

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | November 2020

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The lucky limited group of AMC-SEM members posed on The Terraces during the fourth annual fall trip to the Arnold Arboretum. *Photo by Ken Cohen*

It's the Diamond in the Emerald Necklace!

By Ken Cohen, Hike Leader

The splendor of autumn colors, at the "tree museum" known as the Arnold Arboretum, was indeed a series of sights to behold! The warm 70-degree day in late October, 2020, with its minimal breeze, afforded our group of ten the opportunity for many fabulous photo opportunities.

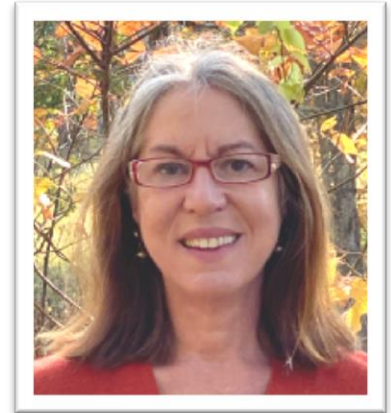
The Arnold Arboretum is a great place to hike and walk amongst its 281 acres on quiet roads and hidden trails. There are approximately 15,000 trees, shrubs, and other plants in the park, mostly native to eastern Asia, Europe, and North America. The Arboretum is owned and maintained by Harvard University. It was founded in 1872 (the oldest public arboretum in North America). It's part of what's known as "The Emerald Necklace," a 1,100-acre chain of parks, linked by parkways and waterways, in Boston and Brookline Massachusetts. The Necklace gets its name from the way the planned chain of parks appears to hang from the "neck" of the Boston peninsula. It was designed by the "father of landscape architecture" Frederick Law Olmstead, Sr., in 1870.

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View from the Chair: My First View

We are a chapter powered by volunteers: the Executive Board, prior Board members, and Activity Leaders. As I take on the role of Chapter Chair, I am supported first and foremost by our now former Chapter Chair, Len Ulbricht. Len has spent endless hours answering my questions, describing board processes, and providing advice. Just as important, I have learned so much from observing how Len interacts with the Executive Board, AMC Headquarters, and fellow Chapter Chairs. Fortunately for me and our chapter, Len continues on the SEM Executive Board in the official position of Past Chapter Chair. In addition to Len, past Chapter Chairs Barry Young, Maureen Kelly, and Cheryl Lathrop have volunteered to be resources for me. I have already taken advantage of their counsel and will continue to do so. Providing years of service, they continue to support our chapter.



Our chapter benefits from the experience and commitment of our continuing Executive Board members. They provide the continuity and knowledge for our chapter to run effectively. I was part of the interview process for our new Board members, including new Vice Chairs. Impressive! Some are fairly new to the chapter and others have been active with the chapter for years. They share a passion to serve the chapter. I look forward to working with them all. Space doesn't permit me to elaborate on the many other behind-the-scenes volunteers that provide crucial service to our chapter. Thank you.

The face of our chapter is our activity leaders. Since SEM resumed activities in early July, 28 leaders have stepped up. Our leaders took on the extra work of AMC COVID training and discussing precautions with their groups. With this pandemic, it is understandable that many of our current leaders don't want to lead yet. We look forward to the day we can all Be Outdoors again together.

Thank you for your confidence and support in electing me Chair of your Executive Board. It is an honor to serve this chapter and work with such great people.

Diane Simms, AMC-SEM Chapter Chair

2021 Executive Board

Chapter ChairDiane Simms
Vice Chair.....OPEN
SecretaryNatalie Halloran
TreasurerDavid Yampanis
Past Chapter ChairLen Ulbricht
Biking ChairBernie Meggison
Biking Vice ChairPeter Linhares
Cape Hiking Chair.....Jane Harding
Cape Hiking Vice ChairRobin McIntyre

Communications ChairNichole Nelson
Communications Vice Chair... Alanna Halloran
Conservation ChairJoanne Newton
Conservation Vice ChairBill Cannon
Education ChairSue Svelnis
Education Vice ChairSarah Vendetti
Hiking ChairPaul Brookes
Hiking Vice Chair.....OPEN
Membership Chair.....Samantha Fisher
Membership Vice ChairSandi Santilli

Paddling ChairEd Foster
Paddling Vice ChairJoe Keogh
Regional Director.....John Mullins
Skiing ChairJeannine Audet
Skiing Vice ChairDia Prantis
Trails ChairSkip Maysles
Trails Vice ChairPete Tierney
20s & 30s Chair.....Sue Schobel
20s & 30s Vice Chair.....OPEN

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media AdministratorLeah Brodsky
Webmistress..... Cheryl Lathrop
Nominating Committee Chair..... Alan Greenstein

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

Contact chair@amcsem.org if you are interested in any OPEN position



Free online Leadership Training and ‘Refresher’ Nov. 30–Dec. 9

Train to become an AMC activity leader or refresh your leadership skills.

An online training series will be run by AMC on Monday 11/30, Wednesday 12/2, Monday 12/7, and Wednesday 12/9, from 7 to 9 PM each day of the training. These will be followed (dates TBA) by two chapter specific sessions. Potential leaders who complete all six sessions will be paired with mentors to complete chapter leader certification. Potential hike leaders will co-lead two hikes with an SEM leader.

If you’ve not yet taken leader training—or even if you’re already a Leader—consider registering for this four-part virtual course. Participants are welcome to join for a single session or the full series.

This series will cover all of AMC's Recommended Elements of Leadership Training as outlined in the organizational Leadership Requirements & Guidelines. Designed to train new Leaders or refresh existing Leaders, the sessions are hosted by the Leadership Training Department in partnership with AMC's Center for Outdoor Learning & Leadership (COLL) faculty. Join us!

Please connect with your [Chapter Chair](#) to identify how virtual leadership training fits into your chapter's path to leadership.

