

Mountain Passages

Volume 37, Number 3

amcnh.org

The Newsletter of the New Hampshire Chapter of the AMC

May/June 2011



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?

NH Chapter Activity Day is scheduled for Saturday May 7. Activities include hiking, biking, ski photo show, map & compass, trail maintenance and photography. Stay for the pot luck dinner afterward! For more information, see the NH chapter website.:

<http://amc-nh.org/index.php>

Heat Related Illnesses: Are you ready for exercising in the warmer weather? Read these helpful tips before going out...

Summer Solstice Celebration: Come join us in welcoming the beginning of summer (a few days early) at the **Harris Center**, also known as the "Supersanctuary" located in the Monadnock Region.

An Invitation to Join Ex Comm...read more to find out how you can volunteer.

Last Chance for Mizpah Hut Night...

Close Encounters of the Furry Kind: Read a member's reflections on his hikes in the presidential.

Presidential Range hike: Don't miss this one-of-a kind opportunity.

In the Spring, at the end of the day, you should smell like dirt...read more on trail work opportunities.

It's Wildflower Season! A visual guide to some of the beauties you'll find on trails in New Hampshire

Volunteer Spotlight: Read about this issue's chapter volunteer...

Are you ready for exercise in warmer weather? Before you head out, read these signs and symptoms of Heat Related Illnesses

HEAT EXHAUSTION

CAUSE: The primary cause of heat exhaustion is dehydration in a hot environment. Exercise causes internal heat production as the large muscles of the body are worked. In a hot environment, the air temperature adds to this internal heat production. The human body's most effective means of cooling is through evaporation of sweat from the body surface. When a person exercises in a hot environment, they will lose one to two quarts of water per hour through sweat. If this water is not replaced, the body becomes dehydrated, leading to shock.

SYMPTOMS: Headache, fatigue, nausea, vomiting, rapid pulse, dizziness, cramps, feeling faint, person feels better when lying down.

TREATMENT: Get out of the heat. Move to shade and cool down by getting wet if possible. Lie down and elevate your feet. Begin sipping water and electrolyte replacement. Have a snack. Eating will replace salt you have lost through sweating and will give you the added energy boost you need.

HEAT STROKE

CAUSE: The body's heat regulating mechanisms are overwhelmed by a combination of internal heat production and heat absorption from the environment. The body cannot cool fast enough, and the body temperature skyrockets. If the body temperature goes over 105 degrees, the brain and other vital organs cannot survive. Untreated, the victim will die.

SYMPTOMS: Hot skin, hallucinations, sudden confusion, combative behavior, seizures, loss of consciousness.

TREATMENT: This is a life threatening emergency. Send for help. Immediately cool the victim: move the person into shade, douse them with water, add cold water packs to the groin and armpit areas, and fan their body. If you know CPR, keep the airway open. Roll the victim onto their side once they are cooled.

WATER INTOXICATION (hyponatremia)

CAUSE: Physical exertion in a hot environment causes people to lose salts as they sweat. If the salts are not replaced, but the water is, the end result is an imbalance of sodium and water levels in the body. The body's sodium levels become diluted. Water intoxication has been the cause of death in elite athletes, such as Boston Marathon runners.

SYMPTOMS: Frequent (more than once per hour) voiding of clear urine is an early warning sign. Other early symptoms are similar to heat exhaustion. In later states, water intoxication mimics heat stroke. The victim may lapse into a coma.

TREATMENT: Water intoxication is a life-threatening emergency requiring professional medical attention. If you are voiding clear urine more than once per hour, the treatment is to stop drinking plain water and to eat salty foods.

PREVENTION:

In a hot and/or arid environment (such as high altitude areas with low humidity), sweat evaporates very quickly, so people often do not feel sweaty. Yet, they are losing water quite rapidly. In any hot environment, keep your body's fluids and salts in balance by drinking before you feel thirsty, adding electrolyte replacements to your water, and most importantly, eating salty foods while you hike. Remember that hiking curbs the appetite, so eat before you are hungry.



Hikers on Boundary Peak in Nevada protect themselves from the sun while bagging a great summit
Summer 2010

Adapted from the Grand Canyon safe hiking guide, 2011

**AMC NH Chapter
Summer Solstice Celebration
Potluck Lunch BBQ
Saturday June 18
Harris Center
Hancock NH 03449**

Come join us in welcoming the beginning of summer (a few days early) at the **Harris Center**, also known as the “Supersanctuary” located in the Monadnock Region.

