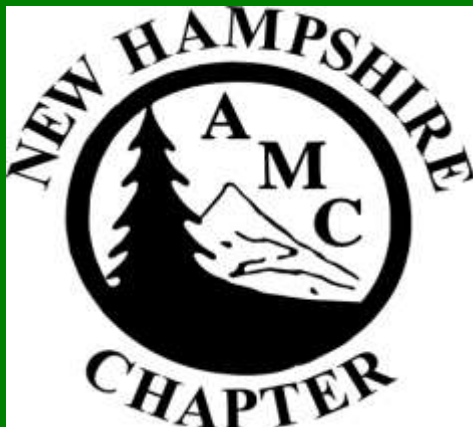


Mountain Passages

amcnh.org
Volume 36, Number 8
March/April 2011

The Newsletter of the New Hampshire Chapter of the AMC



Weekend Calendar

What are you doing this weekend? AMC-NH is always planning something. Our weekend calendar has all this weekend's trip listing, social events and workshops in one convenient place. It's just one click away at amc-nh.org. and outdoors.org/about/calendar or see *AMC Outdoors magazine*.

Did you Know?

Time to hone your avalanche skills...

With all this snow, it's the perfect time to think about prepping for the spring ski season at Tuckerman and Huntington Ravines! Take AMC's three-day National Ski Patrol Avalanche course, March 11-13 at Pinkham Notch Visitor Center. Don't miss out on this opportunity to gain your American Avalanche Association Level I credentials! Learn more at <http://news.outdoors.org/2011/02/time-to-hone-your-avalanche-skills.html>

[AMC Adventure Travel Update](#)

AMC Major Excursions/AMC Adventure Travel is one of the benefits of membership. You can travel to many places in this beautiful world, and sometimes, there are too many choices, if you are in shape for all of them.

[It's Not About the Hike! Well then... what is it about?](#)

Please join us for an encore presentation of a moving multi-media slide show by **Nancy Sporborg** and **Pat Piper**, entitled "*Its Not About the Hike*".

[Chapter Activity Day](#)

This will be a fantastic opportunity to sample activities offered by the NH Chapter committees and trip leaders.

[NH Chapter Annual Spring Workshop](#)

The spring & summer hiking seasons are just around the corner, are you prepared? This workshop offers instruction in safe mountain travel to hikers of all levels.

[Cry, the Beloved River](#)

I recently received an email from a paddling friend pointing to an article on a documentary that recounts bizarre climate changes seen by Inuit elders.

[What's Happening at the Madison Hut?](#)

Guests returning for a stay at AMC's Madison Spring Hut next summer will notice a roomier, more comfortable building with an enhanced "green" profile.

[Mizpah Hut Night on June 11, 2011](#)

Hut Nights are a long-standing tradition for NH Chapter members and we look forward to an enjoyable evening at this easy-to-hike hut.

[Volunteer spotlight](#)

If you have attended one of the workshops at Cardigan Lodge over the past thirty years or if you've been a participant on a hike led by a leader from the Excursions Committee of New Hampshire Chapter, you've benefitted from the dedication and knowledge of our Workshop Director, Rick Silverberg

AMC Excursions/AMC Adventure Travel Update

By Marianne Page

AMC Major Excursions/AMC Adventure Travel is one of the benefits of membership. You can travel to many places in this beautiful world, and sometimes, there are too many choices, if you are in shape for all of them. Travel with likeminded people already makes for a more relaxed feeling, since flying these days brings anxiety. Then there is the long range planning, with divided payments; you can be sure the trip has been well researched, or done before by excursion leaders, who are each other's valuable partners. Many resources to get acquainted with your destination are given in the prospectus, then the roster of fellow travelers is given, as well as a get acquainted hike/stay-over prior to the excursion, if possible. By the time you start the trip, you are well informed as to destination and who your tent/bunk/room-mates will be. I have been to Hawaii, Canadian Rockies, Africa, and Glacier National Park as a tripper and loved it. Because I did, I completed all the training for leading an excursion and have been delighted to go back to Glacier, also discover Idaho's Sawtooth Mountains, and New Zealand as well. Next will be Yellowstone and the Tetons in August. How would you like to come with Len and me?



<http://snebulos.mit.edu/majorexursions/trips/1117.pdf>

2011 Education Committee Schedule

May 7 Chapter Activity Day held at Cardigan

May 21 Introduction to Backpacking: Day long demonstration on gear, tents, sleeping pads, and bags, water filtration, stove demo's, meals and food prep. Almost everything you need to know for a fun backpacking trip. The introductory class will be followed by a backpacking trip on June 11 & 12.

June 11 & 12 Introductory Backpacking Trip. We will pick a destination and do an actual backpacking trip. The focus of this trip will be hands on experience at finding and making a tent site, safe food handling and storage, water filtration, meal preparation and other topics related to backpacking. This trip is mainly for those who attend the introductory class but others are welcome also. Class size is limited. Early registration strongly suggested.

July 1 Application Process begins for the NH Chapter Winter Hiking Series held from October 22 thru December 17

August 6 Map and Compass Instruction This class will be held at Cardigan Lodge in Alexandria NH. We will teach you how to use map and compass together and practice using the compass in the field, or in other words going for a bush-whack. Class size is limited early sign up recommended.

