Celebrate the 125th Anniversary of AMC Huts!

By Sam Jamke

Are you interested in visiting some or all of AMC’s eight huts in the White Mountains but not sure you are ready to commit to an overnight stay? Why not join NH leader and Information Volunteer Sam Jamke on a series of easy-paced day trips to visit each of the huts?

We’ll start with the most accessible huts and work up to the most challenging ones. You will see where the huts are situated, enjoy the surrounding scenery and be able to enjoy your lunch indoors or outside on the porches. Explore each hut to sample the accommodations and, while you’re there, purchase a hot drink, a bowl of soup or a souvenir of your visit, such as t-shirts, pins, patches or bandanas.

We want to hike in nice weather, so we will try to have a rain date for each trip. Depending on the hut and group preferences and capabilities, a side trip to a nearby Four Thousand Foot summit may be possible.

Huts, to page 3

One Day Class 3 and 4 Leader Training

By Rick Silverberg

October 05, 2013 (Sat)
Activity: Leadership Training

This class offers training for those interested in becoming leaders for hikes and walks at lower elevations. This session will allow you to become a Class 3 or 4 leader for NH chapter.

Exercises in group dynamics; trip planning and logistics; outdoor practice in leading: Up to eight participants will work in a small group with two instructors to understand the method for planning and leading trips to smaller mountains or natural areas and the sea shore. The group members will use different learning techniques to try out and understand the many roles of leader and how to apply these outings.

Register online: http://AMC_registration.ccntr.org

Training, to page 7
Think Snow... and Winter Hiking Series

BY BOB HUMPHREY

I know it’s July and summer has just gotten underway with fireworks, boating/paddling, swimming and (hopefully) some peak-bagging but, in reality, there are really only about eight or 10 weeks of summer. Come Columbus Day, winter will return to the higher summits of New England and many of you will be hanging up your boots and packs and beginning the long wait for next summer. Why? You are about to miss the most marvelous hiking season of all: WINTER! That’s right, I said winter. Why limit yourself to just a few short months when, with a little teaching and experience, you can enjoy the sport year round! Experience hiking without bugs, in low humidity, with fewer people, healthier air and spectacular views not available during the summer months.

If you would like to sample this unique environment and think you have what it takes to tackle winter hiking, then I invite you to apply for the NH Chapter Winter Hiking Series. The series is an annual event that takes place from late October thru December. Although the idea of offering winter training is not new to the New Hampshire Chapter, it can be said that the Chapter’s Winter Hiking Series has taken the idea and expanded upon it, offering a unique and comprehensive learning experience for experienced three-season hikers wishing to enter safely into the realm of winter hiking.

The series commences on a Saturday morning at Pinkham Notch Visitor Center with a full day’s lecture covering topics on winter gear, body heat management issues, winter nutritional needs and hydration, winter group dynamics and emergency gear. At the conclusion of the formal program there’s a “happy hour” in the living room of the Joe Dodge Lodge, followed by a fine family style dinner prepared by the Pinkham Kitchen Croo. Instructors and participants join together to break bread, break the ice and begin forming the group dynamic that will blossom as the series unfolds. Early the following morning participants and instructors meet in the Boot Room readying themselves for the first hike of the series.

Four successive day hikes are scheduled every other Saturday. These hikes become more challenging as the series progresses and build upon the foundation of topics covered in the lecture, applying them to real world experience on the trail. While a lecture on winter gear, safety and group dynamics can be beneficial, the hands-on approach to various terrains and conditions in conjunction with our lecture is the ideal way for participants to safely learn about winter hiking.

The WHS goal is teaching safe winter practices and demonstrating the gear and skills needed to safely hike the mountains of the Northeast during the winter months. It is geared toward those with considerable hiking experience during the three seasons and who now want to push the envelope just a little and enjoy a season packed with beauty yet wrought with danger if one is not properly educated or prepared. The WHS’ staff of experienced winter hiking instructors will impart the knowledge and skills needed to safely hike during the winter months. Classes are geared toward climbing the 4,000 footers in winter. Class size is small, the cost minimal, and the fun? Priceless!