As a land trust active in conserving more than 8,800 acres, the **Harris Center for Conservation Education** (www.harriscenter.org) has worked with towns, landowners, government agencies and other conservation groups to link together a “Supersanctuary” consisting of over 12,000 acres of protected lands that encompass mountain tops, lake shores/ponds, and forests. Land conservation efforts also focus on protecting wildlife with room-to-roam and a natural landscape that can be passed along to future generations. Check out their “virtual tour” for photo’s and additional information.

Year-round outdoor activities include hiking, biking, canoeing, kayaking, snowshoeing, cross-country skiing, and amateur mountain climbing. Forever protected from development – come discover the enormity of the Harris Center’s campus. Lace up your hiking boots or grab a paddle and come explore this beautiful and diverse natural area that’s ideal for adults, children, and families.



Aerial view taken above Harris Ctr. of Mts. Monadnock & Skatutakee



Aerial view taken above Harris Ctr. of Lake Nubanusit

Your Chapter will provide:

Hamburgers, veggie-burgers, hotdogs, buns, condiments, beverages, eating utensils, disposable dishes. We ask that you please bring one dish to share, salad, side-dish or dessert.

Activities:

4-mi. guided round-trip loop hike, up Mt. Skatutakee (1960 ft., 660 ft. elev. gain) will be offered. In addition,

detailed maps of various trails will be provided for self-guided hikes. There are also numerous level trails, such as the Dandelyon Trail, ideal for children or individuals interested in a leisurely nature walk. Sign-up at the BBQ picnic for Mt. Skatutakee hike.

Continued on page 10...



Hikers on Mt. Skatutakee

Reflections on Winter 2010/2011



The newsletter editor enjoys a clear day on New Hampshire's highest peak

Is winter over already? Can we really look forward to hiking without snowshoes, monorails and snow covered blazes? Yes! Before we hang up the crampons for the season, let's reflect on the past winter:

Many of us finished a list of some sort this winter: all season, winter 48, NE 67 or some other random list of peaks, trails or other accomplishments... Congratulations to all!

Several folks finished their Class 1 leadership this season:

Norm Michaels
Alex Nedzel
Marianne Page
Chris Turgeon
Jen Varney

Again: Congratulations to all!

Ok: now we can welcome Spring. Here's to a great Winter season!

Jennifer Varney
NH Chapter Newsletter Editor

An Invitation to Join ExComm!

Looking for a New Way to Volunteer?

There are many ways to participate in the AMC and one of them is to volunteer for the NH Chapter as a member of the Executive Committee, or "ExComm" for short.

About ExComm

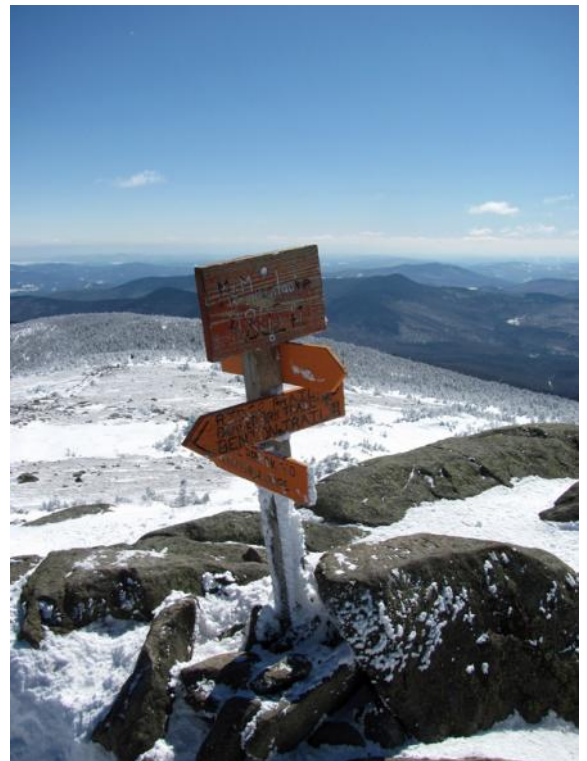
The administration of the NH Chapter is vested in the Executive Committee whose voting members are the Chapter Chair, Vice Chair, Secretary, Treasurer, Standing Committee Chairs, and Immediate Past Chair. The members are elected each Annual Meeting and are responsible for supporting the objectives of both the Club and Chapter.

