

# The Southeast Breeze

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

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Please send your Word doc and photographs to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Hikers on the Cape enjoyed the unseasonably warm weather, the changing fall colors, and a harvested cranberry bog. *Photo by Robin McIntyre*

## Bourne area explorers enjoy Nature's beauty

By Robin McIntyre, Cape Hiking Vice Chair

On October 27, thirteen hikers enjoyed a glorious sunny day to hike on Bourne Conservation Trust and Town of Bourne properties. The four-plus miles of trails took us through the Bourne Sisters, Perry Woodlands, and the Leary Property. The rolling hills through wooded paths gave way to a wet picked bog and later the views of Back River.



*Serenity on the Back River.*  
*Photo by Denise Fronius*

## View from the Chair: Our chapter is strong

Thank you for your confidence and support in electing me Chair of the SEM Executive Committee; it's truly an honor. I joined AMC eight years ago and quickly switched my membership to the SEM chapter, having made friends during SEM activities. I soon became a local hike leader and later a winter leader. I loved learning the skills needed to safely lead hikes in all seasons. I also enjoy teaching and created a weekend Map & Compass workshop. For the last two years, I have served as Chair of the Hiking Committee.

As I now take on the role of Chapter Chair, I want to first thank Diane Simms, who is now Past Chapter Chair. She successfully steered our chapter through a once-in-a-lifetime pandemic. Whereas many small organizations failed this test, we have in fact thrived (check out our [Annual Report](#)). This is a testament to her leadership and hard work. Thank you, Diane.

Over the last couple of months, Diane has been getting me ready for the new role. She has generously spent many hours going over my various tasks and responsibilities as well as providing me her keen insight. I will continue to seek counsel from her as well as the other former chapter chairs.

I am thrilled that Jeannine Audet is serving as Vice Chair, and I am looking forward to getting started with the new Executive Committee. This is a strong team, and I'm excited to see what ideas and creativity they bring to their roles.

I also want to thank Bill Belben, who now takes over my previous role as Hiking Chair. As Hiking Vice Chair, he reinvigorated our summer hiking series and organized our first in-person Winter Hiking Workshop in two years. Hiking could not be in more capable hands.

Our chapter is strong because we have an amazing team of volunteers leading activities and sharing their passion for the outdoors. Last Saturday (Nov 5) was our Annual Meeting, and Diane talked about our accomplishments to many outbursts of applause. As we close out the SEM year, I wanted to end with a short synopsis of her terrific presentation:

**Hiking Is on the Go** both on and off Cape; we have a full schedule that suits all levels and interests. → **Trails Work** volunteers have been at work repairing and building bridges and blazing over 20-miles of trail. → **Skiing Travels** with three weekend trips in the Berkshires and New Hampshire. → **Biking Takes Off**, starting the year with two active bike leaders and no Chair. They now have eight active leaders and put on 14 bike rides this season. → **Paddling Rises to the Challenge** with a new Chair, two new leaders, and a resurgence in activities. → **Education Delivers** with an in-person training in April and October, a backpacking demo, and a sold-out Map & Compass weekend workshop. → **Conservation Educates** with monthly Breeze articles, a terrific Naturalist walk with Gil Newton, and Zoom education events. → **Communication Keeps Us Informed** with monthly Breeze newsletters, emails, an informative website and a very active Facebook page.

All our committees are active, and we led more than 325 activities in 2022, up from 275 in 2021. Super encouraging, we welcomed more than 20 new leaders with diverse passions and experience.

*Thank you!*

*Paul Brookes, AMC-SEM Chapter Chair*

### 2023 Executive Board

Chapter Chair .....Paul Brookes  
Vice Chair .....Jeannine Audet  
Secretary.....Lindsey Meyers Bertone  
Treasurer .....Earl Deagle  
Past Chapter Chair .....Diane Simms  
Biking Chair .....Bill Trimble  
**Biking Vice Chair .....OPEN**  
Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre

Communications Chair .....Victoria Holland  
**Communications Vice Chair.....OPEN**  
Conservation Chair .....Shana Brogan  
**Conservation Vice Chair .....OPEN**  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srini Iyengar  
Hiking Chair .....Bill Belben  
**Hiking Vice Chair.....OPEN**  
Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra

Paddling Chair .....Barry Young  
Paddling Vice Chair .....Joe Keogh  
Regional Director.....Jenna Whitney  
Skiing Chair ..... Dia Prantis  
**Skiing Vice Chair .....OPEN**  
Trails Chair .....Steve Scala  
Trails Vice Chair .....Larry Petrone  
20's & 30's Chair.....Natalie Halloran  
**20's & 30's Vice Chair.....OPEN**

### 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

If you are interested in any position, please contact [chair@amcsem.org](mailto:chair@amcsem.org) or [nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)



Leslie Carson presents Walt Granda with the DSA engraved cup and certificate. *Photo by Lisa Robitaille*

## Walt Granda receives AMC-SEM's 2022 Distinguished Service Award By Leslie Carson

Congratulations to the 2022 Distinguished Service Award recipient, Walt Granda!