Let us help open a door to the world of winter hiking. It’s a world that poses great challenges while at the same time being awesome fun. You will make incredible friendships, meet like-minded people, and form a bond with one another, which in some cases, will last for a life time. This is because in winter we depend upon one another, look out for one another, bond with one another and become a trusting team with a winning attitude... while remembering Mother Nature rules!

The WHS has become quite popular and will fill fast, class size is limited to 20, so don’t miss your chance, apply early! Please note: When you apply please do not expect immediate acceptance. I anticipate many applications which will slow the acceptance and response time.

For more information please refer to AMC’S Outdoors Magazine, the NH Chapter Web Site, or contact Bob Humphrey at: bobh@mcttelecom.com.
Biking from Spring Into Summer

BY GENE HARDING

So far the biking season has gone very well with rides on rail trails and roads alike. The first ride of the season on April 27 to the Plum Island Wild Life Refuge produced this beautiful picture of a rough legged hawk taken by one of our riders. The hawk was sitting in a small tree about 30 yards off the road and seemed to be as interested in us as we were in him. It is scenes like this that make biking exciting for me.

Coming up this summer we will have more wonderful rides on both the roads and the rail trails. Check the NH Chapter web site for the latest listings.

Our big event of the summer will be a weekend of biking, hiking, and music in the Berkshires, August 9 and 10.

The weekend will include concerts at one of New England’s best-kept secrets: Tanglewood (summer home of the Boston Symphony Orchestra). Lawn tickets cost $20, parking is free and you will receive a beautiful program when you enter the grounds. You may bring any food or drink you wish for a picnic on the lawn before the concert. Lawn tickets may be purchased the day of the concert. The weekend will include a hike to the summit of Mt. Greylock and a bike ride on the Ashuwilticook Rail Trail on Saturday. Motel rooms in the area are expensive, but nearby camp grounds are reasonably priced.

On a different note, I had the opportunity on May 30 to attend a Bikeable Communities Training Workshop hosted by the town of North Andover, MA and staged by Mass Bike, a non-profit organization. The purpose of the workshop was to show communities how to promote the development and maintenance of safe biking routes. Several towns from the Merrimack Valley were represented at the workshop. It was very encouraging to see police officers, fire chiefs, DPW supervisors and town planners all interested in working together to promote safe biking. If and when similar opportunities arise, I would encourage all bikers and bike ride leaders to get involved in your community or a nearby community to help develop safe biking routes. Take care and ride safely.
NH Chapter Excursions
Winter School

BY RICK SILVERBERG

January 31–February 2, 2014 (Friday-Sunday)
Activity: Instruction (Skills), Leadership Training

This workshop offers instruction in winter mountain travel to backcountry skiers and snowshoers of all levels. Between the seven available classes, most every aspect of winter backcountry travel is covered. The weekend is filled with instruction, field exercises, lectures and discussions. There is 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:
— Introduction to Winter Mountain Travel (beginner and intermediate)
— Instruction in safety equipment, route finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergencies in the mountain environment
— Backcountry skiing (beginner and intermediate and telemark)
— Advanced winter wilderness travel, high peaks and crampons.
— Winter backpacking (beginner and intermediate). Instruction in backpacking equipment, campsite selection, route finding, map and compass, weather, trip planning, cooking and emergencies. For those who want to take their skills beyond day hiking. Plan to spend Friday and Saturday night outdoors and provide for your own backpacking equipment.

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 the NH Chapter. This workshop is for any adult who wants to learn and have a great time! Begins at 7:30pm on Friday and ends at 4:00pm Sunday afternoon. Cost is $145 for AMC members and $165 for non-members, and includes lodging, excellent meals, materials and instruction.

For more information and an application, visit www.amc-nh.org and register online at http://AMC_registration.ccntr.org.

Leader Rick Silverberg—603 225 5921

You must be 18 years or older to attend.
Related Website(s): http://AMC_registration.ccntr.org

September 7-8, 2013
Join us for Madison Hut Night!

NH CHAPTER HUT NIGHTS

Hut Nights are a special tradition for NH Chapter members and we look forward to a special evening at our oldest hut. We have reserved a limited number of bunks at a special rate of $89.50 per person.

