I'm always amazed at how quickly summer seems to appear. It feels like just weeks ago that I was closing out the downhill ski season at Cannon or removing the snow tires from my car. In just a few weeks from this writing, summer will officially be here and the days will start getting shorter... oh my!

With favorable weather upon us, I want to encourage everyone to invite a friend along for some outdoor adventure! This is how most of us developed a love of the outdoors, isn’t it? Parents took us camping as children. Or we participated in Boy/Girl Scouts or another youth outdoors program. Or some friends and coworkers invited us to go hiking, rafting, bicycling or climbing.

So, size up your friends (interest, experience, and fitness), identify a suitable activity (location, difficulty, duration and companions), and pack well (necessary clothing, food, and gear) for a fun and safe adventure. Don’t forget to consider AMC New Hampshire’s many volunteer-led activities listed at the AMC-NH website at amc-nh.org/calendar/activities.php or listed in this edition of Mountain Passages.

Finally, it’s surprising how a few details can really make a difference, such as packing suitable sunscreen and bug spray to avoid some outdoor annoyances. For protection against both ticks and mosquitoes, the Centers for Disease Control and Prevention recommends DEET with 20%-50% concentration. Visit www.nc.cdc.gov/travel/page/avoid-bug-bites for more information.

Enjoy and be safe!

—Wayne

Wayne Goertel is Chair of AMC’s NH Chapter.

A Few Questions For...Susan Englert

Mountain Passages is made possible by Susan Englert, who designs AMC New Hampshire’s bimonthly newsletter, does the layout and is responsible for its e-mail distribution. She is the founder (in 2009) and designer of Sandpiper Artisans Graphic Design located in Manchester. She has a degree in Journalism from the University of Maine at Orono.

How long have you been doing the graphic layout for Mountain Passages?

The first complete newsletter I created was the January-February 2012 issue. However, I worked on the new layout and established the look and the style sheets in the Fall of 2011 so it would be ready to go with the first issue in 2012.

Describe the challenges.

Fortunately, the Editor, Michelle O’Donnell, sees those challenges before I do and by the time
September 13-14, 2014
Lakes of the Clouds Hut Night featuring Flags on the 48!

Join us on our next overnight adventure at Lakes of the Clouds, our highest hut! We have reserved a limited number of bunks at a special rate of $98.50 per person.

On the morning of September 13, you are welcome to join us for a group hike to the hut. Upon arrival we will check in, select our bunks and unpack our gear. Tripsters will then be free to relax around the hut or hike to the summit of Mount Monroe for Flags on the 48.

In the evening, we will gather for a wine and cheese Happy Hour followed by hearty dinner prepared and served by the Lakes of the Clouds Hut crew.

On the morning of September 14, we’ll enjoy breakfast by prepared and served by the Lakes of the Clouds Hut crew. Tripsters will then be free to relax around the hut or head out for our hiking adventures. Lakes of the Clouds and heading out for our hiking the crew before saying goodbye

About Flags on the 48
“Flags on the 48” is an annual memorial hike to each of New Hampshire’s 4,000-foot summits in memory of those who lost their lives on September 11, 2001. The first hike was an informal and spontaneous memorial by a group of six hikers who raised a large American flag on the summit of Mount Liberty the first Saturday after the 9/11 attacks. Today, hundreds of hikers gather on all 48 of New Hampshire’s four-thousand-foot peaks to pay tribute by flying the American flag for two hours. It is a moving experience.

About Lakes of the Clouds Hut
Lakes of the Clouds Hut is our highest hut, perched just above treeline and between the soaring summits of Monroe and Washington. It is a sublime setting with two tiny glacial tarns, views over a pristine wilderness, and dramatic sunsets.

Start Your Weekend Early!
If you’d like to get a jump start on your weekend, we have reserved the Highland Center’s Shapleigh House for the evening of September 12, 2014. This is a great way to meet the trip leaders and catch up with fellow hikers over dinner. Space is limited and rates are $44 bed and breakfast, or $65 dinner, bed and breakfast.

Space is Limited! Call Today to Make Your Reservation
To reserve, call AMC Reservations by Monday August 11 to receive the discounted rate of $98.50 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
Call the AMC Reservations Line at 603-466-2727 (Mon-Sat, 9 am to 5 pm).

Tell the Customer Service Representative that you are with the AMC NH Hut Night at Lakes Group # 235939.

Provide your contact information, any food allergy information or vegetarian requests. 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?

Advertise Here to Reach 10,000 Environmentally Active Outdoor Enthusiasts

<table>
<thead>
<tr>
<th>ISSUE</th>
<th>DEADLINE</th>
<th>AD SIZE</th>
<th>PRICE (per issue)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan/Feb</td>
<td>December 1</td>
<td>1/8 page</td>
<td>3.5”w x 2.5”h</td>
</tr>
<tr>
<td>Mar/Apr</td>
<td>January 1</td>
<td>1/4 page</td>
<td>3.5”w x 5”h</td>
</tr>
<tr>
<td>May/Jun</td>
<td>April 1</td>
<td>1/2 page</td>
<td>7.5”w x 5”h</td>
</tr>
<tr>
<td>July/Aug</td>
<td>June 1</td>
<td></td>
<td>20% Discount for advertising in six consecutive issues, with prepayment</td>
</tr>
<tr>
<td>Sep/Oct</td>
<td>August 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov/Dec</td>
<td>October 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For questions, or to submit ad: Advertising@amc-nh.org
Please send ads as color PDF or jpeg high-resolution files, at correct size. Ads will appear in color in on-line version and black and white in print version.
Mail check for advertising to:
Appalachian Mountain Club
c/o Ron Janowitz, 88 W Haven Rd., Manchester, NH 03104

We reserve the right to refuse ads that are not related to the mission of AMC. We do not provide proofs and accept no liability for errors beyond the cost of the ad.

