



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | March 2025

Get your preferred AMC-SEM activities delivered right to your email inbox!

To sign up for the AMC Activity Digest, go to the very bottom of [Outdoors.org](https://www.amc.org/outdoors) & click **Login to My Outdoors**.

Choose **Go to Activities Database**.

Under **My Dashboard** on the left, click **Manage Digest Emails** and **Create new digest**.

Or call 603-466-2727 for help.

Find past issues of *The Southeast Breeze* on our [website](https://www.amc.org/outdoors).

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Have a story for *The Southeast Breeze*?

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

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

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free. Send listings to breeze.editor@amcsem.org.

Business ads start at just \$10/month. Send inquiries to breeze.editor@amcsem.org.



Participants in the final hike of the Winter Hiking Series encountered ideal but challenging weather during the Zealand Hut weekend hike. *Top photo by H. Gunning. Bottom photo by AMC Staff*

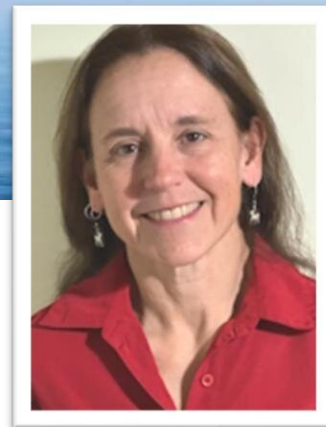
Winter Hiking Series ends with Zealand Hut hike

By Tracy Hawes, Hiking Vice Chair

The culmination of SEM AMC's 2024-25 five-part winter hiking series was nothing short of spectacular. Over the course of the season, participants trained, learned, and conquered increasing challenges, ultimately graduating to a two-night hut trip that offered both an ascent of Mount Hale (4,054') in the White Mountains, and the Ethan Pond trail with 3" of fresh snow to break trail with along the lower ridge line of the Zealand River Bluff.

Our journey began in the Blue Hills Reservation in Canton, MA, on November 3rd, where hikers attended a gear show and embarked on a short hike of 3-4 miles, involving less than 1,000', with weighted packs to prepare for winter conditions. From there, the group advanced to New Hampshire, first summing Mount Roberts on December 7th with 5.5 miles, 1,500' of elevation, via the Mount Roberts Trail in Moultonborough, NH.

Continued on page 6



View from the Chair: Winter heading into Spring

Hello! Welcome to the blustery month of March! While there is still plenty of snow to be found up north, the temperatures locally will be warming, with spring fast approaching. This issue of the *Breeze* provides a variety of reading, reflecting this “shoulder season.”

Many participated in SEM’s Winter Trail Trace and Winter Hiking Series, as well as the popular Cape hikes. You can read about these trips (and maybe find yourself among those pictured!) in this issue of the *Breeze*. We also have new leaders to recognize.

Bicycling activities are starting, as well as a number of spring Conservation and Social activities. Learn more on the [Outdoors Connector](#). We also feature our monthly Outdoors Connector “Tip” to help leaders and participants build their comfort with the system.

Spring also provides opportunities for learning and growth via participation in our Chapter’s trainings, including [Leadership Training](#), [Wilderness First Aid](#) certification, and the [Map & Compass](#) workshop.

Finally, your SEM Chapter’s Executive Committee welcomes new members. See what our current serving members have to say about their experiences on the “ExCom” in this issue.

Hope to see you outdoors.

Happy Trails,

Jeannine Audet, Chapter Chair

2024 Executive Board

Chapter Chair Jeannine Audet
Vice Chair Jenn Wong
Secretary Sue Franconi
Treasurer Larry Petrone
Past Chapter Chair Paul Brookes

2024 Standing Committees

20's & 30's Chair Dave MacDonald
20's & 30's Vice Chair Jeff Gilbert
Bicycling Chair OPEN
Bicycling Vice Chair OPEN

Cape Hiking Chair Robin McIntyre
Cape Hiking Vice Chair Janis Delmonte
Communications Chair Lara Szott
Communications Vice Chair Bee Butterworth
Conservation Chair Zoe Rath
Conservation Vice Chair OPEN
Education Chair OPEN
Education Vice Chair OPEN
Hiking Chair Bill Belben
Hiking Vice Chair Tracy Hawes

Membership Chair Nancy Piedra
Membership Vice Chair Stacey Steele
Paddling Chair Charlie Ashman
Paddling Vice Chair OPEN
Skiing Chair Dia Prantis
Skiing Vice Chair Mike Michalewich
Trails Chair Steve Scala
Trails Vice Chair Larry Petrone

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Lisa Robitaille
Webmaster Cheryl Lathrop
Nominating Committee Chair Ken Cohen
Nominating Committee Vice Chair Joe D'Amore

Volunteer Relations Katherine Brainard
Regional Director Cindy Crosby
The Breeze Editor Mo Walsh
Blast Editor Marie Hopkins

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



Chris Murphy, right, receives his new Leader Kit from Keith Magyar. Photo by Robin McIntyre

Cape Hikes welcomes its newest hiking leader, Chris Murphy

By Robin McIntyre, Cape Hiking Chair

Cape Hikes welcomes our new leader, Chris Murphy, to our ranks! Chris is a retired chemist who worked in water treatment, personal care ingredients, and coating additives during his career. He has been on the Cape full time since 2018 and has been an active hiker with Cape Hikes over the last three years. He completed his leadership training in October 2024.

Chris did his first co-lead in December with Bill Crocker and Keith Magyar as his mentors on the Cape Cod Community College/Old Jailhouse Lane property in Barnstable. He completed his qualifying hike on February 2, planning a Ryder Beach to Paradise Hollow hike in Truro with Keith Magyar as his mentor. Fourteen hikers were treated to a newly minted six-mile hike, complete with interesting facts about the history of the area. Chris received a round of appreciative applause from the hikers, in addition to a goodie bag with his leader patch, first aid kit, leader mug, and AMC bling.

Chris enjoys golfing, traveling, and skeet shooting, in addition to spending time with his family. Congratulations, Chris!

