Want to Improve Your Outdoor Photography Skills?

Learn How at the AMC-NH Chapter Pot-Luck Social Dinner Program
Sun, February 24, 4:30-7:30pm in Nashua, NH

Join us for a casual, relaxed winter evening with old and new friends, enjoying home-made food, good conversation and a great presentation with photographic slides. Paul Hopkins will share his knowledge of outdoor photography and teach us how to improve our skills with the camera. He will show us how to “fix” mistakes and what pitfalls to avoid, so that we can bring out the best in our pictures. Bring your questions for the Q&A immediately following.

Paul enjoys hiking in the Whites and photography as a serious amateur photographer… and enjoys helping others do the same. He leads photo hikes, where you’ll not only stop to smell the flowers and contemplate the scenery, but also photograph them! He provides tips and instruction along the way. In addition to being an Excursion Leader, Paul is also the Chapter Conservation Co-Chair.

This event is open to all members and non-members. Cost is $5.00 per person. Please fill out the registration form, indicate the type of dish you will provide and email the registration form to paul.hopkins@comcast.net.

Ski Clinics

Join us for one or all of a series of four ski clinics in Bedford! Every other Tuesday evening, from January 8 to February 19, we’ll be at Bedford’s Legacy Park warming hut and trails. What we teach depends on what you want, whether it’s your first shuffle on skinny skis, a backcountry adventure or skating away on the fresh snow of a new day. All instructors are PSIA certified.

Register via activities.outdoors.org; contact the leader, Ted Stever at 860-428-7103; or get in touch with the registrar, Richie Holstein at 603-472-2526.
AMC NH Ski Committee’s Full Winter Schedule

Telemark to cross country, Moosilauke to Moose Mountain, the AMC NH Ski Committee has more than three dozen events scheduled for January, February and March. Take advantage of the opportunity to join your fellow AMC NH members on the incomparable slopes and trails of the Whites this winter!

**JANUARY**

1. Sherburne ...................................... Marty Janoschek .................................. je2@dartmouth.edu
2. Gunstock.tele clinic .......................... Tony Schmidt .................................. skinhamc@gmail.com
3. Upper Noncomoocuk ......................... Grigory Petrov .................................. Scott Taylor ................................ scott.taylor-loggenrock@att.net
4. Leaders x-c clinic ............................. Ted Stever ..................................
5. Bedford x-c clinic ............................. Ted Stever ..................................
6. Gunstock.tele clinic .......................... Tony Schmidt ..................................
7. Upper Valley lunch ski ...................... Valerio Viti ..................................
8. Gunstock.tele clinic .......................... Tony Schmidt ..................................
9. Wildcat ......................................... Valerio Viti ..................................
10. Raggy .......................................... Valerio Viti ..................................
11. Coos Mtn ....................................... Jed Eliades .................................. je2@dartmouth.edu
12. Gunstock.tele clinic .......................... Tony Schmidt ..................................
13. Upper Valley lunch ski ...................... Valerio Viti ..................................
14. Gunstock.tele clinic .......................... Tony Schmidt ..................................
15. Upper Valley lunch ski ...................... Valerio Viti ..................................
16. Gunstock.tele clinic .......................... Tony Schmidt ..................................

**FEBRUARY**

1. New Hampshire Mountain Passages for February 2013

2. Wildcat ......................................... Valerio Viti ..................................
3. Raggy .......................................... Valerio Viti ..................................
4. Cog Railway .................................... Tyson Sawyer ..................................
5. Bedford x-c clinic ............................. Ted Stever ..................................
6. Moose Mtn ...................................... Jed Eliades .................................. je2@dartmouth.edu
7. Upper Valley lunch ski ...................... Valerio Viti ..................................
8. Gunstock.tele clinic .......................... Tony Schmidt ..................................
9. Upper Valley lunch ski ...................... Valerio Viti ..................................
10. Gunstock.tele clinic .......................... Tony Schmidt ..................................
11. Upper Valley lunch ski ...................... Valerio Viti ..................................
12. Gunstock.tele clinic .......................... Tony Schmidt ..................................
13. Upper Valley lunch ski ...................... Valerio Viti ..................................
14. Gunstock.tele clinic .......................... Tony Schmidt ..................................

