Mountain Passages
The Newsletter of the New Hampshire Chapter of the AMC

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Rumney Rocks and Rattlesnake Mtn. Trail Reopen Following Blaze – Caution Urged

White Mountain National Forest staff caution hikers and climbers using areas burned during the Rattlesnake fire in Rumney, NH, to be aware of possible hazards resulting from the fire, including snags or standing dead trees, loose rocks, and unstable trail edges.

The incident safety officer, George Pozzuto, warned that any of these old snags and as well as previously healthy trees affected by this fire may come down with no warning. Hikers and climbers in the fire area should not grab onto small trees as the trees may be easily pull out of the ground. Pozzuto also warned that rocks and trail edges may be loose and unstable due to the fire consuming organic matter around them and below the surface of the soil. The soil surface may look level, but may collapse when stepped on.

Climbers returning to the crags in the Orange Crush, Bonsai, Main Cliff, and Darth Vader areas should be aware that previously exiting bolts, carabineers, slings, quick draws and anchors may no longer be stable.

Hikers and climbers are encouraged to check the White Mountain National Forest’s web page for updates at www.fs.fed.us/r9/white.

Note from the Chair
Paul Berry

Thirty years ago the President of the AMC, Andy Nichols, wrote the following in the Club magazine: I do not know a single person who is actively involved at leadership levels of the Club who would not welcome greater membership participation in decision-making. Although I doubt that the technicalities of by-law amendments represent the appropriate forum for encouraging general membership participation, I would very much like to see techniques developed to encourage greater general participation.

Today, we still have not achieved that level of member participation in guiding our Club. Indeed some might say that we have gone in the opposite direction. I would like to see our former president’s statement become reality. Techniques can be developed to encourage membership participation in decision-making at all levels of the Club.

There are many reasons why this has not happened, but I am going to focus on how it might happen. The remainder of these “Notes” will be my opinions but I am sure that many of you have even better ideas. I encourage you to provide them.

In a nutshell, we (the Club, the Chapter, and the Committees) need to provide more and better opportunities for members to volunteer and to communicate.

AMC New Hampshire Chapter Hut Night
Saturday, Sept. 13 at Greenleaf Hut
For more information and an application, see page 9.

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Who’s Who in New Hampshire

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Mitch Manseau 603-744-2332
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Excursions
Wes Tucker 603-529-1181
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John Dolloff 207-415-6702
Over 55
Nancy Seavey 603-586-7727
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Family Group
Dave Passios 978-582-7476
AMC-NH Chapter Website www.amc-nh.org

Receive Mountain Passages via email!
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Mountain Passages is distributed six times per year and mailed approximately on the first day of January, March, May, July, September, and November.

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 this issue of Mountain Passages, to newsletter@amc-nh.org.

Submitting Articles & Photos
Members are welcome to submit articles or photos to newsletter@amc-nh.org. Publication is on a space-available basis at the discretion of the editor. While Mountain Passages does not pay for submissions, a ‘by line’ or photo credit is given. Articles should be submitted via e-mail as an attachment. Photos should be emailed in high resolution .jpg format. A brief description of the activity, the names of all people in the photo and the photographer must accompany the photo. For detail submission guidelines, send a request to newsletter@amc-nh.org.

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)

Email newsletter@amc-nh.org for a rate sheet.

The AMC-NH Chapter 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.
We often have a difficult time finding volunteers to chair committees. To a certain extent, we have created this problem. The Chair position has become so big that it is a major commitment of time. Let’s consider forming a lot of smaller positions that can share the work. There would still be a Chair or Co-Chairs but there could also be a Treasurer, Secretary, Equipment, Leadership, Scheduling, Communications, Ratings, etc. That way someone could volunteer for a position without taking on a giant task. Last year, we amended the Chapter by-laws to allow each committee to develop a procedure to select the Chair(s) Nominee(s) instead of having the Chapter Nominating Committee do it. At the same time, you could look at defining additional positions within the Committees (or the Chapter). I am sure that we could create or carve out numerous smaller tasks that would increase opportunities to participate and provide more and better services to the Club and Communities.

