

Mountain PASSAGES



THE NEWSLETTER OF THE NEW HAMPSHIRE CHAPTER OF THE AMC

Skier's Journal

BY TED STEVER

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VOLUME 38, NUMBER 1

JANUARY-FEBRUARY
2012

As the date for my first AMC outing drew closer, the weather was not cooperating. It had been raining for a couple of days and because I live in Connecticut, there had not been snow out my back door for several weeks. When I checked in with the trip leader, I was surprised and thrilled that the trip to the Gulf of Slides (GOS) was still a go.

With a dedication found only in diehard snow lovers, the parking lot at Joe Dodge was packed by 7:30 am despite the misty, foggy, warm weather. Although it was spring skiing conditions, we were at least rain-free for the day.

The majority of the parked cars belonged to folks heading up to Tucks, so our AMC group had the GOS trail to ourselves. Not far up the trail we encountered a stream crossing – a challenge so early in my first trip, and I was positive that at least one of us would be soaked for the duration of the trip. But good leadership, combined with two or three different techniques on stream crossing, insured that we all arrived dry on the opposite shore.

After a good trek, and some proper sweating, we arrived at the base of the slides. I had never seen the effects of an avalanche run out. There were trees up-

rooted, a thin snow cover and boulders moved substantial distances. Seeing the destructive forces of an avalanche was a powerful sight indeed.

Due to the recent avalanche, the path from this point looked more like a resort trail than a hiking path in the



Presidential Range. We skinned up as far as the skins would take us and took a trail lunch break. From there we booted

JOURNAL, TO PAGE 6

AMC's 136th Annual Business Meeting & Farewell Celebration Gala for Andy Falender

BY CINDY MARTELL

AMC's 136th Annual Business Meeting will be held on Saturday, January 28, 2012, at the UMass Boston campus on Columbia Point, South Boston. The day's activities will include committee meetings (starting at 8 am) and the 136th Business Meeting at 3 pm. All members are welcome to attend but pre-registration is required as no walk-in spots are available. This year's event is different from years past as we will not be hosting workshops or an AMC showcase. For more information about the day program, go to www.outdoors.org/annualmeeting

In the evening, we will be celebrating Andy Falender who, after 23 years as President of the Club, is retiring. The Farewell Celebration to Andy is on Saturday evening, January 28, starting at 6 pm. The event is being held at the John F. Kennedy Presidential Library and Museum, Columbia Point, South Boston. Registration is required (separate from the day program). To register and for more information on the evening program, go to www.outdoors.org/farewellandy

AMC's Adventure Travel Leadership Training

BY CINDY MARTELL

The AMC Adventure Travel Leadership Training Program was a tremendous success! It was held in Litchfield, Connecticut on November 18-20, 2011. The trainers offered a wealth of information to the participants – having over 80 years combined experience leading Adventure Travel for the AMC. The participants also brought significant experience to the training, most having led many Chapter trips for the Club for a number of years. For more information on AMC's Adventure Travel program, please see www.outdoors.org/adventuretravel



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MOUNTAIN PASSAGES

Volume 38, No. 1
January / February 2012

Mountain Passages is published six times a year by the New Hampshire Chapter of the Appalachian Mountain Club.

Submissions. Members may submit articles or photos (hi-res jpegs) to newsletter@amc-nh.org. Articles may be edited at the discretion of the editor to meet space and style requirements.

Publication is on a space-available basis. While Mountain Passages does not pay for submissions; a byline or photo credit is given.

Advertising. The AMC NH Chapter members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking and more.

For information and the 2011 Ad Rate Sheet, send an email to newsletter@amc-nh.org.

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Address Changes. Address changes or other changes to your membership must be made through AMC Member Services at 5 Joy St. Boston, MA 02108;

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Please note: Member address updates cannot be handled by AMC-NH officers, committee chairs, or the newsletter editor.

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Volunteer Spotlight: Marianne Page

Marianne Page is a multi-talented volunteer for the AMC. In addition to serving as Secretary for the NH Chapter, she is a hiking leader on excursions for the club's adventure travel group.

Q: How did you first get started with the AMC NH Chapter?

A: My husband bought me a membership so I would not keep begging him to do something on the weekend. As he was working in Boston, that seemed to him like a busman's holiday. It took me a year to dare sign-up for a hike - happened to be one to Ethan Pond in February!