October 8 Map and Compass Instruction See above

October 22 & 23 NH Chapter Winter Hiking Series Opening weekend followed by day hikes on 10/29, 11/12, 11/19, 12/3, & 12/17. This class has become very popular and there is an application process that starts July first. Class size is limited to 20 individuals so make sure to apply early! This class will fill quickly and once full becomes a closed event.

There is a **non-refundable** registration fee associated with this class. The ideal candidate is one who can demonstrate considerable experience hiking 4K' peaks in the White Mountains.

It's Not About the Hike! Well then... *what is it about?*

Find out at the AMC-NH Dinner
Program
Saturday, April 16, 2011
Makris Lobster & Steak House
Concord, NH

Please join us for an encore presentation of a moving multi-media slide show by **Nancy Sporborg** and **Pat Piper**, entitled "***Its Not About the Hike***". NH residents, Nancy and Pat graced our audience in early 2010 with this emotionally-charged presentation. It was so well received that we've invited them back so even more folks can hear their inspirational story.

We all have our own mountains to climb. Your mountain may be a 4,000-footer in the White Mountains. But it could also be going to college, getting a job, bringing up children, or caring for aging parents. Maybe your mountain is reorganizing a business, tackling a difficult project, losing weight, or starting an exercise program. It's your own per-



Nancy (on left) and Pat climbing Jefferson

sonal mountain and it's hard!

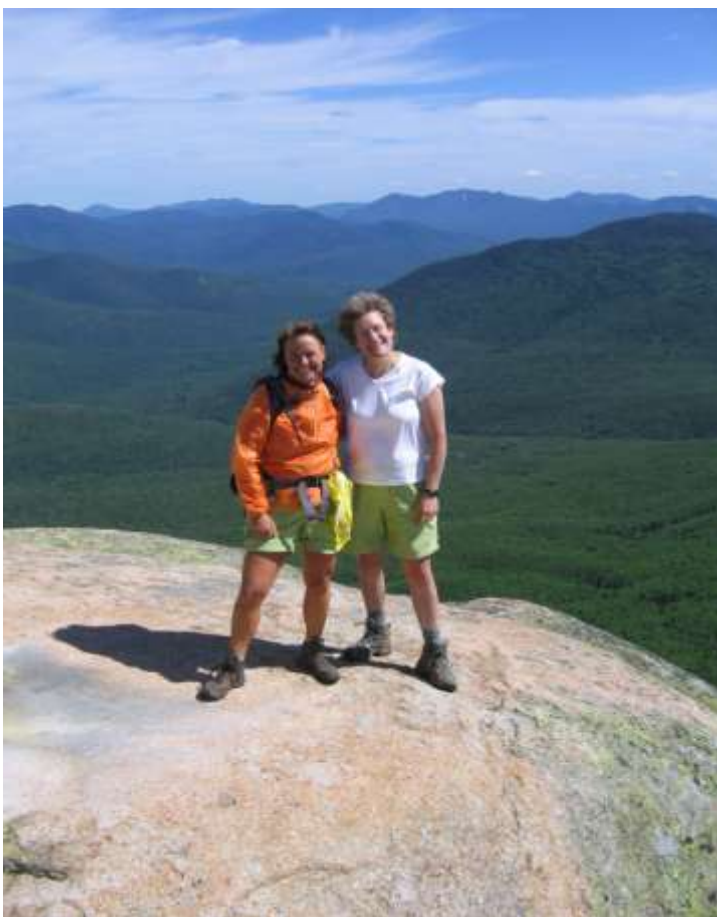
It's Not About the Hike is a presentation that will bring you into your heart, lift your spirits, and inspire you to climb that next mountain in your life. It is not a presentation of "look at these two women... see what they did." It is a presentation of "look inside you... you can do it, too."

This hour-long program highlights the journey of two 50 plus year old non-hikers who one day decided to climb the 67 mountains in New England over 4,000 feet. Nancy and Pat are two ordinary women who went on an extraordinary journey over the mountain summits and into their hearts. This is the story of what they found inside themselves as they hiked over 1,250 miles to the tops of over 190 mountains through all four seasons.

Their presentation is for everyone – hikers and non-hikers, people who are sedentary or active, outdoor enthusiasts and indoor home bodies, 10-year olds and 90-year olds, and everyone in between. It's NOT about the hike; it is an inspirational and motivational program about pushing ourselves beyond our comfort zones, overcoming our fears, finding our passions and living our lives to the fullest.

This multi-media presentation, that includes movies, music, and photographs, is humorous and touching, as Pat and Nancy share their personal lives in a way that makes the message and learning universal.

See page 14 for registration form and directions. **Deadline to register is April 9.**



Nancy and Pat enjoy Garfield

PLEASE JOIN US CHAPTER ACTIVITY DAY

Saturday, May 7, 2011 at Cardigan Lodge Alexandria, NH

This will be a fantastic opportunity to sample activities offered by the NH Chapter committees and trip leaders. There are several hikes to choose from, for beginner to peak bagger! Map & Compass is back by popular demand for you folks that can't get enough, along with Land Navigation with complimentary bushwhack! Family hikes for the impressive youngsters and Wilderness First Aid for those of us wanting to have more knowledge on the trail. These are just some of the many different and exciting activities we will be offering. Whether you are a long time member, just joined, or thinking of joining, we want you to be a part of our Chapter Activity Day!