A major part of each Chapter’s role is to provide trips. To do this we need leaders who are qualified and interested in leading. We should be sure that the paths to leadership are designed to encourage members to become leaders, while still maintaining the quality of leadership required.

In my opinion, communication can be broken down into two parts. One is the mechanics of communicating and the other is inter-personal aspect of communicating. The mechanics of communicating have actually gotten easier over the years but we need to utilize these new opportunities. Email, Websites, and cell phones with unlimited minutes have reduced the cost and increased the speed of communicating with multiple people. The increase in efficiency often comes at the expense of a more personal approach; however, efforts can be made to use modern communications technologies and maintain a level of personal touch. Additionally, we should have a way for people to make suggestions anonymously.

I think that the inter-personal aspect of communicating is all about perception. If someone puts forth a suggestion and that suggestion is summarily dismissed or worse, it will probably be the last suggestion that s/he provides. We need to provide better ways for people to have suggestions considered. We also need to provide more opportunities for the members to direct the organization.

Today in the NH Chapter, the only vote that is routinely asked of the members is to approve the slate of officers for the coming year. At the Club level (unless an alternate slate is proposed) the Club Secretary casts one vote for the nominees and there are no other items to be voted on at most Club annual meetings.

So let’s get started! We will setup ways to communicate via the Web. Explore our Website at http://www.amc-nh.org. Speak up at meetings or contact the chairs. Contact me at PaulBerryAMCNH@aol.com or 603-423-1192.

This is a perfect time to start. The Club is considering updating the by-laws and has asked for feedback. The person leading the effort to draft new by-laws is actually the same person that said “...welcome greater membership participation in decision-making” thirty years ago. Let’s help him realize that vision!

Paul

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To be admitted to Nature’s hearth costs nothing. None is excluded, but excludes himself. You have only to push aside the curtain.

—Henry David Thoreau

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We’ve all seen news stories like this: Two children reported missing after wandering from their home yesterday afternoon. Kimberly, age 12, and Brandon, age 4, had last been seen playing in front of their residence about 4:30 p.m. yesterday. The Police Department was notified about the missing children late in the afternoon yesterday, and began the search; police brought in the NH Fish and Game Department at about 10 p.m. Last night 50 searchers combed the woods searching the area, including Fish and Game Conservation Officers; eight dog teams from New England Canine Search and Rescue; Police, Fire and Rescue personnel, and Upper Valley Search and Rescue and other volunteers. A New Hampshire State Police helicopter was brought in to assist in the search this morning. At approximately 8 a.m., one of the dog teams from New England Canine Search and Rescue located the children in a wooded area about 3/4 mile from their home. They had spent the night lost in the woods, with high winds and air temperatures in the 20s. The children are being evacuated this morning. Their condition is being evaluated.

Children need to know how to be safe in the woods and parents need to be sure that every outing is appropriate for the child’s ability and interest level, while respecting the abilities and limitations of each person. These educational workshops began following the tragic death of a boy lost in the woods in Lincoln, NH in the fall of 2003. This will be the sixth workshop and the second time it will be hosted at the AMC’s Cardigan Lodge.

The main focus is to teach children how to stay safe in a situation where they are separated from the group or find themselves lost off the trail. When that happens, there are several things that children can be taught to keep them out of danger and improve their chances of reuniting with their party. Bring your kids and learn the basics of staying found in this free workshop! This program is designed for 4-12 year olds but all are welcome. There is no cost and there are no materials required. Bring a picnic lunch. A short hike or two will be offered in the afternoon. Sign up early—space is limited!

For more information and registration for the workshop please contact: Wanda Rice at WandaRice@comcast.net; 603-432-7840 or Penny Miller, AMC Group Sales, 603-466-2721, ext. 102.

Black Pond & Franconia Falls
By Marianne Page

The destination of the pond, shady walks and lunching at the waterfall in the sun, turned out to be perfect for a hot summer’s day. Our group of four found the day to be a “10.” It was a new experience to walk the Lincoln Woods Trail dappled in sunlight under the canopy of those tall shade trees, enjoying our walk and talk so much we were surprised to reach the Black Pond Intersection so quickly. It had taken us just over an hour.

