

Mountain Passages

Volume 37, Number 3 September/October 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?

The New Hampshire Chapter of the AMC offers a wide variety of activities throughout the week and on the weekends. There are family groups, weekend outings, educational opportunities and all events are lead by experienced instructors. For more information, see the NH chapter website.: <http://amc-nh.org/index.php>

[Overboard: a story of Disaster and Survival!](#)

Guest Speaker, Michael Tougias, award-winning author will present a dramatic slide show based on his new book...

[An Invitation to Join ExComm](#)

Your chapter needs your skills...learn more here.

[What's New?](#)

Read about the upcoming Adventure Travel leadership training and the activities of the temporary biking committee.

[New Hampshire Chapter's Winter Hiking Series](#)

History of the series and registration information...

[Class 4 and Young Members leadership training](#)

One day training for those interested in getting trained to lead NH Excursions class 4 (previously WASH) or Young Members hikes.

[Volunteer spotlight: Meet the folks who 'make it happen' in the NH Chapter](#)

An interview with Wanda Rice...

[AMC – NH Chapter Annual Meeting and Dinner Program](#)

Find the registration form here...

[An Opportunity to Travel to Ireland](#)

As Maine and New Hampshire's representative on the AMC Board of Directors, I would like to invite you to an upcoming Adventure Travel trip next May that I'm leading with Cindy Martell, AMC staff member and active volunteer.

["Gearing Up Before the Final Push,"](#)

Read about AMC's 2011 photo contest

**AMC- NH Chapter
Annual Meeting and Dinner Program
Saturday, November 5, 2011**

**Pheasant Ridge Country Club, Gilford, NH
A True Bluewater Story of Disaster and Survival!**

Guest Speaker, Michael Tougias, award-winning author will present a dramatic slide show based on his new book ***Overboard!*** A True Bluewater Story of Disaster and Survival.



Michael Tougias
Photograph by Mark Tougias
Fatal Forecast, Scribner

You are invited to our Annual Meeting and Dinner Program. Best selling author Michael Tougias is our guest speaker. Mr. Tougias is the award-winning author of 19 books. In 2008, Mr. Tougias presented a wonderful slide show about his book *Fatal Forecast* at one of our previous dinner programs. Don't miss the rare opportunity to see his presentation this year. Simon and Shuster has just published his latest book, *Overboard!* Mr. Tougias will present a dramatic slide show based on this new book.

In early May of 2005 Tom Tighe and first mate Loch Reidy, of the sailboat *Almeisan*, welcomed three new crewmembers from New England (one from NH) for a five day voyage from Connecticut to Bermuda. Tighe had made this bluewater trip 48 times, and Reidy had joined him 20 times. Each year they take three additional passengers who seek to learn about offshore sailing and are looking for adventure. Four days into their voyage a massive storm strikes and Captain Tighe and first mate Loch Reidy are swept from the boat during a knockdown and are carried away by huge seas. The three new crewmembers somehow remain on the vessel as it is torn apart by the seas. ***Overboard!*** follows the simultaneous desperate struggles of both the crew on the boat and the Captain and first mate in the sea. Michael Tougias, will use slides of the storm, the sinking sailboat, the crew, and the rescue missions to bring this story to life.

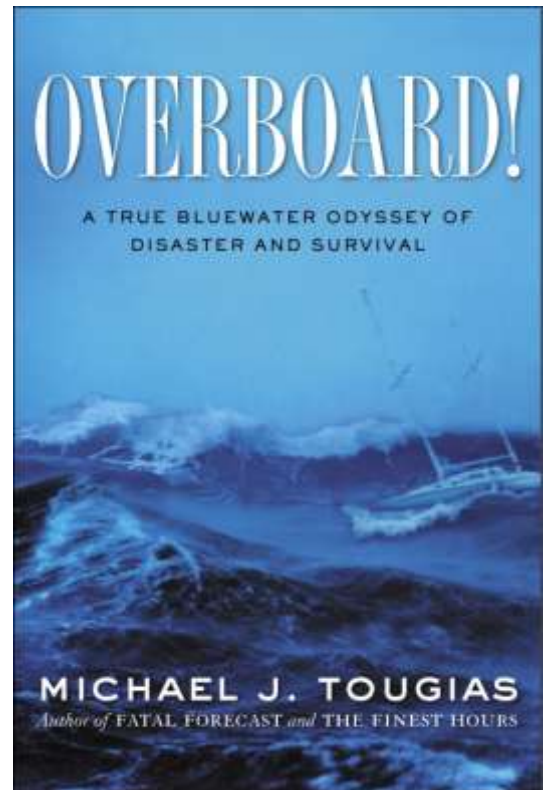
Mr. Tougias will take questions after his presentation and will have copies of *Overboard!* and many of his other books avail-

able for sale and signing.