Virtual Leadership Training

7 to 9 PM Online

Monday, 11/30

Introduction & Community Building
Leadership Styles

Wednesday, 12/2

Trip Planning
Participant Screening

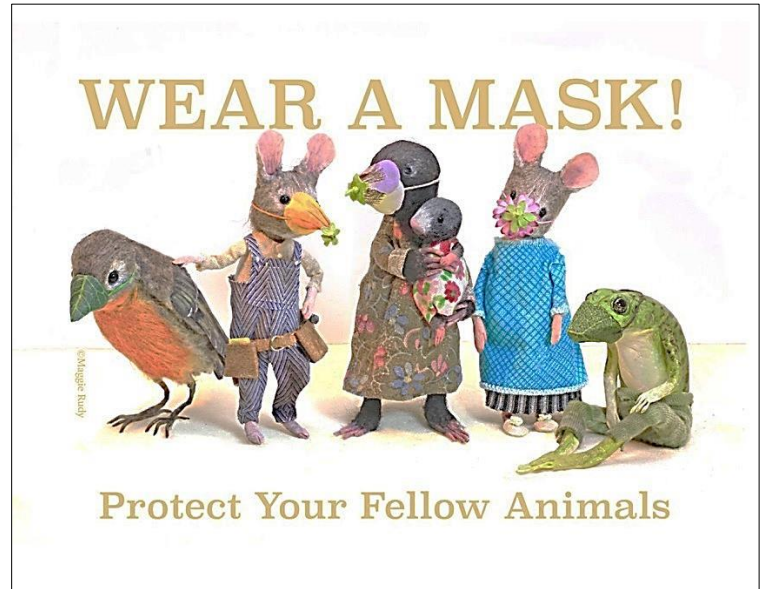
Monday, 12/7

Risk Management, Leader Liability, and
AMC’s Leadership Requirements & Guidelines

Wednesday, 12/9

Conservation at AMC
Closure

[Register here.](#) Chapter-specific training will follow on two dates to be announced.



Free poster illustration from children’s author Maggie Rudy. Alternate text: “Protect Your Friends.” Download at magierudy.com/wear-a-mask-poster

Remember: Masks On at All Times!

With the unfortunate upturn in COVID-19 cases, Governor Baker has updated Executive Order 54, now requiring that face coverings must be worn at all times when outside in public, **even if socially distanced**. This means face covering must be worn at all times during in-person AMC activities. If you are going to participate in SEM in-person events, you must be prepared to fully comply with this condition.



The Red-Lining the Blue Hills group held its end-of-season social online through Zoom. Screenshot by Paul Brookes.



AMC-SEM group ascending Peters Hill at the Arnold Arboretum. *Photos by Ken Cohen*

‘Diamond in the Emerald Necklace’

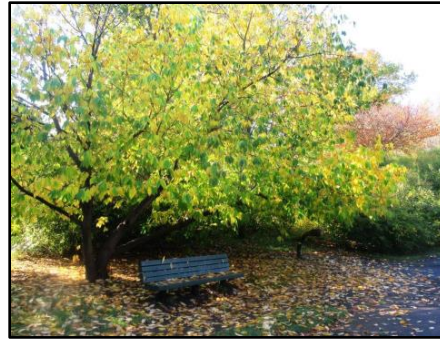
By Ken Cohen, Hike Leader

Continued from page 1

In the Arboretum (the “diamond” in the emerald necklace, in my opinion), there are three hills to summit: Bussey with its excellent view of the Blue Hills Reservation; Hemlock (hundreds of healthy young ones are coming back); and Peters with its birds eye view of the entire City of Boston. One of the trails heading to the top really gets the heart pumping!

Within 15 minutes of our three-hour trek, in a section of the park known as “The Ponds”, a huge snapping turtle came out of the water to sun itself and greet our arrival. This guy (perhaps a girl) was about 1-1/2 to 2 feet in length, nose to tip of the tail.

This was the fourth consecutive year that I’ve had the pleasure of leading this AMC-SEM hike. Many of the “tree-huggers” from prior years’ treks were interested in doing it again. Unfortunately, with the official AMC limit of ten participants, a number of enthusiasts will have to wait till next year. For those who were not able to attend, I hope that the accompanying photos will convey a good feeling for what might be in store for the “5th Annual Autumn Peak Hike” in 2021! Photos continued on page 6



Photos by Ken Cohen

From top left:

- *A welcoming seat.
- *Layers of colorful leaves.
- *Skip Maysles & city view.

- *A natural mosaic.
- *Tree on fire!

From top above:

- *Paul Brookes inspecting a giant sequoia.
- *Floating ginkgo tree leaves.
- *Susan & Lawrence Rollins in an unusual dawn redwood tree.



Winter hiking footwear displayed at the 2019 Winter Hiking Workshop. *Photo by Ken Carson*

Winter hiking series workshop

By George Danis, Hiking Leader

Seventy-five “hardy” participants attended the first virtual SEM Winter Hiking Workshop on Tuesday, November 10. The webinar, expertly managed by Susan Schobel, was a COVID-19-required departure from our traditional in-person gathering.

The group consisted of both people with some experience hiking in the winter and those who were new (and intrigued) by the idea of trying something different. Our sign-up roster included people from New Jersey, Rhode Island, Connecticut, the SEM and Boston chapters. This program is a staple of the hiking committee and generally attracts a large audience, but this year’s program set a record for attendees. The participants represented a good mix of experienced and curious people who attentively listened to and engaged the presenters with questions and discussions about clothing, food, hydration, etc.

The presenters were all experienced SEM winter hike leaders who were eager to share their knowledge with the group. Although meeting in person provides the best opportunity to build relationships with your fellow hikers, a nice benefit of the online format is presenters being able to show their equipment, clothing, food, and hydration systems up close to the camera. As the presentations unfolded, participants submitted questions to the moderator and these were answered at the end of the session.

An integral part of the program is a series of four winter hikes; classroom participants are given priority placement. The hikes are designed to introduce newcomers to the joys and issues associated with hiking in the winter. As the series progresses, the hikes become increasingly more challenging in terms of altitude and likely conditions. The goal is to make people comfortable with their knowledge, equipment, and ability to enjoy winter hiking in a variety of conditions. The issues associated with hiking include proper clothing, food, and hydration, as well as equipment needed to safely enjoy a day outside when weather conditions may include snow, ice, wind, and arctic temperatures. In true SEM tradition, the prospect of being outside under these conditions was warmly embraced by the attendees!

Many thanks to our presenters: Paul Miller, Maureen Kelly, Anne Duggan, Eva Borsody-Das, Barry Young, Jeannine Audet, Susan Schobel, and Paul Brookes. Their enthusiastic and knowledgeable presentations thoroughly engaged the audience.

If you are interested in Winter Hiking, but were unable to attend the webinar, you can view the [entire presentation](#) on the [SEM chapter website](#) or [Facebook Page](#).

50 Year Members

Robert Smith
Suzanne Smith

25 Year Members

Donald Abbott	Maureen Kelliher
Rick Barnes	Kevin McNatt
Ronald DeLano	Paul Miller
Anne Duduch	Dianne Miller
Christopher Duduch	Robert Morin
Lee Eckhart	Lillis Palmer
Judith Engster	Harry Peper
William Engster	Roger Poulin
Paul Fenton	Steve Roehm
John Flannagan	Diane Roehm
Stanley Grass	Max Sarazin
Juliana Hart	Lori Scala
Richard Hart	Stephen Scala
Douglas Hembdt	Janet Spriggs
James Kelliher	Eugene Spriggs



Sandy Johnson, kneeling, has completed online Leadership Training and co-led two SEM hikes to become a Level 1 local leader. *Photo by Diane Simms*

AMC-SEM Welcomes A New Leader

by Cathy Giordano and Diane Simms

Sandy Johnson has had the unique experience of becoming the first new leader to complete AMC's online leader training series!