The AMC is more than just hiking, and we have brought together some of the best New Hampshire Chapter has to offer in experience and leadership. The NH AMC Paddlers is putting on a full paddle event including flat water paddle, white water paddle in tandem, and rafts or shredder for those who have not experienced white water or a white water trip, maybe some kayak races and kayak rolling, with refreshments! This will take place in the Pemigewasset Bristol area. It's a Paddle Extravaganza! Let's roll!

We are also offering for our skiers their own slideshow! Last year was tough with the high avalanche warning at Tuckerman's, so let's sit back and enjoy the show! Tony Schmidt and Emilie Ann Phillips will be your hosts and since it's here at Cardigan –ALL LEVELS CAN ATTEND! Learn from experienced leaders what to do, and especially what not to do, from the safety of a wooden bench with complimentary refreshments. I can hear the "ooh's and aah's" already!



We would also like to see our Mountaineering Committee join us again this year for the fun! Does this pique your interest? Tom Meredith is ready to show us how exciting and challenging Mountaineering can be! If this is for you, don't hesitate to sign up. Tell Tom beforehand what you would like to see and do, and be a part of making Mountaineering a yearly activity! Last year was rock climbing in Pawtuckaway State Park and was enjoyed by all. What will this year bring?

So much to see and do! Trail work demonstrations and trailside emergencies (hopefully not at the same time) will be back again with smiles and duct tape! It's up to you, our members, to make Chapter Day the biggest and best day for our New Hampshire Chapter! We had so much fun last year that we will be bringing back the potluck dinner gathering to finish up our day! There will be lots of laughter and sharing, meeting of members and trip leaders, great food and fun!

You are also encouraged to stay overnight Friday and/or Saturday night at Cardigan Lodge. It's an excellent opportunity to meet many of the AMC members with the same interests as you. Participants are responsible for making their own overnight arrangements

by calling 603-466-2727. They should also be prepared to make their own arrangement for meals.

Cardigan Lodge is located in a beautiful area with many hiking trails, camp sites and is close to Newfound Lake. It is a wonderful place to stay and relax for a weekend and on Chapter Activity Day you have the added bonus of being able to sample many of the activities the NH Chapter offers (and maybe even learn something new). You can spend the day learning from the best leaders as they volunteer their time and expertise. Valuable information-yours free! Did I mention that it's also a lot of FUN!

So what are you waiting for? All activities are yours free to try. Look over the activity descriptions, select those you'd like to do most, and get the enrollment form in the mail to reserve your slots! Send form to: Keely Sullivan, Chapter Activity Day, 256 Pond Hill Road, Barrington, NH 03825. You may also email all the information to Keely at membership@amc-nh.org and put "Chapter Activity Day" in the subject line. Please leave information for us to contact you back if necessary.



AMC NH Executive Committee

Chapter Chair Eric Savage	chair@amc-nh.org 603-772-6259
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Family Group Dave Passios	familygroup@amc-nh.org 978-582-7476

AMC NH Chapter website www.amc-nh.org
Address changes and membership renewals:
AMC Member Services, 5 Joy Street, Boston MA 02108
617-523-0636 or www.outdoors.org/membercenter

Cardigan Activities

H1-Hike slow pace, 1-3 miles: This hike has small ups and downs through a beautiful forest. It is geared for those of us who get out walking once in a while, but haven't hiked in years, or maybe never hiked. Be sure to bring a waterproof jacket and wear good shoes or hiking boots.

H2-Hike slow pace 2-4 miles: This hike has a bit more elevation gain. If you walk a couple times a week or do other moderate hikes or exercise, this hike may be best suited for you. Be sure to bring water, trail snacks, and a waterproof jacket.

H3-Hike, moderate pace 3-5 miles: We'll take this hike at a faster pace, still giving you enough time to check out the spring flowers that will be popping up along the path. If you are used to walking 3 or more miles or are engaged in more strenuous activity, this hike is probably more your speed. Be sure to bring water and trail snacks. For this hike, you'll want a good pair of hiking boots and a waterproof jacket.

H4-Summit Hike, moderate pace: This hike will take us to the summit of Mt. Cardigan, where there are terrific views. If you jog, cycle, or are used to hiking in the mountains, you'll enjoy this hike. Be sure to bring plenty of water, snacks, and wear a good pair of hiking boots. The weather at the summit may be quite cool, so bring warm clothing and a rain jacket in your backpack. *Pre-registration is required for this hike.

F1&F2 –Family Hike, we usually have two Family Hikes that are appropriate for families with kids. F1 is geared toward younger beginners and F2 for families with kids 7 and up with some hiking experience. These are big hits! *Pre-register with leaders by April 23rd. They will also have the scheduled times for each hike (and maybe a whole lot more!) Leaders Dave Passios (978) 582-7476, dmpbrick@aol.com and Wanda Rice (603) 437-7840 before 9pm, wandarice@comcast.net.

*For participation in the "Summit Hike" you must call the contact person ahead to register. Please email Keely at membership@amc-nh.org for that information.