The Black Pond Trail turned out mostly dry with some moist sections, the boggy part being barely noticeable. The outlet crossing was gentle flowing clean water. We had hoped to see the big moose that left its footprints in the black moist earth, but it stayed elusive. Steve followed them closely to the pond ahead. It is the most peaceful spot with some rocks to sit on and look out on the water lilies in bloom. After some map reading to identify the peaks we looked at, we enjoyed a snack while watching fish jump. We headed back to the L.W. Trail to have our lunch.

The Franconia Falls Trail is much worn, telling of its popularity. A large system of exposed roots is ready to trip you if you don’t watch your step. We heard the delighted screams of bathers in the lower falls, but we climbed high to the plateau of ledges for our stop. At the Franconia Falls we took our boots and socks off to soak our hot feet in the cold water. Lunch tasted even better under the bright sun by cool waters. When a camp group from Southern NH came to enjoy sliding down the water shoot, we delighted with them until it was time to bid this rest farewell. It took only 15 minutes to climb down to the L.W.T/Wilderness Trail.

We leisurely headed back to the end of this railroad bed of a trail, with bikers riding hither and fro, escaping the heat of the day also. We had enjoyed some cool breezes and knew how lucky we were to have this gem of a hike. Marianne recounts leading this trip in July 2007.
Hello Everyone! This comes to you from Bob Humphrey, your newly-elected Education Chair. Many of you know me from various hikes I’ve led or workshops I’ve taught, but I would venture to guess most of you do not know me. Here is a little of my background:

I joined the AMC in 1996 when I set out to hike NH’s 48 four thousand footers, which I did in a little over a year. Then I finished the New England four thousand footers a year later. I took my first NH Chapter Cardigan workshop in the winter of 1997, which really opened some doors for me. Not only did I have a great time at that workshop, but I got to meet many of the Chapter’s superb trip leaders and started to become a part of the AMC community.

I was hooked from that very first workshop! I vowed that someday I would become a Chapter trip leader with the ultimate goal of becoming an instructor at the Cardigan workshops. I didn’t have long to wait; the following winter I took the leadership course and shortly thereafter completed the process for becoming a trip leader. I didn’t stop there, as I got the hankering for trying to climb the NH 48 in winter and started on that quest in the winter of ’98. It was hard to get started on the winter peaks because I lacked experience and some of the necessary gear, which made me a poor candidate for most of the Chapter’s winter leaders, but a few gave me a chance on some of the smaller peaks and I picked things up fast. Each little trip I went on taught me something and, before I knew it, I was hooked on winter hiking—not to mention having a hefty credit card bill for all the gear.

Soon I was to find a hiking partner in a fellow who, like me, was getting into winter hiking. By 2000, he and I had completed almost all of the peaks, but I still had a bitter taste left from being turned down by so many trip leaders for winter hikes. I thought that, if I was being turned away, many others might be, too. As some of you know, in the winter of 2000 my hiking partner, Kevin Rooney, and I felt there was a real need for winter training and so the NH Chapter Winter Hiking Series (WHS) came into being. Together we took the WHS from humble beginnings at a picnic table in the Zealand Recreation Area, improved upon it year after year, and molded it into the popular program it is today. We felt strongly that if we could educate people in winter safety, give informed choices in gear purchasing, and give them a good solid base to start from, that perhaps after taking our course they would have some winter experience and be accepted for AMC winter hikes. It worked! Kevin and I went on to finish our winter 48s, gaining more experience and were able to pass on what we had learned. That same winter I was given an opportunity to instruct at one of the winter workshops at Cardigan, realizing my dream of becoming an instructor.

Since that time I have been an active AMC volunteer. I have been a trail adopter, an information volunteer, have led and continue to lead trips, have taught at almost all of the Cardigan workshops while still improving, administrating and instructing the WHS. For the past four or five years (they go by so quickly it’s hard to remember) I have been the NH Chapter Membership co-chair and was instrumental in founding NH Chapter Activities Day, which started in a deluge the first year but somehow caught on. It is now an annual event taking place each spring at Cardigan Lodge.

So what does all this have to do with anything? Not much really, except that recently I gave up being Membership co-chair to become the Chapter’s new Education Chair. The purpose of this article is to find out what YOU our chapter members might like to see offered in the way of education/workshops. I have some ideas but am open to any relevant ideas you might have, too. I am very interested to know what programs you might support/attend. Below is a list of some ideas. I really am interested in your responses which will help me implement programs that YOU have an interest in.

