica Plain (Boston) at 9:45 for a prompt 10:00 am start. The exact meeting point will be sent to those who are registered; 24-48 hours prior to the day of the hike. There's plenty of on-street parking along both sides of the nearby Arborway; or you can walk to the entrance from the Forest Hills Orange-Line MBTA Station. The group will be limited to 14 participants plus the leader. Steady rain will cancel the trip. Well behaved dogs on leash will be permitted. L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level I Hike Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)



Activities

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

HIKING

Fri., Oct. 28. Hike Mt. Cube—a 52 With a View Peak Day Hike, Orford, NH. Mt. Cube is one of the mountains traversed by the Appalachian Trail in the section south of the White Mountains. Upon reaching the summit, there are expansive views from open ledges looking towards southern NH and eastern VT. We will also take a short spur trail which offers wide views over the countryside to the north. If we have a clear day, there are numerous peaks that we will be able to identify, including Mt. Cardigan, Mt. Kearsarge and Mt. Moosilauke. This is a 6.8 mile round trip out and back with about 2,100' of elevation gain. The summit is listed as 2,909'. We will be following the Appalachian Trail, which crosses several streams; it gradually starts to climb through the forest; after several switchbacks, the trail becomes moderately steep. There are even some wooden steps for us to climb. This hike is estimated at 2 hours and 45 minutes one way, so plan on 6.5 hours or more depending on the hiking speed of our group and how many times we stop. Sunset is at 5:43 PM on this day, so we won't want to linger too long so we can get back to our cars before dark. L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is a Level 2 leader for the Southeastern MA Chapter and a leader for the Boston Local Walks & Hikes Committee.) L Bob Vogel (vogel.2356@comcast.net, Bob is a 4 season hike leader for the Southeastern Mass Chapter, as well as a 4 season hike leader for Boston Local Walks & Hikes and Boston H/B committees.)

Fri., Oct. 28-30. Fall Hiking B & B Weekend in the Berkshires, The Wainwright Inn, Great Barrington, MA. Join us for a hiking weekend in the beautiful Berkshires! We will call the Wainwright Inn in Great Barrington our home base. The Wainwright is very cozy, with a delicious breakfast included. There are many wonderful hikes of varying degrees of challenge nearby, such as Alander Mountain, Monument Mountain, Mount Everett, & Bear Mountain. We will pack lunches for the trail & eat dinner @ local restaurants. Happy Hour will take place on Saturday after hiking. L Jeannine Audet (508-493-8221 Weeknights after 6:00 pm, weekends anytime., jhummingbirdbp@aol.com, Jeannine loves to hike & camp in the Berkshires & enjoys sharing these experiences with others.) L Len Ulbricht (lenu44@gmail.com)

Thu., Nov. 3. Hike Destruction Brook Woods, South Dartmouth, MA. Hike a moderate 5 1/2 mile hike while exploring some of the more interesting features of this Dartmouth Natural Resources Trust property, showcasing brooks, a vernal pool, ledges, wildflowers in the spring and an historic farmstead foundation and cemetery. You must have recently walked a comparable distance. Trails are mostly flat with some moderate inclines. Be prepared to step over tree roots and some rocks. Hiking shoes are recommended. No open-toed shoes. Bring at least 1 liter of water and snacks. Insect repellent is recommended. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location and directions will be emailed after you are registered with the hike leader. Contact information is listed below. This hike is limited to 15 participants. Heavy rain cancels. L Susan Rollins (401-258-0462, rollins_s@outlook.com, Level 1 Hike Leader)