AMC-SEM Upcoming Events

SEM Signature Events: Save the Date

April 22, Tuesday

Earth Day events (see Upcoming Conservation Events)

May 24, Saturday

SEM Open House

Sep 26-28, Friday-Sunday

[Chapter Hut Weekend \(Cold River Camp\)](#)

Nov 1, Saturday

[Annual Dinner \(Bay Pointe Club\)](#)

[Annual Meeting \(Bay Pointe Club\)](#)

Upcoming Education Events

March 27, Thursday

Zoom Conservation Event

[Protecting Raptors from Rodenticides](#)

April 26, Saturday

[Leadership Training](#)

May 3 & 4, Saturday-Sunday

[SOLO Wilderness First Aid | AMC](#)

Upcoming SEM Conservation Events

May 10 & 11, Saturday-Sunday

[Beginner Map and compass for hikers \(Sat/Sun\)](#)

April 9, Wednesday

[Hummingbirds of Massachusetts: AttractThem \(Presentation\)](#)

April 23, Wednesday

[Dinner and Movie : Inundation District + Q&A with Director David Abel](#)

Upcoming SEM Social Events

April 24, Thursday

[Musical Bingo at Barrett's Alehouse](#)

May 9, Friday

[Food Truck Friday at Roger Williams Park](#)

June 29, Sunday

[Disc Golf at Borderland State Park](#)

First Ride of the Season

Dust off your bikes, lube those chains, for the first ride of the season!

April 12, Saturday

[Spring Daffodil Bike Ride](#)

Hiking Series

Enjoy our ongoing hiking series:

[Cape Hikes](#)

[Tuesday Hikes including Blue Hills Conditioning](#)

[Thursday Morning Gentler Hikes](#)

[Saturday Hikes](#)

[Sunday Hikes \(including Blue Hills Conditioning\)](#)

[Full Moon Hikes](#)

Join SEM for our upcoming Earth Day Series

Co-sponsored and located at the Norwell Public Library

64 South St, Norwell, MA 02061

by Zoe Rath, Conservation Chair

SAVING RAPTORS Tuesday, March 18th at 6:30pm



Used with permission Save
Belmont Wildlife



Stewart Ting Chong
Advocating Responsible Wildlife Photography
Mass Audubon Birder Certificate Graduate

[Saving Raptors: Stewart Ting Chong](#)

Tuesday, March 18th, 6:30-7:30 PM

Raptors, foxes, coyotes, and other predators keep our ecosystems in balance. But second-generation anticoagulant rodenticides (SGARs) threaten thousands of these creatures in Massachusetts each year. Learn how these poisons hurt wildlife and how you can help organize and advocate to reduce their use in your community.

Presented by Stewart Ting Chong, Wildlife Photographer, Mass Audubon Birder's Certificate Graduate. Location Norwell Public Library

[Hummingbirds of Massachusetts:](#) [Attract More to Your Yard](#)

Wednesday, April 9, 6:30-7:30 PM

A detailed look at how homeowners can help (or inadvertently harm) the hummingbirds who summer in our region.

The talk includes amazing photos and fun facts about these tiny pollinators, plus specific tips on everything from plants to add to your garden to how to make the healthiest nectar for birds.

Location Norwell Public Library



Norwell Public Library
Branch out – at your library!

Join SEM for our upcoming Earth Day Series

Co-sponsored and located at the Norwell Public Library

64 South St, Norwell, MA 02061

by Zoe Rath, Conservation Chair

Conservation Conversations: Earth Day Panel 2025



Conservation Conversations: Earth Day Panel 2025 (Hybrid Event)

Saturday, April 19, 2:00-4:00 PM

Do you want to learn about local conservation projects and leaders in your community? Join the Appalachian Mountain Club's Southeastern Massachusetts Chapter this Earth Day at the Norwell Public Library to hear about all types of environmental activism and engagement including state-level climate advocacy, sustainable beekeeping, and the intersection of art and nature. Hear from local environmental experts and learn more about how you can get involved with efforts to protect and restore our natural resources.

The panel includes: **Scott Redfern**, Senior Manager of the Doherty Climate & Resilience Institute at Save the Sound, and **Peter Scavongelli**, Farm Manager for Fox Rock Farms in Norwell and **Rae Ettenger**, AMC, New England Conservation Policy Coordinator.

Dinner and a Movie: *Inundation* District + Q&A with Director David Abel

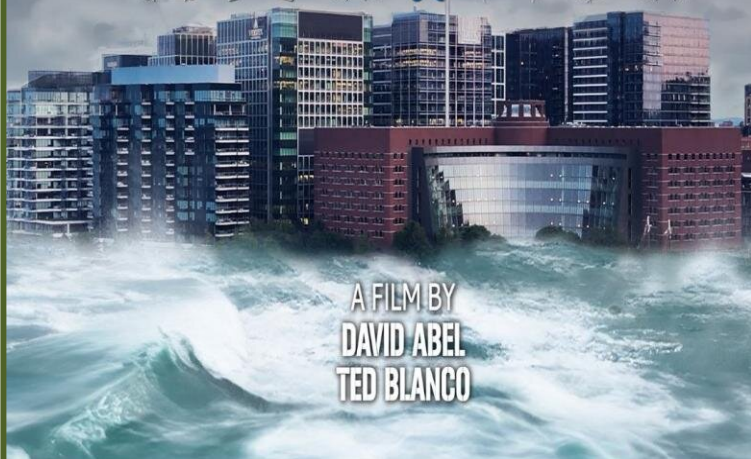
Wednesday, April 23, 5:00—8:00 PM

As part of our Earth Day series, we will screen the documentary *Inundation District* about threats of climate warming and rising tides on Boston's Seaport district. After the film, there will be a virtual Q&A with Director David Abel.

This film is sponsored by the Norwell Public Library, the Appalachian Mountain Club. The Southeastern MA Chapter (SEM) is providing the pizza dinner. Location Norwell Public Library.

In a time of rising tides and intensifying storms,
what happens when a vulnerable city builds by the sea?
Its new Innovation District becomes one of the
world's most imperiled neighborhoods, known as the ...