Walt joined AMC in 1997 and became involved in SEM activities in 2006. His first hike as a co-leader was with Dexter Robinson in 2008 on a section hike of the Appalachian Trail in the Berkshires. Since then, Walt has been a very active hiking leader in a variety of capacities and has archived over 200 activities in the Activities Data Base (ActDB). He has led local hikes one to two times a month (e.g., Blue Hills Hike Series, DNRT properties, Myles Standish, Wampatuck), and has been instrumental in increasing awareness and interest in the Fall River Bioreserve. He has also led trips in the Berkshires and



White Mountains, including overnight trips to the high huts.

On many of his trips, Walt mentored co-leaders. He continues to be instrumental in leading and coordinating Thursday Morning Hikes.

Walt has been a leader in the Winter Hiking Series and has presented at the Winter Hiking Workshops. These workshops focused on hard skills and appropriate gear, and they were followed by a progressive series of four trips appropriate to each workshop group. Many new participants and developing trip leaders benefited from these workshops.

Along with leading many hikes, Walt served on the chapter executive committee as Hiking Committee Vice Chair (2010-2011), Hiking Committee Chair (2012-2013), and on the Nominating Committee.

Thank you, Walt, for everything you do!

## 2022 Annual Meeting in brief

The volume in the room was high as people happily caught up at the first Annual Meeting since 2019. The weather was so amazing that doors were open to the beautiful grounds outside.

Outgoing Chapter Chair Diane Simms reported that SEM was vibrant and described the work of every committee. She thanked all the Executive Committee members, vice chairs, committee members, and activity leaders for all their work. She extended a special thank you to retiring ExCom members, Trails Chair Skip Maysles and Past Chapter Chair Len Ulbricht.

Len was also acknowledged with appreciation for all his work organizing the Annual Meeting.

Chapter Treasurer Earl Deagle reported on SEM's robust financial condition.

AMC representative Kristen Sykes gave an update on the Appalachian Mountain Club. She is director of Southern New England Conservation Projects and Partnerships. Kristen presented a special award to Skip Maysles and Pete Tierney. They received the Al French Bay Circuit Trail Service Award for their years of work on the BCT in the SEM region.

Guest Speaker Gil Newton spoke engagingly on the changing Cape Cod coastline and offered his book, *Thinking Green on Cape Cod*, free to all attendees.

AMC-SEM chapter members approved the proposed slate of candidates for the 2023 Executive Committee. The new Chapter Chair is Paul Brookes.

**Get the Details of AMC-SEM in 2022**  
The 2022 Annual Report is available on our chapter website [here](#).

*See the photos on page 5*



Photo by  
Paul Brookes

## Volunteer of the Month:

### Joanne Newton

By Bill Belben, Hiking 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, it is with great pleasure that the Hiking Committee recognizes Joanne Newton.

For those who participate in SEM Hikes, I am sure this comes as no surprise. Joanne has contributed so much to SEM throughout 2022. Perhaps one of her biggest efforts involved her work with the Trail Trace the Blue Hills (TTBH) Hike Series. While this is not a new series, Joanne was the architect behind the implementation of improvements and changes aimed at streamlining the administrative processes and she, along with Bill Doherty, took on many of the tasks so that leaders just needed to worry about leading their hikes.

Bill Doherty notes that “Along with handling all the weekly communication that included information sheets, routes, as-hiked maps, attendance, and AMC waivers, she personally led over half the hikes in the series and also found time to mentor new hike leaders. Joanne worked with them explaining the process, had them create Information sheets, and then co-led some of the hikes. They all became proficient with the tasks and got comfortable taking a more active role. Many of them, with the help of other leaders as well, are now Level 1 leaders.” Joanne also managed all the proof-of-vaccination requirements, updating the list of those who had provided proof pre-hike and discretely checking at the trailhead for anyone who had not provided this information pre-hike.

Joanne is very generous with her time and always puts in the extra effort to make sure all tasks are done efficiently and correctly. She is helpful to anyone who comes to her and readily shares her expertise to assist others. In Joanne’s words, she “gets great pleasure helping a new leader get started and to see them flourish. They, in turn, pay it forward to help get more people out on the trails and create hiking memories.”

We love Joanne and are honored to have her as part of our chapter! Joanne will receive a Volunteer of the Month Certificate and a \$50 gift card.

Thanks Joanne!

## Conservation Corner

### November: Set your thermostat one degree lower this month

By Ellen Thompson

An average American home uses a substantial percentage of the utility costs in space heating, which can be a large source of fossil fuel consumption. More than 40 percent of the nation’s home utilities run on natural gas.

Setting your thermostat lower means you’re curbing your reliance on fossil fuels that much more. On chilly mornings and evenings, layer up and keep yourself warm. A thick pair of wool socks usually does the trick. This will save you money and be good for our planet.

## Textile & Mattress Waste Bans in Effect

As of Nov. 1, 2022, new Massachusetts regulations ban the disposal of mattresses and textiles in the trash.

Each year, the Commonwealth throws out more than 200,000 tons of textiles in the trash. This includes old clothing, as well as other things like towels, linens, and even bags, belts, and shoes. Massachusetts has an extensive collection infrastructure of both non-profit and for-profit textile recovery organizations that can find a new use for these materials, either through selling or donating for reuse, or recycling into products such as carpet padding, insulation, or wiping rags.