Sat., Nov. 5. SEM Winter Hiking Workshop, Pocasset, MA. 2022-23 Winter Hiking Series. If you love hiking but have never experienced it in the winter, come join the Southeast Mass (SEM) Chapter for our free annual Winter Hiking Workshop. For the first time in 2 years, our workshop will be held in person. At the workshop, you will learn everything you need to know from our knowledgeable and experienced winter hike leaders. Whether you are brand new to hiking or just want to brush up on the latest info, this is a great opportunity to learn about equipment, clothing, nutrition and conditioning that will help prepare you for a safe and enjoyable winter hiking experience. This workshop is a prelude to the SEM Winter Hiking Series. In combination, the workshop and instructional series are designed to introduce three-season hikers to the joys of winter hiking/snowshoeing and provide a solid foundation of knowledge. We will start out with one or more local hikes then proceed to progressively more challenging winter hikes in MA and NH. The series will culminate with the opportunity to participate in an overnight trip to an AMC hut in the White Mountains. Participation in an AMC Winter Hiking Workshop (or prior winter hiking experience) will be a prerequisite for participation in the SEM Winter Hiking Series. The workshop will be held on Saturday 11/5 from 12:30-3:30PM at the: Pocasset Community Center 314 Barlows Landing Rd Pocasset, MA 02559. Registration is required for this event. Participants will be required to provide proof of vaccination or a current (within 72 hours) negative PCR test as a condition of attending this event. If you have any questions about the event, please feel free to contact the event coordinator at william.belben@yahoo.com. L Bill Belben (william.belben@yahoo.com) L Paul Brookes (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.)

Sat., Nov. 5. SEM's 47th Annual Meeting, MA. The 47th SEM annual meeting will be held on Saturday, November 5, 2022. It will commence at 4:30 pm with a social hour, followed by the business meeting, and a buffet dinner. The post dinner guest speaker, local naturalist Gil Newton, will address the changing Cape Cod shoreline and impact of climate change. Click "REGISTER NOW" button to access registration form appended to the annual meeting flyer. L Len Ulbricht (lenu4@gmail.com)



Activities

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

Tue., Nov. 8. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike the second Full Moon Hike of the season. This hike will be under a Full Beaver Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. You must be able to endure a 5 mile hike in sometimes adverse weather conditions. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, bcannon56@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcallyma@comcast.net)

Thu., Nov. 10, Thursday Morning Hike - World's End, Hingham, MA. Late autumn walk at World's End In Hingham. Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Moderate 4-5 miles on hilly carriage ways and scenic rocky paths. Explore this unique peninsula in Boston Harbor with stunning views, Wear layers, wind protection, good shoes suitable for weather and conditions. There could be muddy sections. Bring water, snacks/lunch. Heavy or steady rain cancels. Directions and reservation information can be found at this [website](#). L Eva Das (borsody@gmail.com)

Thu., Nov. 10. SEM On-Line Winter Hiking Workshop, On Line. Learn how much fun winter hiking can be by participating in our free annual workshop! In this on-line interactive Zoom meeting, experienced Southeastern Mass. Chapter winter hike leaders will cover clothing, equipment, nutrition, and conditioning for safe and enjoyable winter hiking as a prelude for participating in our popular Winter Hiking Series. In combination, the workshop and instructional Series are designed to introduce three-season hikers to the joys of winter hiking/snowshoeing and provide a solid foundation of knowledge. We will start out with one or more local hikes then proceed to progressively more challenging winter hikes in MA and NH. The series will culminate with the opportunity to participate in an overnight trip to an AMC hut in the White Mountains. Participation in an AMC Winter Hiking Workshop (or prior winter hiking experience) will be a prerequisite for participation in the Southeastern Mass. Chapter's Winter Hiking Series. To Register, please use [this link](#). After registering, you will receive a confirmation email containing information about joining the webinar. L Bill Belben (william.belben@yahoo.com) L Paul Brookes (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.)

Thu., Nov. 17. Thursday Morning Hike at Rocky Woods Reservation, Medfield, MA. Meet at 9:45 am in the first parking lot. The \$6.00 parking fee for non members of the Trustees of Reservation is paid at the self service parking kiosk. Trustee members can use their membership number for a free parking pass. Rocky Woods 491 acres has 6.5 miles of trails to explore. Our hike is 4.5-6 miles along two scenic ponds, winding trails and a moderate climb to the 435ft Cedar Hill peak. Heavy or steady rain may cancel the hike Hiking shoes, rain gear, water, and snacks/lunch recommended. Weather, pace or trail conditions may shorten the hike. After returning to the parking lot you have the option to hike another mile at the Fork Factory Brook trail, located across the street. L Walt Granda (508-644-6444, wlganda@aol.com)