INUNDATION DISTRICT





Carpooling: Make a friend, save money and a tree or two

By Bill Belben, Zoe Rath, and Paul Brookes

I think it's fair to say that most people like to save money. And if you're a member of AMC, then it's probably also fair to say that you are concerned about the environment. And if you are an active participant in AMC activities, then it might also be fair to say that you like to be around people. Well....what if I told you that there is a great way you could do all three things at once?

The answer, my friend, is carpooling, and it's very simple. All you do is go to the [SEM Hiking Webpage](#) and look on the right-hand side of the page, where you will see a handy dandy link appropriately called "[Car-Pooling](#)". Once you click on that link, you will launch the Car-Pooling spreadsheet created by Zoe Rath and modified by Paul Brookes to include a formula to track our CO2 reduction.

How can I help, you say? First, if you're interested in a destination activity and there are no carpooling options in the listing, contact your activity leader. Ask them to add their event to the carpooling spreadsheet, publicize the spreadsheet on event postings and information sheets, and encourage participants to carpool. Second and most important, is to be an active participant in Car-Pooling to/from our events, either as a driver or a passenger.

"So how do we save a tree by carpooling?" I hear you ask. Well, that's where Paul's dandy little formula comes into play. Let's assume that one person offers to carpool and takes one passenger, and the round trip is 100 miles. The average car emits about 40 kg of CO2 for every 100 miles driven, so if the passenger drove separately that would be 40 kg of CO2 emitted that would not be emitted if they had carpooled. On average a tree absorbs 22 kg of CO2 per year, so by carpooling and not driving those extra 100 miles, you saved the equivalent carbon absorption of about two trees for a year!

And since we love a good challenge, let's set a target of 1,000 trees saved in 2025. Plus, for those who participate in the carpooling program the most, either as drivers or passengers, maybe, just maybe, there will be a secret prize at the end of the year if we meet our goal.

For our sources, check out [Greenhouse Gas Emissions from a Typical Passenger Vehicle | Green Vehicle Guide | US EPA](#) and [How Much CO2 Does A Tree Absorb?—One Tree Planted](#). Also, please take a moment to peruse [AMC's Conservation page](#), read about the AMC's 30x30 goals, and consider joining the Conservation Action Network (CAN).



Views from
Zealand Falls
Hut.

*Photo by Tracy
Hawes*

Zealand Hut hike

Continued from page 1

The next step in the journey was Middle Sister Mountain on January 4th with between 6.5 and 8.5 miles, 2,044' elevation, depending on the group. The destination was reached via the Champney Falls Trail to the CF Cutoff to the Middle Sister Trail in Albany, NH. This hike gave a bonus of being one of the 52-With-A-View peaks.

On January 8th, hikers tackled Wachusett Mountain for an estimated 5.5 miles, 2,000' elevation, via various trails from the Visitor Center. With skills sharpening and confidence growing, the group took on their first 4,000-footer, Mount Pierce, on February 1st for 5.9 miles, 2,400' elevation, via the Crawford Path in Carroll, NH.

Each step, each mile, and each summit brought new challenges, like sub-temperatures, wind chill in negative numbers, and fresh snow opportunities. The rewards of summit scenery, community, and winter hiking confidence were great.



View from
Middle Sister.

*Photo by Janet
Harris*

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APPALACHIAN
MOUNTAIN
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Zealand Hut, winter series final hike

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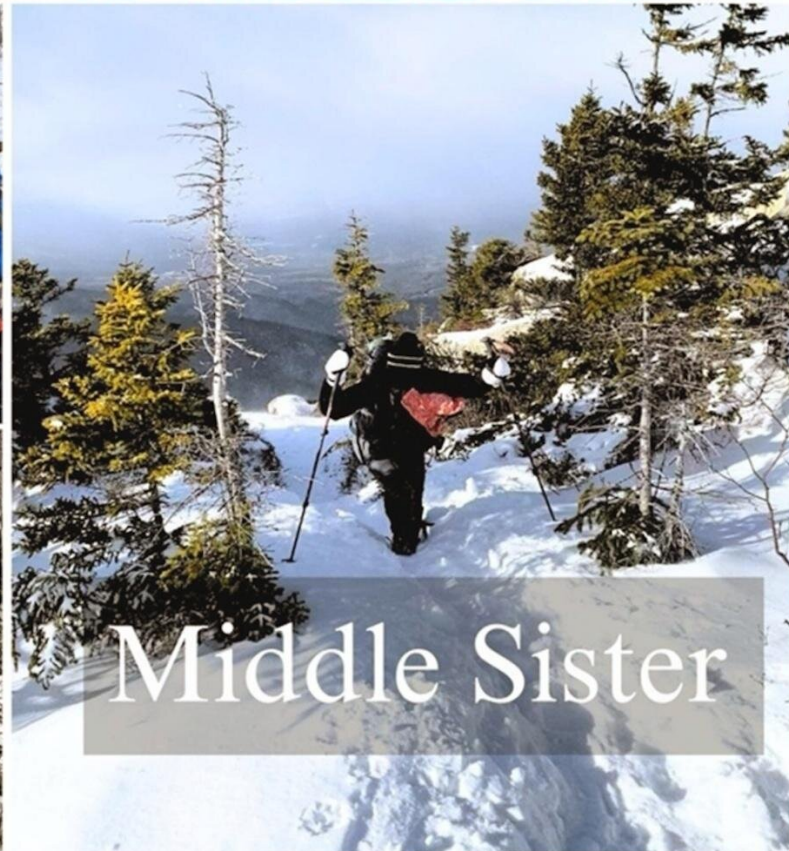
Photo left by Bill Belben



*Photo far left, top, by
Nancy Tutko*



*Photo far left, bottom,
by Jeannine Audet*



*Photo left by Abu
Natarajan*



*Photos left by Brian
Gollub*

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Cape Hikes at High Head in Truro

By Robin McIntyre, Cape Hiking Chair

What are 16 hikers doing on the Outer Cape in February, when it's in the 20s but the sky is bright blue? Loving a winter hike with leader, Richard Kaiser, of course! After a brisk trek down to the ocean in the National Seashore Park to High Head Beach, we headed up through the woods and bearberry-covered hillsides.