Leadership Training took place through four Zoom sessions run by AMC. Participants who completed all four were invited to two Zoom sessions run by SEM Education Vice Chair Sue Svelnis. The SEM training provided more information specific to SEM activities and allowed more involvement by the participants.

When asked about the training experience Sandy replied favorably, although adding, "I have nothing to compare it with! It was well-organized and informative. You actually got to see other AMC people face to face. NO MASKS NECESSARY. This was also a highlight for me!" Sandy emphasized that the COVID training was key to establishing a personal comfort level while leading a group of hikers. Overall, she said, the Leadership Training was well done. Since completing Leadership Training, Sandy met the SEM hike leader requirement to co-lead two AMC-SEM hikes and is now a Level 1 local hike leader!

Sandy held her first co-lead with Diane Simms. Sandy pre-hiked the route. She warmly greeted the participants and gave a good trailhead talk, including the COVID warnings and a sense of the hike. She used her map and an app to negotiate the route when some roadwork caused a minor glitch. She checked in with participants several times.

We had several appropriate breaks; but Sandy made a point of not having a long break because the forecast was for high winds. Smart move. We finished just short of three hours, just as planned.

Sandy co-led her second hike with Cathy Giordano. Expectations for a second co-lead include handling all aspects of the hike. Sandy chose a moderately hilly portion of the Blue Hills, which we pre-hiked twice. She mapped out the route, wrote the hike description and the information sheet, and she developed screening questions. We collaborated every step of the way.

Well done, Sandy! Congratulations, and thank you for becoming a leader! AMC has scheduled another round of online leader training. [Register for leader training here.](#)

Arnold Arboretum

Continued from page 4
Photos by Ken Cohen



European tortuosa beech



The forest floor



A place to contemplate



Colorful pathways



Wildlife photo op!



Snapping turtle 18"-24" long greets us at The Ponds.



Volunteer of the Month: Walt Granda

By Paul Brookes, Hiking Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Hiking Committee recognizes Walt Granda for his numerous contributions.

The Volunteer of the Month goes to longtime SEM leader Walt Granada for being one of the first to start leading hikes during COVID-19 after events were restarted in July. Walt led one of the Red Lining the Blue Hills hikes each week during the month of July, as well as the first hike in August. We also wish to recognize his ongoing engagement in the Thursday morning hikes for the last many years, both leading Thursday morning hikes and coordinating the Thursday morning leader sign-up list.

Thank you, Walt, for all you do!

Walt will receive a Volunteer of the Month Certificate and a \$50 gift card.

Help ensure the vibrant continuity of our AMC-SEM chapter!

By Nichole Nelson, Communications Chair

Thank you for attending and voting at our annual meeting! Thank you to Len Ulbricht, past Chapter Chair, and the rest of the board of directors for a wonderful two years. Welcome, new members!

Your AMC Chapter still has three positions open:

- Chapter Vice Chair
- Hiking Vice Chair
- 20s & 30s Vice Chair

Do you have past experience as a chapter activity leader? The above positions are opportunities for you to be challenged, have FUN, and be recognized. Being on the chapter board requires creativity, enthusiasm, and effective communication for event planning. It does not require that you be in-person for our current activities.

Even if you are not personally interested in any of these positions, please contact Nominating Committee Chair [Alan Greenstein](#) anyway! Simply lead us to someone else within the chapter who may be interested or knows someone who is.

A description of the Chapter Vice Chair can be found on [our website](#). The Hiking Vice Chair assists the Hiking Chair. A description of the 20s & 30s Vice Chair position can be found below:

“The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email [Susie Schobel](#) for more information.”

Join Our Conservation Committee! The conservation committee, which plans and organizes outdoor conservation work in Southeastern MA and communicates to our members on conservation topics, is recruiting new members to help with planning, organizing, and running new conservation projects such as:

- Working with DCR and Friends of the Blue Hills to remove invasive species.
- Identifying and working on areas of interest with other SEM committees.
- Starting a monthly speaker series.
- Communicating conservation improvements in our daily lives.

Please contact [Joanne Newton](#) at with your ideas!





New DCR Blue Hills Reservation Trail Map and Guide available

By Bill Cannon, Conservation Vice Chair

The Department of Conservation and Recreation, in cooperation with Mass. Audubon's Blue Hills Trailside Museum, has released a new and improved Blue Hills Reservation Trail Map and Guide. Features of the new map and guide include:

- Four color contour map measuring 26" x 18."
- Information compiled from GPS field data and geographic data sources.
- Added icons showing public transportation locations.
- Highlights of the Blue Hills natural and cultural history, including color photos.
- Recreational activities guide to enjoying the reservation.
- List of important park contacts and rules and regulations.

The trail map and guide is available for free [download here](#). Maps will be sold at the Blue Hills Trailside Museum when it reopens. For additional information on map sales, email the museum staff at bluehills@Massaudubon.org

Thank you for your interest. Happy Trails to you!



Above: Nichole Nelson, left, Diane Simms, and Natalie Halloran enjoy an outing to Moose Hill, wearing AMC's GAOA celebration bandanas.

Left: A verdant pool defies 2020 drought

Photos by Mo Walsh



Conservation starts at home: tips for conserving water

By Bill Cannon, Conservation Vice Chair

- ◆ When you shower, wash and condition your hair first. That way, while you are waiting for the conditioner to take hold, you can be washing the rest of yourself.
- ◆ Repair all water leaks immediately; be especially alert for leaks in toilets and faucets.
- ◆ Avoid flushing the toilet unnecessarily – do not use toilets as wastebaskets or ashtrays.
- ◆ While waiting for running water to warm or cool, collect it and use it later on plants, for your pets, or for cleaning.
- ◆ Limit showers to 5 minutes. Not all of your parts need to be soaped and rinsed every day.
- ◆ Turn off water while shaving and brushing teeth. Reduce the shower flow while lathering up.
- ◆ Start to [compost](#) as an alternate method of disposing of food waste – kitchen sink disposals use a lot of water.
- ◆ Rather than running the tap for cool drinking water, keep a container of cold water in the refrigerator.
- ◆ To thaw frozen food, skip the running tap water, instead use the microwave, a bowl of water, or the refrigerator overnight.
- ◆ Reduce your irrigation consumption by planting drought resistant plants and let that clover take over your lawn.
- ◆ Install and maintain flow restrictors (aerators) on faucets.