Q: What were some of the biggest challenges when you first started hiking?

A: Just getting over the hump of feeling confident enough to find trailheads and fitting in with 'hikers.' Had not hiked before, but had a young lifetime of walking in Germany.

Q: How did you discover winter hiking?

A: I started out in winter . . . and just stuck with year-round excursions as they came up.

Q: How has winter hiking changed since you first got started?



A: The winter hiking community has grown substantially and there is less of a chance of having to break trail when hiking with friend(s). Gear has jumped into a comfort zone with speed - lighter snowshoes, light micro spikes, lighter boots and extreme warm and wicking clothing. The con-

stant is the hardest part: getting to the trailhead!

Q: Do you have any special tips for women just getting started in winter hiking?

A: Take heart, take win-

ter school or hike with experienced winter hiking leaders. Learn from them; get the right equipment, it does make a difference and keep on hiking! Winter leaves little room for error; you have to be in shape. It is a winter wonderland you experience rather than look at in pictures!

Q: I hear you lead trips for AMC's Major Excursions. What are your favorite trips to date?

A: It is the latest because it's fresh, which was Yellowstone and back-packing five days on the Teton Crest Trail . . . before it was three tracks hut-to-hut in New Zealand, which is hard to beat! But there was Tanzania as a participant,

with all the memories of Kili and safaris in the Serengeti and the Ngorongoro Crater. Two trips to Glacier and one to the Canadian Rockies set me afire for our own North America destinations. Loved all my Adventure Travel, which started with eight days in Baxter Park and two islands of Hawaii.

Q: What's on your travel calendar for 2012?

A: Family vacation to Cancun, reunion trip to Germany, possible Walkers Haute Route, husband's Army reunion Colorado Springs, followed by showing him and friends Yellowstone and Tetons National Parks; my Adventure Travel trip to Big Bend National Park in October/November.

Q: What's on your travel wish list?

A: Some are: Galapagos Islands, Greece and Italy; more National Parks with AMC's Adventure Travel.

Q: Any advice for adventure travelers just starting out?

A: You start out already knowing you will travel with fellow outdoor enthusiasts, and they have a lot in common with you. You're assured of an atmosphere of developing friendships, a community of learning in Nature, and trust in the leadership with safety as a first consideration. Fantastic choices of destinations around the world!

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NH Mountaineering Glacier Travel and Crevasse Rescue Workshops

BY JIM KENT

Winter is finally here, but have you made your plans for summer climbs on glaciated peaks? What about training for those trips? That's where we can help! The New Hampshire Chapter is again offering two workshops in April to help you prepare for such adventures. As in prior years, we are honored to have support and sponsorship from Sterling Rope for these workshops.



The Introduction to Glacier Travel Workshop is a one day program designed to familiarize participants with the glaciated mountaineering environment, and the training to become a functioning member of a roped team for glacier travel. The morning starts with instructor introductions followed by group sessions covering the mountain environment, dressing for success, basic knots, and a discussion about roped travel and the mechanics of clipping in. Safety is continually stressed, so the fundamental climbing equipment is thoroughly reviewed, from the harness and helmets, to the ropes and knots we use. Our instructor-led group sessions include hands-on practice for the knot-work, including working with prussic loops which are provided. After the instructors demonstrate how we divide a rope for various team sizes (three to five team members), we break into small teams for individualized team training. The remainder of the day is spent in the field learning the skills needed to

function efficiently as a roped climbing team. These instructor-led teams review and practice roping-up, properly tying prussic loops, crampon and ice axe techniques, self- and team-belay, self- and team-arrest, and learning to ascend and descend as a team. For some participants, the rhythm of traveling smoothly as a team is an entirely new experience.

Highly anticipated by most participants is the opportunity to learn and practice self-arrest, and our training site at Gunstock Mountain provides the terrain necessary for practicing these critical skills. We also discuss, demonstrate and practice the rope-handling skills needed for safe glacier travel. The Gunstock ski slopes provide the perfect terrain for participants to practice all these skills, and after spending all day on the slopes, we recap the day as a group.