Richard shared the history of the Pilgrims' searching this area for fresh water after landing in Provincetown in 1620. They found a source, now called Pilgrim Spring. Despite everything else being frozen, the spring was actively flowing.

From High Head Road, we could see west to Cape Cod Bay, with North Truro below and Provincetown in the distance, and east to the Atlantic.

It was another lovely hike on the Cape that rivals the views from mountain tops. Come join us!



View from High Head Road. *Photo by Robin McIntyre*



Diane strapped on snowshoes during her qualifying hike.

Photo by Jeannine Audet

Diane Simms: New Level 3 Hiking Leader for AMC-SEM

By Jeannine Audet, Chapter Chair

AMC SEM recognizes our newest Level 3 Hiking Leader, Diane Simms. On Saturday, March 1, Diane led a group of ten on a winter hike from Zealand Falls Hut to the summit of Mt. Hale in New Hampshire via the Lend a Hand Trail. This hike was one of the activities offered on SEM's Winter Hiking Series final hike event.

As part of the preparation for this hike, Diane planned the route, screened participants, and closely monitored the higher summits' weather forecast and trail reports as hike day approached. During the hike, Diane ably monitored the well-being of the group and the pace, conferred with her fellow leaders when needed, and checked on progress, using her map. She kept the group together, with a steady hiking pace and brief stops as needed.

The group hiked the 5.6 miles round trip, with 1,432 ft. of elevation gain to the summit of Mt. Hale. They enjoyed the blue skies, then hiked down, arriving at the hut after just under a six-hour day. They made it just as snow squalls began and the wind picked up. Everyone returned to the hut safely and expressed that they had a great time.

Congratulations, Diane! We look forward to your future activities.





Photos Left to right by Tracy Hawes, Zoë Rath, Jennifer Tickell, and Anne McKee.



Photos Left to right: Jeannine Audet, Susan Cummings, Jennifer Tickell, Jennifer Tickell, and AMC staff

Zealand Hut hike

Continued from page 7

The grand finale was the much-anticipated hut trip, which involved a two-night adventure in the heart of winter from February 28th to March 2nd. We set out from Zealand Road in Carroll, NH, as the group made their way to the base camp at Zealand Hut, where we shared meals, stories, and camaraderie. The mighty Ben West created a sled to pull the ten tons of community food, and we took turns pulling (of course Ben did the bulk of it).

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Photos: Ben West, Ben West, Paul Brookes, Paul Brookes, Ben West, Ben West, Ben West



Part 2 ‘Why I Serve’ on the ExCom’

By Jeannine Audet, SEM Chair, et. al

Last month, I asked our amazing Executive Committee members to provide some feedback, to communicate the reasons they dedicate their time, care & attention to serving our Chapter. I received responses immediately, & we were able to publish some of them in last month’s Breeze article. Here are more responses:

Having enjoyed Cape Hikes for a number of years, it was time to step up to the plate and give back. Volunteering is a great way to sustain the activities that we all enjoy and to meet and encourage other like-minded outdoors people.

—Robin McIntyre, Cape Hiking Chair

As a participant, I really enjoyed the way SEM led hiking activities and that encouraged me to become a leader. Then, as a leader, I realized the bigger picture that in order to have a successful hiking program, it required a strong managerial, operational and communications support system. I knew there was a need and wanted to volunteer where I could provide the most good and opportunity to grow the program.

—Bill Belben, Hiking Chair

When I first joined the AMC, I attended a few hikes but didn’t truly experience the supportive SEM community until I participated in one of the conditioning series. That experience inspired me to become a hike leader and eventually join the SEM Board, as I wanted to give back to an organization that fosters such a positive and encouraging environment for its members.

—Nancy Piedra, Membership Chair

After benefitting from AMC-sponsored hikes for the first year after joining, I quickly realized how much volunteer time and resources went into planning and organizing these events. Equally important, I realized that hiking and other outdoor activities would not be possible without the executive volunteers who manage them and the chapters overall business affairs. While it would have been easy to continue enjoying these activities with little to no involvement, I felt an obligation to help ensure that the chapter continues to flourish. So despite my hesitancy to volunteer as Treasurer, I felt it was the right thing to do.

—Larry Petrone, Treasurer

I can attest that the SEM ExCom. is a great team, comprised of people who love & care for the outdoors, & who want to share their enthusiasm with others. Consider joining us! Open positions on the ExCom are Conservation Vice Chair; Bicycling Chair and Vice Chair; Paddling Vice Chair, and Education Chair and Vice Chair. For details on these or any future openings, contact chair@amcsem.org or Ken Cohen at nominatingchair@amcsem.org.

Tips for leaders about Activities on the new AMC Outdoors Connector

By Robin McIntyre

As many of you know, the AMC change in the database to the **Outdoors Connector** has happened. What will this mean for you as a hiker/Cape hiker/biker/paddler/trail worker? How will you find the activities online?

You will be able to access the activities in one of two ways:

1. You can filter by using various fields:
 - Under **Chapter**, scroll to Southeast Massachusetts.
 - Click **Location** to see a map or enter search range.
2. Go to <https://activities.outdoors.org/>
 - You do not have to Log In, but there are benefits to it. Registration is slightly faster because some information from your previous log-in is filled in automatically. You can also see a list of your previous activities.
 - Log In with your current email and password. You may have to reset your password.
 - The page opens to **Search for an Activity**.
 - Click **All Activities** to see a selection of activities.
3. Select activity type.
 - Click other filters as desired.
 - Towards the right under **Key Words**, enter other factors such as desired park, mountain, or river names.
 - Click on the yellow button on the left to **Search**.
 - Only activities that meet your criteria will display on the screen below.
 - Click the activity icon to read the description and other information.
 - Click the activity icon to **Register**. Currently, there is no distinction between “registration required” and “show & go” activities.
 - Fill in registration page, including online **Waiver**.