Please email me at bobh@mcttelecom.com with responses or ideas that you have. Naturally, the programs that get the most votes will be given priority. Many of the programs offered may have to be advertised on our Website, as lead times for publication in the magazine are due months before the event occurs. It might be prudent to check our Website from time to time to see if anything is happening.

So, without further ado, here are some ideas:

1. Map and Compass Workshop including in-the-field training
2. Basics of Backpacking (perhaps followed by a future backpack)
3. Wilderness First-Aid training
4. Nature Photography
5. Naturalist and/or Conservation programs
6. GPS training/instruction
7. Geo-caching
8. Wild Flower and Tree identification
9. Snowshoe and Crampon instruction (seasonal)
10. Back Country Skiing (seasonal)
11. Paddling workshops/outings (seasonal)
12. Basics of Rock Climbing
13. Basics of Ice Ax Use (seasonal)
14. Bushwhacking/Navigation training

These are but a few ideas, I’m sure YOU may have others that are not listed. I really am interested in your ideas and responses, so please email me your ideas. The sooner I get a general idea of what interest’s people have, the sooner these ideas can be implemented. I look forward to hearing from you. Thank you.

Bob Humphrey, Education Chair
bobh@mcttelecom.com
AMC’s peripatetic August Camp is the oldest volunteer-run event in the Club’s history, dating back to the late 1880s. Although August Camp (AC) has no permanent home, it is one of the “full service camps” listed on www.outdoors.org/lodging/camps/index.cfm. The camp, which runs four weeks each summer, relocates yearly, moving after several years at different northeast locations to several venues in the western regions of the U.S. Folks who discover the camaraderie that abounds at August Camp often return year after year to this “summer camp for grownups.” People used to have to sign up for two week sessions, but in recent years single weeks have been made available and have proven very popular. The 2007 camp in California’s Sierra Nevada Mountains filled up early in the year, as did the MT/WY-based camp this year, located near the northeast entrance to Yellowstone National Park. Recent camp locations have included Mount Rainier and the North Cascades, both in Washington State; the Sawtooth Mountains in Idaho; Stratton, Maine; and the Adirondacks, Keene Valley, NY.

AC volunteers and paid staff hired by the AC Committee set up a tent city for about 60 campers at the chosen location. The roomy 9’ x 12’ wall tents each have two cots and are supplied with a bucket [for fetching wash water] and a dishpan [for laundry]. There are also a huge dining tent, a lunch tent—where the kitchen staff set out supplies for campers to make their lunches each day—and a “tea tent” with coffee and provisions for other hot beverages. The kitchen is either set up in another big tent or in a structure that is available on the property leased for the four week session. (See the attached photo of the kitchen in 2005 when AC was near Mount Rainier National Park). The food is delicious and plentiful.

While there is usually a place nearby for swimming, campers can also enjoy hot showers daily by placing their Sunshowers® in a sunny spot while they are off hiking. When they return, they simply hang the device in one of the private stalls built just for the purpose and have a nice relaxing shower.

A fleet of vans is rented to transport campers from the designated airport to camp and back and to the various hikes or other activities each day. Hikes of varying lengths and elevation gain are offered each day—one can do anything from a gentle nature walk to a challenging mountain hike and even the occasional overnight—or simply hang out in camp.

Depending on the camp location, there may be water-based activities, bike trips, or sightseeing trips offered as well. In the late afternoon, “happy hours” are enjoyed outside one or more of the campers’ tents, and after dinner, around a campfire, trip reports and stories about the day’s events are shared and the next day’s activities described. For those who have the energy, a songfest follows.

Go once to AC and you may become, like many regulars, an AC “junkie.” While the 2008 Camp, based in Wyoming near the Montana border, is currently wait-listed, watch for next year’s registration info in January 2009 at www.augustcamp.org and enjoy reading articles on the Website about past camps. We hope to be located in Oregon’s Central Cascades in 2009 for some superb hiking.

