Trekking New Zealand’s Great Walks
AMC-NH Chapter Dinner Program
Saturday, April 5
Cat 'N' Fiddle Restaurant
Concord, NH
6 p.m. social hour (cash bar and appetizers)
7 p.m. dinner, followed by the program

Speaker Sam Jamke, AMC-NH Past Chair, will share her adventures on a 2007 Major Excursion to New Zealand where she backpacked three of that country’s Great Walks.

A member of the AMC since 1983, Sam has led numerous day and weekend hiking trips and is a hike leader and workshop instructor for the AMC-NH Chapter.

She is a hike leader at the AMC August Camp and led the 8-day AMC-NH Chapter PresidentialRange Traverse in 2007. Sam has hiked the 115 Northeast 4,000 footers and all of the New England Hundred Highest summits in both winter and non-winter.

Other of Sam’s hiking venues include Mount Rainier National Park, Washington’s North Cascades, California’s Sierra Nevada Mountains, Newfoundland, Colorado’s Fourteeners and long distance paths in Scotland and England. Sam is leading Major Excursions to Death Valley in April and to the Canadian Rockies in July.

For questions or more information, call Janice Bremer, Hospitality Co-Chair, at 603-672-9626 (7 to 9 p.m. only).

Note from the Chair
Paul Berry

I ended my last ‘Note from the Chair’ with: One of my goals as your Chapter Chair is not to have you say “Why did I wait so long to start doing things with the NH AMC?”

I would like to start addressing that goal. The chapter has changed the by-laws to allow the formation of ‘Temporary Activity Committees’. I believe this gives us the opportunity to get more members involved in leading activities and will provide more offerings for our members. Temporary Activity Committees that gain interest and a following can become permanent committees.

In November, the Executive Committee (ExComm) received a request to form a Temporary Committee for Skiing. Ski trips have been offered by the Excursions Committee and the Mountaineering Committee in the past. Leaders from those groups felt that a new committee could increase the focus on skiing. The ExComm agreed and the Temporary Committee has been formed. Ski trips are being offered for Backcountry Skiing and Cross Country Skiing.

In December, I made a request to start planning for a Temporary Committee for “Walks and Short Hikes.” The ExComm agreed and I will provide details at the February ExComm Meeting. I hope to have leaders in place and trips available this spring.

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<tr>
<th>Role</th>
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**Have Mountain Passages Delivered to Your Inbox**

*Receive Mountain Passages via email* E-delivery saves the NH-AMC Chapter printing and postage costs and helps the environment, too!

Mountain Passages is distributed six times per year. The same day each issue mails, you’ll get an email alert with a link to the members-only online version of Mountain Passages.

Members opting to get Mountain Passages online will not receive a copy in the mail. If you change your mind and want to receive a paper copy, simply email newsletter@amc-nh.org and we’ll switch you back.

**To receive your Mountain Passages online**, send your name, email address, and member ID (found above your name on the address label of Outdoors magazine) to newsletter@amc-nh.org.

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**Advertise in Mountain Passages**

The AMC NH Chapter membership is over 10,000 strong. Members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking.

If you have a product or service that New Hampshire AMC members would benefit from, consider advertising in Mountain Passages, published six times a year!

Display ad rate: $12 per square inch (4 sq. inch min.)

Classified ad rate: $1 per word (20 word minimum)

We reserve the right to refuse ads that are not related to the mission of the AMC (outdoor adventure, education and conservation).

For more information, or to place an ad, email newsletter@amc-nh.org or call 603-566-8270.

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**Moving?**

Contact AMC Member Services for address changes or membership renewals. To update your member information:

- Call 617-523-0636 Ext 0
- Or visit www.outdoors.org/membership

*Please note AMC-NH officers and committee chairs cannot take updates to your membership information.*
In the last issue of *Mountain Passages* we talked about getting your gear ready for winter. Now that it’s really winter (as we write in early December, Concord is having its first significant snowfall of the season), we hope that you have had a chance to get out and try your gear in frosty conditions. One piece of gear we didn’t talk about was the most important one: your body!

Winter hiking puts the same demands on your body that three-season hiking does, only more so. More clothing and more gear equals more weight to carry. Snowshoeing and back-country skiing take more effort than simply moving along a summer trail. You may want to think about two broad areas to work on to improve your body’s ability to cope with winter: your heart and your muscles.

**Cardiovascular fitness.** One thing we notice pretty quickly when we’re out in the winter: snowshoeing is an aerobic sport! The extra weight of the shoes alone, plus the extra gear we carry makes for a good workout even on flat terrain. Add a little elevation, and we could be huffing and puffing before long.