- For activities with a Fee, you will be able to pay online with a credit card before you submit your registration.

Look for more helpful hints in future issues of the Breeze.



Zealand Hut hike

Continued from page 9



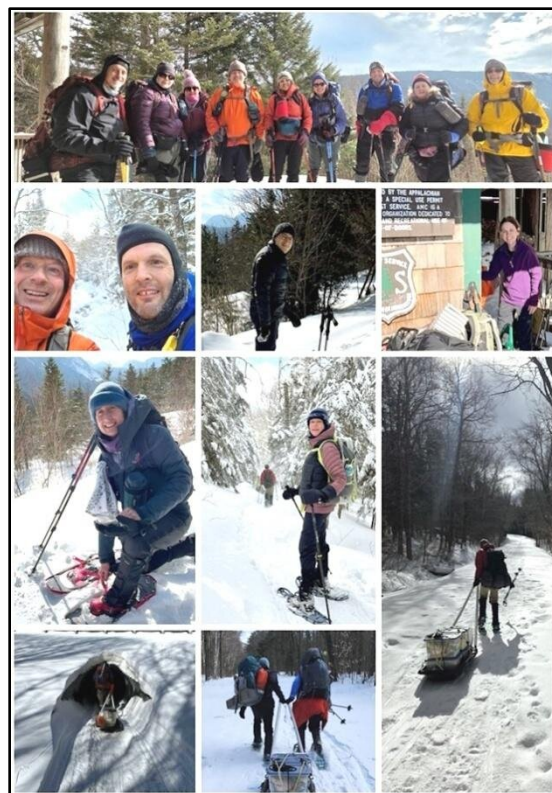
Photos Above: Zoë Rath, Ben West, Zoë Rath, AMC Staff, Jeannine Audet, Robin Melavalin, Robin Melavalin, Jeannine Audet, Paul Brookes, Jeannine Audet.

Photos Bottom Right: AMC Staff, Ben West, Tracy Hawes, Tracy Hawes, Tracy Hawes, Ragini Narasimhan, Zoë Rath, Zoë Rath

Continued on page 12



Photos: Ben West, Paul Brookes, Jeannine Audet, Tracy Hawes, AMC Staff, Zoë Rath, Tracy Hawes, Tracy Hawes, Ben West





Zealand Hut hike

Continued from page 11

The Saturday high peak hike took us to Mount Hale at 4,054' and 5.8 miles via the Lend-A-Hand Trail, marking the achievement of another 4,000-footer. A special milestone was reached as Diane Simms qualified for her Level 3 Winter Hike Leadership certification for the SEM AMC.

Other hikers chose to break trail on the Ethan Pond Trail to get views of the Thoreau Falls and the higher peaks of Zealand Cliffs. The views were a pristine winter landscape. However, winter had one last lesson in store; temperatures had dropped to zero degrees, providing a true test of endurance and preparation.

Throughout the journey, participants reflected on their growth, both individually and as a team. One hiker shared, "This series transformed my confidence in winter hiking. I never imagined I'd be here, standing on a 4,000-footer in the snow." Another reflected, "The friendships we built along the way made every challenge worth it. The hut trip was the perfect way to celebrate everything we've learned."

With around 20 hikers completing the series, and over 50 combined in all the peaks we visited over the 5 months, the tradition continues; offering new winter hikers the chance to train, challenge themselves, and become part of this thriving winter hiking community. The series typically begins the first weekend in November with a classroom workshop and progressively builds toward bigger peaks and heavier packs, culminating in the unforgettable hut trip. Each year, graduates leave with stronger skills, lifelong friendships, and a deeper appreciation for winter hiking.

For those considering joining next year, expect breathtaking scenery, shared meals, and the satisfaction of reaching new heights, both in elevation and in personal growth. As one participant put it, "You don't just finish the series; you move into a community that will keep hiking together for years to come."

(See Joe's poem on page 13)



Photos Above: Ragini Narasimhan, Tracy Hawes, Tracy Hawes, Zoë Rath, Tracy Hawes, Tracy Hawes, Janet Harris, Zoë Rath, Tracy Hawes, Shane Matthews

Photo Left by Paul Brookes



Winter Hut

By Joe D'Amore

There is an explosion of baby powder in the ceiling
Suspended and captured by a frozen sky
The sprinkling stars are blinking in blue
My breath combines with them to form a milky hue

Crashing cascades are so deathly silent
Beneath my feet is the rumbling river that feeds you
Today you hide your flow under snow
That once raged free not so long ago

The adventurers assaulted the distant mountain
They struggled yet reached to touch its stony face
The lovers braved the knife-edged ridges
To contemplate the great fall's forested spaces

The stinky socks and drippy things
Suspended from ceilings were all in clings
Along with boots that moved while sleeping
Gasped for the heat in labored breathing

The hut is sketched like painted canvas
Perched over vastness and dreamy valley
Its waning light and heat created
Reward the trampers so elated



Red-Tailed Hawks are just one of the raptors in danger from rodent poisons, yet they help control the rodent population.

Photo by
[Angela](#)
from
[Pixabay](#)

Virtual workshop to protect our birds of prey from rodent poison

By Zoe Rath, Conservation Chair

Did you know the very products meant to control rodents are devastating our local wildlife? Join us on Thursday, March 27, at 7 pm for an eye-opening virtual workshop about protecting Massachusetts's magnificent birds of prey and wild predators from a hidden threat in our neighborhoods. In this action-focused Zoom session, you'll discover:

- The surprising connection between common rodent poisons and the decline of our hawks, owls, and other wildlife
- Real success stories from MA communities already making positive changes
- 7 practical steps to safeguard wildlife in your own neighborhood
- How to connect with passionate advocates in your area

Be part of a growing movement across Massachusetts to protect our natural heritage! Whether you're a wildlife enthusiast, pet owner, or concerned neighbor, your voice matters in this crucial effort. Together, we can create safer communities for both wildlife and people.