Photos
Top: the kitchen in 2005 when AC was near Mount Rainier National Park
Middle: part of August Camp 2005’s “Tent City” in Packwood, WA
Bottom: a room with a view
Are we there yet? The Case of the Signless Summit
By Nancy Sporborg

Are we there yet? I ask myself, sweat dripping down my face, and sucking pretty hefty wind after a steady two-hour climb. The trees are getting shorter and Pat, my hiking friend, and I are anticipating a wildly hopeful moment when the shrubs disappear, the breeze stiffens, and the world greets us in a panorama of beauty below our feet. Then we see it—the summit sign! We give each other a high-five, and whoop a heartfelt whoo hoo. We set the camera on timer and take a picture of us next to the sign, proof positive of the peak being bagged. It’s a ritual. But most often it doesn’t work like that because there is no sign and we don’t know we’ve arrived!

Part of the Appalachian Mountain Club (AMC) Mission is to promote the enjoyment of the mountains in the Appalachian region. A large part of the joy of hiking is making it to the summit and, call me crazy here, but I like to know when I get there. A summit sign is a signal to celebrate. It says: “You made it; congrats!” Wondering if you’re there takes some of the fun out of being there.

Hiking to the summit of East Osceola we arrive at a small cairn in a wooded area, with an older couple standing there looking a bit befuddled. “Is this it?” I ask them, fingers mentally crossed. “We think so,” they said, shrugging their shoulders. “There doesn’t seem to be anything further down the trail. We checked.”

We look at each other a bit perplexed, shrug off our packs, take pictures of the ho-hum we’re-not-sure-we-did-it moment and head back.

Hiking the Kinsmans is similarly unrewarding summit-wise. On the pinnacle of North Kinsman there is nothing—no cairn, no summit sign. There is a sign that points to a view and the map puts the summit close to the view, but there is no designated highest point, therefore no specific moment to celebrate. So, we don’t; we continue on to South Kinsman, where we face a similar problem. From a distance, you can’t tell where the summit is because the mountaintop looks so wide, wooded and gentle. But surely there will be a sign. Nope, no sign. There’s a cairn, and we assume it marks the summit, but we could have walked another 100 yards or so and found another cairn, and then another. We guess we’re there, have a half-hearted hope-this-is-it high-five, take our pictures and head back. Peak bagging should not be guesswork!

Now there are some peaks where the summit is easier to identify, like Flume and Liberty, where everything around you plummets and you are clearly on the highest point. Being the smart girls we are, we assume we’re on top, and our celebrations take on a more exciting tone. But with no sign, you can’t be 100 percent certain. How about a little affirmation?

It’s such a gift when we actually find a signed summit. There are no questions, no doubt, no wondering, no guesswork. Just a clear message: you have arrived! Not only does our whooo hooo have way more passion but our high-fives become high-tens. Our cameras record the moment for posterity and years later, when looking at photos of Pat and me next to the summit signs on Moosilauke or Baxter Peak on Katahin, we will know for sure we made it. Knowing is always better than not knowing.

In the AMC 4,000 Footers Club, the goal is to climb all 48 New Hampshire summits over 4,000 feet. Awesome challenge. But how do you know for sure when you’ve summited all 48 if you aren’t sure you were on the summits? Now c’mon! It seems the AMC would want to make sure 4,000 Footer Club members accomplish the challenge before being presented with their patch.

I have an idea: let’s sign all the summits! Doing so would focus much-deserved attention on the AMC and the 4,000 Footer Club, entice people to start hiking, re-engage and re-energize current members of the AMC, and garner some press all at the same time! How about if the AMC runs a brief but exciting fund raising campaign asking members for donations for summit signs? I’ll put in the first fifty bucks. I bet every 4,000-foot-peak-bagger who wished there was a sign where there wasn’t would make a donation! Have the signs made and donate them to the organizations that are responsible for the areas where the 4,000 footers are located. Hey! What if the summit signs were all erected on the same day—maybe to begin the hiking season in the spring. Call it the AMC Summit!