More than 75 percent of mattresses can be effectively separated and recycled, including metal, wood, fabric, and padding. MassDEP has provided grants to help establish mattress recycling programs in 137 municipalities.

More information on the waste disposal bans is available on MassDEP’s [website](#).



Chapter Chairs from most current, left to right: Paul Brookes, Diane Simms, Len Ulbricht, Barry Young, Maureen Kelly, Cheryl Lathrop, Mike Woessner.



Guest Speaker Gil Newton offers free copies of his book on Cape Cod.



DSA winner Walt Granda & his wife, Lorraine



AMC Rep Kristen Sykes presents an award to Pete Tierney for his and Skip Maysles' work on the Bay Circuit Trail.



New Chapter Chair Paul Brookes at ease with predecessor Diane Simms.



Web Guru Cheryl Lathrop



Past Chapter Chair Len Ulbricht planned a terrific event for SEM.



Membership Chair & Vice Chair Samantha Fisher & Nancy Piedra



SEM Secretary Lindsey Meyers Bertone



Pete Tierney, Susan Dew, Paul Brookes, Jennifer Wong

*Photos by Lisa Robitaille*



Bill Trimble receives his Biking Leader patch from then Chapter Chair Diane Simms with onlookers Anne Hargleroad, left, Len Ulbricht, and Jeannine Audet. *Photo by Paul Brookes*

## Bill Trimble takes unusual path to become SEM Biking Leader

By Diane Simms, Past Chapter Chair

SEM welcomes Bill Trimble as our newest Biking Leader. Bill was new to our chapter when he volunteered to be Biking Chair. Generally, SEM prefers that Activity Chairs are already Activity Leaders; however, we started 2022 with only two active bike leaders, neither of whom was interested in the chair role. The Executive Committee elected Bill in May, based on his strong background.

Bill 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.

Bill's journey to become a leader has not been the typical path. To take on Biking Chair responsibilities and prepare to be an SEM leader, he attended multiple Zooms with me for an abbreviated version of AMC/SEM leader training; had solo rides with Past Chapter Chair Len Ulbricht to learn more about SEM and leadership; rode with many of the Biking leaders to build relationships and observe SEM leadership; co-led at the SEM Open House

and again last month; and took the recent full-day SEM Leadership Training.

In addition, Bill held two Biking clinics at SEM's Open House, and held another workshop just last week. The Biking Committee is now thriving with seven other leaders. Bill has been meeting with them to make robust plans for 2023.

Thank you, Bill, for being part of the SEM community.

## Longtime members are the Heart of our SEM chapter

AMC-SEM pays tribute to our longtime members who have reached these milestones:

### 50 Year Members

Jeanne Arnone  
Warren Sass  
Miriam Selig  
Peter Selig  
Martha Stone  
Jason Stone

### 25 Year Members

John Galvin  
Laurie Galvin  
Ed Giordano  
Catherine Giordano  
David Gouveia  
Walter Granda  
Arthur Hart  
Arthur Lage  
Michael Maddigan  
Peter Meggison  
Bob Roffinoli  
Dave Swords  
Christine Waters



## Hike leader Julie Manley plans local hikes for all

By Diane Simms,  
SEM Hike Leader



*Photo provided by Julie*

SEM welcomes Julie Manley as a new Hike Leader. Julie has led two family-friendly hikes in the South Coast region, including two at the Fall River Bioreserve. She is very interested in promoting local hikes, especially Family Hikes. She plans on her hikes being shorter with a pace suitable for exploration. All are welcome!

Julie became interested in being a Hike Leader because of the enjoyment she has hiking with her young grandkids. She puts a lot of thought into making her hikes interesting and fun for all ages. She looks for great locations and plans how to engage everyone. On her co-leads, Julie had hands-on teaching about trail blazes, signs, and local wildlife through a scavenger hunt activity.

As Julie wrote in her hike posting: "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!"

Thank you, Julie, for become an SEM leader and being part of the SEM community!



Julie Manley, at rear in sunglasses, takes a break with fellow hikers. *Photo by Kieran*

## Mountain Top Perspective

By Julie Manley, New Hike Leader

A date was set for my qualifying hike, the hike I needed to complete the requirements to become a level one hike leader, and I had a vision for how I wanted to lead it. Along with arriving early, being prepared, and showing up strong, I also wanted to incorporate some bits of history.

I had participated in prior hikes when some of the leaders shared fun facts like the evolutionary history of a birch tree. "So fascinating!" I thought. Treks were enriched by short stories of how the stone wall came to be or the origin of the trail name. Acquiring tidbits of knowledge that spark wonder and curiosity *while* enjoying nature? This was the ultimate!

My goal was set. I had thirty days to do some research.

Time passed and I fell short. It was the day of the hike and I had nothing. Critical thoughts trickled in about my failure to achieve my goal. Then, a rumination loop started to develop. A silent self-flagellation ensued.

Fortunately for me, awareness struck, and I noticed a change in my state of mind.

