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. Photos, to page 7

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 mlarjsj@hotmail.com Jed Eliades .......... je2@dartmouth.edu
3 Gunstock tele clinic ............................ Tony Schmidt skinhcou@gmail.com
5 Upper Nonnomocuck ......................... Grigory Petrov .................. Scott Taylor scott.taylor-loggenrock@att.net
6 Leaders x-c clinic ............................ Ted Stever
8 Bedford x-c clinic .............................. Ted Stever ...................... Richie Holstein richieh@comcast.net
12 Dolly Cyp ........................................ Grigory Petrov .................. Darrell Hamilton Darrell-h@comcast.net
15 Upper Valley lunch skate ski .......... Valerio Viti ........................................
15 Gunstock tele clinic ............................ Tony Schmidt .................. Scott Taylor
18-20 Winter School ............................. Scott Taylor
19 x-c? .............................................. Richie Holstein richieh@comcast.net
22 Bedford x-c clinic .............................. Ted Stever ...................... Richie Holstein richieh@comcast.net
26 Doublehead ................................. Jen Gross jgross46@hotmail.com
26 Smarts Brook ................................. Valerio Viti .......................... Claudia Zayfert
27 John Sherburne or Black Mountain .... Jen Gross
29 Upper Valley lunch skate ski .......... Valerio Viti
31 Gunstock tele clinic ............................ Tony Schmidt .................. Scott Taylor

FEBRUARY
2 Wildcat .......................................... Valerio Viti ........................................
3 Cog Railway ................................. Tyson Sawyer ...................... Paul Pinkham
5 Bedford x-c clinic .............................. Ted Stever ...................... Richie Holstein
9 Moose Mtn ................................. Jed Eliades je2@dartmouth.edu Marty Janoschek mlarjsj@hotmail.com
10 Cog Brook ................................. Tony Schmidt Ivan Krakow
12 Upper Valley lunch skate ski .......... Valerio Viti
12 Gunstock tele clinic ............................ Tony Schmidt .................. Scott Taylor
16 Steeply ................................. Thor Smith ........................................ Valerio Viti
17 x-c? .............................................. Marty Janoschek mlarjsj@hotmail.com
19 Bedford x-c clinic .............................. Ted Stever ...................... Richie Holstein
22-24 Winter School ............................. Scott Taylor
23 Rochester ................................. Jed Eliades je2@dartmouth.edu
 ................. Jen Gross
24 Wilderness trail/east side pemi Darrell Hamilton Christie Holstein
26 Upper Valley lunch skate ski .......... Valerio Viti
28 Gunstock tele clinic ............................ Tony Schmidt .................. Scott Taylor

MARCH
2 Moosilauke Carriage Rd Paul Pinkham
 .......... Ted Stever
3 Tunderbolt ................................. Tyson Sawyer
 .......... Ted Stever
9 Ossipees x-c Grigory Petrov Emille Philips emilie10amc@3.org
11 Ossipees x-c Grigory Petrov Emille Philips emilie10amc@3.org
12 Upper Valley lunch skate ski Valerio Viti
12 Gunstock tele clinic ............................ Tony Schmidt
16 Mt Hale ................................. Valerio Viti Thor Smith
23-24 King Ravine ............................ Jen Gross Tony Schmidt
23 Cog Railway (easy) Emille Philips emilie10amc@3.org
 .......... Ivan Krakow
30 Oakes ................................. Tyson Sawyer Paul Pinkham

APRIL
6 Jay Notch Jed Eliades je2@dartmouth.edu
 .......... Valerio Viti
14 Gulf of Slide Jed Eliades je2@dartmouth.edu Valerio Viti
 .......... Tony Schmidt

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

Submissions. Members may submit articles or photos (hi-res jpeg) 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 2012 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/member-center

Please note: Member address updates must be made through 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 online information, color photos, online registration forms.

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

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sheetsps@al.com

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Graphic Design, Manchester, NH. SandpiperArtisansGD.com
facebook.com/sandpiperaltisans
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!

**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.

**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.

**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.

**Down Mountain Backcountry Skiing**

Tired of the crowded lift-served areas? Leave them behind and explore the

**WINTER SCHOOL TO PAGE 4**
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.
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 **CREVASSA 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.”
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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.

WORKSHOPS FROM PAGE 5

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

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
bring to share, enclose a check and mail by February 16.

Beverages (non-alcoholic only) will be provided by the Chapter. Register early as seating is limited. For more information, call Marie and Paul Berry 603-423-1192.
Bioteach10@aol.com

Location: Pilgrim Church, 4 Watson St, Nashua, NH.

Directions: Driving down from Manchester and points north, take the Everett Turnpike south toward Nashua. Take Exit 7e (Route 101a) toward Nashua. As you come off the end of the exit ramp, you will be merging onto Amherst Street, traveling east. Continue straight through the traffic light. Amherst Street will narrow to one travel lane beyond the light. Turn left at the first street after the traffic light (Watson Street). The turn is just past the VideoMat video store. Pilgrim Church is 200 feet up Watson Street, on the left. Parking is available on all sides of the Church.

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AMC NH Chapter website: http://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

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**Registration Form**

**AMC-NH Chapter Social Pot Luck Dinner Program**

Sunday, February 24, 2013 4:30-7:30 • Pilgrim Church, Nashua, NH

Non-alcoholic beverages provided by AMC-NH Chapter.
No alcohol permitted on Church premises.

**Please indicate the type of dish you plan to share:**

[ ] Appetizer/Salad
[ ] Entree/Side Dish
[ ] Dessert

If you are willing to help, please indicate:

[ ] I will help setup at 4:00
[ ] I will help clean up at 7:30

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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.
2013 August Camp

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

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