Now, a summit sign is by no means the only answer; there are lots of other exciting summit-signing alternatives to consider. You don’t have to go with my idea—let’s

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It’s been almost three years since we started writing occasional articles for Mountain Passages, and here we are enjoying another summer. We started off writing about backpacking foods, and it’s time to remind everyone of our favorite recipes, each one personally tested on multiple trips! So, if you’ve misplaced your file of MP for the years 2005-6, now’s your opportunity to learn about interesting foods for your hike. When we backpack, we dry foods for both breakfast and for dinner. It’s nice to have a change from instant oatmeal when you get up in the morning.

**Hash Browns with Eggs, Sausage & Pepper**  

1. Grate then drain in colander, pressing out moisture: 10 medium baking potatoes (about 4.5 lbs) and 2 large onions
2. In a heavy iron pot or Dutch oven, heat 2 Tbsp olive oil and sauté the potatoes and onions for 10 minutes. Add diced red bell pepper for color (color is important!)
3. Stir in 1 patty of hot Italian sausage, diced; 2 cloves garlic chopped fine; 1-2 tsp salt
4. Preheat oven to 350°. Oil or Pam® a 10 x 13 inch casserole dish
5. Stir into the potato/sausage mixture: 8 eggs, beaten; ½ cup finely grated parmesan or Asiago cheese; 4 drops of Tabasco® or other hot sauce (optional)
6. Spread the mixture in the casserole; bake for 45 minutes or until golden brown.
7. Cool. Spread the cooled mixture on dehydrator trays; dehydrate for 4.5 hours at 145° if your machine has a temperature control. There should be no moist clumps in the mixture. If you find a few among all the dry, crunchy material, break them up and continue dehydrating.
8. Check for any moist areas and cool completely. Package in double Ziploc® bags. Freeze if there will be appreciable time before you use the food.
9. To rehydrate, simply cover with ½ inch of water in your backpacking pot, boil, stir, and serve.

Note: We have found that 7 ounces of the dehydrated food will be exactly enough for breakfast for the two of us. One of us eats a lot!

**Chicken and Seafood Jambalaya**  

Seasoning Mix:
2 whole bay leaves
1 ½ tsp kosher salt
1 ½ tsp ground cayenne pepper
1 ½ tsp dried oregano leaves
Several vigorous grinds of the pepper mill
¾ tsp dried thyme leaves

3 Tbsp chicken fat (substitute lard or vegetable shortening)
4 oz of prosciutto, diced fine
4 oz of smoked sausage (I used Hillshire Kielbasa), diced fine
1 ½ cups chopped onions
1 cup chopped celery

¾ cup chopped green peppers
½ cup chopped red peppers
½ cup uncooked chicken, cut in bite-sized pieces
2 cloves minced garlic
4 medium tomatoes, peeled and chopped, or substitute canned
¾ cup tomato sauce
1 can of chicken broth
½ cup chopped green onions
2 cups uncooked rice
½ pound peeled medium shrimp
2 cans of oysters and their broth

In a 4 or 6-quart saucepan, melt the fat over medium heat, and sauté the prosciutto and sausage until crisp, stirring frequently. Add the onions, celery and bell peppers, sautéing until tender but firm, about 5 min.

Add the chicken, raise the heat to high, and cook 1 min, stirring constantly. Reduce heat to medium, add the seasoning mix and the garlic, cook 3 min stirring constantly and scraping the bottom of the pan.

Add the tomatoes; cook until the chicken is tender, about 5 to 8 min, stirring frequently. Add the tomato sauce, cook 7 min stirring often. Stir in the chicken broth, bring to a boil and stir in the green onions, cook for another 2 min. Add the rice, shrimp and oysters, stir well, remove from heat.

Transfer to an ungreased 8 by 12 baking pan, cover with foil and bake at 350° until the rice is tender but still crunchy, about 30 to 40 min.

Of course you will be tempted to eat this right away (we were!), but this dehydrates very well, as we found to our pleasure. Spread the cooled Jambalaya on dehydrator trays which have been covered with parchment paper, and dehydrate for 2 to 3 hours. By that time, almost all the liquid will have evaporated, and you can then finish the process by removing the parchment paper and placing the food directly on the slotted trays. It took us about 6 hours in total to dry the food, and then we packaged it in Ziploc bags and froze it

Note: 7 ounces of the dehydrated food is enough for both of us. This recipe in particular benefits from a longer rehydration process. We add water to the Ziploc bag an hour or two before we make camp; by the time we are ready to cook, the process is complete.
brainstorm! Okay, wouldn’t it be cool if Good Humor men were on the summits greeting hikers with a tinkling bell and an ice-cream-filled truck? Or, how about free over-the-top barbecues—ribs, corn-on-the-cob, potato salad, strawberry shortcake. Just the aroma would get me and Pat to the summit faster and we wouldn’t have to pack lunches. Or, how about masseuses waiting for us on the summits to massage our backs and feet—ahhhhh.