Fri., Dec. 2-4. Weekend Hiking with Stay at Cardigan Lodge, Mt. Cardigan in Alexandria, NH. Join us for a winter hiking kick-off while staying in the cozy, heated comfort of Cardigan Lodge. We'll explore many of Cardigan's trails and its summit over the weekend, enjoying scenery and our time together, while breaking out our winter equipment and/or testing our new gear. Participants are expected to be physically fit and have prior winter hiking experience. We plan to meet Friday afternoon for check-in and a short pre-dinner hike (for those who can arrive early) followed by social hour and dinner at 6:00. On Saturday, we'll have breakfast at 8:00, grab our lodge-prepared trail lunch, and head out for a day of fun. We will explore trails and head up to Cardigan's bald summit with its expansive views (weather permitting). We will return in time for another social hour and dinner. On Sunday, we might be joined by some SEM winter hikers after breakfast. We will head out on the trails again (TBD) with our trail lunches and plan an early to mid-afternoon finish time. We currently have three bunk rooms reserved for Friday and Saturday night. The lodge has shared bathrooms equipped with hot water and showers. Our accommodations include linens, towels, family-style dinners and breakfasts, and trail lunches. That is dinner on Friday and Saturday, with breakfasts and lunches on Saturday and Sunday. Dietary restrictions will be accommodated, so be sure to mention them when you speak with the trip leader. The cost for this 2-night, three-day trip is \$176.00 More details available upon registration. The only food or drink you'll be responsible for is whatever you'd like to drink or snack upon during social and trail snacks. *(Listing continued on next page)*



Activities

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

HIKING

(Listing continued from previous page) **Fri., Dec. 2-4. Weekend Hiking with Stay at Cardigan Lodge, Mt. Cardigan in Alexandria, NH.** Gear List: Winter Boots Trekking Poles with snow baskets (if there is snow) Headlamp with extra batteries if not rechargeable Micro Spikes or Hills Hound Spikes Snowshoes (if there is snow) Insulated water bottles or thermoses capable of holding two liters Hand warmers Personal first aid kit and medications Backpack capable of carrying all your winter gear Straps and Clips to attach gear to backpack. Clothing: Warm base layers - preferably wool - definitely no cotton Fleece or wool mid-layers Puffer vest or jacket for extra insulation Waterproof outer wind layer - jacket and pants Wool or fleece hat Neck Gaiter Warm mittens and glove liners (2 pair) Goggles. L Diane Hartley (508-566-6517 5:00-8:00 pm, dihartley@comcast.net, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring wilderness trails, hiking anything with elevation, and summer backpacking in the Northeast, but her true passion lies in reaching higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

Thu., Dec. 8. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike the last Full Moon Hike of this year. This hike will be under a Full Cold Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. Micro spikes or even snow shoes may be required at this time of year. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets. L William Cannon (508-649-6730 Before 8pm, bcannon56@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcallyma@comcast.net)

Tue., Dec. 27. Jan. 3, 10, 17, 24, 31. Feb. 7, 14, 21, 28. Mar. 7, 14. Winter Trail Trace the Blue Hills - A Tuesday morning hiking / snowshoeing series, Blue Hills, MA. You may have heard of "Trail Trace the Blue Hills," an honor system quest to hike all the mapped trails in the Blue Hills Reservation. Well, "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. There will be ups and downs and we will endeavor to maintain a steady but moderate pace, especially if it's cold. We will stop to enjoy lunch on the trail. On the few coldest days of winter, we may snack as we walk to keep warm. We are a cohesive group that hikes together, waits at intersections, and watches out for one another. People new to winter hiking are welcome and encouraged to register. You will be asked to attend the excellent SEM winter hiking workshop on November 5. If you have a scheduling conflict, you can attend any winter hiking workshop with any AMC chapter or watch our winter hiking workshop video. So, come on out on Dec. 27, the first Tuesday of winter, and start "Winter Trail Tracing"! It's also easy to join, register once, then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. The series has 12 hikes and runs through March 14, 2023. The last hike of the series will be a shorter hike followed by a celebratory luncheon at a local restaurant.