That pivotal moment gave me the leverage to elevate my consciousness enough to hit the pause button, open up the aperture, and get curious. My attention became more panoramic, like a mountaineer's view from the top of a mountain.

All of us have a narrative that we carry around about ourselves; this is what the human mind does. What is important is not so much changing the narrative but changing the relationship to the narrative, so we can see it for what it is, which is really a bunch of thoughts.

With insight, I was able to gain perspective and see other possibilities. "What if all I brought to my qualifying hike today was me?" I questioned. "I am enough," I asserted. And with that, I calmly and contentedly went on my way, qualifying with what I had in that moment.





Cutting the ribbon for the new trail loop: State Rep. Carol Fiola, left, Community Utilities Director Paul Ferland, Forester Mike Labossiere, and Fall River Mayor Paul Coogan. *Photo by Diane Simms*

## SEM Helps Blaze a New Path

By Larry Petrone, Trails Vice Chair

On a crisp fall New England day last month, the Mayor of Fall River and other political dignitaries, leaders of AMC’s Southeastern Massachusetts chapter (SEM), DCR representatives, and other interested parties gathered to commemorate the opening of an extensive trail loop in the Southeastern Massachusetts Bioreserve. While the ceremony was just a fleeting moment in time, it belied the three years of planning and hard work, the many people involved, and one of the most extensive trails projects supported by SEM.

The genesis of the project and SEM’s involvement started modestly enough. After hiking the Tully Trail in western Massachusetts with his sons and nephew, Mike Labossiere (Forest/Project Manager for the City of Fall River), envisioned a similar loop that capitalized on the beauty of the Southeastern Bioreserve.



Forester Mike Labossiere, center, and SEM members Paul Audet and Larry Petrone work on the new loop trail.

*Photo by Skip Maysles*

The 16,000-acre bioreserve is the first of several created by the Commonwealth to protect a large-scale ecosystem and watershed across several properties in the Fall River-Freetown area. The Bioreserve is a stunning preserve of hills and thick forests, brooks and streams, bordered by a large pond and reservoir. Yet its hiking trails were a loose collection of old paths, sometimes poorly marked and not up to Mike’s vision of a quality hiking experience. His objectives included the linking of existing trails to maintain the unspoiled nature of the bioreserve and create the loop; the cleanup and widening of some trails; and the installation of bridges across water passages.

Funding was critical to achieving that vision. Through an introduction from former SEM Chapter Chair Barry Young, Mike met then-SEM Chapter Chair Diane Simms in late 2020. Their initial discussion focused on SEM’s support for a Mass. Trails grant Mike was seeking; it also led to SEM’s financial support for the project—SEM allocates part of its annual budget for trails maintenance—and eventual member support of the actual work.

Starting in the spring of this year, the work involved a weekly process of cleaning trails, trimming trees and brush, occasional building of small connector trails and bridges, and lots and lots of trail blazing (think paint, not Sacagawea and Meriwether Lewis). Under the direction of Mike and then Trails Chair Skip Maysles, AMC-SEM volunteers helped Mike and his staff over a 16-week period connect and mark the trails that formed a 20-mile loop.



The first hikers set off on the new trail. *Photo by Larry Rollins*

And that brings us to the ceremony last month. The moment was truly the culmination of a long journey. Yet the vision doesn’t end with the work this year, as future plans call for the creation of smaller loops within the 20-mile trail, workshops for local residents and hikers, and future plans for an education center. And, as with all trails, the loop will require ongoing maintenance and cleanup.



## A Perfect Fall Day at the Fall River Bioreserve

*Photos by Robert Price*

Susan Rollins led the hike on Sunday, Oct. 16, to North Watuppa Pond.





## 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.

### CAPE HIKING

**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](mailto:Henny1960wood@gmail.com))

**Sat., Nov. 19. Hike Cahoon Hollow Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 19, 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](mailto:rjkaiser@comcast.net))

**Sat., Nov. 19. Hike Corn Hill (Truro) history walk, Truro, MA.** Walk the hidden history of Corn Hill, Truro. You'll see where Martin Pring took the first summer vacation in Truro (1603), where the Pilgrims stole corn from the Indians (1620); and where Bartholomew Gosnold named Cape Cod (1602). See where the train line to Ptown was completed in 1873 and the Pamet Harbor lighthouse sat (with a red beacon) 1849-1856. Add in the house of Margaret Sanger (founder of Planned Parenthood) and John Reed (one of only 3 Americans buried in the Kremlin), mourn the loss of hundreds of Truro men and boys lost at sea, plus visit the site of a German glider school that set gliding records in the late '20s, far surpassing the Wright brothers' 1911 record. About 2 miles walking on paths and road. Almost 3 hours due to frequent stops to talk history. Friendly well-behaved dogs welcome with prior-to-hike-day agreement of leader. L Jay Vivian (508-858-4855, [jvivan0@comcast.net](mailto:jvivan0@comcast.net))

**Sun., Nov. 20. Hike--Great Neck Wareham (NOT Audubon), Wareham, MA.** This Show and Go hike is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent. Note we are NOT meeting at the Great Neck trailhead on the map. Directions: over Bourne Bridge on Rte 25 for 6.7 miles to Exit 3/old Exit 2 (Rte 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3 way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. L Robin McIntyre (508-789-8252, [robinm McIntyre@comcast.net](mailto:robinm McIntyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike Leader with previous WFA training.)



