Ten Questions for Wayne Goertel, AMC-NH Chair

Wayne Goertel is the new chair of AMC’s New Hampshire Chapter, the second largest chapter within the Club. A native of North Dakota where mountains are called buttes, he joined AMC in the late 1990s after a friend introduced him to New Hampshire hiking. Over the years he’s taken the New Hampshire outdoors by storm, organizing weekend camping trips, teaching at Spring School and leading day hikes throughout the White Mountains.

Have you always been an outdoorsy kinda guy?

The seed was planted early, such as by camping with my family and the Boy Scouts, but it didn’t really blossom until a few years after I’d moved to New Hampshire. When you make outdoorsy friends, you tend to do more outdoorsy things.

What is it about the outdoors that the unconverted need to know?

It’s easy to get started, with many NH Chapter volunteer-led trips and educational opportunities for all levels of skill. In addition to the fitness benefits many of these activities provide, they also offer camaraderie, a sense of accomplishment, and spiritual renewal.

Potluck Dinner: February 22, 2014
Northern Pass Talk

BY PAUL AND MARIE BERRY

Want to learn more about the Northern Pass Project and why the Appalachian Mountain Club opposes it?

Join us at Pilgrim Church in Nashua for the AMC-NH Chapter’s Potluck Social Dinner Program on Saturday, February 22, 2014 from 5 to 8 p.m. to learn more about the project and what’s at stake. Susan Arnold, AMC’s Vice President for Conservation will present and take questions.

We promise a casual, relaxed winter evening with old and new friends, enjoying homemade food, good conversation and a great presentation about the Northern Pass Project. AMC has been active in opposing
January 31-February 2, 2014

Winter School, 603 Style

BY RICK SILVERBERG

This workshop by AMC-NH offers instruction in winter mountain travel to backcountry skiers and snowshoers of all levels, covering just about every aspect of winter backcountry travel. Be prepared for a weekend filled with instruction, field exercises, lectures and discussions. And there will be plenty of great food to fuel you back up!

Choose from one of the following classes:

- **Introduction to Winter Mountain Travel:** beginner and intermediate classes. Instruction in safety equipment, route finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergencies in a mountain environment.
- **Backcountry Skiing:** beginner, intermediate and tele-classes.
- **Winter Backpacking:** beginner and intermediate classes. Instruction in backpacking equipment, campsite selection, route finding, map and compass, weather, trip planning, cooking and emergencies. This class is for those who want to take their skills beyond day hiking. Plan to spend Friday and Saturday night outdoors and provide your own backpacking equipment.
- **Advanced Winter Wilderness Travel, High Peaks and Crampoms.**
- **Leadership and Mountain Skills:** For those who have good winter hiking and/or skiing skills, and wish to enhance them to run trips of their own. Exercises in planning, organizing and conducting trips with emphasis on leadership techniques and group dynamics, plus the basics of accident scene management, medical considerations and off-trail navigation. This course is also for those with potential and desire to become Trip Leaders for AMC’s NH Chapter.

Cost is $145 for AMC members and $165 for non-members, and includes lodging, excellent meals, materials and instruction. Workshop begins at 7:30 p.m. on Friday and ends at 4 p.m. Sunday. Must be 18 years or older to attend.

Not sure which class is right for you? Just ask Workshop Director Rick Silverberg at (603) 225-5921. For more information go to www.amc-nh.org and to register, go to: http://AMC_registration.ccntr.org

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Volunteer Coordinator/Mountaineer

The Appalachian Mountain Club is the nation’s oldest outdoor recreation and conservation organization, and promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of the Appalachian region. AMC has more than 100,000 members, 16,000 volunteers, 450 full-time and seasonal staff. The New Hampshire Chapter is the second largest of the 12 Chapters within the Club.

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 more.

For information and the 2014 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/memberscenter 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 online information, color photos, online registration forms.