Prior to the program, there will be a brief business meeting to elect officers and committee chairs for the coming year.

Deadline to register is Sat., Oct. 29. See page 8 for registration details.

Convenient online registration and payment also available at www.amc-nh.org





Lost in Lincoln woods!
Fall 2010

Change of Seasons...

What is it about the change of seasons that brings about new energy for doing things outdoors? Whether it's hiking, biking, climbing or paddling, there is always something going on: check the AMC website frequently to make sure you don't miss out on anything!
I had the good fortune of hiking in Idaho and Utah recently: different terrain, but the same type of great people on the trail. Outdoor activities seem to have a universal appeal.
Here's to cool air, colorful leaves...and trying something new this fall!

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.



An AMC group enjoys the Garfield Trail, February 2011

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 Anne Melvin	over55group@amc-nh.org 603-586-7727 603-664-5089
Family Group Wanda Rice	familygroup@amc-nh.org 603-432-7840

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

What's New?

The AMC Adventure Travel Program is preparing for the 2011 Leadership Training on November 18-20, 2011. This workshop provides important training to people who have AMC activity leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, both domestically and overseas. Previous outdoor leadership training is highly desirable. Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and leading Adventure Travel trips. Exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. For more information, email Colleen Yout at cyou@outdoors.org

What's coming up?

January 28, 2012: The Annual Meeting 2012 and Celebration for Andy Falender. More details coming...

News from the Temporary Biking Committee...

By Gene Harding

The Temporary Biking Committee has been active since the beginning of summer: mostly in training Bike ride leaders. We held Ride Leader training at Cardigan Lodge on Chapter Activity day and again on June 18 at the Harris Center in Hancock NH. We now have 8 new Bike Ride Leaders and will soon be posting more bike rides in NH. A small group combined a weekend of concerts at Tanglewood with a Saturday bike ride on the Ashuwillticook Rail Trail. The Ashuwillticook trail goes from Pittsfield to Adams MA and is paved the whole way.

We are planning a ride to the Hampton Sea Food Fest on September 10, and another weekend of biking and ride leader training at Cardigan on Columbus Day weekend October 8 and 9. Please note that this is the last biking leadership training to be offered this year, and you do not have to be a hike leader to become a bike ride leader.

If you are interested in ride leader training please contact Gene Harding at Gene37h@aol.com.



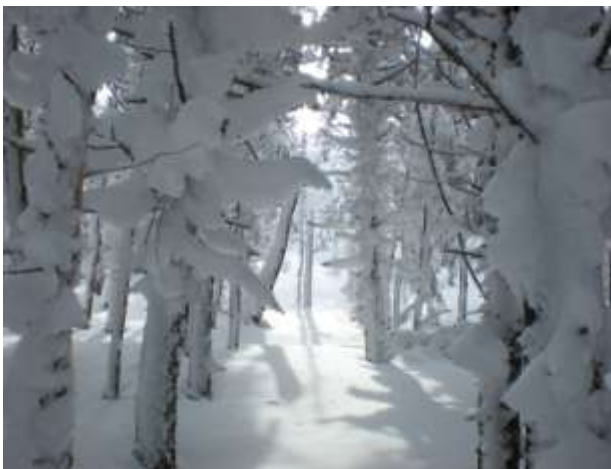
New Hampshire Chapter's Winter Hiking Series