With your support , the GAOA passed!

The Great American Outdoors Act (GAOA) to permanently and fully fund the Land & Water Conservation Fund and to help fund the backlog of maintenance projects on federal lands, including national parks and national forests.

The AMC was an active advocate for this measure which passed by bipartisan majorities in both Houses of Congress. Our legislators from the Northeast were pivotal in securing this victory. Thank them by sending a letter today.

You will see some of our chapter leaders wearing the AMC's special bandana celebrating this victory for the environment.



AMC-SEM Thousand-Mile Cyclers

What a dynamite group of cyclers! We have and will have some first-time 1,000 milers, 2K Milers, 3K Milers, 4K milers and of course our usual 5K milers.

To join the Thousand Milers, or to add miles to your record, send me an email paulbcurrier@comcast.net

NAME	Q1-3 MILES
Robyn Saur	4,876
Ed Nelson	4,222 Q1-Holed up in Longboat Key in Florida
Grtz J.C. Castelein	3,451
Mike Garrity	2,493
Glenn Mathieu	2,030
Susan Eliason*	1,948
*Incomplete grade for Q3	Self-designed self-supported Cape Cod Century—June 28!
Richard Beaudoin	1,418
Bernie Meggison	3,789 Many miles in FL. MD. NC. CCRT.
Bill Cook	1,331
Lee Eckhart	1,251
Jim Kilpela	1,240
Larry Decker	1,155
Alan Greenstein	935
Paul Currier	891
Joe Balboni	846
Patty Williams	803
Barbara Gaughan	799
Peter Linhares	640
Lou Outor	538
Geoffrey Lenk	295
Lawton Gaines	272

Attention AMC-SEM bike leaders

By Bernie Meggison, Biking Chair

Let's all get together to start listing new rides on the AMC-SEM activity site.

There are [new conditions](#) that will need to be followed.

Our AMC-SEM website has these changes spelled out pretty clearly.

Paul Currier and Barbara Gaughan will list Full Moon rides into the new year.

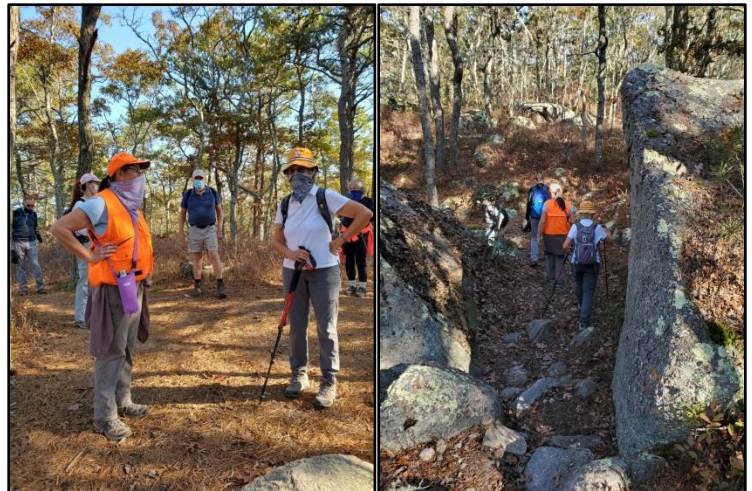
Paul Currier will list his New Year's Day ride for the 17th consecutive time.

Please consider listing rides as soon as you can.

If you have any questions about entering rides with the new conditions, please let me know ASAP, I'll either do it for you, or assist your efforts via phone, etc.

Our bike Vice Chair Peter Linhares will also assist as needed.

Bernie Meggison, Bike Chair
Peter Linhares, Bike Vice Chair



A hike in North Falmouth passed a forest obstacle course. Leaders were John Gould & photographer Cathy Giordano.



The last AMC-SEM group to stay at Little House for the Mount Cardigan weekend, November 1991. *Photo courtesy of Bruce Dunham*

Hiking in the 1980s

Cardigan ‘Little House’ Weekends

By Bruce Dunham

The Cardigan Little House weekend was popular in the 1980s. First led by Vicki Fitzgerald and Barbara Spake (1977-1982), usually on the first or second weekend of November, “Little House” was an old farmhouse located next to Cardigan Lodge. It was a two-story house with room for 22. On the second floor was a shower and two 10-person bunkrooms. On the first floor was a room for Leaders, a kitchen, living room, and bathroom.

In 1987, when I was Hiking Chair, I revived the “Little House” trip and led the trip together with Vicki Fitzgerald (1987-1992). Community cooking was part of the trip. Vicki would plan the dinner and I would plan two breakfasts and Happy Hour. Vicki wrote a column for the Quincy Patriot Ledger called “Thought for Food” and always planned a great dinner. Vicki was Chapter Chair (1982-1983) and also volunteered as a Regional Director on the AMC Council representing the Eastern Region.

The trip started with Little House being opened around 5 pm on Friday afternoon. One of the Leaders would stop at Buzzi’s Market in Bristol, New Hampshire, to pick up a key to open Little House. Bristol was just a few miles from Cardigan Lodge. As participants arrived during the evening, each would be asked to sign up for one food preparation and one cleanup.

Saturday was a day for hiking. Participants had a choice of a 5- or 10-mile hike. Hikers participating in the 10-mile hike to the summit of Cardigan (3,121 feet) would meet at the flag pole outside of Little House at 9 am. Most of the group participated in the longer hike. As the Leader of the longer hike, I had to plan the trip carefully, as sunset was early in November. I planned the hike for miles and hours, trying to start at 9 am and finish about 4 pm.

Happy Hour with wine and cheese would start soon after the hike finished. The weather was cold, but manageable, with some ice on the upper portion of the trails. After dinner, we would gather in the living room and enjoy slides from past AMC trips.

On Sunday morning after breakfast, each member of the group would help with the kitchen cleanup or a chore such as cleaning the ashes out of the fireplace. A short hike would be planned on Sunday, with everyone back at the Little House in time for lunch. Afterwards people would pack up and head home.

Little House was always a fun trip, usually costing about \$43.00, which included two nights lodging, two breakfasts, dinner, and Happy Hour. November 1991 proved to be the last year for a Southeastern Mass. Chapter group to stay at Little House. In November 1992, three days before the trip, Vicki and I got word from the Cardigan caretaker that Little House would be closed for the season, and our group would be put up at Cardigan Lodge instead.

For the Leaders, it was a very busy weekend of buying food, planning, and organizing hikes for 22. This was a fun and enjoyable weekend for all that can never be duplicated again. Little House was eventually torn down. Solar panels now stand in its place.