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

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

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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.
Is that why AMC rocks?
It’s always inspiring! It comprises so many fun and smart people who are excited about outdoor adventure and conservation, and a great variety of activities.

What’s your favorite hike?
Mt. Kinsman. I prefer the route less travelled, up the west side from Easton, to routes starting from the other side off I-93.

Favorite healthy food?
Spicy hummus.

Favorite bad food?
Nine layer dark chocolate cake. I think it would also make a good air freshener scent.

Beatles or Stones?
I own some of both, but am more likely to have U2 or Beethoven through my head-phones.

Two movies that make you LOL?
Groundhog Day and Anchorman.

If you could pick something from North Dakota and bring it to New Hampshire it would be?
I often wish I had some of Eastern ND’s amazingly rich topsoil for my bleak NH lawn and garden.

If you could pick something from New Hampshire and bring it to North Dakota it would be?
ND could benefit from an NH-sized mountain for downhill skiing and hiking.

January 18, 2014
Wilderness Canoeing Workshop

BY TOM TODD

Ever dream of taking one of those grand adventures into the remote wilderness by canoe?
Fishing in lakes and rivers where the fish have never even heard of a fisherman?
We’ll put those dreams into vivid, full-color focus.
This day-long workshop is designed to help the student plan and prepare for an extended wilderness canoe trip. It will include sources of information, logistics and scheduling a trip. There will be discussions and demonstrations on equipment, packing, food preparation, and provisioning. This course is being taught by expedition paddlers who have decades of wilderness paddling experience.

The course is divided into sections on planning, equipping, clothing, logistics, provisioning, safety, ethics, weather, and trip organization, and will provide an overview on preparing for a wilderness expedition ranging from weeks to months in duration. In addition, we’ll provide you typical expedition snacks and lunch. (Note: This for canoe only, NOT for kayak expeditions.)

Register early as the class has a maximum of 22 students and is filling up fast! For more information:
ttoddamc@ttodd.org

RELATED AMC WEBSITES:
• Wilderness Canoe Expedition
• Workshop Overview
• Wilderness Expedition Curriculum
Sometimes The Best Ski Trails Don’t Exist

BY PAUL MUNROE

I’ve been cross country skiing for many years and for the last few years have been expanding my off-track experience, most often on solo trips. I recently discovered that the AMC offers free backcountry ski trips led by experienced volunteers.

I spotted one trip on a trail very close to my ski condo. I’ve hiked that trail many times but the trip description mentioned a ski trail that split off from the hiking trail and continued to a pond where we would break for lunch and return eventually to the hiking trail. I did not know about any ski trail and even the map that is at the trailhead does not show one. I dug out my USGS topo maps and found the pond but no trail! I dug out my AMC Winter Trails map, still no trail! I had to sign up just out of curiosity.

I contacted the leader, Valerio Viti, by email and after I described my ski experience I was invited to join the group. Single digit temperatures greeted us at the trailhead but seven participants and two leaders were still smiling.

We started on trails I was familiar with but branched off after a mile onto the mystery ski trail. I can’t remember if there was a trail sign or not but the leaders knew just where it was. It was a lightly used, moderately inclined but well-defined trail. The snow was old and crusty and slick—there was just enough to ski.

I walked for quite a bit because herringboning was tiring me out. Most of the group stayed on skis. We arrived at Atwood Pond, had a quick lunch and ski around the pond. It was remote and quite beautiful.

The return trail included a short stretch of snowmobile trail then back into the woods for a moderate downhill run. Although the conditions were challenging most of us handled it well. The route was 4-5 miles and took 3-plus hours and when we returned to the parking lot several people in the group opted to ski another trail!

I’m guessing the group ranged in age from 25 to 65 years with most around 45 to 60. Not only was the group not young but their skill and stamina was impressive. Not all in the group were “chatty,” but all were friendly and helpful and enthusiastic.

The leaders Valerio and Darrel Hamilton were exceptional. They were patient and helpful and knowledgeable and it was clear that they lead groups purely to share their love of the sport! They also have hard-to-find maps and local knowledge that most of us don’t.