An AMC group enjoys Lincoln summit, April 2010

L1 Map & Compass Instruction: Learn the basics of off-trail navigation through an introduction to map reading, terrain association, and directional control using a compass. Geared toward beginners or those with prior experience. You'll need a PROTRACTOR STYLE COMPASS both Silvia and Suunto make nice ones. These can be found at EMS, REI, LL Bean, and many other places. Do not purchase the compass sold at WAL-MART! Also bring a ruler and a pencil. This one is always a full house!

L2 Land Navigation Workshop: Off trail wilderness travel exercise in a small group with an experienced instructor. Some prior map and compass training or experience helpful, or practice what you learned in the morning session of map and compass instruction. You'll need a compass, hiking clothes and boots, safety glasses or some form of eye protection, a small backpack with rain gear, water and snacks if you desire. Another favorite!

T1 Trail maintenance Demonstration: Learn the basics of trail maintenance. See and learn about the tools used for maintaining a trail. Learn how and why the trails of the northeast are some of the best maintained in the country. Keeping our trails in the condition we've come to expect would not be possible without hundreds of volunteers giving thousands of hours each year. Anyone and everyone with or without experience are welcome.

T2 Trailside Emergencies/Wilderness First Aid: Do you know how to handle an emergency in the back country? Join us for this introduction to first aid in the wilderness, where we'll cover how to manage an emergency scene, treat a few of the most common hiking injuries, and when and how to request and coordinate assistance. Bring duct tape (just kidding).

N1 Nature Photography: Learn the basics of capturing the best nature has to offer with your camera. Participants will need their own camera's suitable hiking attire, rain gear, and good hiking shoes or boots.

S1 Skiing Slideshow & Q&A: Let's not have to worry about avalanches this year, Leaders Tony Schmidt and Emilie Phillips are bringing you a slideshow followed with answering any questions you may have. A booth may also be set up with interesting information. Grab some snacks and start the show! Open to all levels!

M1 Mountaineering Activity: Last year it was rock climbing, what will this year bring? Leader Tom Meredith is ready to peak your interest in what our Mountaineering Committee has to offer! The Mountaineering Committee coordinates rock climbing, ice climbing, mountaineering and back country skiing activities for the New Hampshire Chapter. They offer recreational outings throughout the White Mountains, and a full slate of instructional workshops for participants of all skill levels from beginner to advanced. This may be done at a different location than Cardigan Lodge and may have a limit to participants. Please contact Tom Meredith if you are interested and let him know what you'd like to see! Time and place to be announced. Leader Tom Meredith (603) 449-0957 mountaineering@amc-nh.org.

P1 Paddle Extravaganza: An all day affair led by Debbie Frazier. The NH AMC Paddlers are planning to put on a full paddle event with membership on Chapter Activity Day! This will be a publicized event and hopes are high for a large turnout. They will be offering flat water paddle, white water paddle in tandem, rafts or shredder for those who have not experienced white water or a white water trip. A limited number of boats will be available on site.. It will be in the Pemigewasset Bristol area. They are looking to provide boats, refreshments, canoe & kayak races and kayak rolling. We are looking NH AMC Paddlers to help with the event .Please contact to register or help Debbie Frazier. (603) 895-2121 debfr@comcast.net , Joe O'Neil (978) 725-3225 JosephRONeil@gmail.com& check out their web site: nhamcpaddlers.org.

The Activity Day at Cardigan is from 9am-4pm with registration from 7:30-8:45am. Lunch is BYO (Bring Your Own) and a pot luck gathering to end the day from 4-5pm followed by closing comments and clean-up. Please join us if you are so inclined, bring a dish or dessert which can easily be served without kitchen duty. Refrigerator will be available in the boot room. Please do not bring a dish that needs the use of the kitchen stove! Lastly, let us know if you are coming in advance so we have a head count. Last year's potluck gathering was wonderful and the stories of the day were shared. Come, relax and enjoy!



Mountain Passages

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- March/April 2011 -

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

Editor: Jennifer Varney

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. Deadline for the May/June issue of *Mountain Passages* is April 1, 2011

We reserve the right to refuse any submission, photo or advertising that is not consistent with the mission of the AMC

Address Changes. Address changes or other changes to your membership must be made through AMC Member Services at 5 Joy St. Boston, MA 02108; 800-372-1758; outdoors.org/membercenter

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

Mountain Passages Online. If you're receiving *Mountain Passages* through the mail, please consider signing up to get the electronic version instead.

You'll get.

- added resources not available to print subscribers
- direct links to emails, forms and on-line information
- color photos
- online registration forms

To sign up, go to www.outdoors.org/membercenter and set your AMC-NH Chapter newsletter preference to online.

What's New?

Save the date: Spring Fling at Mohican Outdoor Center April 29-May 1

AMC's third annual Spring Fling clubwide event at the Mohican Outdoor Center will be a fun-filled weekend featuring hikes on the scenic trails in the Delaware Water Gap, biking on the park's roads and rail-trails, a visit to the Lakota Wolf Preserve, paddling on Catfish Pond (canoes, kayaks and all gear provided!), and making S'mores around the campfire. A variety of guided activities for you to choose from will be provided throughout the weekend, and all meals are included. AMC members and non-members (families, too!) are invited. Bring your favorite musical instrument and join Mohican's own band Saturday night in playing the classics and a few originals. This will be a chance for all twelve chapters to come together just to relax and have fun - no meetings, no business agenda, just a chance to get acquainted with fellow outdoor enthusiasts from all over the Northeast. Register early by calling AMC Reservations (603-466-2727), as last year's event sold out quickly. Visit www.outdoors.org/lodging/mohican for more information on Mohican.