ABOUT MADISON SPRING HUT*:

As the oldest hut in AMC’s White Mountain Hut System, Madison Spring Hut has sheltered hundreds of thousands of hikers and is a welcome sight at the end of a long hike. It is nestled in the alpine tundra at 4,800’ between Mounts Madison and Adams and is usually approached via the Valley Way Trail.

Space is Limited! Call today to make your reservation. To reserve, please call AMC Reservations by Monday, August 19th to receive the discounted rate of $89.50 per person including NH lodging taxes. Reservations received after that time will be on a space available basis at full price.

INSTRUCTIONS FOR BOOKING YOUR STAY

1. Call the AMC Reservations Line at 603-466-2727 (Mon-Sat, 9 am to 5 pm).
2. Tell the Customer Service Representative that you are with the AMC NH Hut Night at Madison Group # 211623
3. Provide your contact information, any food allergy information or vegetarian requests.
4. Provide credit card number by phone or set up the reservation and mail a check to AMC (must be received within 7 days of your call).

QUESTIONS?

Please call Karen Thurston (Hut Night Trip Leader) at (603) 770-1980.

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Volunteer Spotlight:
Wayne Goertel, AMC NH Chapter Vice Chair

BY KAREN THURSTON

Wayne Goertel knows a lot about helping new members enjoy the outdoors. As a former Young Member and current volunteer Trip Leader, he’s organized weekend camping trips, taught at Spring School and led day hikes throughout the White Mountains. We caught up with Wayne just in time for some ideas on how new members can enjoy the outdoors.

1) How did you get your start with the AMC NH Chapter?

After being introduced to New Hampshire hiking in the late 90s by my good friend Chad, he suggested joining AMC as a way to contribute to outdoor conservation and trail maintenance. When he and some of my other early hiking companions moved to other states, the NH Chapter was a good source for activities and training, and became my new outdoor community.

2) Who were some of the biggest influencers when you started?

My first NH Chapter Winter Workshop class at Cardigan Lodge was led by Kevin Rooney and Bob Humphrey. They were fabulous instructors, and I learned so much from them and the other volunteers that weekend that I left truly inspired. I enrolled with Kevin and Bob again a few years later for their Winter Hiking Series, which cemented my love of winter hiking.

3) What role do NH Volunteer Trip Leaders play in helping new members get outside?

They’re great facilitators and mentors. Our trip leaders help ensure participants are signing up for activities that suit their background and experience, and lead the trips in an enjoyable and safe manner. Participants inevitably get ideas and leads for their next adventures!

4) Are there any special tips for helping new members enjoy the outdoors?

A little contingency planning goes a long way. Anticipate that a trip could take longer than planned, remember you may encounter unexpected weather or injury and always remind yourself to to pack some extra gear or rations you might otherwise leave behind. In the summer, repelling bugs with a head net or DEET (20% - 50% strength) can prevent them from chasing you back inside.

5) How has playing in the outdoors changed for you over the years?

Outdoor adventure used to be primarily a weekend thing, but now I’m enjoying more activities midweek like a few hours after work for a local hike, bicycling or kayaking.

6) What do you think enjoying the outdoors will look like in 2020?

I fear there will be less “outdoors,” given the omnipresent factors of increasing population and sprawl. AMC’s mission really resonates with me here: “… because successful conservation depends on active

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Swimming Holes

BY KAREN THURSTON

Have you been looking for the perfect swimming hole to cool off after a hot summer hike? Here are a few spots to try. Have fun, be safe and leave no trace.

LOWER AMMONOOSUC FALLS:
A small waterfall fills a very large pool perfect for sliding, swimming and jumping. Directions: From Twin Mountain, Take RT 302 East for 3.5 miles, turn left onto Old Cherry Mountain Road and turn quickly left again into the parking area. Walk about five minutes down the gravel road to the falls and pool.

JACKSON FALLS:
Very popular swimming spot in Jackson Village with plenty of rocks for catching sun between slides. Directions: Take RT 16 North to Jackson Village, turn right onto 16A/Village Road and turn left onto 16B/Carter Notch Road. The falls are on your right—you can’t miss them.