[Register here.](#)

**Co-sponsored by Appalachian Mountain Club's Boston, Southeast, Western MA, and Worcester Conservation Committees.



Map & Compass for Beginners course to be held May 10 & 11

By Paul Brookes, Past Chapter Chair

There are plenty of seats still available for this year's Map and Compass workshop, possibly because it is over Mother's Day weekend. That means you can still register for this popular weekend workshop. To register click [here](#).

No prior experience needed for this workshop; it is designed for beginners however over the course of the weekend we will take you from novice to navigator as we progress from basic to advanced map and compass skills.

If you attend Leadership Training on April 26 and begin the journey to become a SEM leader, you can request a [scholarship](#) for reimbursement of the registration fee. What can you expect over these two action-packed days.

Day 1: Saturday

- **Morning:** Kick off with engaging lessons in a local room on how to read a topographic map, master the use of a compass, and understand how they work in tandem.
- **Afternoon:** Put your newfound knowledge to the test on a guided hike through the stunning Blue Hills. Challenge yourself with a thrilling bushwhack between trails!

Day 2: Sunday

- Team up in small groups to chart your own course and find hidden flags on and off-trail. Using only a topographical map (without trails) and your compass skills, navigate using natural terrain features like valleys, brooks, and hills.
- Each group will have an experienced instructor to guide and support your learning adventure.

Why Join Us?

- **Personalized Learning:** Small class sizes (4-6 students per group) ensure hands-on instruction and individualized attention.
- **Expert Guidance:** Each group is paired with an assistant teacher to facilitate and enrich your experience.

Seize this opportunity to unlock the secrets of the wilderness and build your navigation confidence. Sign up [now](#) and embark on an unforgettable journey at the Blue Hills Reservation!

Materials Covered

- Different types of maps and why hikers prefer a topographical map.
- How to read a topographic map: scale, distance, colors, and more.

- Understanding contour lines and how to interpret the different shapes and swirls.
- Parts of a compass, how it works and how to hold it.
- How to measure a bearing from a map and plot a bearing onto a map
- Declination and how to account for it and then forget it.
- How to use a compass to follow a bearing in the field or take a bearing on an object.
- How to orient a map to the real world and use it at intersections to find the correct trail.
- How to plan a route and the use of offsets when bushwhacking between points.
- How to use point, line, and area awareness to not get lost. Using handrails to hike off trail.
- Practice techniques to locate yourself on a map (including triangulation)
- Route planning and safety.

For more information, including a video from 2023, go to our [Education](#) page, and click on [Map & Compass](#) on the right hand side.

Last-minute opening for a female walker this May

May 6-15, 2025

Scotland's Borders Abbeys Way

Due to a recent injury, a participant has had to withdraw and there is an opening for a woman to join this Scottish ramble.

The 68-mile walking route south of Edinburgh links four magnificent ruined medieval abbeys. One of Scotland's Great Trails, the walk meanders through charming market towns, wooded riverbanks, and picturesque farmland, with expansive hilltop views. An AMC Adventure Travel trip.

Luggage transfer, lodging, and all meals are included.

Contact Sam Jamke (samjamke@myactv.net)
or Nancy Tutko (ntutko@yahoo.com) for details.



[Click here](#) for the AT trip to Scotland information.



Keep your energy up, processed foods down with healthy snacks

Submitted by Jodi Jensen

These healthy snack bars can be frozen, eaten as a snack at home, or as an ideal energy-boosting snack on the trail.

Healthy Oatmeal Date Bars

From [Hello Spoonful](#)

Oatmeal date bars are an easy and tasty dessert with no added sugar, gluten free, dairy free, and vegan friendly!

Ingredients

- 3/4 cups rolled oats
- 1/3 cup almond flour
- 1 1/2 cup medjool dates
- 3/4 cup almond butter*
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1-2 tbsp coconut oil*
- 1/4 tsp salt

Optional: chocolate chips



Photo from Hello Spoonful

Instructions

1. Add your dates to a blender or food processor and blend until a thick paste forms.
2. Next, add all of your remaining ingredients to the food processor and mix until dough forms. Taste and adjust salt and spices.
3. Press into a loaf pan and allow to cool in the fridge for 30 minutes.
4. Optional: Drizzle with melted chocolate and top with slivered almonds and sea salt.
5. Serve and enjoy!

Notes

*The texture of these bars can vary greatly depending on the type of nut butter you use. Some nut butter brands are very runny, while others are thick and globby. If your bars are having trouble sticking together it is likely from the brand used. Add more oil to help the bars stick.

These bars have no sugar added and will taste as so. If you like your bars a little sweeter, I recommend adding honey or maple syrup 1 tbsp at a time. If bars are not holding together, add more oats to balance out the liquid sweetener to keep them firm.



Photo by Dia Prantis

Volunteer of the Month: Jeannine Audet

By Dia Prantis, Skiing Committee Chair

Each month the SEM chapter 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 Skiing Committee recognizes Jeannine Audet.

Our Chapter Chair is also an avid Ski Leader who has reliably made the time to assist on every ski trip posted by SEM. Jeannine's help has been invaluable, including answering emails prior to the trip, offering alternative activities when we don't always get the snow that we want, and of course, just making sure all goes as smoothly as possible during our outings.

This year we went to Craftsbury for the first time. While we got in two days of skiing, we also did a little hiking because rain had made too many bare patches on the trails. Jeannine is always ready to adapt, which just keeps the atmosphere positive and upbeat.

Our second trip was to our traditional Mountain Fair Inn. Jeannine helped the weekend run easily by being flexible to the wishes of the participants. Since conditions were slightly better at Bretton Woods, Jeannine led a group there. When conditions improved at Waterville, she led a ski group there on Sunday.

From preparing food, to offering afternoon yoga, to offering options for snow, rain, or sunshine, Jeannine's leadership ensures that we all have the very best adventure possible!

Congratulations, Jeannine, and thank you from all of us at AMC SEM! Jeannine will receive a Volunteer of the Month Certificate and a \$60 REI gift card.