Who We Are and What We Do

We are an optimistic-energetic group of volunteers representing all aspects of the Chapter including conservation, education, and recreation. We meet once a month to dream about the future, drive Chapter objectives, and plan fun events. Throughout the year we participate in Chapter events like Chapter Activity Day and Club-wide events like Fall Gathering. We are making a difference in New Hampshire—today and for the future.

Interested in Learning More?

We have a variety of openings to suit every interest. To hear about current opportunities please call Karen Thurston at (603) 770-1980.



The Moosilauke summit, March 2011
Photo by Chris Shipley

AMC NH Executive Committee

Chapter Chair Eric Savage	chair@amc-nh.org 603-772-6259
Vice Chair Karen Thurston	vicechair@amc-nh.org 603-778-1077
Treasurer Kathy Ratcliffe	treasurer@amc-nh.org 603-456-3708
Secretary Marianne Page	secretary@amc-nh.org
Conservation Bob Harrington Ross Garofalo	conservation@amc-nh.org 603-524-1464 603-264-4412
Education Bob Humphrey Denise Spoor	education@amc-nh.org 603-456-3708 603-726-0321
Excursions David Ross Peter Hope	excursions@amc-nh.org 603-224-6786 603-863-6456
Hospitality Kathy Ratcliffe Patty Anderson	hospitality@amc-nh.org 603-456-3708 603-432-4647
Membership Mitch Manseau Keely Sullivan	membership@amc-nh.org 603-774-2332 603-630-5270
Mountaineering Jim Kent Tom Meredith	mountaineering@amc-nh.org
Newsletter Jennifer Varney	newsletter@amc-nh.org
Paddling Joseph O'Neil Kerry Frazier	paddling@amc-nh.org
Programs Ron Janowitz Janice Bremer	programs@amc-nh.org 603-625-9848
Skiing Tony Schmidt Emilie Phillips	ski@amc-nh.org 603-726-7256
Trails Bill Darcy Stephanie Chambers	trails@amc-nh.org 603-224-0709
Web Master Tom Todd	webmaster@amc-nh.org
Young Members Lora Claus Wayne Goertel	youngmembers@amc-nh.org
Past Chapter Chair Paul Berry	pastchair@amc-nh.org 603-423-1192
Regional Dir. NH/ME Sam Jamke	regionaldirector@amc-nh.org 603-472-2536
Over 55 Nancy Seavey Linda Holton	over55group@amc-nh.org 603-586-7727 603-433-4909
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

Last Chance for Mizpah Hut Night June 11, 2011!

\$89.50 Special Price

We have reserved a limited number of bunks at a special rate of \$89.50 per person. This price includes a wine and cheese reception, dinner, breakfast, and luxurious bunk-house accommodations.



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.

Thinking about doing some backpacking ?

Try this trailside recipe from Backpacker magazine:

BEEF STROGANOFF

Combine in a quart size Ziploc:
1 package beef-flavored Ramen (including seasoning packet)
1/4 cup dehydrated ground beef
1/4 cup mixed dehydrated veggies
1 tsp paprika
Dash of cayenne pepper
Small individual packet of cream cheese
S & P

In camp, add about 1 1/2 cups boiling water to baggie. Squish it around and let it rest in a cozy for 10 minutes or so, until burger is tender.
Stir in cream cheese.

Serves one.
Weight 5.5 oz.

Close Encounters of the Furry Kind

- William Harrold

When setting off for a hike in the Presidential Range you don't expect to see much in the way of wildlife, at least not the larger variety. You might spot a few birds, maybe a tree toad or orange newt, perhaps the occasional snake, but not the shy and elusive large mammals native to northern New England.

After all, it's hard to imagine a more concentrated grouping of humans tramping through a wilderness area than in the White Mountains, the Presidential Range in particular, and the footpaths we travel on are set in place. It's almost certain any animals in the area know exactly where we are and take every precaution to avoid us, especially in the higher elevations where no trees or larger vegetation provide cover.

Such was my mindset on a recent spring morning nearing the summit of Mt. Monroe on Crawford Path. After an overnight stay at Lakes of the Clouds hut I had gotten an early start on the day, which had dawned bright and crisp and sunny. I approached the summit anticipating the always-inspiring view of Crawford Path falling away down the ridgeline toward the west, over Mt. Franklin all the way to the eastern slope of Mt. Eisenhower.