I’m sure you’re brainstorming along with me on your end and you must have come up with at least one idea. If not, c’mon now, think! Perhaps groups of AMC volunteers could surprise hikers at the summits with a standing ovation in recognition of their outstanding feet (oops feat). Or how about Sweethearts of the Rodeo and 47 other like bands setting up on the summits and welcoming everyone with a chorus of “Uphill All The Way.”

All these possibilities would effectively mark the summit, no guesswork required. Now I realize some are more difficult than others, especially in winter. The Good Humor guy might have a hard time getting the ice cream truck up there, but maybe he could use an ATV. Course, he’d have to figure out how to keep the ice cream frozen in the summer. Now, given there are 48 peaks and 365 hiking days in a year, some of these ideas could require a gargantuan effort, not to mention a lot of corn to husk.

Looking at your choices so far without the benefit of hearing your winner ideas, perhaps the first idea is my fave. I’d go for the signs!

I hope this project moves from the back woods to top priority on the AMC “To Do” list. Every peak bagged on a signless summit is a missed opportunity.

We’re off to hike the Hancocks. Are we there yet?

Nancy Sporborg is an avid hiker and member of the AMC.

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**AMC-NH Hut Night**
**Saturday, Sept. 13, 2008**
**at Greenleaf Hut**

This special night is exclusively for the great people of the NH Chapter. Come on out and visit old friends and meet some new friends.

We will ascend The Old Bridle Path to the hut where we have reserved 25 bunks. A social hour will begin at 4 p.m.

The cost is $85 and includes the social hour, Saturday night dinner, Sunday morning breakfast, tip for the croo, and a wonderful bunk with blankets.

Greenleaf Hut is located on the shoulder of Mt. Lafayette on the edge of tree line. The Bridle Path has great views across Walker Ravine toward Mt. Lafayette and Lincoln. You could also do the classic hike up Falling Waters and over the ridge to the hut. We have watched the Northern Lights from the hut on several occasions. Maybe we’ll get lucky again!!

Be sure to bring warm clothing and rain gear. A sleeping bag and clothes to relax in are a good idea. We will have NH Chapter trip leaders available for group led hikes to the hut if you are interested. Consult your AMC Guidebook for more trail info.

Registration: Send application and check, or for more information and an application, contact Tim Kennedy at 603-635-2517 or takhike@comcast.net; 15 Garland Drive, Pelham, NH 03076.

**Hurry – Act Now – Get that Registration in!!!**

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**Hut Night Application Form**
**Greenleaf Hut — Sept. 13, 2008**

<table>
<thead>
<tr>
<th>Your Name</th>
<th>Ph#</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>City</td>
<td>State</td>
</tr>
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No. of people in your party _________

Would you like to have NH Chapter trip leaders guide you to Carter Notch Hut as part of a group hike? ☐ Yes ☐ No

Names of all attending (indicate if under age 15)

________________________________________

________________________________________

________________________________________
AMC’s Emily Mitchell Makes Outdoor Education Fun for North Country Youth
By Erin Tracy

Often called “the lady from the AMC” around town, Emily Mitchell is recognized locally by many kids who have participated in her after-school and classroom programs with the AMC. As the AMC’s Education Programs Coordinator, Mitchell has overseen the North Country Youth Outreach and Teen Wilderness Adventures programs since December 2006.

“The enthusiasm and experience she brings to the organization, her position, and most importantly, her work with the local children, are invaluable,” said Walter Graff, AMC’s Deputy Director.