Map & Compass

Weekend Workshop May 10 & 11

For more info or to register, click the picture

"So much fun using topo map to find flags hidden in the Blue Hills"

"It was great that we were broken into small groups, and that each had its own teacher."

"Two days gave us enough time to practice the skills, I finally got it!"

"I now feel comfortable hiking alone; I can take a different trail if needed to avoid a shady character and still find my way back."

Mountains & Sea

AMC's August Camp 2025

Olympic National Park

Enjoy both mountains and ocean at magnificent Olympic National Park. Hike, bike, paddle and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers.

This million-acre park protects a vast wilderness, thousands of years of human history and several distinctly different ecosystems. These include glacier-capped mountains, old-growth temperate rain forests and more than 70 miles of wild coastline.

Camp just outside the park in Quilcene, WA. Arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff; plus local transportation and a free shuttle from and to Seattle-Tacoma International Airport.

Photos by Janine Brancale and Lennie Stelmets, August Camp 2016

July 19 through August 16. Apply to attend for one of the four weeks. Detailed information, pricing and registration are available at augustcamp.org. The last time August Camp was held on the Olympic Peninsula, it was filled by mid-January!

Online registration opens January 2, 2025 at 9 AM. All applications received between then and midnight on January 15 will be treated equally by random selection.

Week 1: July 19 — July 26 Week 2: July 26 — Aug. 1

Week 3: Aug. 1 — Aug. 9 Week 4: Aug. 9 — Aug. 16

Each week: \$1700 for members, \$2040 for non-members

Questions: Please visit augustcamp.org.

augustcamp.org



Joe D'Amore, left, was invited on a predawn hike by Tracy Sullivan, center, and her women-only hiking group.

*Selfie Photo
by Tracy
Sullivan*

Women's hiking group transforms lives while encountering nature

By Joe D'Amore

There are no leaders in this group, at least none I can discern. Women have that quality. They can organize, meet, and enjoy experiences together while everyone initially is a stranger.

I discovered Tracy Sullivan on Facebook from her posts on leading women-only hikes. After exchanging a few messages and providing personal contact information, I asked for a photo of the group to incorporate into a poem about women bonding in nature. I was elated by the warm response—and that I was not viewed as a stalker or the central figure from *The Shining*.

I continued to learn more about what Tracy and her charges are doing. I was intrigued. Tracy is “paying it forward” by taking the hiking instruction offered to her by others and, in turn, encouraging women to experience the benefits in encountering nature directly. This currency of gratitude and goodwill can then be further and perpetually exchanged in an expanding circle.

Tracy is an originator of goodwill, not only a transferor of it. She has benefited from the guidance of others, but her energies are committed to people and their welfare to a degree well beyond what she has received.

I learned also that Tracy is new to engaging mountain trails and conditions, schooled by more experienced hikers just in the last two years. She characterizes her position on the spectrum of experience as somewhere between a novice and an expert. We became instant soulmates on that score as I announced, “Me, too!”

Hiking in cold weather with swirling snow, on frozen ledges, negotiating slippery rocks, and traversing icy streams is outright dangerous, even for the heartiest hiker. Yet, Tracy and her hiking mates trust each other enough to confront such barriers and end up having fun, too.

No one can be left behind. There isn't enough skill level vested in any one hiker to ensure a successful outcome if there is separation. Some behind-the-scenes effort must be coordinated to ensure everyone is geared properly, whether the gear is borrowed or purchased new. But after that, at the trailhead the group forms like a single organism.

I accepted an offer to hike with Tracy and her group at a cold, frozen predawn hour for a winter sunrise hike to the summit of Mt. Watatic—the Monadnock of Massachusetts—in the Ashburnham State Forest. The dark was illuminated by headlamps, white snow made opaque by moonlight, and a sky crystalized by stars was the perfect environment for our first hike together.

While sharing time and space with the group—and climbing a mountain—I couldn't determine if anyone was in better shape than anyone else. There was a quiet discipline to the group. No one rushed forward, and no participant struggled far behind. It was choreography on display.

While working through a meandering trail and during breaks, Tracy told me her story. She launched her journey because she had a brain condition known as idiopathic intracranial hypertension. (She is in remission now, thankfully.) She endured a near-life-ending surgery to improve her situation, and she lives today with a complete lack of peripheral vision. She also lives with symptoms of a brain tumor, sporadic and intense pressure headaches that can be brought on by physical exertion—like mountain climbing.

Tracy said she has to plan her gear and hikes carefully, assessing weather conditions and routes that will not cause her to suffer symptoms to the degree that they are debilitating.

I realized why she appeared to be a highly experienced hike leader: That's what they do—plan, assess, and execute a thoughtful plan for engaging a mountain or difficult terrain. Tracy was a reliable guide for me and anyone else willing to test themselves outdoors.

Tracy is hiking for her life, and I bore witness to it. From this incredible discovery of her demons and barriers, I began to inventory my weaknesses. I know I can overcome them now.

Continued on page 18



Sunrise on the hike up Mount Watatic in the Ashburnham State Forest. Photo by Sharon Salmonson

Women Hiking

Continued from page 17

I tend to be quiet and contemplative on a hike, but the women enjoyed each other's company, and conversation was extensive. On a windswept, snowy slope of a mountain, a bunch of humans shared snippets of their lives in a dramatically unconventional way. There was sorrow, heartache, renewed happiness, physical healing, desire for redemption, burgeoning confidence, and barely hidden fear. In this soup of human emotions there was no negativity at all.

When we completed the hike, there was an eruption of hugs and congratulations. There were also tears of joy and faint indications of relief.

We crossed an invisible boundary, and it must have had something to do with a transformation occurring within each hiker.

The difficult conditions we shared were coupled with likely interior barriers that were being breached with every step on the trail. These women demonstrated outwardly that often in life coping with adversity is more important than overcoming it.

It occurred to me that I can also do what Tracy does: Pay it forward—in coordination with the like-minded—with an intensity and dynamic well beyond the degree received, and revel in the power of its transformative effects, especially when directed toward total strangers.

I sense that doing this repeatedly will increase its effect. It could become a pattern that will bring me a level of fulfillment I have yet to know.