With the day clear I was anticipating a more spectacular view than usual, and bounded eagerly up the last rocky pitch to the summit. Finally standing at the topmost cairn, I paused to survey the vista that unfolded before me.

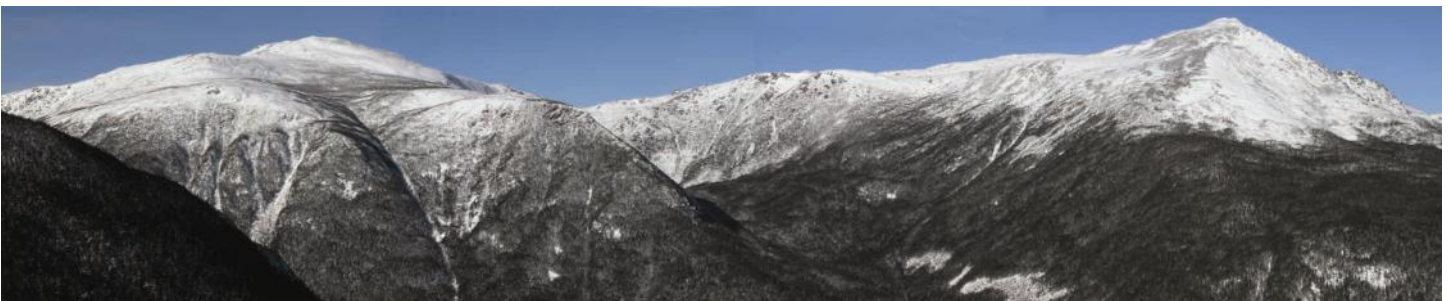
Suddenly, a blur of movement next the trail below caught my attention. It was large black dog, perhaps a Labrador, running at full tilt across the rock outcroppings and scrub grass toward the tree line just over the crest of the north side ridge. A second later two thoughts entered my mind at the same time...this dog had no owner in sight, and it didn't look or run like any dog I'd ever seen before. At that moment I realized it wasn't a dog at all, but a full grown black bear.

I stood immobilized, while every warning I'd ever heard about black bears in the wild immediately leapt to mind. Was it a female with cubs? Had it gotten a whiff of the snacks and sandwiches in my daypack? Should I proceed along the trail, or retreat?

As it turned out the bear must have either seen or smelled me, or both, since it continued a swift and determined beeline to the edge of the ridge and clambered quickly out of sight. I descended warily, glancing every few moments to the spot where the bear had vanished, but never saw it again.

Later that year on a different hike I was taking a break while descending Boott Spur trail on the southern side of Tuckerman Ravine, just below the Davis Path junction. Sitting on a rock admiring the perfect, panoramic view of Pinkham Notch below, and the blue grey mountain summits extending in all directions seemingly into infinity, a movement off the trail to the right drew my eye. There, trotting purposefully up and around the rocks and alpine grass not forty feet away was a small red fox. Ignoring me, it continued upward until it disappeared behind a large boulder near the ridge summit, searching perhaps for an afternoon snack of rodents or insects.

These two events, combined with an even closer encounter with a full grown female moose on the A-Z trail not too far from Zealand hut, served as poignant reminders that we share the wilderness, even in areas as well trodden as the hiking trails in the Presidential Range, with animals that claimed the territory long before we humans arrived in force. And if we look carefully, every once in a while we just might be lucky enough to catch a glimpse of one.



View of Mount Jefferson and Mount Adams, 2009
Photo by Leon Tokatlian

Mountain Passages

Volume 37, No.3

- May/June 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.

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.

45TH ANNUAL PRESIDENTIAL RANGE HIKE

July 16 – 24, 2011

(NH) Hike over 50 mi. of scenic trails in WMNF including many on Appalachian Trail. Climb at least a dozen peaks over 4000 ft. including Mt. Washington. A STRENUOUS AND WONDERFUL GROUP HIKE with 15,000 feet elevation gain!! Daily hikes 5 – 10 mi. 4 NH Chapter Leaders and max 21 hikers. A variety of hiking options will be offered each day. The cost is \$840 (\$875 non-members). This includes 8 nights lodging and meals at AMC huts, gratuities, trail snacks, in-hike transportation. Deposit \$420 (\$25 non refund). Reg early, trip fills each year!

For info / application: Tim Kennedy, (603-635-2517 or takhike@comcast.net)

2011 Education Committee Upcoming Events

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 - 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. Class size is limited early sign up recommended.