At the Milan Village Elementary School, Mitchell works with first through sixth grade pupils, introducing concepts such as mountain weather, zonation, and ecological systems. Fourth grade students have the opportunity to apply this knowledge firsthand during an annual day trip to the summit of Mt. Washington. For fifth graders, an overnight at the Pinkham Notch Visitor Center and Joe Dodge Lodge covers more advanced topics such as stream study and watershed ecology. Mitchell is also involved in field days at local elementary schools and participates in community family events, providing hands-on activities for the children to enjoy.

In addition to programs during the school day, Mitchell is involved with the after-school programs in Berlin and Gorham through the Gorham Family Resource Center’s Project Youth program. Children eagerly partake in such activities as team building, wildlife studies, and short hikes. The AMC and Gorham Family Resource Center partnership also includes all-day hikes in the summer.

“I’ve worked with hundreds of New England youth through the AMC’s A Mountain Classroom and Teen Wilderness Adventures programs,” said Mitchell, “My position is particularly rewarding. Through my youth outreach work in the North Country, I facilitate programming that connects local kids with a tremendous resource that’s right in their backyards – the White Mountain National Forest. It’s particularly gratifying to watch their knowledge of the outdoors grow, along with their enthusiasm, as the kids have repeat experiences with the AMC.”

Mitchell also works with Cascade Academy students in Berlin. Students regularly volunteer to do trail maintenance, which led them to adopt the Pinkham Notch Ski Trail and the Carlo Col Trail through AMC’s Adopt-A-Trail Program.

Mitchell has recently worked with the Boys and Girls Club of Littleton as well, providing instruction in winter outdoor skills during their February vacation. The partnership also involves after-school activities. In April, participating children are planning an overnight at the AMC Highland Center at Crawford Notch as part of a cumulative learning experience that builds on February vacation and March after-school programs. All programs are designed to engage and educate young outdoor enthusiasts about their surrounding environment and how they can enjoy it in fun, respectful, responsible, and safe ways.

Erin Tracy is an AMC Communications Intern.

Views to Amuse
A photo contest

What is this a photo of?
Send an email with your answer to mgphoto@metrocast.net. One winner will be chosen randomly from among the correct responses! (Anyone receiving an advance copy of the newsletter is not eligible to win.)

In the April/May issue of Mountain Passages, the photo was a view of Cathedral Ledge.

Good luck on your next guessing adventure!!! Happy Trails!
~ Michelle Goodearl
The Over 55 Group runs a variety of trips that appeal to those who want interesting trips at a more leisurely pace. Trips typically take place each month and you don’t have to be over age 55 to join in! Recent trips include a hike with enthusiastic, observant, and knowledgable nature lovers at Fox State Forest (left photo) and a bike group enjoyed a ride at Tower Hill Pond near Manchester. For more information about the activities of the Over 55 group go to http://www.amc-nh.org or email over55group@amc-nh.org

Got photos?
Send photos of your AMC-NH adventures to newsletter@amc-nh.org. Include a brief summary of the activity, the names of all those in the photo, and the name of the photographer. Photos are published on a space-available basis at the discretion of the editor.

Upcoming Events

July
12-20 Presidential Range Hike
19-20 Wilderness Heals Pledge Hike

September
13 Hut Night at Greenleaf Hut

October
4 AMC-NH Annual Meeting, Canterbury Woods Country Club, Canterbury, NH
8 Mountain Leadership School Reunion.

More information on the above events can be found in the March/April issue of Mountain Passages or online at www.amc-nh.org.

AMC Outdoors magazine has a complete listing of AMC chapter activities, including hikes, paddling, mountaineering, trailwork, and conservation.

AMC’s online event calendar is now up and running at http://www.outdoors.org/about/calendar

SCUDDER’S WHITE MOUNTAIN VIEWING GUIDE
2nd Ed. available at selected White Mountain bookstores, camping outlets and gift shops
or send $18.95 to High Top Press, PO Box 299 North Sutton NH 03260
Visit HighTopPress.com
Moving or Need to Renew Your Membership?

Contact AMC Member Services in Boston 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. You must change your address via the phone number or website noted above.

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The Perfect Gift for your favorite outdoors person!

AMC Nalgene® Bottle with Gift Card*
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- Family membership $75
- $10 Gift Certificate for AMC workshops, books, or lodging!

Call Bob at 603-456-3708.

*Available to new members only

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