Winter hiking clothes, insulated hiking boots, hiking poles and traction equipment such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers should bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A recommended clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be cancelled during active snowstorms; but other than that, the hike goes on. If it's raining, we put on a shell. Icy conditions, on go our traction devices. Super cold, we layer up. You choose, however, when the conditions are no longer fun for you. Join us when you can and want. Why hike in the winter? Well, it's pleasant hiking without bugs, an effective way to keep fit during the long cold dark days of winter, and you get to experience gorgeous winter landscapes! We hope you consider this winter series; it's fun and a great introduction to winter hiking. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny with him on some hikes. No other pets allowed. 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.), R Paul Brookes (PaulBrookes1966@outlook.com)



Activities

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

SKIING

Fri., Dec. 2-4. X/C Skiing in Stowe, VT. Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will be staying at the highly rated Brass Lantern Inn in Stowe, VT. On Friday evening guests can check in anytime from 3pm on. Perhaps after a long drive, you might want to relax under the stars in the outdoor hot tub. At breakfast Saturday morning, we'll discuss the ski options for the weekend. While we are planning for snow, we will offer winter hiking as an alternative if the weather does not cooperate for x/c skiing, although downhill would likely be available for those interested. L Dia Prantis (617-504-8797. Dia has been leading x/c ski trips for several winters with Jeannine and is a level 2 hike leader.) L Jeannine Audet (508-675-8055, Jeannine has been leading cross-country ski trips for 10 years and is the skiing chair for the SEM chapter.), R Dia Prantis (6 Janell Lane, East Sandwich, MA 02537, 617-504-8797 Anytime and I'll return your call. (Text is often better.), dprantis@yahoo.com)

Fri., Jan. 13-16. XC Skiing in Waterville Valley, Mountain Fare Inn, Campton, NH. Join us for a weekend of cross country skiing in Waterville Valley, NH. We will call the cozy Mountain Fare Inn in Campton our home base. The xc ski resort is a short drive away, & has beautiful, well-groomed trails. We welcome skiers of all levels of experience. There also may be options for winter hiking/snowshoeing. Our group will prepare breakfast at the B & B, pack lunches for the trails, & have options to dine out at nearby restaurants for dinner or cook at the B & B. Rooms accommodate between 1-5 people, & most have a private bathroom. We gather by the fireplace in the evenings for happy hour. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime. Jeannine is the SEM xc skiing chair. She enjoys sharing the enjoyment of the outdoors with others.) L Dia Prantis (617-504-8797, dprantis@yahoo.com, Dia is the SEM xc skiing vice chair. She favors winter activities & is a fabulous cook.), R Jeannine Renee Audet (508-493-8221)

Fri., Feb. 3-5. X/C Skiing at Grafton Ski and Outdoor Center, Grafton, VT. Enjoy a weekend of x/c skiing and socializing with other AMC participants. We will stay at the Grafton Inn and have complimentary access to the Grafton Outdoor and Ski Center. Weekend will start on Friday evening and check-in is anytime after 3. Inn includes a full breakfast and from there we can use the Outdoor center for x/c skiing, snowshoeing, and tubing. A range of levels is welcome. Passes and rentals are included with our stay. L Dia Prantis. Dia is skiing vice-chair and hike leader for SEM chapter.) L Jeannine Audet (508-493-8221, dprantis@yahoo.com, Jeannine is the SEM chapter ski chair and has been leading x/c ski weekends for the last 10 years. She is also a year round avid hiker and leader.) jhummingbirddbp@aol.com. R Dia Prantis (617-504-8797 Anytime and I'll return your call. (Text is often better.), dprantis@yahoo.com)

TRAILS

Volunteer Opportunity

Sat., Oct. 22. Trail Maintenance in the Blue Hills, Milton, MA, Skyline Trail, from Hillside Street eastward to Route 28 Where to meet: Directions will be, MA. Join us as we clean the Skyline Trail by removing small downed trees, easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. SEM will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! L Stephen Scala (774-254-5167 Text or email is best., smsca59@gmail.com)



THE END