Little House in its heyday. *Photo by Bruce Dunham*



Two RLBH badges earned by the author despite COVID-19 restrictions. *Photo by Ken Cohen*

The Pandemic's 'Silver Lining' to Red-Lining the Blue Hills

Experiences and photo by: Ken Cohen

Until this year I had been pursuing my first "Red-Lining the Blue Hills Patch" (the red map) for the past three years. Most of the trails I covered during that time were as a participant, or a Level 1 Hike Leader, for our AMC Southeastern Massachusetts Chapter and occasionally the Boston Chapter too.

When COVID-19 brought all AMC activities to a grinding halt this past March, I realized that one of the few benefits might be to find a couple of fellow AMC-SEM Red-Lining pursuers who might like to join me in completing our current maps. Both Stephanie Cavallaro and Patty Everett (along with her husband Paul on occasion) were very interested in creating our "pod" of COVID-responsible hikers. By May 17, 2020, my red map was complete!

Now here's the real Silver Lining: Thanks to my "pod" of hiking friends (Stephanie, Patty, and Paul), my second Red-Lining Map (the blue one) was completed in slightly more than 4-1/2 months on October 5, 2020! We're all still out there on the trails, two to four times each week, in pursuit of the next patch.

Recently I've been scheduled to lead two hikes for our chapter this October, and have joined a few hikes as a participant, both with AMC-SEM and the Boston Chapter.

Of course I miss the camaraderie that exists within our more frequent, larger pre-COVID hiking groups. However, I believe at this time next year we'll be much closer to that norm. In the meantime I encourage everyone to "Be Outdoors" as often as possible for the holistic experiences that can be found in our great Blue Hills Reservation!

A Leader to Remember

By Bruce Dunham

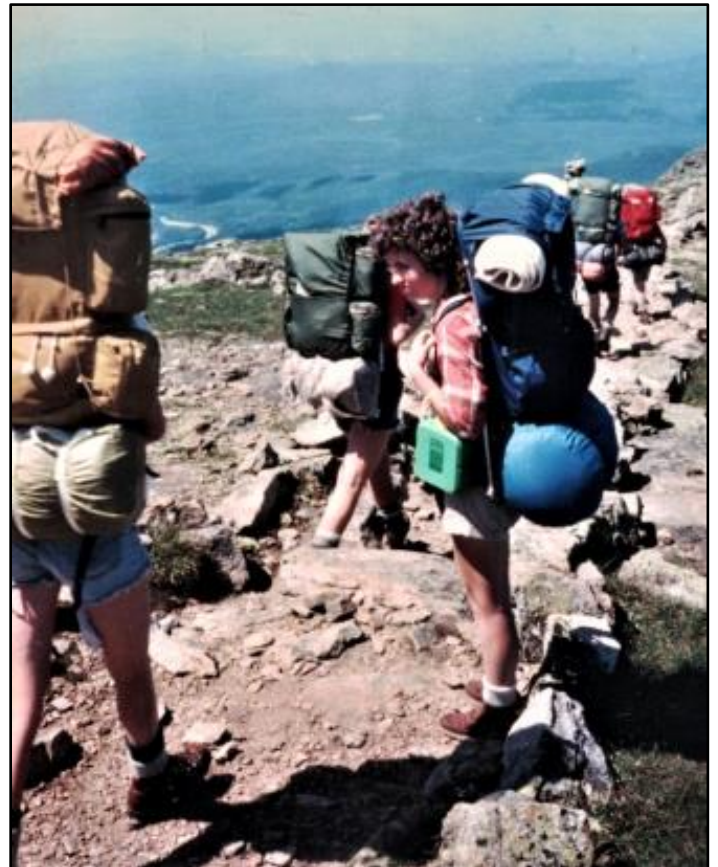
Editor's Note: Bruce Dunham's article on "Hiking in the 1980s" is on page 6-7 of The Breeze for October 2020. He sent this addition.

In my effort to remember back 40 years, I neglected to mention Bob Bentley, one of six important Leaders who played a very important part in getting the Chapter started and the hiking program established.

Bob led a Beginner Backpacking series. It started with a Backpacking workshop at the old Bourne Community building and included a hike in the Blue Hills, continued with three hikes in the White Mountains, and ended with a Labor Day weekend hike at Baxter State Park in Maine.

Bob also served as Chapter Chair for four years, 1977-1981.

Correction: In the October *Breeze*, that was Pam Carter pictured in the 1983 photo taken on Crawford Path.



Bob leading a Beginner Backpack group down the Garfield Ridge trail. *Photo by Bruce Dunham*



Illustration of a Massachusett village in the Blue Hills from the DCR Blue Hills Reservation Trail Map and Guide.

History of the Blue Hills

Archaeology & Native Americans

By Bob Vogel, Hike Leader

Most of this excerpt is quotes from a keynote speech given by Joe Bagley, who is the Boston City Archaeologist, at the Friends of the Blue Hills Annual Celebration in 2014.

As you may remember from Part 1 (*The Breeze*, April 2020), 600 million years ago the Blue Hills were a volcano. Then... well 600 million years of erosion, and glaciers. Think about that... 600 MILLION years. We all see rain come down and wash a bit of dirt down the trail. We see the results of water freezing in a crack and breaking off a piece of a ledge, or splitting a large rock. But try to imagine what can happen over 600 MILLION years. (You can't, as that timeframe is really beyond what we can comprehend!) But, all we have to do is look at the Blue Hills, and we can see the results.

And a "mere" 10,000 years ago the Blue Hills were mostly like they are today. What made the Blue Hills special to the people living here back then were the rocks. To most of us hikers, all rocks look pretty much alike. If we are observant, we might notice some are smoother, while other places the rock seems rougher. One thing we do notice is conglomerate, AKA "Puddingstone," that mixture of old, smooth, rounded rocks which have been turned into inclusions in the newer stone. Conglomerate is "pretty," but pretty wasn't what the inhabitants were interested in 10,000 years ago.

They lived by making stone tools and spear points. If you wanted to kill an animal, having a sharp rock on the end of your spear was very helpful. (They hadn't invented the bow and arrow 10,000 years ago, so arrowheads came much later.)

If you start reading these excerpts, and find this story interesting, stop and go read the whole speech by Joe Bagley at: <https://friendsofthebluehills.org/keynote/>. It isn't that long, and what better things are there to do right now than learn? (Then, if you wish, you can return here and read my additions, which are in italics. And look at Rob MacDonald's picture below.) And now, to the excerpts from Mr. Bagley's talk...

"That volcano is directly responsible for producing half dozen outcrops of stone used by Native Americans for thousands of years.