I encourage you to email the leader of any AMC-NH trips that interest you and they will help you assess if the trip is appropriate for your experience level. They may suggest other trips or clinics for you.

I have since taken a weekend AMC backcountry ski clinic at Cardigan Lodge, which was excellent and FUN, and have signed up for several more day trips. I’m looking forward to many new winter experiences with AMC and I have a new local trail to ski!
BY DORIA HARRIS

On a beautiful October morning, AMC-NH Chapter Bike Committee Chair Gene Harding and a small group of members met in Cornish Flat for a group ride.

Gene had certain wants: he wanted a scenic bike route in the Cornish Colony area which would also include a visit to the Saint Gaudens National Historic Site. He wanted the ride to be approximately 20 miles in length, on mostly low traffic volume roads, have great scenery and some other local interest.

Although he was familiar with several published bike routes in the area, he cast a wide net and asked other AMC Bike Leaders and local riders if they knew the best area routes that could be enjoyed by anyone with moderate cycling fitness and skills.

One of the people who responded was Mary, an enthusiastic biker with extensive experience cycling in the Cornish area. Mary looked at the proposed route and immediately offered variations on the route which got us off the busiest road. She also suggested a change in route direction which replaced a planned long uphill segment of the route with a series of shorter, gentler climbs, giving us a nice downhill swoop towards the end of our ride.

With Mary’s help and knowledge of the area, we discovered a delightful alternative to the published routes which could be enjoyed in a few hours by anyone. Among the attractions: the Saint Gaudens Site which includes many works by the 19th century sculptor and the American Precision Museum just across the river in Windsor, VT—and a great excuse for a ride across the covered bridge to Vermont! Thanks to Mary’s assistance and input from others, we came up with a great ride to offer to our membership which includes great scenery, great art and historical interest.

We look forward to bringing you more “Biking My New Hampshire” rides like the Cornish ride. There is so much to discover in New Hampshire by bike.
A Little Slice of Trail Life (Hold the Anchovies)

BY RUTH “SAM” JAMKE

A lonesome social event? Not an oxymoron.
We’re talking about the First Annual NH Chapter Pizza Social at Lonesome Lake Hut, led by Denise Spoor and Janis Stokes. Despite a dismal weather forecast for Friday, November 1, the temps were balmy and the sun came out! Still, the forecast scared away a few souls leaving 19 of us to troop to the hut, carrying assorted pizza toppings, pounds of homemade dough and adult beverages of choice.
The week before Denise, hubby, Ben, and daughter, Amber, hauled up the heavier ingredients and lots of snacks. We are very well, indeed.

Our group had the hut all to ourselves and found choice bunks in the cozy, if unheated, cabins. The wood stove had been installed for the winter in the main building, and caretaker Taylor, coincidentally the son of hiker Allie, fired it up for us. We enjoyed the warmth as we played Tri-Ominos, Apples to Apples, cribbage and other games.
Denise even had a scavenger hunt and AMC-related trivia questions for us and prizes were awarded—nothing too heavy to carry out.
There was so much pizza that some of us had it for breakfast the next day. We left the rest for 20 Boy Scouts due up Saturday.

We all had a great time and are looking forward to the Second Annual Pizza Social which falls on Halloween! Costumes required. Dressing up as a hiker prohibited.
For more on the First Annual Pizza Social, go to https://www.theskinnytowel.com/theres-pizza-in-them-thar-hills/

Sam Jamke is an AMC regional director.

PASS, FROM PAGE 1

the proposed Northern Pass transmission project, a 187-mile transmission corridor that will bring hydropower from Quebec to southern New England, slicing through the heart of New Hampshire’s iconic landscape.

This event is open to all—members and non-members alike. Admission is free.
Please register by February 15, 2014 and let us know what type of dish you will bring and if you are able to help with set-up at 4:30 and/or clean-up. Dishes needed include: appetizer, salad, side dish main dish and dessert. Non-alcoholic beverages will be provided by the Chapter. Sorry, alcoholic beverages are not permitted on church premises.