**MARCH**

1. Moosilauke Carriage Rd .............. Paul Pinkham ..................................
2. Tundebolt ...................................... Tyson Sawyer ..................................
3. Ossipees x-c ................................. Emile Phillips ................................ emilie10amc@gmail.com
4. Upper Valley lunch ski ...................... Valerio Viti ..................................
5. Gunstock.tele clinic .......................... Tony Schmidt ..................................
6. Mt Hale ......................................... Valerio Viti ..................................
7. King Ravine ................................. Jen Gross ..................................
8. Cog Railway (easy) ....................... Emile Phillips ................................ emilie10amc@gmail.com
9. Oakes .......................................... Tyson Sawyer ..................................
10. Jay Notch ..................................... Jed Eliades .................................. je2@dartmouth.edu
11. Gulf of Slid ................................... Jen Gross ..................................
12. Gulf of Slid ................................... Tony Schmidt ..................................

**APRIL**

1. New Hampshire Mountain Passages for April 2013
AMC NH Chapter Winter School

CHOOSE FROM TWO IDENTICAL WEEKENDS: JANUARY 18-20 OR FEBRUARY 22-24

These weekend workshops offer instruction in winter mountain travel to backcountry skiers and snowshoers of all levels. Between the seven available classes, almost every aspect of winter backcountry travel is covered. The weekend is filled with instruction, field exercises, lectures and discussions . . . with plenty of great food to fuel you back up!

**Not sure which class is right for you?** Just ask our Workshop Directors.

Choose from one of the following classes for each weekend, come to one or both. These workshops are for any adult who wants to learn and have a great time!

---

**Intro to Winter Wilderness Travel**

Instruction in snowshoeing, route finding (map & compass), mountain safety, clothing & equipment and nutrition. For individuals with some 3-season experience but limited winter experience. Anticipate snowshoeing up to 3 miles at a slow pace with some uphill grades.

**Intermediate Snowshoeing**

Instruction in mountain safety, clothing, equipment, nutrition, trip planning snowshoeing and map and compass. For individuals with some experience who would like more winter activities. Snowshoeing as much as 5 miles at a medium pace with some uphill grades.

**Winter Leadership Training**

This section is for those who have mastered the basics of winter hiking. Exercises focus on planning, organizing, and expediting a trip with emphasis in leadership techniques and group dynamics. Also included is a review of the basics: accident scene management, medical considerations and off-trail navigation. This class is also for those with the potential and desire to become Trip Leaders for the NH Chapter Excursions Committee. Proficiency on snowshoes is a pre-requisite.

**Advanced Winter Wilderness Travel**

Instruction is offered in winter travel on steep terrain and above treeline. Subjects covered include snowshoeing on mountain terrain, use of crampons, dressing for extreme weather conditions, off-trail navigation and risk management. This class is intended for individuals with winter experience in the outdoors who are interested in climbing NE mountains safely. Anticipate hiking 6+ miles at moderate/fast pace, over steep terrain with significant exposure to wind.

**Introduction to Winter Backpacking**

This workshop is for those who have mastered the basics of three-season backpacking skills. Instruction is offered in general winter mountain safety, snowshoeing, equipment, proper campsite selection and setup, cooking, trail finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergency situations. Students will need winter clothing, a -20° or lower sleeping bag and foam pad. Tents may be provided if needed. The group will participate in indoor lectures and evening programs, sleeping outside Friday, backpacking to a second location and camping-out Saturday night and preparing some meals outdoors.

**Intermediate Winter Backpacking**

Same as Introduction to Winter Backpacking except this group will spend more time outdoors. Students will sleep outside both Friday & Saturday nights and prepare two meals outdoors. This class will only be offered for Workshop # 2.

**Down Mountain Backcountry Skiing**

Tired of the crowded lift-served areas? Leave them behind and explore the...
solitude of the backcountry. This course is designed for the down mountain skier who wants to jump the gap from the lift served area and “side” country to the backcountry. This is not a ‘learn to telemark’ clinic; rather it is designed to enable you to apply your front-country lift served skills to the backcountry on down mountain terrain. Strategies for skiing on backcountry terrain in New England “Powdah” (less than optimum snow conditions) will be reviewed. Be prepared to spend 4 to 6 hours per day outside on skis and to ski with a pack on down mountain trails. This is not just for telemark skiers; backcountry skills and strategies for the AT skier will also be reviewed.

**Backcountry Ski Touring 101**

Want to expand your horizons beyond the golf courses and touring centers? Come learn how to explore the winter backwoods on skis. We will cover how to travel efficiently on ungroomed trails over rolling terrain and how to control speed by turning and stopping on modest hills. We will also address general backcountry safety. Expect to be outdoors playing in the snow on skis for 3-4 hours each day and skiing 2-4 miles. Be prepared to ski with a day pack.