## Activities

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

### CAPE HIKING

**Sun., Nov. 20. Train On The Moraine Hike #3, Falmouth, MA.** Are you up for a challenge? Our plan is to hike the 9-mile Falmouth Moraine Trail. Enjoy forested areas, colorful woodlands, and glacial erratics as you ascend and descend numerous hilly trails. Some areas require cautious footing due to erosion and leaf cover. Our pace will be moderate. It will be a workout! Registration is required for your attendance. A detailed information sheet will be sent to participants 3-4 days prior to the hike. You must be fully boosted for this event. L Catherine Giordano ([cmgiordan@msn.com](mailto:cmgiordan@msn.com), Cathy has been leading AMC hike for 12 years and is WFA trained.) L Cindy Tobey.

**Sat., Nov. 26. Hike Great Pond Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, November 26th, 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 5.2 miles of forests, soft beach hills, and a beach overview. 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](mailto:rjkaiser@comcast.net))

**Sun., Nov. 27. Hike Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area 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](mailto:barbaragaughan12@comcast.net), SEM Level 1 hike & bike leader)

**Thu., Dec. 1. Hike/Forest Bathing, Martin Rd. E. Falmouth 41.59199 N / 70.50746 W, MA.** This hybrid experience will include both a typical hike and a saunter-paced Mindful Outdoor Experience also known as Forest Bathing. This 2 mi. Show 'n Go will begin with a steady-paced hike along the Quashnet River for 60 minutes. The remaining portion of our time together will provide time for you to walk at a pace that allows you to slow down, immerse yourself in the forest, connect with your breath, and feel the quality of the crisp air on your skin while listening to the sounds of the wind, water, and birds, and to allow your eyes to take in the ever-shifting beauty and movement of the land. This Mindful Outdoor Experience will conclude with a gratitude tea ceremony. There are hilly portions of the trails as well rocks and roots. Participants should wear sturdy hiking shoes and bring water. Poles for the hills may be helpful. No Dogs. Toilet facilities are not available. Since this is a Show and Go hike, participants will need to check the website on the morning of the hike in the event of cancellation. Directions: From the Mashpee Rotary, take Rt. 28 N towards Falmouth for 2.1 miles. Turn right on Martin Rd., parking is .1 mile straight ahead. From Falmouth, take Rt. 28 S towards Mashpee. After the blinking light in Waquoit .5 mi., turn left on Martin Rd., parking is on left. L Denise Fronius (508-274-4769 Before 8:00 PM, [denisefronius@comcast.net](mailto:denisefronius@comcast.net), AMC Level 1 Certified, Kripalu Mindful Outdoor Guide Certified Wilderness First Aid, CPR)

**Sat., Dec. 10. Hike Newcomb Hollow, Wellfleet, MA.** We will be meeting at 9:45 AM on Saturday, December 10, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. 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. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))

**Thu., Dec. 15. Hike - Gray's Beach conservation lands, Yarmouth Port, MA.** Hike in Conservation land areas over trails along marsh, on roads and through woods, includes the boardwalk with distant views of Sandy Neck, Chapin Beach. Rte 6 to Exit 75 North (old Exit 8) onto Union Street. Continue to Rte 6A., turn left. Go 1 block and turn right on Center St. Go 1.0 mile, follow signs to beach, bearing left, and park in lot at end. Meet at 9:45 a.m. Start 10:00 am. 2 1/2 hours. Please check the website just prior to the hike in case of a weather cancellation since this is a Show and Go hike. L Janet Kaiser (774-534-2281 before 8:00 p.m., [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net))



## Activities

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

### CAPE HIKING

**Sun., Dec. 18. Hike--Bourne Town Forest/Four Ponds, Bourne, MA.** This Show and Go 4+ mile, 2 hour hike is in the Bourne Town Forest and Four Ponds Conservation area. This hike is not suitable for novice hikers. The terrain is over wooded mountain bike trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, orange, and tick repellent. May have poison ivy exposure. Microspikes encouraged if icy and hiking poles if preferred. Directions: NOTE NOT meeting at Four Ponds trailhead and GPS will not work. From Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Go right onto Clay Pond Road--green state sign says Monument Beach--before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and park on the left side of the road. Since this is a Show and Go hike, check the website just prior to the hike for any weather cancellation. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training.)