It’s easy to slack off the aerobic workout in the winter. Slippery, narrow roads are not cyclist or jogger-friendly. What to do? One thing that we’ve done in the past, and are doing again this year, is spinning class.

Spinning is an indoor, gym-oriented sport that has been around for a decade or longer. Take some spinning bikes (a little like that stationary bike down in your cellar that you never use, only more high-tech), some upbeat music, a leader who calls out the shots, and you have a low-impact, high-energy workout that will jump start your day!

Many traditional gyms, such as the YMCA, offer spinning classes at various times of the week. Some classes require gym membership, some don’t, but there usually is a surcharge above the basic membership for the classes. Rates vary; one place we’re familiar with offers 10 classes for $80, on a fixed weekly schedule.

While spinning doesn’t really feel like riding a bicycle (the spin bike doesn’t move with your body, of course), like cycling it is an intense and, dare we say, efficient way to work out: 45 to 60 minutes of group spinning and you’re ready for a shower and out the door.

Not everyone wants to spin, so what else can you do? Other gym-related activities that are more familiar are the traditional aerobic classes (we’re flashing on the disco-motivated classes of the ’70s and ’80s that we took), pool swimming and such. Even if you can’t stand gyms, try to incorporate some fast walking for 30 minutes every day into your schedule; you’ll reap the benefits!

**Musculo-skeletal training.** It’s also important to keep your muscles, tendons, ligaments and bones in good shape for hiking and just for general health. If there are two things that our personal fitness trainers keep harping on, it’s balance and core strength.

Core strength means the tone and fitness of the envelope of muscles and tendons around your trunk. Good core strength enables you to carry the loads and execute the movements of winter travel which place stress on your back in particular, but also on the abdominal and chest muscles. Core strength may allow you to come away unharmed from one of those all-too-common slips that happen to anyone hiking on slippery terrain.

Balance of course will help, too. What is meant here is not just your ability to statically stand on one foot, say, but also your body’s dynamic ability to “know” and react to its position in space. This is what is called proprioception: how you walk along uneven ground without having to consciously think “okay, here’s a rock; now there’s a root; oops, the trail is descending” and without having to make deliberate decisions about what to do with your body moment after moment.

We all have some degree of proprioception, but it can be fine-tuned and increased, by the long-term repetition of challenging activities such as standing on one foot on an unstable surface, jumping up on a box and landing quietly (our trainer calls this ‘Ninja jumping’), and many others.

There are many modalities that allow you to tone up your balance and core strength. One that we like a lot is yoga, typically the Hatha Yoga that incorporates postures and breathing and a lot of stretching and balance work. Pilates is another exercise that we haven’t tried but is popular.

The take-home point is to keep yourself fit during the long winter months, even if your winter travel is limited to occasional snowshoes on the local golf course. You know, spring is right around the corner, and you’ll be in shape for warm-weather hiking!
It can be cold in April. Sometimes it even snows. But, that’s when the best spring whitewater is flowing in New Hampshire, and that’s when the annual NH AMC Paddlers Spring Class II Whitewater School takes place.

We present this weekend of whitewater class II instruction each year to encourage and support paddlers who are new to whitewater paddling. The school draws from our experienced membership to give individual instruction in safety, river reading, equipment, and paddling skills. Our dedicated volunteers enjoy sharing their love of paddling, and helping newcomers to learn the sport safely.

Some of our students take the school because they enjoy scenic river trips both near and far, and want to be better prepared if they encounter rapids along the way. Most, though, take the school because somewhere along the line they found themselves paddling on quickwater and enjoying the fun and challenge of paddling on moving water. They want more. It’s exciting to run the rapids, and even more exciting to play the rapids! In our school, students learn about eddy turns, peel-outs, and ferries. We cover boat control, river reading, and proper equipment.

A meeting on Friday evening in Henniker, NH, kicks off the weekend with an opportunity for students to meet some of their instructors, to prepare for the weekend, and to start learning. Saturday is a full day of instruction in Henniker, both on the water and in the classroom. After dinner Saturday night, there are more presentations before we adjourn for the evening. Sunday, instruction continues with a Class II river trip on a selected nearby river. Additional support and instruction is offered on following weekends – we schedule Class II trips just about every weekend during the spring paddling season (and through much of the summer). Students are encouraged to come back and continue to learn.