By Bob Humphrey

The New Hampshire Chapter Winter Hiking Series is an annual event that takes place from mid October thru mid December. It is an old idea that was revitalized in 2000 by Bob Humphrey and Kevin Rooney. The WHS has grown from its humble beginning: sitting at a picnic table under a tarp in an early season snow storm, to a comprehensive two day opening weekend event held at Pinkham Notch. The series starts on Saturday morning with a full day lecture covering topics on winter gear (snowshoes, crampons, winter boots, etc.), body heat management (layering systems), winter nutritional needs, hydration, winter group dynamics, and emergency group gear. Following the lecture on Saturday evening participants and instructors enjoy a fine family style diner prepared by the Pinkham kitchen *Croo*. It can be said that this meal is really the beginning of the group dynamic that will blossom as the series unfolds. Early the following morning finds participants grouped together in the boot room readying themselves for the first hike of the series. Five successive day hikes occur on Saturdays and become more challenging as the series progresses, with hikes to North & South Kinsman, Moosilauke, Eisenhower & Pierce, and finishing on Franconia Ridge with a hike to Lincoln & Lafayette. These hikes build upon the foundation of topics covered in the lecture, applying them to real world experience on the trail.



The Nelson Crag trail, photo by Leon Tokatlian Winter 2010



The Garfield Trail, Winter 2011

Although the idea of offering winter training is not new to the New Hampshire Chapter, it can be said that the Chapter's Winter Hiking Series has taken this idea and expanded upon it, offering a unique and comprehensive learning experience for qualified three season hikers wishing to enter safely into the realm of Winter Hiking. The ideal candidate is one who can demonstrate, through the application process, much three season experience, and is one who hikes to the more difficult peaks of the Northeast at least once a month. The series aims to target individuals who can withstand the rigors of hiking in the White Mountains at a time when hiking conditions are at their worst.

The need for such a program became obvious to me after being turned down for several winter hikes early in my hiking career. After completing nearly all of New Hampshire's 4,000 ft. peaks in winter I decided it was time to pass on the knowledge I had gained from this experience, hoping that others might benefit. Teaming up with Kevin proved very beneficial and thus the New Hampshire Chapter's Winter Hiking Series was born. Instead of being turned away for lack of experience, it was hoped that by educating participants in a real world setting they would gain enough knowledge and experience to participate on various winter hikes. Our goal has always been to educate students in safe winter travel. While a lecture on winter gear, safety, and group dynamics can be beneficial, we feel that the *hands on* approach to various terrains and conditions found in the White Mountains in conjunction with our lecture is the ideal way for participants to safely learn about winter hiking. Although improvements to gear and clothing have been made over the years, our goal remains the same and the series has evolved to keep pace with technological changes to gear and clothing. If one were looking to embrace the challenges, beauty, and thrill of winter hiking and wanted to learn how to do it safely, with knowledge of the gear necessary for such a venture, then one need look no further than the New Hampshire Chapter Winter Hiking Series.

For more information contact Bob Humphrey at bobh@mcttelecom.com or send an SASE to: Bob Humphrey, 19 Gould Rd., Warner, NH. 03278



The Carters, Winter 2011, photo by Leon Tokatlian

Mountain Passages

Volume 37, No.5

- Sept/Oct 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.

NH Chapter Annual Winter Hiking Series

Registration is open now

The NH. Chapter Education Committee presents the 12th annual Winter Hiking Series. (WHS) This series is designed for EXPERIENCED 3 Season hikers who want to advance into the winter season. *This is not a beginner hiking course: it is for those who can demonstrate considerable 3 season skills.* We are looking for applicants who have climbed a number of the New England Four Thousand Footers, or their equivalent, and preferably has considerable experience in the White Mountains of NH. We will teach the basics of safe winter travel and give informed choices for winter gear. Topics include: gear, body heat management, energy management, foot wear, (boots/crampons/snowshoes) nutrition, winter clothing, (layering) and other topics.

The WHS has become very popular: we have room for only 20 participants. We recommend you apply early to ensure a spot.

There is an application process that interested participants must complete. It is recommended you give us detailed information of your hiking experience. Vague or incomplete applications will not be considered. We collect all applications and make participant selection by mid September.

The WHS starts October 22nd with a weekend long session that takes place at the AMC's Pinkham Notch facility. Saturday October 22nd is dedicated to lecture on winter gear, winter clothing, and safety topics. Attendance at this first weekend event is mandatory for participation in the series. The WHS will run from October 22nd thru December 17th. The non refundable registration fee is \$75. Sessions include 10/22 lecture & 10/23 hike to Boot Spur. Lodging and meals can be obtained for this weekend, but are not included in the \$75 registration fee. After the first weekend we will have 5 additional day hikes. These hikes will include Mt Flume 10-29, Mts. N&S Kinsman 11/12, Mt. Moosilauke 11/19, Mts. Eisenhower & Clinton 12/3, and Mts. Lincoln & Lafayette 12/17. These sessions will be day hikes combined with instruction.