AMC's newest destination in the Maine woods: Gorman Chairback Lodge and cabins now open.

With a new "green," LEED-registered lodge, refurbished shoreline cabins, and a growing network of trails, Gorman Chairback is a great spot for hiking, fishing, paddling, skiing, and snowshoeing. Gorman Chairback is located near Moosehead Lake, surrounded by 66,000 acres of conservation land. Use your member discount, or if you are a chapter leader, take advantage of our special group discounts and services to plan a trip soon. To learn more, visit www.outdoors.org/mainelodges

AMC launches new lower rates for children and teens

As part of its commitment to get more kids and families outdoors, AMC has lowered its everyday rates for children ages 3-12 and introduced a new rate for teens, who previously paid the full adult rate. Child rates at Cardigan and Joe Dodge Lodge now start at \$29/night for lodging, meals, and programs, a 25% savings over 2010. Highland Center and Maine Lodge rates are now \$34/night, and Hut rates are \$49/night. AMC will also be rolling out a new natural playscape and program options at the Highland Center this summer. For details, visit www.outdoors.org/kidsguide.

Ladies: Are you interested in learning about trail work and meeting great people at the same time?

Sat., May. 7

Women's Trail Work Day in the Belknaps, NH. Learn trail work skills, help the environment, in a fun non-stressful setting. This annual event has been enjoyed by all who have participated. Please call for more information. L Anne Gwynne (603-224-6786 7-9pm, annegwynne@comcast.net), L Janice Bremer (603-672-9626 before 8:30pm)

The NH Chapter Annual Spring Workshop at Cardigan Lodge

April 29-May 1 2011

The spring & summer hiking seasons are just around the corner, are you prepared? This workshop offers instruction in safe mountain travel to hikers of all levels. Between the seven available classes, most every aspect of 3-season backcountry travel is covered. The weekend is filled with instruction, field exercises, lectures, and discussions. And when you're not learning, there is plenty of great food to fuel you back up! If you're not sure which class is right for you, just ask our Workshop Directors (contact info below). Choose from one of the following classes:

Basics of Outdoor Safety: Beginner & Intermediate Classes. Instruction in general mountain safety, equipment, route finding, map & compass, off trail navigation, weather, trip planning, nutrition, emergencies in the mountain environment.

Map and Compass. Everything you wanted or needed to know. This session will be a small group of 8 participants and two instructors who will spend the weekend together reviewing and learning the details of map and compass culminating in field exercises and off-trail navigating with the compass on a bushwhack route.

How to stay out for the night with just your daypack and day hiking equipment in an emergency. This section will be a group of up to 8 participants and two instructors who will be in the lodge Friday night.

The day on Saturday will be filled with instruction on how to: make do, adapt, stay safe and survive the night in an emergency with your day hike equipment only. This group will spend the night out on Saturday in a simulation of an emergency stay without tent or sleeping bag.

Backpacking: Beginner & Intermediate Classes. Instruction in backpacking equipment, camp site selection, route finding, map & compass, weather, trip planning, cooking, and emergencies. For those who want take their skills beyond day hiking. Plan to spend Friday & Saturday night outdoors and provide for your own backpacking equipment.

Leadership and Mountain Skills. For those who have good 3-season hiking skills and wish to enhance them to run trips of their own. Exercises in planning, organizing, and conducting trips with emphasis on leadership techniques and group dynamics. Plus the basics of accident scene management, medical considerations, and off-trail navigation. This course is also for those with potential and desire to become Trip Leaders for the NH Chapter.

This workshop is for any adult who wants to learn and have a great time! It begins at 7:30 Friday evening and ends 4:30 Sunday afternoon. Cost \$130.00 (AMC members), \$150.00 (nonmembers), includes lodging, excellent meals, materials, and instruction.



Hikers on an AMC trip enjoy the Webster Cliff trail



For further information and an application, go to our web site (amc-nh.org) and chose to register on line at http://AMC_registration.ccntr.org or send a business size self addressed stamped envelope and your telephone number to the Registrar: Lynda Caine, 64 South Bow Rd., Hooksett, NH 03106. If you register by paper application include your check made out to AMC NH chapter. You must be 18 years or older to attend. For more information please contact Directors Rick Silverberg (603-225-5921, 7-10:30 p.m.) or Bob Humphrey (603-456-3708, 7-10 p.m.)

CHAPTER ACTIVITY DAY

Saturday, May 7, 2011 at Cardigan Lodge Alexandria, NH

CHAPTER ACTIVITY DAY ENROLLMENT FORM

Saturday, May 7, 2011

AMC Cardigan Lodge, Alexandria, NH

(Please use one form per person; photocopy the form for additional participants)

Name _____ Ph# _____

Address _____

Email _____

Joining Potluck? (circle one) Yes No

Activities: Review the schedule and activities and enter the activity numbers (ex. T1 or H4) below. Ensure Activity times do not conflict. If there are conflicts, we will contact you by email. *IMPORTANT: People interested in participating in Mountaineering, Paddling, Summit Hike or Family Hikes need to call the Leader listed to pre-register!