This class is designed to introduce experienced quickwater and flatwater paddlers to whitewater. We offer instruction in tandem canoe, solo canoe, or kayak. Students should already have the skills to maneuver a boat on flatwater, and should be comfortable in moving water. The objective is for students to become comfortable in whitewater while learning the techniques of whitewater paddling. We also hope that our students will build new friendships and feel the sense of camaraderie of our paddling community.

Interested? The course consists of sessions on Friday evening, all day Saturday, and all day Sunday. The school fee includes all instruction, all river equipment, and Saturday’s dinner. Students need only bring personal gear, lunches, and drinking water. Wetsuits and helmets are required. Cost for the school is $95 for AMC members, and $115 for non-members. Official AMC-NH Chapter Trip Leaders can take the school for only $75!

For more information or to sign up, please visit our website (www.nhamcpaddlers.org) or send email to: wwschool@nhamcpaddlers.org.

What if whitewater isn’t for you? No problem!

We also paddle plenty of flatwater and quickwater in New Hampshire and surrounding areas.

Participants receive instruction in tandem canoe, solo canoe, or kayak and progress from flatwater Saturday morning, to moving/easy Class I/II water for Saturday afternoon, and then on a Class II river Sunday.

We paddle on rivers, lakes, and ponds throughout New England, offering organized trips, courses, instruction, and great fun for canoeists and kayakers of all experience levels.

Visit our website to learn more, or search for upcoming trips under Chapter Activities at www.outdoors.org. You may also contact the Paddling Committee Membership Chair, Dean Tuininga, at 603-623-5350 or via email at: membership@nhamcpaddlers.org.

By Karen Klawiter

Come paddle with us!
**Where will your next adventure be?**

Check out your options!

- See the Upcoming Events on page 7.
- Visit AMC-NH online at www.amc-nh.org.
- Check out the AMC’s online event calendar at www.outdoors.org/about/calendar.

There’s something for everyone! Your toughest decision will be choosing from among all the exhilarating events, excursions, and opportunities open to you. What better way than to join fellow members and outdoor enthusiasts in exploring the wonderful trails, waterways and scenic vistas that abound in New Hampshire!

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**AMC-NH Chapter Dinner Program**

**Saturday, April 5, 2008**

*Cat ‘n Fiddle Restaurant*

118 Manchester St., Concord, NH

603-228-8911

**Guest Speaker: Sam Jamke — New Zealand’s Great Walks**

6 p.m. social hour (cash bar and appetizers)

7 p.m. dinner followed by the program

*For questions or more information,*

call Janice Bremer, Hospitality Co-Chair, at 603-672-9626 (7 to 9 p.m. only).

**Menu:** baked chicken, meatballs, ham, vegetables, salad, assorted desserts, coffee, tea

**Directions:** Take I-93, Exit 13; Go east onto Manchester St. Restaurant is about one mile on the right.

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**Registration Form**

**AMC-NH Chapter April Dinner Program**

**Saturday, April 5, 2008**

$25 Members and $30 Non-Members

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Total enclosed: $ ___

Send this Registration Form and a check payable to AMC-NH Chapter to:

Janice Bremer, 50 Quarry Circle, Milford, NH 03055

**Registrations must be received by March 29.**

You will not receive a confirmation.

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The Zealand Hut Over 55 weekend, lead by Nancy Seavey and Linda Holton, was a joyful snowshoe, in spite of 10 degree weather and a snowstorm. The evidence? All the smiles in this photo by Ellen Ruggles camera!
Note from the Chair
continued from page 1

Anyone who is interested, please contact me at PaulBerryAMCNH@aol.com or 423-1192.

In addition to these new committees, Excursions, Mountaineering, Trails, Conservation, Hospitality, Membership, Programs, Education, Young Members and Paddling all have things being offered or being planned.

To find out what is going on you need to look at several different places. The AMC’s Outdoors Magazine lists a lot of the NH Chapter Trips as well as those from other Chapters and other Club sponsored activities. The Club Website www.outdoors.org also has lists of activities. The Club Website also has an activity database page http://trips.outdoors.org/ that allows you to enter your options and it will provide a list of activities. As I write this, there are 881 activities currently available in the database. The NH Chapter Website www.amc-nh.org has lots of information and also has links to other activity specific NH Chapter Websites [www.amcnn-mountaineering.org & www.nhamc-paddlers.org]. Some of our Committees also have email lists that you can register for on our Websites.

The logical question is why do I have to look in so many places? Part of the reason is that all of the Chapter Activities are lead by volunteers. Some of those volunteers prefer one method of announcement over another. We try to accommodate the wishes of our volunteers.