“In the spring, at the end of the day, you should smell like dirt.”

-Margaret Atwood-

If you like hands on experience, join Trails co-chair, Bill Darcy, on one of his learn-as-you-go trail maintenance projects! On Saturday, May 14th volunteer to clean-up our Chapter's own adopted trail, Old Bridle Path, doing basic trail work. No experience or tools needed, just the desire to help keep our trails in awesome condition! If you're looking for a trail work challenge, join Bill the following weekend, Saturday, May 21st, and hike up to Greenleaf Hut via Old Bridle Path and work your way back to the trailhead while enjoying amazing views of Franconia Ridge.

Cold River Camp Weekend is May 27-30! Join the Trails Crew and enjoy a fun, rewarding and (if you want) challenging weekend at AMC's Cold River Camp in Evans Notch, NH. We'll work on the nearby trails. Stay in your own cabin, with a fireplace! After working on trails, return to camp for hot showers and great meals, all FREE! For two days of work, you'll also earn a White Mountain Parking Pass. Join us for as much of this weekend as you can. You can choose a project to match your energy and abilities.

National Trails Day is Sunday, June 5th at Pawtuckaway State Park! Various tasks will be worked on throughout the day as determined by the park administration.

There are tasks for *all* though some require lifting.

Contact Bill Darcy at 603-224-0709 (after 7pm) or email bill.darcy@gmail.com to sign up! Tools and instruction are provided for each volunteer opportunity.

It's Wildflower Season! Watch for these beauties in May



Alpine Bluets
Found on Gulfside trail



Carolina Spring Beauty
Found on Jewell trail



Goldthread found on Jewell Trail



Hobblebush found everywhere!



Starflower found on Edmunds Path
and Webster Cliff trails



Trailing Arbutus found on Old Bridal
Path



Trout Lily
Found on Jewell and Scaur Ridge

**Look for these
wildflowers in
June**



Alpine Azalea
Found in the Alpine Garden



Labrador tea
Found on Davis Path



Mountain cranberry found everywhere!



Clintonia
Found on Edmunds path



Rhodora
Found on the Baldfaces



Mountain Avens
Found on the North side of
Eisenhower



Red tipped Goblin Lichen
Found everywhere



Rose Twisted Stalk
Found on Crawford path near Clay



Mountain Sandwort
Found on Rocky Summits



Sun over Mount Adams
Winter 2010

Advertise Here to Reach 10,000 Environmentally Active Outdoor Enthusiasts

ISSUE	DEADLINE	AD SIZE	PRICE (per issue)
Jan/Feb	December 1	1/8 page	3.5" w x 2.5" h \$100
Mar/Apr	February 1	1/4 page	3.5" w x 5" h \$160
May/June	April 1	1/2 page	7.5" w x 5" h \$250
July/Aug	June 1	20% Discount for advertising in six consecutive issues, with prepayment	
Sep/Oct	August 1		
Nov/Dec	October 1		

For questions, or to submit ad: Advertising@amc-nh.org
Ad should be black & white jpeg file, at correct size

Mail check for advertising to:
Appalachian Mountain Club
c/o Ron Janowitz, 88 W Haven Rd., Manchester, NH 03104

We reserve the right to refuse ads that are not related to the mission of the AMC. We do not provide proofs and accept no liability for errors beyond the cost of the ad.

Summer Solstice Celebration continued from page 3...

Bike trip on nearby roads of 14 -15 mph average pace, moderately hilly, 30+ miles for experienced road cyclists. Limited to 8.

Contact: David Ross 603-224-6786 7-9 pm; davidross2243@comcast.net

Additional bike trip on nearby roads about 12 mph pace; approx. 20 mile loop;

10- riders max. If you have questions contact Anne Gwynne at annegwynne@comcast.net

Guided flat-water paddle on nearby pond/lake; intermediate/expert paddlers only; max 12; must have own kayak. For details and sign-up contact robindiamond@hotmail.com

Kayaking/Canoeing, self guided, on near-by **Willard Pond** is also an option for flat-water paddlers. Approx. 96 acres in size it is part of the dePierrefeu-Willard Pond Wildlife Sanctuary. Public access is provided for boat. Petroleum powered motors are prohibited. However, you must bring your own kayak or canoe. Rentals are not available from the Harris Center or AMC NH Chapter.