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**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.) - Social media updates (Facebook and Instagram) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vibrant and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to [communicationschair@amcsem.org](mailto:communicationschair@amcsem.org) and/or to Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Vice Chair SEM Skiing - Southeastern Mass. Chapter, 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: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)) Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org)); Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, do you have a vision for how we can continue to grow and promote hiking, are you good with people? Do you have a knack for planning and organization, are you somewhat tech savvy? If this describes you then please check out the roles and responsibilities below and consider applying for the Hiking Vice Chair position. The Hiking Vice Chair assists the Hiking Chair. Responsibilities include: • Coordinating hiking series, workshops and ad-hoc hiking task forces • Leading your own hikes and participating in other leaders' hikes • Recruiting and mentoring new hike leaders • Participating in monthly board meetings and working with other committees as needed e.g. soliciting Breeze articles for communications and working with education on WFA needs • Partnering with the hiking chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter. Applicants need to have access to a desktop or laptop computer and be comfortable leading online meetings. If interested in applying for the role send an email to Bill Belben ([Hikingchair@Amcsem.org](mailto:Hikingchair@Amcsem.org)) and a member of the Nominating Committee: Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) Pete Tierney ([nominating1@amcsem.org](mailto:nominating1@amcsem.org)), Susan Rollins ([nominating2@amcsem.org](mailto:nominating2@amcsem.org)); or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Vice Chair Conservation - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).



## Activities

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

### HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).

Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

**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 nonmembers 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, [wigranda@aol.com](mailto:wigranda@aol.com))

**Sat., Nov. 19. SEM Beginner Winter Hiking Series #1- Blue Hills Reservation, MA.** If you're new to winter hiking, join us for hike #1 in our Winter Hiking Series. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. The day will kick-off with a winter gear "show and tell" in the open pavilion in the Houghton Pond Parking Lot from 9:00am to 10:00am. Many of SEMs most experienced winter hike leaders will be there to show off their winter gear and answer any questions you may have. At 10:00 we will circle up for a refreshing hike of about 4 miles on various trails in the areas around Hillside St. Bring your large day pack, the pack you intend to use on the next winter series hike. There may not be snow but bring snowshoes (if you've already purchased them) and traction devices as well as your winter layers. We will hike with all the gear we expect to need when we do Hike #2 which will be Mt. Wachusett. L William Belben ([william.belben@yahoo.com](mailto: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.)

**Sun., Nov. 20. Hiking Fall River Bioreserve, Yellow Hill Road, Fall River, MA.** Enjoy a 4 mile hike in the Fall River Bioreserve. Beginner hikers are welcome! You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. No open-toed shoes. Traction devices required if packed snow/ice. Dress for the weather. Heavy rain or thunderstorms will cancel. No pets. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Susan Rollins L Paul Audet CL John Nery

**Wed., Nov. 23. Pre Thanksgiving Day Family and Friends hike @ Blue Hills Reservation, MA.** This is a Pre Thanksgiving day hike at Blue Hills Reservation, Milton MA to get outdoors and energize your body and mind in getting geared up for the upcoming big event. You are welcome to bring along your friends, family and pet dogs but please let the leaders know ahead of time. They (excluding the pet dogs) either need to register online or need to sign the paper waiver at the trailhead. Pet dogs need to be on a leash but may be relaxed on the hike per group's comfort. Plan is to hike 4 to 6 miles on mixed trails at a moderate pace rain or shine or snow or wind. The actual route and elevation gain will be decided based on weather and trail conditions at that time and group interest. The hike will be canceled due to severe inclement weather and/or unsafe trail conditions. Recommend hiking shoes/boots but sturdy shoes with good traction may be fine. Need to carry 1-2 liters of water or hydrating liquids and energy snacks and/or a pack of lunch. Leaders will share additional information about the hike and gear requirements 2 to 3 days before the hike. Please bring a mask with you for emergency situations but do not anticipate needing to wear it on the hike. L Raju Jaldu (508-446-4220, [raju.jaldu@gmail.com](mailto:raju.jaldu@gmail.com)), AMC SEM chapter 3 season hike leader. Hikes all 4 seasons in MA Hills/Mountains and NH Whites. Done over 50 4K/WAV hikes in MA and NH during the past year and also led some. On a mission to conquer the NH 48 4Ks soon for the 1st time.)

**Sat., Nov. 26. Thanksgiving Weekend Hike at the Blue Hills, MA.** Join us for a leisurely hike at the Blue Hills Reservation in Milton, MA. The Blue Hills Reservation has 125 miles of hiking trails through forests, meadows and scenic waterways. The hike will be approximately 4 miles and will be completed within 2 hours. This hike will be appropriate for those new to hiking. We will hike at a slow-to-moderate pace with minimal elevation gain. Please wear appropriate footwear as we will be hiking over uneven terrain with roots and rocks. We will meet at the Houghton Pond Parking area at 725 Hillside in Milton, MA. L Nancy Piedra (781-354-7330, [nancy\\_piedra@yahoo.com](mailto:nancy_piedra@yahoo.com)), R Nancy Piedra (781-354-7330, [nancy\\_piedra@yahoo.com](mailto:nancy_piedra@yahoo.com))



## Activities

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

### HIKING

**Tue., Nov. 29. Long Mt & Mt Norwottuck, MA.** Let's hike off the last slice of Thanksgiving pie by hiking section 8 of the NET/M&M Trail in the Mt Holyoke Range State Park. This section is just under 5 miles, with multiple ups and downs, (around 5?), giving us 1,200' el. gain. We will hike up Long Mt, stop for views at Rattlesnake Knob and squeeze through a cluster of boulders known as "The Horse Caves", where legend has it horses were sheltered during Shay's Rebellion. Our pace will be moderate, taking into consideration leaves covering the trail. We will start and finish as a group. This will be an end-to-end hike. We will meet at the Notch Visitor Center on Rt 116 in Amherst, and carpool 6 miles to the start of our hike on Harris Mt. Rd. Expect to wear sturdy footwear, dress in layers, (no cotton), bringing rain gear, hat and gloves, snacks and lunch, 2 liters water, a pad to sit on, hiking poles and have micro spikes with you in the car. Please wear some orange too. L Peggy Qvicklund (774-893-3011 before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Walt Granda (508-971-6444, [wlggranda@aol.com](mailto:wlggranda@aol.com))