1st. choice _____ 2nd choice _____ 3rd choice _____ 4th choice _____

Cut out form and mail to: Keely Sullivan, Chapter Activity Day, 256 Pond Hill Road, Barrington, NH 03825. Save a copy of this for yourself with the date so that you don't forget! Please consider bringing something to the potluck at the end of the festivities! See you there!

CHAPTER ACTIVITY DAY SCHEDULE

Activity # Activity	9am	10am	11am	12pm	1pm	2pm
Registration and Continental Breakfast	7:30-8:45					
Introduction and Announcements	8:45-9:00					
H-1 Hike, Slow 3-5 miles	9:00 am to 12:00 pm					
H-2 Hike, Slow 2-4 miles	9:00 am to 12:00 pm					
H-3 Hike, moderate 3-5 miles	1:00 pm to 4:00 pm					
H-4 Hike, Summit Classic	9 to 4 all day *Pre-register with trip leader* e-mail for info.					
F-1 Family Hike, young beginners	Time/schedule/Pre-register w/Family Group Leader					
F-2 Family Hike, some experience Age7+	Time/schedule/Pre-register w/Family Group Leader					
L-1 Map & Compass Instruction	9:00 am to 12:00 pm					
L-2 Land Navigation Workshop	1:00pm to 4:00 pm					
T1 Trail Maintenance Demonstration	9:00 am to 11:00 am					
T2 Trailside Emergencies/Wilderness First Aid	1:00pm to 3:00pm					
N1 Nature Photography 2 time choices	9:00am to 11:00am					
S1 Skiing Slideshow w/ Q&A 2 time choices	9:00am to 12:00pm					
M1 Mountaineering Activity	1:00pm to 4:00pm					
M1 Mountaineering Activity	Time/schedule/Pre Register w/ Tom Meredith					
P1 Paddle Extravaganza!	All Day- Location/schedule/time/Pre-register w/Deb Frazier					

*Potluck Gathering in Cardigan Lodge from 4-5pm/closing comments/clean-up/volunteers always a blessing!

Cry, the Beloved River

© Tom Todd, NH Chapter Paddling Leader

I recently received an email from a paddling friend pointing to an article on a documentary that recounts bizarre climate changes seen by Inuit elders. My thoughts immediately turned to a Coppermine River trip of a couple of years ago, where we experienced 85°F temperatures only a few miles from Coronation Gulf off the Bering Sea. We saw a spectacular waterfall so dried up we had to continue our portage past its source to find a camp by the water, hiking over the tundra with its dehydrated lupin, bakeapple and grasses ready to burn: a real fire hazard due to the unusually dry and hot summer.

I also recall a trip a few years back with the Cree and Quebecois on the Rupert River in a last ditch effort to save it from the Quebec Hydro dams. That trip was interrupted with a drive to Radisson, Quebec near where James Bay opens up to Hudson's bay. All along that trip we went over bridges spanning vast river beds with only a trickle of water flowing and trees attempting to grow from cracks in the scoured ledges of the river bed. You see, all those rivers – the Eastmain, Opinaca, La Grande and many more - are dammed to divert the water to Radisson, the site of the huge dams and turbines of the Robert-Bourassa Generating Station that generate electricity to sell to New England on the cheap.

Oh, yes, remembering the Rupert. We had one of our most memorable runs ever through a rapid on that river, both of us hooting and hollering with joy. We had a number of wonderful campsites on that huge river but one in particular stands out: It was on a ledge jutting out into the river with a little hill on the end with black spruce and rapids running around the ledge. It is the most beautiful place I have ever camped ... now about 100 feet downstream of a huge dam that towers over it. Many of those rapids are under water, the world famous Rupert River Speckled Trout is endangered and leached mercury will make the fish inedible.

And then there was the Ashuapmushuan River trip where a logging road ran along a stretch of the river. We were interrupted in our sleep by over-sized logging trucks running down the road every 15 minutes, 24-7, with about a 1/4 acre of trees on each headed for the pulp mill. That is about 24 acres clear cut every day!

The lure of the north, to paddle remote and untouched rivers, still calls me.

This past summer, that call led me to a paddling trip on the Wind River in the Yukon. We had a perfect trip in every way including NO BUGS. We also enjoyed almost perfect weather in contrast to other NH AMC Paddlers who went about three weeks earlier and reportedly had rain all the time and floods on the same river. Is it a climate change issue? More to the point, will the "Save the Peel" River Campaign (of which the Wind is one tributary) save the watershed from the mining interests that are about to put in roads and start mines in this glacially carved Wind River valley in the mountains?



Dick Morin and Tom Todd paddling a rapid on the Rupert River Copyright Tom Todd.jpg

With warm memories of trips of the past, I look forward to planning another trip, reading others' trip logs, looking at maps, calculating logistics, and eventually looking at the on-line satellite maps to follow the river ... but what is this? Almost everywhere I point the mouse to follow a boreal river, there are the scars of clear cutting, especially in Quebec. Just trace the Bonaventure, Cascapedia, Ashuapmushuan and many others. You can also see the huge mercury contaminated impoundments of Quebec Hydro's dams.