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.

NH Excursions Class 4 and Young Members leadership training

One day training for those interested in getting trained to lead NH Excursions class 4 (previously WASH) or Young Members hikes. This is the entry level leadership training for all those who have thought they might like to lead a trip but were not sure how to get started. The training will include trip planning, group communications, screening participants, how to deal with difficult situations and field exercises to practice leadership skills on the trail in a small group. The session also includes indoor meeting and outdoor trail practice. The costs is \$25 to cover materials. Please register online at

AMC_registration.centr.org

Related Websites:

<http://AMC.Registration.centr.org>

Date: September 17, 2011 (Saturday)

Leaders:

Rick Silverberg

synergyc@aol.com

603-225-5921 (best time to call: 7:00pm-10:30pm)

Bob Humphrey

bobh@mcttelecom.com

603-456-3798 (best time to call: 7:00pm-10:30pm)



Put Your Ideals to Work

Sustainable Development and Climate Change

AUNE's landmark master's degree in environmental studies with a concentration in Sustainable Development and Climate Change trains leaders to address complex environmental challenges. Complete this Professional Science Master's Degree in 20 months. Classes meet once a week, 3 to 5 weekends per semester.

MBA in Sustainability

Our students and graduates are inspiring social entrepreneurs, innovative corporate and government leaders and dynamic managers of nonprofits. Learn the Triple Bottom Line—people, planet, profit—approach to business management. Choose from the one year or two year (weekend) options. No GMAT or GRE required.

Visit our website to learn about these innovative programs and more.

Because the world needs you now.

Keene, New Hampshire
800.491.8640
www.antiochne.edu

ANTIOCH
UNIVERSITY
NEW ENGLAND

Volunteer spotlight: Meet the folks who 'make it happen' in the NH Chapter

Wanda Rice: AMC NH Chapter Trip Leader and Family Group Chair

By Karen Thurston

Wanda Rice knows a lot about hiking with kids. In addition to hiking with her family, she leads the AMC NH Chapter's Family Group with its active calendar of hut nights, camping weekends, and day hikes throughout year. We caught up with Wanda between hikes.

1) How did you get your start with the AMC NH Chapter?

I started being involved with the NH Chapter because of the Family Group. My sons had reached an age where they could reasonably be expected to hike and we started with the Annual Fall Gathering at Cardigan Lodge. As I became a regular on events, I realized there was a serious need for leaders to lead outings for families. After a couple years of being involved with the Family Group, I pursued and attained my NH Class 2 leader status.

2) Who were some of the biggest influencers when you started?

I was looking for like-minded parents to hike with. Children who are just starting hiking or not sure they are really interested in hiking, tend to do much better with other children. They tend to be distracted from the hiking and focus more on the other kids which is can be a very good thing.

3) What role does NH Chapter Family Group play in helping kids get outside?

We try to offer outings for families. Our most popular events are our Annual Gathering at Cardigan Lodge the first weekend of November and our Spring Hut night in May. Both of these events are offered during the self service seasons to make the events more affordable. I also try to offer a few day hiking opportunities throughout the year. We are hoping to recruit more leaders to offer hikes and other activities, especially at the beginner level.

4) Are there any special tips for helping kids enjoy the outdoors?

Be realistic with your expectations. If the most difficult thing your kids have done is Monadnock, signing up for a trip up Mt. Adams is probably not a good idea. Second, bring tasty and effective snacks. M&M's are good, but kids need some protein too.....maybe peanut M&M's! We make custom trail mix and everyone picks what they like in it, then we label the bags with names.

5) How has hiking changed for you over the years?

BC (before children), I only backpacked. With kids, I've done more day hikes. As my sons have become more interested in hiking 4000 footers, we've focused more on that. Both my kids are well over halfway through their lists. We are starting to get into more backpacking as a family now that the boys are big enough to carry more stuff.

6) What do you think hiking with kids will look like in 2020?

I hope it won't be much different. I hope there will still be folks out there who will believe it's worth the effort to unplug their kids from electronics and sports schedules to get outside and enjoy nature at their own pace.

7) NH has lots of great hikes for kids. What are some of your favorites and why?