Our Crevasse Rescue Workshop is an intense two day (weekend) program that builds upon the fundamentals covered in the one day Introduction program. Practical field experience is also acceptable. The workshop begins with instructor introductions and team assignments, and a quick review of most of the topics covered in the group sessions in the Introduction program. This approach allows our returning participants to "warm up" to the weekend program without being overwhelmed. Each team

is assigned two instructors and, with ropes, snow pickets and rescue pulleys in hand, teams head for the slopes for a full day of training. Part of Saturday is used to re-enforce what the participants "think they know."

We do this as a practical exercise by having the participants demonstrate properly dividing the rope and clipping-in. Then the entire team must check each other to ensure they are safely prepared to start climbing. All of these fundamentals are reviewed as needed. Ascending the slope as a team re-establishes the rhythm needed to move efficiently. Instructors frequently establish a route using wands, something which helps simulate that real world experience.

The instructors introduce a running belay, and the techniques used for safely passing your clip-in knot across the belay anchor. We also review self-arrest to re-enforce those skills. Repetition of all these skills is designed to increase confidence and establish the foundation necessary for safely building snow anchors, followed by crevasse rescue hauling systems. Our instructors review the most common snow anchors, including improvisation techniques, and then demonstrate building several examples. Next, participants practice building and testing their own snow anchors. The instructors then explain and demonstrate the need for and construction of hauling systems and the

anchors required to support them.

Every team member practices all the aspects of the anchor building and hauling activities which includes the rescue of a fallen climber, typically one of the instructors. The hauling procedures we cover range from the simplest "heave-ho" to complex mechanical advantage systems using multiple pulleys and improvisation techniques. If there is sufficient time, a dynamic "un-scripted" rescue scenario is practiced by the team, and anything can happen! At the end of the day, everyone descends to "base camp" for a group re-cap and review.



Registration for both courses begins January 10, 2012.

The tentative dates are: Introduction to Glacier Travel on April 14, 2012 and Glacier Travel & Crevasse Rescue on April 21-22, 2012.

For more information, contact Workshop Director Jim Kent at jimkent@comcast.net.

Après Ski x 3

BY THE MOUNTAIN PASSENGER

The Mountain Passenger likes to find new places for après ski and found three great spots in the White Mountains with Fireplaces for you to try this winter.



THE COMMON MAN in

Lincoln serves tasty burgers, sandwiches, and pizzas in an intimate, couch-filled setting. Try their amazing sweet potato fries (they're good for you, right?) with one of their hot grogs.

The Fireplace is a giant field-stone work of craftsmanship that throws-off plenty of heat. Get there early to score a couch right in front of the fire.



THE WILDCAT TAVERN in

Jackson serves-up comfort food in a casual tavern setting. Their meat-loaf makes mountain memories and if you stop by on "hoot night" you'll have a chance to sing about it!

The Fireplace is tucked into a cozy corner of the tavern. It's best viewed from the corner table . . . with lots of good friends!



FLATBREAD PIZZA COMPANY

in North Conway serves organic fare right from the Fireplace. Start with their all-organic salad (goat cheese, please), followed by any made-to-order flatbread. You must save room for Barbara's Gingerbread!

The Fireplace is the oven and is best experienced from the front row on the first level. For an added bonus, the staff offers great trail advice so this is also a great place to stop before your big day.

Snowshoe Stew

This hearty stew is the perfect ending to a day of snowshoeing. Serve with crusty bread and an Old Vine Zinfandel from Lodi. Serves 6 - 8.

- | | |
|----------------------------|--------------------------|
| 2 pounds cubed stew beef | 1 tsp Allspice |
| ¼ cup flour | 4 carrots, sliced |
| 1 ½ tsps salt | 3 potatoes, diced |
| ½ tsp pepper | 2 onions, chopped |
| 1 ½ cups beef broth | 1 stalk celery, sliced |
| 1 tsp Worcestershire sauce | 1 cup frozen peas |
| 1 clove garlic | 16-oz can diced tomatoes |
| 1 bay leaf | |



Place meat into a slow cooker. Add flour, salt, and pepper and stir to coat. Add remaining ingredients and stir to mix well. Cover and cook low for 10-12 hours or high for 4-6 hours. Stir before serving.

up to the rim and, as if on cue, the sun came out and the fog cleared. The view that greeted us was breathtaking; more powerful than the avalanche.