Some of these and many others are the rivers I'd like to paddle. Although I had always had a yearning for northern expedition paddling, I had never gotten it together. Through the NH AMC Paddlers, I met Carl and Margie, ... and I was in love! In love with expedition paddling with the adventure and beauty that is unparalleled elsewhere. They and many other NH AMC Paddlers taught me the skills and knowledge to these wonderful expeditions.

I've now met many paddlers who have paddled rivers that are no more – the Eastmain, La Grand, Opinaca, Caniapiscau, Manicouagan, Outardes, Pagan, now the Rupert, and soon the Romaine - and seen sights such as Churchill Falls that now exist only in pictures. The Great Whale River has been saved for now by the publicity of the Cree, Inuit and others paddling it to draw attention to it. Alas, Vermont just certified Hydro Quebec's huge scars on the earth as green renewable energy because not enough people knew or cared what was happening.



Rupert Diversion Dam

This brings me back full circle to paddling. The more people who experience these wonderful places, the greater the voice will be in trying to protect them. Although, those who have gone before enjoyed going an entire season without seeing anyone except maybe one or two like-minded paddlers, the more modern era of increased roads and flights, along with the Internet and satellite phones, has generated increased interest in paddling in the north.

Because of the long distances involved and time required to travel those distances, the canoe is the only boat capable of carrying sufficient supplies on a remote river expedition. Like those who have taught me, I enjoy teaching people the joys of this sport and hope to introduce them to these expeditions. It is one of the many reasons why we need to encourage more people to paddle canoes through our wilderness paddling curriculum.

I feel that in order to protect these remote places we need more people who are actively out there paddling. Even our nearby water access and resources can disappear unless there is a paddling advocacy to protect them. Therefore, the more people we get involved and actively enjoying paddling, the more help we will have protecting the places that are dear to us. Of course, the more people we have paddling and contributing to the club, the more friends we make and the more we get out paddling.

For more information about the NH Chapter Paddlers, visit www.nhamcpaddlers.org

Tom is a recent co-chair of the NHAMC Paddlers. A canoeist all his life, an active member of the NHAMC Paddlers for over 20 years and a class IV whitewater canoeist, he enjoys long distance paddling expeditions, and leads a course in Wilderness Paddling Expedition Planning For more information about the NH Chapter Paddlers, visit www.nhamcpaddlers.org. The opinions expressed in this article are personal and do not necessarily reflect

What's Happening at the Madison Hut?

AMC Outdoors, September/October 2010 High hut makeover to increase comfort, energy efficiency
By Rob Burbank

Guests returning for a stay at AMC's Madison Spring Hut next summer will notice a roomier, more comfortable building with an enhanced "green" profile.

Workers this fall are rebuilding Madison with the aim of improving common areas and upgrading alternative energy and waste disposal systems. Situated at an elevation of 4,825 feet in New Hampshire's Presidential Range, it is on the same site as AMC's original Madison Spring Hut, built in 1888. The original structure has been replaced with various configurations over the years; the current hut was rebuilt in 1941, following an October 1940 fire that destroyed all but the stonework.

The first phase of the renovation will preserve the historic 1929 core of the hut and the stone walls of the bunkrooms, and will replace existing flush toilets with a more environmentally advanced waterless system, according to AMC Director of Outdoor Program Centers Paul Cunha. Sleeping capacity won't change, but a new floor plan will make efficient use of AMC-owned land on the Mount Madison side of the hut and will offer a more comfortable dining room and sitting area. From there, guests will take in views of the Durand Ridge-Air Line and the town of Randolph in the valley below. Cunha said renovations will comply with the Americans With Disabilities Act.

Improvements to bunkrooms and alternative energy systems are also planned. Completion of the overall reconstruction plan is contingent upon the success of a \$2 million fundraising campaign.

Lumber, native white cedar shingles, and other construction materials are being purchased from local suppliers, Cunha notes. In addition, AMC has hired additional crew members from the local community to help complete the work.

Join us for Mizpah Hut Night on June 11, 2011!

An Easy-to-Hike Hut

Hut Nights are a long-standing tradition for NH Chapter members and we look forward to an enjoyable evening at this easy-to-hike hut. We have reserved a limited number of bunks at a special rate of \$89.50 per person.

On the morning of June 11th you are welcome to join us for a group hike to the hut. Upon arrival we will check in, select our bunks, and unpack our gear. Tripsters will then be free to relax around the hut or take a hike to the summit of Mount Pierce (4,310' elev).



In the evening, we will gather for a wine and cheese reception followed by a hearty dinner prepared and served by the Mizpah Hut Crew. After-dinner we'll relax on the Mizpah "lawn" or kick back in the hut to swap trail stories with our fellow hikers.

On the morning of June 12th, we'll enjoy breakfast by the crew before saying goodbye and heading out for our hiking adventures. Mizpah provides a great starting point for some great hikes and your options include a traverse across the Southern Presi's.

About Mizpah Hut:

Mizpah means "pillar in the wilderness," an apt name for this hut nestled on the southern flank of Mount Pierce.

The hut overlooks the Montalban Range, the Dry River Wilderness, and Crawford Notch. It is most commonly reached via the Crawford Path and Mizpah Cutoff, a moderate 2.6 mile hike that takes 2-ish hours and gains 1,900 feet in elevation.

The hut was built in 1964 in response to the steep increase in hut demand after a *National Geographic* article written about the huts by Supreme Court Justice William O. Douglas. It was constructed with materials brought in by helicopter and features large, south-facing windows, varied-size bunkrooms, and a separate library-game room.