Directions to Willard Pond from Hancock Village: drive west on Rte.123 for 3.7 mi. Turn right on the dirt road and drive 1.6 mi., bearing left at the fork, to the Sanctuary parking lot. Continue 0.1 mi to the end of Willard Pond Rd. to the state boat launch.

Cost: \$6 adults; children under 12 free. Families welcome!

11:30 AM – Arrival time/registration and food set-up (you may want to bring your own folding chair or picnic blanket as outdoor seating is limited)

12 Noon to 1:30 PM – Pot Luck BBQ Picnic Lunch

2:00 PM – 5:30 PM – Outdoor activities

Registration deadline Sat., June 11. See registration form on page 12

Volunteer spotlight

Meet the folks who 'make it happen' in the New Hampshire Chapter An Interview with Scott Taylor

Written by Tony Schmidt

You probably saw Scott Taylor in the latest issue of AMC Outdoors...now read a more personal interview with Scott Taylor:



The NH Chapter Ski Committee would not have been voted into full committee status the summer of 2008 without Scott Taylor's dedication! Scott has been actively involved in the AMC for more than 15 years. For the past 4 years, he has been instrumental in the creation and development of the ski committee's extensive list of instructional opportunities and trips. Prior to his involvement with the ski committee, he also volunteered his knowledge and expertise to the mountaineering and winter school.

The NH Chapter ski committee evolved out of the excursions and mountaineering committee in the fall of 2007. As the acting 1st chair of the committee, Scott provided an immeasurable amount of help and support during the first season to me. He assisted with organizing the committee and also helped structure the ski schedule and led several ski trips. In addition, he helped me understand the workings of the NH Chapter and the requirements of present and future ski leaders. He also helped me recruit and train new leaders.

In 2008, Scott attended Professional Ski Instructors of America (PSIA) training to become a certified telemark ski instructor and in 2009, he attended a PSIA cross country training clinic to become a PSIA certified instructor in cross country skiing in order to give the committee further depth and credibility in our backcountry skiing programs. Also in 2009, he led several backcountry trips, helped instruct AMC telemark ski clinics at Gunstock and coordinated all ski activities at NH Chapter winter school.

In addition to all of his volunteer contributions to the AMC NH Ski Committee, Scott is a professional EMT. He eagerly lectures on backcountry first aid and the signs and symptoms of frostbite and hypothermia at winter school. Scott is also a glacier travel instructor for the NH Chapter Mountaineering committee. He volunteers two entire weekends in the spring to instruct students on how to safely travel on glaciers and how to rescue fallen climbers from crevasses.

Scott has also co-led several rock climbing and instructional climbing programs with me. Once again, his enthusiasm and knowledge were instrumental in the success of the instruction.

I cannot say enough about Scott, without his dedication, the ski committee would have never gotten off the ground!

Tony Schmidt
NH Chapter Ski Committee Co-Chair





AMC-NH Chapter
Registration for Summer Solstice Pot Luck BBQ Picnic Lunch
Sat., June 18, 2011

Harris Center for Conservation Education
83 King's Highway, Hancock, NH 03449
603-525-3394 - www.harriscenter.org

Directions to Harris Center: From Concord take Rte. 89 North to Rte. 9 West and 202 towards Hillsboro. In Hillsboro take 202 South towards Peterborough. Follow 202 through Antrim. About 3 mi. from Antrim take a right onto Rte.137 into Hancock. Rte.137 intersects Main St. in Hancock. Bear right on Main St. Go straight down Main St. (this is also Rte.123). Stay straight on Rte.123 past the church and P.O. on your right. Follow Rte.123 for 2-3 mi. and bear left onto Hunt's Pond Rd. Follow the directions below from Rte.123 East and West. **From Rte. 123 East and West** take Hunt's pond Rd. for about .4 mi and turn left onto King's Highway. Follow King's Highway for .7 mi. and the Harris Center is on your Left. There are green and white signs for the Center from the center of Hancock.

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 Summer Solstice Pot Luck BBQ Picnic Lunch
 Sat., June 18, 2011
\$6 Adults; Children under 12 Free

Name	Ph#/email	\$
Name	Ph#/email	\$
Name	Ph#/email	\$
Number of children under 12 years of age	Total Enclosed	\$

Please send registration form and check payable to AMC-NH Chapter to:
Patty Anderson, One Warner Hill Rd. Derry, NH 03038
 Registrations must be received by Sat., June 11; you will not receive confirmation.
 Heavy rains cancel this event