In the afterglow of the memory, I wished Tracy and her friends Godspeed.

One day, I may gather the courage to ask Tracy and her friends if I can join them again on the side of a mountain. I may even muster the courage to ask for a bit of a break and schedule it for a warm spring day.

I am eager to continue my development in directing goodwill to others within the embrace of the wilderness.

We all need this.

Joe D'Amore writes regularly for North of Boston Media Group daily newspapers: *The Eagle Tribune*, *Salem News*, *Gloucester Daily Times* and *Daily News Of Newburyport*.

Conservation BINGO Challenge

This year's Conservation BINGO Challenge lasts all year long with extra incentives for achieving conservation goals by June 30th.

Now you can qualify for a Conservationist Patch at any time by filling **two** BINGO rows, vertically or horizontally.

Fill at least **three** rows by June 30th to qualify for the 2025 Conservation Committee gift card drawing for a \$50 AMC gift card. Each person who fills at least **four** BINGO rows by June 30th can enter the drawing **twice**.

Email a photo of your completed BINGO sheet to conservationchair@amcsem.org or give to any SEM leader!

BONUS: Attend three AMC clean-up events this year to automatically qualify for a Conservation Patch!

Name: _____ Date: _____

Email: _____

CONSERVATION
SEM AMC CHAPTER

BINGO CHALLENGE 2025

How to Qualify for a Conservationist Patch (all year long): Fill 2 bingo rows (vertically or horizontally).
*How to Qualify for the June 30th, 2025 Conservation Committee gift card drawing? Fill out at least 3 rows to qualify for drawing of a \$50 AMC gift card. *Each person can enter the drawing twice by filling out at least 4 rows of bingos by June 30th. Email a photo of your completed bingo sheet to conservationchair@amcsem.org or give to any SEM leader! * Bonus attend 3 AMC clean-up events this year to automatically qualify for a conservation patch!

Use Naturalist app to help scientists identify plants.	Reduce greenhouse gas emissions: LED lighting, smart thermostats, and high-efficiency appliances.	Carpool to an AMC event. Ask the trip leader for help organizing this.	Start or continue using a compost pile.	Sweep out your single-use items at home and repurpose 2 glass or plastic containers.
Attend an AMC conservation event, or some other environmental awareness event.	Watch a movie/documentary about conservation issue.	Read a book about a conservation.	Attend a trail clean-up event.	Plant native plants in your garden.
Shop at a thrift store.	Bring a reusable mug; many coffee cups cannot be recycled and end up in a landfill.	free Spot	Practice Leave No Trace on a trip/hike.	Bring bag to collect trash and you to tip on a hike.
Consent to stop using Roundup and other chemical weed killers.	Drink tap water/bring water bottle to an event.	Use natural, non-toxic cleaners as much as possible.	Ride a bicycle instead of driving to local store.	Use biodegradable pet waste bags to reduce the amount of plastic entering landfills.
Pick up trash when you see it on the ground even if it isn't yours.	Store reusable silverware and cloth napkins in your car or bag (ready for to-go food).	Walk to nearby store instead of driving.	Join AMC's Conservation Action Network.	Eat low on the food chain for weeks. A vegetarian or vegan diet is a low-carbon diet.

Download your Conservation BINGO Challenge card [here](#).



Activities

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

Outdoors Connector

AMC launched a new activities listing and registration platform on January 10, 2025 to replace ActDB. Outdoors Connector offers some new features, including the ability to pay online for fee-based activities. See articles in this and future issues of *The Breeze* for more information.

At this time, the Chapter-wide Newsletter listings and the personalized Activity Digest are not available through Outdoors Connector. [Visit here](#) regularly for the updated list of activities.

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Bicycling Chair & Vice Chair - Southeastern Mass Chapter, MA. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on "[Responsibilities](#)" under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Ken Cohen by emailing nominatingchair@amcsem.org or Jeannine Audet by emailing chair@amcsem.org.

Ongoing. Conservation Vice Chair – Southeastern Mass Chapter, MA. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on "[Responsibilities](#)" under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Ken Cohen by emailing nominatingchair@amcsem.org or Jeannine Audet by emailing chair@amcsem.org.

Ongoing. Education Vice Chair – Southeastern Mass Chapter, MA. SEM SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on "[Responsibilities](#)" under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Ken Cohen by emailing nominatingchair@amcsem.org or Jeannine Audet by emailing chair@amcsem.org.

Ongoing. Paddling Vice Chair - Southeastern Mass Chapter, MA. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on "[Responsibilities](#)" under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Ken Cohen by emailing nominatingchair@amcsem.org or Jeannine Audet by emailing chair@amcsem.org.



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Committee Members - Southeastern Mass Chapter, MA. Our committees are always looking for new members. For more information email the Committee Chair or the Chapter Chair. **Nominating Committee** Do you regularly attend activities and are comfortable talking to people about open positions. If so, please consider the nominations committee. We are looking for people from all over our region, but especially someone from the Cape. **20's & 30's Committee** As we all know, our younger members are the future of our chapter. We are looking for people in their 20's & 30's who like participating in and organizing events for a younger crowd including social events. **Membership Committee** If you're a fan of SEM and regularly promote SEM to those you meet, this committee could be for you. In addition to supporting our Open House and other outreach events, you would help our new members fully engage with the chapter by organizing new member activities and social events. **Communications Committee** We are looking for people to train under our current Communications Committee volunteer staff as backup and support for the following roles: *Social Media Administration: Will work with Lisa Robitaille our Social Media Administrator *Web development and maintenance. Will work with Cheryl Lathrop our Web Mistress who maintains our SEM Website *Editing and typesetting: Will work with Mo Walsh who produces our monthly Breeze magazine. *We are also looking for someone with Video editing skills to help generate video content for our website. L Jeannine Audet (chair@amcsem.org). For more information, you can discuss this position or any other volunteer opportunities by contacting our Nominating Committee chair Ken Cohen by emailing nominatingchair@amcsem.org



*Happy
Trails!*