**Intermediate Backcountry Ski Touring**

Ready to explore the wilderness for the day and go where you want with confidence? Spend the day in the woods improving your skills including turning, stopping, climbing, trip planning and navigation. We’ll be outdoors for about 5 hours each day skiing and learning on varied terrain with full day packs.

---

**BE A POWER FOR CHANGE**

**MBA IN SUSTAINABILITY.**

This MBA will give you the business skills needed in a changing world. Our next economy will be forged by progressive leaders skilled in balancing the triple bottom line of people, planet and profit. Train to be one of those leaders through our flexible MBA program with multiple delivery options.

**SUSTAINABLE DEVELOPMENT AND CLIMATE CHANGE.**

AUNE’s landmark MS 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 option in just 20 months.

Full-time, part-time, or hybrid online, AUNE’s affordable graduate and certificate programs meet the needs of busy people.

*Because the world needs you now.*
NH Mountaineering Glacier Travel and Crevasse Rescue Workshops

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

The INTRODUCTION TO GLACIER TRAVEL WORKSHOP is a one day program designed to familiarize participants with the glaciated mountaineering environment, and provide the training to become a functioning member of a roped team for glacier travel.

The morning starts with instructor introductions followed by group sessions covering the mountain environment, dressing for success, basic knots, and a discussion about roped travel and the mechanics of clipping in. Safety is continually stressed, so the fundamental climbing equipment is thoroughly reviewed, from the harness and helmets to the ropes and knots we use. Our instructor-led group sessions include hands-on practice for the knot-work, including working with prussic loops which are provided. After the instructors demonstrate how we divide a rope for various team sizes (three to five team members), we break into small teams for individualized team training.

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

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

Our CREVASSAE RESCUE WORKSHOP is an intense two day (weekend) program that builds upon the fundamentals covered in the one day Introduction program. Practical field experience is also acceptable.

The workshop begins with instructor introductions and team assignments, and a quick review of most of the topics covered in the group sessions in the Introduction program. This approach allows our returning participants to “warm up” to the weekend program without being overwhelmed. Each team is assigned two instructors, and with ropes, snow pickets, and rescue pulleys in hand, teams head for the slopes for a full day of training. Part of Saturday is used to re-enforce what the participants “think they know.”

Support the NH Chapter! Buy Fleece

It’s Always Fleece Season! Let your love for the NH AMC keep you warm!

Check-out our cozy NH Chapter fleece jackets, pullovers, and vests. All three come in 200 weight polar fleece, dark green, with the NH Chapter logo.

Quantities of some sizes are limited, so be sure and order now!

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vest</td>
<td>$35</td>
<td>Small - XL</td>
</tr>
<tr>
<td>Full Zip Jacket</td>
<td>$45</td>
<td>Small - XL</td>
</tr>
<tr>
<td>Pullover (half zip)</td>
<td>$40</td>
<td>Small - XXL</td>
</tr>
<tr>
<td>Pullover (half zip)(Older Logo)</td>
<td>$40</td>
<td>Large - XXL</td>
</tr>
</tbody>
</table>

Plus $7.00 for Shipping & Handling.
Note: AMC Leaders get a $5.00 discount!

Order on line at http://amc-nh.org/store/index.php

For more information contact Paul Berry, 603-423 1192 (before 9 p.m.) or paulberryamcnh@aol.com.
We do this as a practical exercise, by having the participants demonstrate properly dividing the rope and clipping-in; then the entire team must check each other to ensure they are safely prepared to start climbing. All of these fundamentals are reviewed as needed. Ascending the slope as a team re-establishes the rhythm needed to move efficiently. Instructors frequently establish a route using wands, something which helps to simulate that skills. Repetition of all these skills is designed to increase confidence and establish the foundation necessary for safely building snow anchors, followed by crevasse rescue hauling systems. Our instructors review the most common snow anchors, including improvisation techniques, and then demonstrate building several. Participants then practice building and testing their own snow anchors.

Next, the instructors explain and demonstrate the need for, and construction of, hauling systems and the anchors required to support them. All team members practice every aspect of the anchor building and hauling activities, including the rescue of a fallen climber, typically one of the instructors. The hauling systems we cover range from the simplest “heave-ho” to complex mechanical advantage procedures using multiple pulleys and improvisation techniques. If there is sufficient time, a dynamic “un-scripted” rescue scenario is practiced by the team, and anything can happen! At the end of the day, everyone descends to “base camp” for a group re-cap and review.