**Thu., Dec. 1. Thursday Morning Hike - Little Blue Hill, Blue Hills Reservation, MA.** Little Blue Hill Moderate paced 2-3 hour approximately 5 mile hike completing the trails around Little Blue Hill. Also included will be the Skyline trail out to the beginning of Fowl Meadow. This is a mostly wooded hike with some occasional elevation gain. Wear sturdy hiking boots or shoes. Bring insect repellent, sunscreen, water, snacks and rain jacket(just in case). Heavy rain/thunderstorms will cancel. No dogs. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed registrants. L William Doherty (781-857-4148 5-8pm, [wdoeherty1@verizon.net](mailto:wdoeherty1@verizon.net), Level 1 AMC Hike leader. Four season Blue Hill hiker. Occasional White Mountain hiker. Trail maintenance volunteer.)

**Thu., Dec. 1. Weetamoo Woods Hike, Tiverton, RI.** Enjoy a 4.5-5 mile hike in the Tiverton Weetamoo Woods -1,500 acres in the South end of Tiverton. Meet at the East Road parking lot, 250 East Road. Beginner hikers are welcome! You must have recently walked a comparable distance. Trails are mostly flat. No open-toed shoes. Dress for the weather. Bring water, snacks and a rain jacket. Heavy rain or thunderstorms will cancel. No pets. L Walt Granda ([wgranda27@gmail.com](mailto:wgranda27@gmail.com)) CL/R John Nery (401-624-4576, [jpnery@yahoo.com](mailto:jpnery@yahoo.com)).

**Fri., Dec. 2-4. Weekend Hiking with Stay at Cardigan Lodge, Mt. Cardigan in Alexandria NH.** SEM Weekend at Mount Cardigan December 2-4, 2022 Join us for a winter hiking kick-off while staying in the cozy, heated comfort of Cardigan Lodge in Alexandria, NH. 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. 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](mailto: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](mailto: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](#)

### HIKING

**Sat., Dec. 3. SEM Beginner Winter Hiking Series #2 - Mt Wachusett, MA.** Please join us for hike #2 in our beginner winter hiking series. In this progressively more challenging series, you will have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For this hike we will summit Mt Wachusett. Mt Wachusett in Princeton, MA is a little under 2 hours' drive from most areas in the Southeastern Mass region. At a little over two thousand feet, the summit is the highest point in MA east of the Connecticut River. The summit plateau has an 80-foot fire tower that you can climb and on a clear winter day, the enclosed observation deck offers views to the east of the Boston skyline, views to the west of the Berkshire Hills including Mt. Greylock the highest peak in MA, and views of Mt. Monadnock in southern NH. Proper winter clothing & gear are required. It's still early in season and Wachusett is low elevation, but we should have an opportunity to practice 'layering' for winter, food and hydration, and using microspikes. With luck and a good snowfall we may get to try out our snowshoes. We will practice carrying our full winter backpack. The route to the summit avoids the ski slopes. Distance and trails used will be determined closer to the event based on weather and snowfall but will be between 4 and 5 miles and include 1,000 to 1,300 feet of elevation gain. Expect to be on the trails for between 4 and 5 hours and back at your cars mid-afternoon. We hope you can join us on this enjoyable winter hike. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto: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.) L Paul Miller ([paulallenmiller@verizon.net](mailto:paulallenmiller@verizon.net)) L Raju Jaldu

**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](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Thu., Dec. 22. Thursday Walk Noanet Woodlands, MA.** On this first full day of winter, join us for a lovely walk through Noanet Woodlands, a Trustees of Reservations property. A myriad of trails crisscross through the forest, and we will stop at the remnants of the iron mill from 1815 and also be treated to a view of Boston from Noanet peak. We will cover approx. 5-6 miles on mostly level terrain, plus the short walk up to the peak at 387 feet. Depending on conditions, "micro spikes" (or hopefully snowshoes!) may be needed. Dress in appropriate layers. Plan on carrying water, snacks/lunch and a pad to sit on. Hazardous driving conditions will cancel. This Trustees property does have a ticket kiosk, \$6 fee for non members, free for members. L Peggy Qvicklund (774-893-3011 please call before 9 pm, [qvickan@comcast.net](mailto:qvickan@comcast.net), Hike leader since 2014. Has completed the NH 48 and 52 With A View, but mainly enjoys sharing the outdoors with likeminded folks.)

**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 hike together, wait at intersections, and watch out for one another. People new to winter hiking are welcome and encouraged to register. If you did not attend the Winter Hiking Workshop, you will be asked to 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. (*Continued on page 16*)



## Activities

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

### HIKING

*(Continued from page 15)* **Tue., Dec. 27; Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; Mar. 7, 4. - Winter Trail Trace the Blue Hills.** 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/R Paul Brookes ([paulbrookes1966@outlook.com](mailto: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.)