Late registrations will be considered as space allows.
In the event of inclement weather, check the AMC-NH website (www.amc-nh.org) for cancellation information.
For more information and to register, call Marie or Paul Berry at (603) 423-1192 or bioteach10@aol.com

Directions to Pilgrim Church, 4 Watson St., Nashua, NH:
Take the Everett Turnpike to 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). Pilgrim Church is 200 feet up Watson Street, on the left. Parking is available on all sides of the Church.
Thank You, AMC-NH Volunteers!

BY TOM TODD

More than 50 AMC New Hampshire Chapter volunteers and guests enjoyed a lovely Thursday evening, December 5, at the Currier Museum of Art in Manchester. The reason: the New Hampshire Chapter’s way of saying thank you.

Although many had a very social time chatting, with long time friends, many took the time to wander the Museum’s halls. The Currier was such a fitting place to gather as it contains the premier collection of early landscape paintings, many of the mountains, lakes, and streams of New Hampshire. A museum docent gave a guided tour for those that wanted it. For people who know the New Hampshire mountains as well as anyone, some of our crew had a good time pointing out the “artistic license” taken by the artists.

Seeing what the landscape looked like a century ago gave us a better understanding of what we have now and will add a new perspective to share when we lead trips in the future.

The museum also displayed part of its extensive collection of glass paper weights and antique furniture along with a traveling exhibit of African fabrics, and Robert Indiana’s Decade (Think Love and Peace) along with much more. It was wonderful to see old friends, meet new friends and renew friendships. Many enjoyed the “horse dovers” and conversation so much that they never got out of our private room to see the museum. Of course, typical of AMC, the attire was everything from semi-formal and stiletto heels to hiking shorts and boots. Ah, what a special group of people.

We owe a lot to former AMC-NH Chapter chair Karen Thurston who conceived and planned this wonderful night out honoring volunteers. Karen even arranged for everyone to get a print of The Moat.

It was the perfect evening in all respects except one: at the last minute Karen couldn’t make it for a very good and happy reason.

Karen, let’s make sure you can make the next one ... for there surely will be a next one. Thank you, Karen and thank you, AMC-NH volunteers.

Tom Todd is AMC-NH’s webmaster and a trip leader, volunteer positions, of course.

Valentine’s Gifts That Say: I Love You & Open Cans

Why buy her rubies or a box of decadent, empty-calorie chocolates? Instead, give her a gift from the heart. One that says: I love you so much that I want you to be able to light a campfire in the rain. To wit, we want you to be able to light a gift from the heart. One that says: I love you so much that I... Do the math. That’s 200 matches. Member price: $2.70/$3 for nonmembers. (Recording of The Doors singing “Light My Fire” is extra.)

• ADVENTURE FIRST AID KIT. Designed by Adventure Medical Kits, the industry leader in outdoor medical products for more than 20 years, this first aid kit contains high quality medical supplies and survival tools to help you be safe in all your adventures and includes a Slim Rescue Howler whistle and liquid-filled compass. Great for hiking, camping and fishing. Treats cuts and scrapes, sprains, and larger wounds. Alas, it does not mend broken hearts. Member Price: $10.80/$12 for nonmembers.

And don’t forget, there’s always a lovely AMC-NH fleece for the one you love. And on sale, too, but we won’t tell! (See Page 6 for details.)

For other gift ideas go to http://amcstore.outdoors.org.

And Happy Valentine’s Day from your friends at Appalachian Mountain Club, New Hampshire Chapter.

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• WATERPROOF SAFETY MATCHES. Four, count ‘em, four boxes of waterproof matches. Each box contains 50 matches. Do the math. That’s 200 matches. Member price: $2.70/$3 for nonmembers. (Recording of The Doors singing “Light My Fire” is extra.)
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