Registration for both courses begins January 8, 2013. The course dates are:

- **Introduction to Glacier Travel**
  - on April 13, 2013

- **Glacier Travel & Crevasse Rescue**
  - on April 20-21, 2013.

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

---

**Advertise Here to Reach 10,000 Environmentally Active Outdoor Enthusiasts**

<table>
<thead>
<tr>
<th>ISSUE</th>
<th>DEADLINE</th>
<th>AD SIZE</th>
<th>PRICE (per issue)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan/Feb</td>
<td>December 1</td>
<td>1/8 page</td>
<td>$100</td>
</tr>
<tr>
<td>Mar/Apr</td>
<td>February 1</td>
<td>1/4 page</td>
<td>$160</td>
</tr>
<tr>
<td>May/Jun</td>
<td>April 1</td>
<td>1/2 page</td>
<td>$250</td>
</tr>
<tr>
<td>July/Aug</td>
<td>June 1</td>
<td>20% Discount for advertising in six consecutive issues, with prepayment</td>
<td></td>
</tr>
<tr>
<td>Sep/Oct</td>
<td>August 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov/Dec</td>
<td>October 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For questions, or to submit ad: Advertising@amc-nh.org

Please send ads as color PDF or jpeg high-resolution files, at correct size. Ads will appear in color in on-line version and black and white in print version.

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 AMC. We do not provide proofs and accept no liability for errors beyond the cost of the ad.
If you are going to help, please indicate:
[ ] I will help setup at 4:00  [ ] I will help clean up at 7:30

Name__________________________________________Phone____________________
Email__________________________________________Phone____________________

Name__________________________________________Phone____________________
Email__________________________________________Phone____________________

Name__________________________________________Phone____________________
Email__________________________________________Phone____________________

Cost is $5.00 each by check payable to AMC-NH

Please send registration Form and payment by Sat. Feb. 16 to:
Marie Berry, PO Box 805, Merrimack, NH 03054
You will not receive a confirmation.
However, if this program is cancelled for any reason you will be notified.

AMC NH EXECUTIVE COMMITTEE

Chapter Chair ..................................chairnh@amc-nh.org
Karen Thurston ................................ 603-778-1077
Vice Chair ...................................vicechairnh@amc-nh.org
Wayne Goertel ................................treasurer@amc-nh.org
Bill Warren
Secretary ................................secretarynh@amc-nh.org
Beth Zimmer
Conservation ................................conservation@amc-nh.org
Ross Garofalo ................................ 603-264-4412
Paul Hopkins
Education ..................................educationnh@amc-nh.org
Eric Savage
Excursions ..................................excursionsnh@amc-nh.org
Jen Varney
Leonard Okillian
Hospitality ..................................hospitalitynh@amc-nh.org
Patty Anderson .......................... 603-432-4647
Membership ................................ membershipnh@amc-nh.org
Mitch Monreau .......................... 603-774-2332
Marionne Page
Mountaineering ................... mountaineering@amc-nh.org
Jim Kent
Tom Sintos
Ron Jonowit, Editor
David Phillips, Editor
Susan Engelert, Design & Layout

Newsletter ...............................newsletter@amc-nh.org

Paddling ........................................paddling@amc-nh.org

Marcy Stanton
Sally Leonard

Programs ..................................programsnh@amc-nh.org
Paul Berry
Marie Berry

Skiing .........................................skiing@amc-nh.org
Tony Schmidt .......................... 603-726-7256

Trails ...........................................trails@amc-nh.org
Richie Holstein

Web Master ................................webchair@amc-nh.org
Tom Todd

Young Members .........youngmembers@amc-nh.org
John Green
Stephanie Chambers
Past Chair ..................................pastchair@amc-nh.org
Eric Savage ................................. 603-772-6259
Regional Dir. NH/ME ..........regional@amc-nh.org
Ruth “Sam” Jamke .......................... 603-472-2536
Over 55 ................................over55group@amc-nh.org
Nancy Seavey .......................... 603-586-7727
David Ross
Family Group ..........................familygroup@amc-nh.org
Wanda Rice .............................. 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
AMC’s longest running tradition, August Camp, will return to the breathtaking North Cascades of Washington State in July and August of 2013. For details and pricing, visit www.augustcamp.org or watch for the ad and registration form in the Jan-Feb issue of Outdoors magazine.

For further information contact: Sam Jamke, August Camp Committee, member & hike leader: 603-472-2536

Images of Winter

© 2008, Susan Englert photos

© Emilie Phillips & Tyson Sawyer