DIANA’S BATHS:
An all-time favorite with slides, pools and smooth rocks for lounging. Directions: From North Conway, take 16 North and turn left onto River Road. At one mile, River Road becomes West Side Road. Con-}

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Andrew and Michael Thurston test the waters at Diana’s Baths

continue on West Side Road for 1.4 miles to well-signed White Mountain National Forest parking area on your left.

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SPOTLIGHT TO PAGE 7
Conservation Corner—What is Climate Change?

BY TONY SCHMIDT

In my last Conservation Corner, I talked about the history of Earth Day and the environmental issues highlighted over its 40+ year history. An important current environmental concern is climate change. But what is climate change?

Generally, the difference between weather and climate is the length of time over which they are measured. Weather is what happens over short periods of time and climate refers to the trends in weather over extended periods of time. If yesterday was hot and dry, and today is cold and rainy, that is an example of the natural variation of the local weather. However, climate is measured over years, decades, even centuries. So climate looks at trends in temperature or rain/snow fall over the past several years.

Most scientists agree the average surface temperature of the earth is on the rise and they further agree increased greenhouse gases (GHG) concentrations are the cause. So what are GHGs? GHGs are atmospheric gasses (such as water vapor, carbon dioxide, methane and ozone) that are emitted into the atmosphere. These GHGs absorb and reflect the sun’s energy back to earth in a phenomenon commonly known as “the greenhouse effect.” We experience this effect on a sunny day when we roll up our car windows. The sun passes through the windows, heating-up the trapped air and creating a very warm environment inside our car.

The earth has several natural processes that regulate and produce these GHGs. These natural processes kept the average surface temperature on the earth comfortable for human life to develop and thrive prior to the industrial age. However, since the advent of the industrial age and the introduction of burning fossil fuels, the concentration of atmospheric carbon dioxide (known as CO2) has been on the rise. It is the contribution of CO2 from human activities that most concerns us.

Our earth’s climate is changing due to an increase in atmospheric CO2. We cannot control the earth’s natural cycle of GHGs and CO2, but we can control the human contribution of CO2. In future articles I will discuss human contributions of CO2, their impact on the activities we enjoy and what we can do to minimize these emissions.

I welcome feedback / comments at: amc.nh.conservation.corner@gmail.com

“...climate looks at trends in temperature or rain/snow fall over the past several years.”
engagement with the outdoors, we encourage people to experience, learn about, and appreciate the natural world.”

7) NH has lots of great hikes for new members. What are some of your favorites and why?

Pack Monadnock in Peterborough... It can be a short hike from Miller State Park up to a fire tower, or an extended traverse over to the cliffs of North Pack. Once you’ve done the traverse, try it another time but start from North Pack in Greenfield for smaller crowds.

Welch-Dickey in Campton: Hike in the White Mountains with easy access from I-93 and points south. Trails provide a sizeable chunk of elevation in a short distance with good views. Note that rock slabs can be slippery when wet.

Always look up trail details in your guidebook or online!

8) Any advice for new members just starting out?

There are many AMC volunteer-led activities specifically for beginners. One gem worth noting: our NH Chapter Paddling group offers a Wednesday evening recreational kayaking series, with amazingly cheap ($10) gear rentals, starting this year on June 19.

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AMC NH ExEXECUTivE CoMMitTEE

BY JOHN GREEN

New Hampshire Young Members hosted a very successful interchapter event, where we were joined by other groups from all over the Northeast at Cardigan Lodge on the weekend of May 11th. We enjoyed two days of hiking and the great opportunity to meet other AMC members in their (roughly) 20s and 30s! Great food and cheer was provided by the staff hosting us at AMC’s Cardigan Lodge.

Other upcoming summer events for the Young Members group include joining the Maine YM’s interchapter camping event the weekend of July 20th, Barnes Field camping weekend August 3rd and Osceola Vista camping weekend September 14th.

More information and happenings, including details of our monthly social events around the state, can be found on our Facebook page at: https://www.facebook.com/groups/AMC.NH.YoungMembers/ or point your browser to http://amc-nh.org/committee/youngmembers/
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