"The slate that formed in the low lying areas of Boston was cooked by the rising plumes of granitic lava that would go on to make the Quincy granite, melting and restructuring the platy material into a glassy dense black stone beloved by Native Americans for its color and smooth texture. The lava from the original volcano formed massive formations of stone across the Blue Hills ranging in size from large boulders to entire mountains."

The inhabitants searched out "outcrops of blue hills rhyolite, Braintree slate, and Massachusett hornfels" because each material had different, special properties. Where they found it they worked for thousands of years quarrying it.

"... what we find is workshops surrounding these outcrops of stone where people dug out or broke off portions of the rhyolite, slate, and hornfels occurring here, and nowhere else in the world, and roughly broke down these angular fragments into "preforms," which are essentially partially-made stone tools. These preforms were much easier, and lighter, to transport throughout the region, but also economically sensible as the larger rough stones did not need to be carried, nor were the far more fragile and delicate finished tools needed to be transported back to camps and villages where they were more likely to break during transportation.

Bob note: We'll come back to this in a later issue, when we discuss two archaeological dig sites at the Blue Hills.]

Continued on page 13



Blue Hills Archaeology Continued from page 12

“Over thousands of years, these workshops form piles of stone fragments, each representing moments in time—seconds in a person’s life who lived here thousands of years ago.

“Wompatuck Hill, one of the many that make up the ridges of the Blue Hills, is made entirely out of a material called rhyolite. Essentially this hill represents a portion of the lava column located within the volcano that solidified so quickly that it’s silica (or glass)- rich magma turned into a crystalline fine grained blue rock with tiny flecks of quartz. It is the natural blue color of the stones of the Blue Hills that gave the area its name, and it is this one particular type of blue stone that brought Native people from the surrounding area to Wompatuck to mine and work its natural stone.

“As you walk the Sawcut Notch path along the northern boundary of the park, you will pass Great Dome and Little Dome. These two small hills are made out of Braintree slate and Massachusetts hornfels. Keep an eye open for scoop-like marks in the stone where thousands of years before a Massachusetts Native person was standing exactly where you are striking the slate to remove portions of it to turn into tools. Turn around and behind you will be small mounds of stone fragments.

“These mounds are not natural deposits, but heaps of stone waste, each the result of stone striking stone working raw slate down to a spear preform or perhaps a stone adz. These are all viewable from the path and artifacts lie within the path itself.”

[Bob note: I recently took a walk in that area. I’m not a trained archaeologist, so I didn’t “see” as much. But it was still interesting to just walk along and think back 10,000 years and think about what was going on there at that time. Gives you a lot to think about when walking along those trails. More than just “How much further are we going?” When we get back out hiking, there will be many places for us to stop and talk about this history.]



“Blue rocks” from the Blue Hills.

Wikicommons photo by Ben Frantz Dale



Archaeologist Joe Bagley conducts field research. *Photo courtesy of Joe Bagley*

“Further west, by the pipeline building, I came upon another quarry site. Again, these are not new discoveries I have made, these quarries were published decades ago. The terraced hills seemed to trace the erosional record of the past few million years exposing large areas of Braintree slate. As I walked through the area, I found it difficult to find the quarry that was written about in the documents I had read. About half-way up the hill I noticed some Braintree flakes at my feet, indicating that I had finally found the quarry area. That said, I was at least 40 feet from the nearest outcrop. As I began to search the ground around me, I had the adrenaline-inducing realization that while I had been climbing up this terraced hillside of rocks looking for a quarry, I had completely missed it simply because I had utterly underestimated the scale of what I would find.

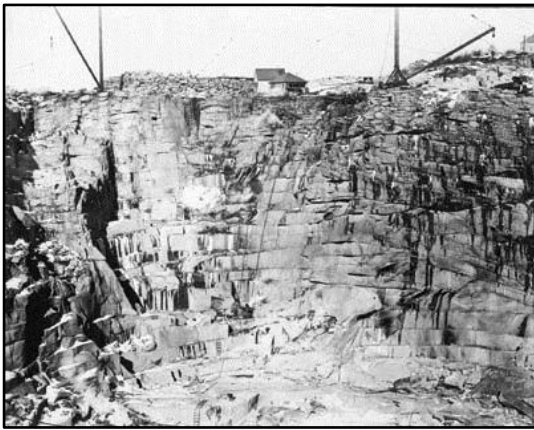
“The natural hillside was not in fact natural, it was, and IS, a quarry of truly monumental proportions. The terraces I had walked were not simply erosional, but were in fact carved into the raw rock by Massachusetts Native people quarrying stone from the hillside for thousands of years, and the mounds and pathways I had been climbing over were mountains of stone debris consisting of millions upon millions of stone flakes each individually struck by human hands.

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Blue Hills Archaeology Continued from page 13

"I literally stood there for several minutes in complete silence not quite able to grasp the scale of the place, and floored by the simple fact that the hillside, these terraces, and the heaps of stone surrounding me are not only one of the most significant archaeological and historical features of New England, but are essentially unchanged from the moment they were made thousands upon thousands of years ago.



Quincy quarry dwarfs human figures at the base of the works.

Photo from the Thomas Crane Library collection

"This is a truly sacred landscape to the Massachusetts People. The prominence of Great Blue Hill, the tallest hill within 10 miles of the Atlantic Coast south of Maine, was a landmark that all on the eastern side of Massachusetts could see. The surrounding hills were life givers in the sense that Native people could harvest raw stone from the ground, transform them into tools, and use those tools to hunt animals, process their food, cut down trees for structures, and hollow out large trunks for canoes. The fresh water of Ponkapoag Pond lies adjacent to one of the largest Archaic Massachusetts village site, dating to between 3,000 and 8,000 years old where those preforms I discussed earlier were brought in great quantity to process into ulus, ground adzes, spear points, and other tools. The rivers and streams provided fresh water for hundreds of people and some of the very same paths you walk today were first blazed by the feet of Massachusetts people 8,000. 10,000. 12,000 years ago.

"Nowhere in Massachusetts can you so clearly walk in the footsteps of the ancient past along trails that are older than we can truly comprehend, past sites and places that have been sacred to the many Native and non-native people who have visited this place for so many years."¹

Thank you Joe Bagley, and FBH for having him as your speaker (and publishing his speech for all to read).

So, as you walk through the Blue Hills, try to take some time each week and think back. Think back and try to imagine the whole place as a volcano. Think about 600 million years of erosion and freeze/thaw cycles. 600 million years! Think about the glaciers, ice up to 2 miles thick sliding over this whole area. (And pushing ahead of it the debris that would become Cape Cod and the islands!)