In addition to the activities, there are many other ways that you can support our Club’s mission. In future ‘Notes’ I will cover some of them. But I am sure that many of you have innovative ideas would be helpful as well. Your ExComm would welcome this input from the membership. Please share your thoughts with us. Contact me or any of the leadership listed in this newsletter or on the Websites.

Paul Berry

Get Fleeced in the New Year!
(AMC-NH Chapter fleece that is!)

• Full zip jackets are $45
• Pullovers (half zip): $40
• Vests: $35

Shipping is $6.50. Payment by check or money order only.

All are dark green 200 weight polar fleece with an embroidered AMC-NH logo.

Contact Mary Harrington, at 603-524-1464 (before 9 p.m.) or email thndrbrd@worldpath.net for more information or to order.

First Aid in the BUFF

Trip Leaders recently attended wilderness first aid training at SOLO in Conway. Here they learn how to make a splint out of materials commonly found in their packs. A well made splint should be “BUFF” (Big, Ugly, Fat, & Fluffy). Photo by Jen Gross.

Contest Rules: Look at the scenic photo, picture yourself there, and tell me where you are standing!

Email your guess to mgphoto@metrocast.net. One winner will be chosen and sent an actual 4x6 print! Anyone receiving an advance copy of the newsletter is not eligible to win.

The winners from last month’s contest were Joanne & Kevin Jones. The photo was of Crawford Notch, as viewed from Elephant Head.

Good luck on your next guessing adventure!!!
Happy Trails! ~ Michelle Goodearl
NH Chapter Annual Winter Workshops

Workshop #2: February 22-24
Location: Cardigan Lodge, Alexandria, NH

Winter is here! And just in case you missed the first notice for our Winter Workshop, there is still time to get in on the fun. If you haven’t already signed up, what are you waiting for? There is still plenty of time to sign up for the 2nd workshop next month. These workshops are designed to teach you what you need to know for safe mountain travel: what to wear, what to take, how to use it, how to get there, how to get back, and how to plan for the unplanned. But space is limited and is filling up fast.

All the details were printed in the last issue of Mountain Passages, so instead of filling up this issue with duplicate information, dig the old one of the recycle bin and refresh your memory. Better yet, go to the NH Chapter website at www.amc-nh.org. From there you can read all about the various classes being offered and even download an application.

If winter is not your thing, then keep an eye out for the notice for our Spring Workshop. That workshop is scheduled for April 25-27, so mark your calendar now. We hope see you there.

42nd Annual Presidential Range Hike
Jul. 12-20, 2008

Hike over 50 miles of scenic trails in the White Mountain National Forest, including many on Appalachian Trail. Climb at least a dozen peaks over 4000 ft. including Mt. Washington. You’ll experience a wide variety of hiking options each day. A STRENUOUS AND WONDERFUL GROUP HIKE!! Daily hikes are 5 to 10 miles with elevation changes of 2000 ft+.

Four leaders will guide a maximum of 21 hikers. Leaders are Tim Kennedy, Nancy Cooper, John McHugh, Doug Hunt.

Register early—the trip fills each year! Cost is $800 ($850 non-members) and includes 8 nights lodging and meals at AMC huts, gratuities, trail lunches, in-hike transportation. A $400 deposit is required with your reservation ($50 non-refundable) with the balance due Apr. 15.

For information or an application contact Tim Kennedy, 15 Garland Drive, Pelham, NH 03076 (603-635-2517 or takhike@comcast.net).

AMC Annual Meeting Jan. 26

Summit 2008 will be held on Saturday, Jan. 26 at the Sheraton Ferncroft Resort in Danvers, MA. Please note that the location has been changed due to severely delayed construction.

This year’s keynote speaker will be Commissioner Gina McCarthy, Connecticut Department of Environmental Protection. Commissioner McCarthy has an extensive list of notable accomplishments at the local and state level, including Connecticut’s “No Child Left Inside” initiative, and she has served on numerous state and national committees, such as the Massachusetts Renewable Energy Trust Advisory Board and the New England Governor’s Environment Committee.

Registration for the full day, which includes day programs, dinner, and the keynote presentation at 8 p.m., is $48. Day programs are only $15. Register at www.outdoors.org/annualmeeting.
Membership in a Bottle

The Perfect Gift for your favorite outdoors person!

Specially designed AMC Nalgene® Bottle with Gift Card

• Single membership $50
• Family membership $75
• $10 Gift Certificate good toward AMC workshops, books, and lodging!

Call Bob at 603-456-3708.

Available to new members only

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