After making a couple of runs in the sweet spring corn, we pointed our tips to the base lodge. Thanks to the increased volume of water from snow-melt, the stream crossing posed an even greater challenge on our return trip and made this first-timer positive that someone would be getting a bath this time. But, once again, I am happy to report glad we all made it across (mostly) dry.

Back in the parking lot, the group immediately began talking about what a great day of skiing it had been. Days like these and the adventures the AMC encounters along the trails and backwoods of New England keep us all coming back for more. No matter if it's a rainy day or spring skiing conditions, the backyard effect has not begun: the days on the hills with some AMC friends are always rewarding.



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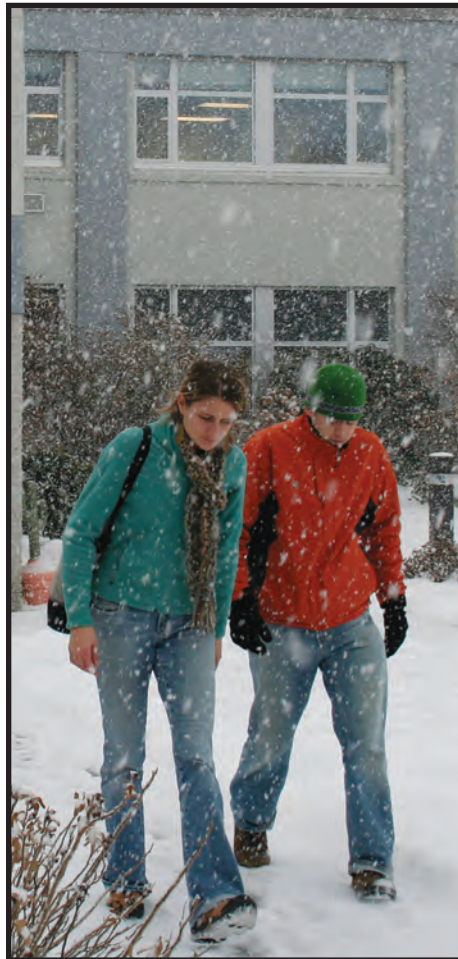
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November 4-6: The Family Group's Annual Gathering at Cardigan Lodge

BY WANDA RICE

The family group had another very successful Fall Gathering. Despite a few last second cancellations and some communication difficulties during the previous week's power outage, we still had over 50 adults and kids ranging from age 5 to 16 in attendance. Not only were all the New England states represented, we enjoyed the highest proportion of new folks that we've seen in recent Family Group Annual Gatherings. Needless to say, we hope we will get to see these new friends again and again.

We offered three differ-

ent hikes on Saturday. The more difficult hike was a nine mile jaunt looping "off the map" and eventually over Orange Mt. and down to

and down. The easiest hike stopped for lunch at PJ Ledge where half the group turned back and the other half continued to the summit.

we continued our tradition of hiking to Welton Falls in the morning. Part of the group brushed up on their map and compass skills by orienteering directly to the stream crossing. They arrived shortly after the trail group and were dead-on with their navigation. Well done!

We again enjoyed wonderful food prepared by Team Holstein. The food team was lead by Nathan Holstein and included many friends and family who willingly gave-up their weekend to make terrific meals for all of us. We also had a great cast of folks helping us lead our hikes this year. A huge Thank You goes out to everyone who helped out, from cooking to sweeping the lodge at the end! It wouldn't be the great event that it is without everyone pitching in.



the Lodge. The medium hike went up the Manning Trail to Firescrew, over Cardigan

Everyone made it back safely despite the need to negotiate some icy patches. On Sunday

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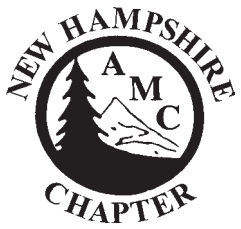
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Winter Ski Forecast

EMILIE PHILLIPS

The snow forecast is still up in the air, but I can guarantee that we will have lots of fun skiing trips this winter. We have trips every weekend including a mix of annual favorites and new adventures. For folks who would like to brush up on their skills before hitting the trails, we have cross country ski clinics in Bedford NH twice a month, and telemark clinics at the Gunstock ski area.

Check-out our trip listings online at <http://amc-nh.org/committee/ski/index.php> There is a trip there for everyone. If you have any questions about a trip, ask the trip leaders or Tony and I.

Tony Schmidt & Emilie Phillips
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