Then think back 10,000 years to the people who lived here then. Who came to the Blue Hills to quarry the best stone for tools and spear points. Think what their lives would have been like. Chipping stones, carrying them back to their villages along the shores of Ponkapoag Pond, or the Neponset River. Making those spear points and then hunting supper through these woods. Think of the changes that happened over the next 9600 years, before Europeans arrived. Think what the Blue Hills were like through all those thousands of years. We aren't the first ones to think of the Blue Hills as a special place.



Stone points made by the Massachusetts people for hunting game in the Blue Hills. *Photo by Rob MacDonald*

And here is a picture from Rob MacDonald: "...[B]oth of them were found within what's now the Blue Hills Cemetery," he told me. "In fact, when we do that one section of the RLBH that is off of West Street in Braintree, you're pretty much at the Blue Hills Cemetery. I can even remember what section I was in when I found them. There had been some Harvard archeological explorations out there in the past," Rob said, "so I know there must have been some Native American activity. Because of that, I always kept my eye open for artifacts when digging."

¹ Quotes from <https://friendsofthebluehills.org/keynote/> Joe Bagley, Boston City Archaeologist Friends of the Blue Hills Keynote, Annual Celebration, October 9, 2014



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](https://www.amc.org/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.

AMC Trip Policy

You must bring and be willing to wear a face covering in compliance with local, state, and AMC requirements. Per MA executive order (<https://www.mass.gov/doc/covid-19-order-55/download>), a face covering must be worn for the entire activity. Please have your face covering on when we circle up. Anyone who does not register or does not bring a face covering will not be allowed to join the activity.

Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well. Online registration is required. AMC membership is not required, but you will need to set up a free AMC online account if you do not already have one. Click "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. Each person must register individually; you cannot register for a friend or household member.

This policy applies to ALL activities. No exceptions.

BICYCLING

Mon., Nov. 30. Bike Cape Cod, MA. Full Beaver Moon biking. 22+/- miles. 13-15 mph. The November full moon has also been called the Frost Moon and the Freezing Moon so take your cues for how to dress! Required: helmet, road bike in good working condition, spare tube, face mask, water, snack. Recommended: night riding lights, piece of reflective clothing, hand & toe warmers. **See AMC Trip Policy, p. 15.** Registered participants will be sent START time and location. L Barbara Gaughan (barbaragaughan12@comcast.net, Level 1 hike & bike leader.) CL Paul Currier

CAPE HIKES

Thu., Dec. 3. Hike Wellfleet, Wellfleet, MA. 2.5 hour easy hike. Visit National Seashore woods trails, sea shore beach views, and ponds. Must have hiked similar distances recently and be able to maintain a moderate pace. Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well. **See AMC Trip Policy, p. 15.** L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Sun., Dec. 6. Hike Falmouth, MA. An approximately 2-hour 5-mile moderate hike around a large pond. There are some hilly areas, and the trail varies from very wide to a bit overgrown. The route passes through deciduous forest primarily, but there are some stands of pine trees. This loop hike has been offered regularly but this time we will travel in the reverse direction for a different perspective. No dogs per policy, and rain cancels the hike. **See AMC Trip Policy, p. 15.** L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Dec. 20. Hike--Bourne, MA. This pre-registered hike with a limit of 9 hikers is 2 hours, approximately 4.5 mile hike. The terrain is wooded pathways, fire roads, and trails with several moderate hills. It is a loop so does not offer easy bail-out points. This is not a novice hike. **See AMC Trip Policy, p. 15.** L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a fifth year Level 1 SEM/Cape hike leader with previous WFA training)



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. SEM Chapter Vice Chair. The SEM Executive Board is seeking a chapter Vice Chair volunteer to: - Support the SEM Chapter Chair and our great activity leaders - Represent the SEM Chapter at a variety of club-wide and chapter events - Interface with AMC HQ and learn how AMC functions behind the scenes - Support conservation, education, and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets, and special events, maintenance of SEM continuity plan, assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willing to learn straightforward Excel spreadsheet and Power Point type applications helpful. This position will be available November 2020. Email chapter chair Diane Simms chair@amcsem.org for more information.

Ongoing. SEM Hiking Vice Chair. Do you want to support SEM hiking? We need a Hiking Vice Chair to assist the SEM Hiking Chair. Responsibilities include helping to coordinate hiking activities, encouraging new hiking leaders, and participating in hiking education programs. Email the chapter chair Diane Simms chair@amcsem.org or hiking chair Paul Brookes hikingchair@amcsem.org for more information.

Ongoing, SEM 20s & 30s Vice Chair. The SEM Executive Board is seeking a 20s & 30s Vice Chair volunteer to assist with the SEM 20s & 30s Chapter Chair in the development of a committee to help build our 20s & 30s involvement in the chapter. The Vice Chair will help with creating and hosting social events, maintaining contact and interacting with members through social media, and leading activities geared toward members in their 20s and 30s. Email Susie Schobel youngmemberschair@amcsem.org for more information.

Ongoing. Conservation Committee Member, MA. The SEM Conservation Committee is looking to add members so we can expand our outreach in our area. Our main focus as a committee is to plan and organize outdoor conservation work in Southeastern MA and to communicate to our members on conservation topics. With additional volunteers on our committee, we will be able to expand our efforts in these areas. We need volunteers to help us with planning, organizing and running conservation projects within our chapter. These could be in-person or virtual programs. Some of the ideas we would like to pursue are: •Working with DCR and Friends of the Blue Hills to remove invasive species in our surrounding areas. •Working with the other SEM Committees, Hiking, Paddling, Biking, Trails and Skiing, to identify areas that we can collaborate with them with conservation in mind. •Start a monthly Speaker Series focusing on diverse topics within conservation. These may start as Zoom meetings and later become in-person seminars when feasible. • Communicate ideas as to how each of us can improve conservation measures in our daily lives. L Email conservation chair Joanne Newton conservationchair@amcsem.org for more information.

HIKING

Rating codes (e.g. C4D): first letter indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

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

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

Thu., Dec. 3. Thurs. Morn. Hike, Noanet Woodlands, Dover, MA, We will Follow a network of trails across a preserve that features woodlands and ponds, a former mill site, and Noanet Peak, which offers views of the Boston skyline. The hike will be about 5 miles with several short ups and downs and a climb of Noanet Peak (387 ft). Total hiking time will be about 4 hours. Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. Bring a lunch to eat on the trail. Rain cancels. Please note the leader (Paul Brookes) may have his well-behaved Labrador Retriever Sunny with him if the weather permits. If you have a non-reactive dog you would like to bring, please contact Paul for screening and approval. No more than two dogs total will be on the hike. Details including trail-head location and precise starting time will be emailed after your registration is confirmed. [See the AMC Trip Policy](#). L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.)