How to Reserve Your Space

1. Call the AMC Reservations Line at (603) 466-2727 (Mon-Sat, 9 am to 5 pm).
2. Tell them you are with NH Chapter 6/11 Hut Night (Group Number 153369).
3. You will be asked to provide contact info, food allergy, and vegetarian requests.
4. Reservations are first come, first serve and deadline to book is May 13th.

Questions? Call Karen Thurston (Hut Night Trip Leader) at (603) 770-1980.



Mizpah Spring Hut. Photo: M. Goodearl

Volunteer spotlight

Meet the folks who 'make it happen' in the New Hampshire Chapter An Interview with Rick Silverberg

Written by David Ross

If you have attended one of the workshops at Cardigan Lodge over the past thirty years or if you've been a participant on a hike led by a leader from the Excursions Committee of New Hampshire Chapter, you've benefitted from the dedication and knowledge of our Workshop Director, Rick Silverberg.

Rick and Judy Silverberg became members of the AMC in 1975, when they joined the Connecticut chapter and became involved with the chapter's education committee. Within a few years they had moved to New Hampshire, and became involved with the Excursions Committee, leading hikes and nature walks. Bob Hanson the then Chair of New Hampshire chapter got them involved in the annual New Hampshire workshop at Cardigan Lodge. At that time participation in the schools was smaller than today, with only a few groups: beginning and advanced snowshoeing and two similar skiing groups. Rick signed on to instruct, but in 1980, when the then-director left on an expedition to Antarctica, Bob asked him to be the school's director and he did. He's been a presence ever since.

When he first moved to NH, Rick was employed by a community mental health organization now known as Riverbend. With a Masters degree in Social Work, and training in the field of Public Health, he worked as a community organizer, identifying the needs of clients, both present and potential, and establishing programs to meet those needs. In 1996-97, Rick transferred his skills to Franklin, and started a new community health center, known as Health First Family Care Center. The health center staff includes medical doctors and nurse practitioners, nurses, a nutritionist, social workers and a psychologist, providing access to healthcare to people in the Laconia and Twin Rivers (Franklin) areas regardless of their insurance status or ability to pay.

He is also the founding director of a public health network known as the Caring Community Network of the Twin Rivers. CCNTR works closely with the municipalities; other agencies and groups in the region to identify public health needs and develop programs to prevent illness, coordinate services and respond to large-scale public health emergencies. Throughout his career, Rick has used and developed skills and techniques that he found invaluable in training leaders for the Excursions Committee. Prior to 1980 excursion leaders were chosen for their interest and trail-knowledge, but there was little formal training. Since the mid 1980s and the development of the chapter's leadership training curriculum, potential leaders are exposed to a variety of concepts: the "hard" skills like map and compass and navigation, and the "soft" skills like group dynamics and people management, as well as dealing with emergencies and planning trips. The success of the leadership training model has resulted in other chapters including the New York-North Jersey and the Berkshire chapters requesting and receiving training from Rick and other instructors from NH Excursions Committee. More recently, other committees in NH chapter have adopted some of the techniques that Rick introduced in the Cardigan workshops to train their own leaders. For the past six or more years Rick has been involved at the club level on the Outdoor Leadership Development Committee, as well as professionally at the State level with many committees dealing with community health.

Rick and Judy live in Bow, NH, and for recreation, enjoy, hiking, camping, paddling their canoe and riding rail trails throughout the region. They have two grown daughters, both of whom are accomplished outdoorswomen. Rick is involved in a number of rail-trail organizations, as well as community theatre. This busy man has no plans to retire anytime soon! We members of New Hampshire chapter owe him so much for his years of volunteer work and dedication.

Thank you, Rick.



**Makris Lobster & Steak House
Rte. 106, Concord, NH 03301**

6 p.m. social hour (cash bar and appetizers)
7 p.m. dinner followed by the program

Menu: Buffet dinner to include Tossed Salad, Beef Tips, Baked Stuffed Haddock, Chicken Marsala, Roasted Red Garlic Potatoes, Rice Pilaf, and Seasonal Fresh Vegetable. Dessert: Apple Crisp with Whipped Cream, Coffee, Tea.

(Vegetarian plate available only upon advance request – see registration form.)

Directions from Rte. 93 North or South: Take Exit 15 East off Rte. 93 to Rte. 393 East. Take Exit 3 off Rte. 393. Turn Left onto Rte. 106 North (354 Sheep Davis Rd.) Proceed for approximately ½ mile. See restaurant on the right.

For questions or additional information

Call Patty Anderson, Hospitality Co-Chair at 603-432-4647 (6:30- 8:30 p.m. only)
Or email hospitality@amc-nh.org

Registration Form
AMC-NH Chapter Dinner Program
Sat., April 16, 2011
\$25 Members; \$28 Non-Members

Name/E-mail	Ph#	\$
Name/E-mail	Ph#	\$
Name/E-mail	Ph#	\$
Number of vegetarian meals requested _____	Total Enclosed	\$

Please send registration form and your check payable to AMC-NH Chapter to:
Patty Anderson, One Warner Hill Rd. Derry, NH 03038
All registrations must be received by Saturday, April 9
You will not receive a confirmation.