On the beginner end, I really like Mt. Kearsarge from the Winslow State Park side. It can be hiked as a loop that is less than 4 miles. The views from the top are terrific. As a first or second 4000 footer, Cannon has some nice views with the safety net of being able to ride down the tram if you find you've over estimated the kids' abilities. For kids ready for something with a wow factor, I really like Mt. Moosilauke because it gives you a little taste of above treeline travel.



Continued on next page...

Continued from previous page...

8) What's important to you to thrive as a NH Family Group Leader?

We need HELP! I'd love for our group to offer more trips and hikes, but what we really need is more parent leaders to organize some hikes and events. I'm hoping that the new Class 4 leader program (first class is September 17) will appeal to a few parents.

9) Any advise for hikers/trip leaders/parents just starting out?

Be flexible and remember it's okay if you don't reach the top of the mountain or the end of the trail. Be prepared and make sure the kids are prepared too. They need closed toe shoes with traction and they need to carry emergency gear (water, snack, raincoat, warm layer) with them in their own packs. Also, it never hurts to remind kids of what is expected of them on a trip: even if you think they should know it already!

**AMC – NH Chapter
Annual Meeting and Dinner Program
Saturday, November 5, 2011**

**Guest Speaker: Michael Tougias,
Award Winning Author of *Overboard!***

**Pheasant Ridge Country Club
140 Country Club Road - Gilford, NH 03249
6 p.m. social hour (cash bar and appetizers)
7 p.m. dinner followed by the program**

Menu: Tossed Garden Salad; Vegetable and Three-Cheese Lasagna, Baked Atlantic Haddock, Slow Roasted Prime Rib; Oven Browned Baby Potatoes, Green Beans with Almonds and Garlic Butter; Warm Brownie Sundae with Ice Cream and Hot Fudge Sauce.

Directions: Take I-93 to Exit 20. Go East on Rte's. 3 & 11. Just before coming to Laconia, make a right turn to stay on Rte. 11 (Laconia by-pass). Take Rte.11A East. Take first right onto Country Club Rd. Proceed for approx. 1-mi. Facility is on the left.

For questions or additional information call:
Patty Anderson, Hospitality Co-Chair at 603-432-4647 (until 8:30 p.m. only)

=====
**Registration Form
AMC-NH Chapter Annual Meeting & Dinner Program
Sat., Nov. 5, 2011
\$26 Members: \$29 Non-Members**

Name	Ph/Email	\$
		\$
		\$
		\$
		\$
	Total Encl:	\$

**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 Sat., Oct. 29

Please note walk-in's cannot be accepted for this event due to seating arrangements that are necessary with the facility.

An Opportunity to Travel to Ireland...

By Sam Jamke

As Maine and New Hampshire's representative on the AMC Board of Directors, I would like to invite you to an upcoming Adventure Travel trip next May that I'm leading with Cindy Martell, AMC staff member and active volunteer. The walking tour of the Beara Peninsula on the lush southwest coast of Ireland will be a wonderful opportunity to experience tramping this beautiful country.

Price is \$1575, AMC members; \$1675 non-members. This includes all lodging, baggage transport, breakfasts and lunches on our walking days and transportation from and to Shannon airport. Airfare to Shannon, estimated at \$1000-1200, is not included.

Consult this link for full details: <http://snebulos.mit.edu/majorexursions/trips/1217.pdf>.

Do consider joining us – my contact info is below and in **Outdoors** magazine.

"Sam" (Ruth) Jamke
AMC Adventure Travel Leader
603-472-2536
samjamke@myfairpoint.net



Map of Beara Way: Pink highlights above show expected route; full Beara Way and side trips are shown in red.



“Gearing Up Before the Final Push,”

*by Tracie A. Henry, New Hampshire Chapter.
Winner of the “AMC in Action” category in the 2010 AMC Photo Contest.*

It’s Time to Enter the 2011 AMC Photo Contest!

AMC’s 17th annual photo contest is now open to all members, with more prizes than ever up for grabs. This year’s Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination. Winners of the “Kids, Families, and Adults Outdoors,” “Scenics and Nature,” “AMC in Action,” and “People’s Choice” categories will receive prizes from Black Diamond, Deuter, Merrell, and Outdoor Research.

For full rules and entry instructions, visit www.outdoors.org/photocontest. Entries will be accepted until November 15, with the winners appearing in a spring 2012 issue of *AMC Outdoors*.