Activities

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

HIKING

Sat., Dec. 5. Winter Hiking Series #1 Mt. Wachusett (Group A), Princeton, MA. Join us for a hike to the summit of Mt Wachusett. This is hike #1 of the Winter Hiking Series. The hike will run into the middle of the afternoon. At a little over two thousand feet, the summit of Wachusett Mountain is the highest point in MA east of the Connecticut River. On a clear day, the summit offers views of the Boston skyline to the east, views to the west of the Berkshire Hills including Mt. Greylock the highest peak in MA, and views of Mt. Monadnock in southern NH. The first part of the hike will largely follow the Midstate Trail (including portions of the Balance Rock, Old Indian, Semuhenna, and West Side Trails) up to the summit and we'll return via the Harrington, Semuhenna, and Balance Rock Trails. Proper winter clothing & gear are required (which may require snowshoes/traction), as well as previous winter hiking experience or participation in the SEM Winter Hiking Workshop. Group size is limited due to COVID, so we are providing multiple instances of the same hike. We will have Group A, Group B and Group C hikes. All hikes are all of the same difficulty and duration; they will start 15 minutes apart. **See the AMC Trip Policy, p. 15.** L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Maureen Kelly (617-943-4288 3- 8 pm, mokel773@aol.com)

Sat., Dec. 5. Winter Hiking Series #1 Mt. Wachusett (Group B), Princeton, MA. We will have Group A, Group B, and Group C hikes. All hikes are all of the same difficulty and duration; they will start 15 minutes apart. **See the AMC Trip Policy, p. 15.** L George Danis (danisdad51@outlook.com) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 1 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties, but her true passion lies in higher peaks, particularly the White Mountains of NH.)

Sat., Dec. 5. Winter Hiking Series #1 Mt. Wachusett (Group C), Princeton, MA. We will have Group A, Group B, and Group C hikes. All hikes are all of the same difficulty and duration; they will start 15 minutes apart. **See the AMC Trip Policy, p. 15.** L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Thu., Dec. 10. Blue Hills Thursday Morning Hike- Ponkapoag Pond - Canton, Ma, Blue Hills Ponkapoag Pond Loop, MA. Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond including a few in-and-outs for Red-Liners. Bring warm/waterproof hiking shoes, MICROspikes and/or snowshoes if necessary, sunscreen, snacks/lunch and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Well behaved dogs on leash O.K. **See AMC Trip Policy p. 15.** L Ken Cohen (508-942-1536 Before 7:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three+ years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. At-Large Member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Sun., Dec. 20. Snowshoe #1, Franconia Notch, NH, NH. Snowshoe #1 series. Explore Franconia Notch in the snow with 2 hikes in a single day! First we will climb through pristine woods to enjoy the lovely views a top Mount Pemigawasset. This 3.4 miles hike with 1210 ft of elevation gain will get your "snowshoe legs" warmed up and get your heart pumping for a great winter season in the woods. After returning to the parking lot we will cross the Pemi Covered bridge (built in 1886) and explore the natural wonders of "The Flume" and the Pool. Before returning to the parking lot, we will cross the Sentinel Pine Bridge. The Flume hike will add 3 miles and 500 ft of elevation gain (Total 6.4 miles/ 1750 EG). **See AMC Trip Policy p. 15.** L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Eva Das (borsody@gmail.com)

Sat., Jan. 16-17. Southeastern MA Snowshoe Series 2, New Hampshire, MA. SEM Snowshoe series- 1/2 day Saturday hike followed by a full day hike on Sunday (no accommodations provided). Location TBA - We will be chasing snow. **See AMC Trip Policy p. 15.** L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Eva Das (borsody@gmail.com) CL Diane Hartley (dihartleyplymouth@gmail.com)



Activities

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

HIKING

Sat., Feb. 20-21. Southeastern MA Snowshoe Series 3, TBA, MA. SEM Snowshoe 3 - 1/2 day Saturday and full day Sunday snowshoe (No accommodations included). We will be chasing snow **See AMC Trip Policy p. 15.** L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) L Eva Das (borsody@gmail.com) CL Diane Hartley (dihartleyplymouth@gmail.com).

SKIING

Sun., Dec. 13. Cross Country Skiing in the White Mountains, NH. Join us for a day of cross country skiing at one of the xc ski resorts in the beautiful White Mountains of NH. We welcome skiers of different experience levels. Participants will be notified of the location approximately one to two weeks before, as leader determines the best ski conditions. Participants should bring their own skiing gear, or arrive early if rentals are needed. **See AMC Trip Policy p. 15.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., milmod@aol.com)

Sun., Jan. 10. Cross Country Skiing in Waterville Valley, Waterville Valley Resort Adventure Center, NH. Join us for a day of cross country skiing at the beautiful Waterville Valley Resort. Skiers of different experience levels are welcome. Participants should bring their own ski gear or arrive early if need to rent. **See AMC Trip Policy p. 15.** L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., milmod@aol.com)

BEONLINE WITH AMC

Dec. 1, 2, 8, 10, 15. Winter Hiking Webinar Series. Join experienced winter hiking leaders for one or more webinars designed to educate new winter hikers on gear and clothing selection. All sessions will be via a Zoom meeting and registration is required. Please see customized links for each session to register. Registration is open for up to 100 people. The format will include slides, videos and discussion to describe the topic followed by a Q&A session. [Details here.](#)

Wed., Dec. 2. 7-8:30 pm. Intro to Winter Hiking Webinar Workshop. Experienced Maine AMC winter hiking leaders will discuss clothing, gear, snow travel, and other essential knowledge and techniques to prepare you for outdoor outings in the winter. This event is intended as an introductory course for new and experienced three-season hikers and a refresher for experienced winter adventurers. [Register here.](#)

Wed., Dec. 16, 7-8:30 pm. 3rd Wednesday Speaker Series: Paddling Trails on the Blackstone River in RI. Speaker Keith Hainley is River Restoration Coordinator. Blackstone River Watershed Council/Friends of the Blackstone. His talk will take you from the MA/RI border to the Seekonk River. He will show options available for round-trip outings to all-day down river trips. Cold Springs Park covering Blackstone to Thundermist Dam. River Island Park to Riversedge Recreation Area/Manville Dam. Central falls to Slaters Mill. [Details here.](#)

Wed., Jan. 20, 7-8:30 pm. 3rd Wednesday Speaker Series: Multi Day Treks/Hikes Around The World. Ken Curchin will discuss how he transitioned from day hiker to long trekker/day hiker. How easy is it to get started?.Average cost, picking a trek, finding out where and how to book hotels and huts, plus/minuses of a "do it yourself trip," hiring a company to arrange your trip (Norway), or paying for a guide to take you (Machu Picchu & Patagonia). [Details here.](#)

*Happy
Trails!*