**Thu., Dec. 29. Thursday Morning Hike- Allens Pond Wildlife Sanctuary, Westport, MA.** Meet at 9:45 AM, Stone Barn Farm, Allens Pond Wildlife Sanctuary. Our hike at the Allens Pond Wildlife Sanctuary is 5+ miles winding through forests, salt marsh, and a beach. The Mass Audubon reserve is an excellent habitat for wildlife, birds and plants. After returning to the parking lot I will offer a second optional 2-3 mile hike for anyone wishing to explore another section of Allens Pond Hiking shoes, rain gear, water, and snacks/lunch required. Weather, pace or trail conditions may shorten the hike. Dogs are not allowed at Allens Pond Wildlife Sanctuary. L Walt Granda (508-971-6444, [wgranda27@gmail.com](mailto:wgranda27@gmail.com))

**Tue., Jan. 3. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Sat., Jan. 7. SEM Beginner Winter Hiking Series #3 - Mt. Kearsarge North, Mt. Washington Valley, MA.** Please join us for hike #3 in our beginner hiking series. In this progressively more challenging series, you will have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. Mt Kearsarge North is a winter hike not to be missed in Intervale, NH, just north of North Conway. The out and back hike is 6.2 miles and 2600' elevation. The climb is fairly constant with some sections of open slabs and some steep sections near the summit. In one location you can look back and see Mt. Chocorua and Moat Mountain. Once you reach the summit you will feast on 360 degree views from the glass-enclosed fire tower! It is a great lunch spot. Full winter gear and clothing (snowshoes, microspikes, winter-rated boots, etc.) required. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a four-season hike leader for SEM and enjoys encouraging new hikers.) L Ann Hargleroad ([ahargleroad@gmail.com](mailto:ahargleroad@gmail.com))

**Sun., Jan. 8. SEM Intermediate Winter Hike 2 - Mount Hancock Loop, Lincoln NH.** Please join me on a fun hike to two 4,000 footers Mount Hancock and South Hancock, near Lincoln, NH. The hike will be a semi-loop of approximately 9.1 miles and 2,631 feet of elevation gain. The hike will be a moderate-strenuous hike in winter conditions. Near the North Hancock summit hikers will have to trek on rocks and scrambles which could also be icy and snowy at this time of the year. Views near the summit include the Tripyramids, Carrigain, and the Oseolas. Participants should be in good physical condition and have completed a similar winter hike within the past 2 months. Micro-spikes, snowshoes, crampons and full winter gear are required. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto: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.) L Diane Hartley (508-566-6517 5:00-8:00 pm), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the the NH48 and completed AMC's Wilderness Leadership Training.) L Leslie Carson (508-737-6627, [lesliecarson929@yahoo.com](mailto: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.) L Jeannine Audet CL Pepi Regueiro (774-222-8005 before 9 pm, [peparegueiro@yahoo.es](mailto:peparegueiro@yahoo.es)) CL Sujatha Srinivasa

**Tue., Jan. 10. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Jan. 17. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,



## Activities

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

### HIKING

**Tue., Jan. 24. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Jan. 31. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Sat., Feb. 4. SEM Beginner Winter Hiking Series #4- Mount Pierce, Crawford Notch, NH.** If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Tue., Feb. 7. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb. 14. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb. 21. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Feb. 28. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Mar. 7. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

**Tue., Mar. 14. Winter Trail Trace the Blue Hills.** See Dec. 27 listing for details,

### 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 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). L/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](mailto:dprantis@yahoo.com)). Dia has been leading x/c ski trips for several winters with Jeannine and is a level 2 hike leader.

**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., [jhummingbirdbp@aol.com](mailto:jhummingbirdbp@aol.com), 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](mailto: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 Jeannine Audet (508-493-8221), 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., L/R Dia Prantis (617-504-8797) Anytime and I'll return your call. (Text is often better.), [dprantis@yahoo.com](mailto:dprantis@yahoo.com)). Dia is skiing vice-chair and hike leader for SEM chapter.



## Activities

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

### SOCIAL

**Tue., Nov. 29. SEM Diversity, Equity and Inclusion (DEI) Meeting, Online, MA.** The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all SEM members, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen ([kcohen@comcast.net](mailto:kcohen@comcast.net)).

### TRAILS

#### Volunteer Opportunities

**Sat., Nov. 19. Trail Work in the Blue Hills, Blue Hills trails to be determined., MA.** Please join us to maintain trails in the Blue Hills by removing small downed trees, trimming vegetation, cleaning water bars, removing rocks, and other basic maintenance. SEM will supply tools. The specific trails on which we will focus will be determined prior to the event, and specific details as well as meeting place and directions will be emailed to registered volunteers. Please bring your own work gloves, water, snacks, sunscreen, bug spray, and wear appropriate clothing (long pants/long sleeve shirt, boots, hat). L Stephen Scala ([smsca59@gmail.com](mailto:smsca59@gmail.com))



**THE END**