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 jpegs) 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 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/membercenter

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/membcenter and set your AMC-NH Chapter newsletter preference to online.

Editor: Michelle O’Donnell
michelle@theskinnytowel.com

Graphic Design: Susan G. Englert, Owner/Designer, Sandpiper Artisans
www.SandpiperArtisans.com

Copyright © 2014 by the Appalachian Mountain Club.
Ellen Ruggles Discusses Trip to the Mount Everest Base Camp in Nepal

BY PAUL AND MARIE BERRY

Few have to ask these days “Where is it?” Others know it as “The Top of the World.” When you’ve been there yourself you know it as “A little bit up, a little bit down.” In October of 2013, five New Englanders hiked to Mount Everest Base Camp in Nepal, including Ellen Ruggles and Brian Wood.

Join us as we share in photos, music, and memories of their 25 days of travel on Wednesday, September 17 at 7 p.m. at the Concord Public Library. They toured temples in the capital city of Kathmandu, sat on the edges of their seats as they flew in and out of one of the most dangerous airports, and spent 18 days walking on remote pathways with nights in alpine village teahouses to see Everest Base Camp firsthand.

Ruggles, an AMC New Hampshire trip leader and Manchester resident, beams as she recalls her first visit to Nepal, and speaks the all-to-often heard words about a trip to this part of the world, “It was the vacation of a lifetime, and life changing.” Find out why…

The Concord Public Library is located at 45 Green Street, Concord. This event is free and all are welcome. No preregistration is required. Email programsnh(at)amc-nh.org or call Paul or Marie Berry at (603) 423-1192 for more information.

Columbus Day Weekend Bike Ride

Catch New Hampshire’s fabulous foliage from your bike during AMC-NH’s Columbus Day Weekend Bike Ride, Saturday, October 11 to Sunday, October 12.

You’ll be riding the Northern Trail from Franklin to Lebanon with an overnight stay at Cardigan Lodge. The trail is hard-packed and suitable for hybrid, touring or mountain bikes. The pace will be a moderate 10-12 mph with lunch breaks both days. The distance each day will be about 25 miles.

The bike group will leave the trail on Saturday at Danbury for the overnight at Cardigan Lodge and start again Sunday in Danbury for the ride to Lebanon. The trail is 52 miles long.

Contact Trip Leader Gene Harding at (603) 642-5530 (best time: 6-10 p.m.) or Gene37h(at)aol.com for more information or to sign up.

Mount Garfield—4,500 feet

Join us for a trip to Mount Garfield by the Garfield Trail and a brief section of the Garfield Ridge Trail. The hike will be at a moderate pace with moderate grades for 4.8 miles. The roundtrip distance is 10 miles. Hikers will experience a steep rocky section for .2 miles just below the summit of Mount Garfield, but wait until you get to the top. At the summit there are great views and the remains of the old fire tower. The summit is exposed to the weather so cold weather gear is required.

Contact Trip Leader Brian Wazlaw at (603) 436-2833 (best time to call: 7-9 p.m.) or briwazlaw(at)gmail.com for more information. Registration is required.

Writers Wanted for ‘Mountain Passages’

If you would like to write about your experience in New Hampshire’s great outdoors as an AMC-New Hampshire member for Mountain Passages, we’d love to hear from you.

We don’t pay, but you will have the thrill of seeing your name in print plus the even bigger thrill of getting others to say, “I want to experience that, too!” Send your stories (150-250 words max) to newsletter(at)amc-nh.org. Deadlines are June 1, August 1, October 1, December 1, February 1 and April 1.
Wednesday Evenings until September 3, 2014

Wednesday Evening Recreational Paddling Series

What better way to unwind after work or spend an evening with your family than with AMC New Hampshire’s Wednesday Evening Recreational Paddling Series. Held every Wednesday evening, they last about 60-90 minutes and end around sunset. Beginners are welcome as the group paddles fairly slowly and stays together.

Boats and equipment are available at the put-in for a small rental fee $10. To request a boat, you must register by the Monday prior to the Wednesday trip. Canoes, kayaks including a tandem kayak and smaller kayaks for pre-teens are available. Families are encouraged to attend. This series ends Wednesday, September 3, 2014.

Visit amc-nb.org/calendar/activities.php?type=A&f=a&id=13&category1=Paddling for more information.
Kittery Trading Post Makes Donation to AMC New Hampshire Chapter

The New Hampshire Chapter is excited to have received a $1,000 donation from Kittery Trading Post (KTP) in Kittery, ME. The funds came from customer contributions that are part of KTP’s Round Up for Conservation program, which encourages customers to “round up” the amount of their purchase to the nearest dollar, resulting in incremental donations to the fund. Once a quarter, money in the fund is donated to conservation groups or projects as determined by the Kittery Trading Post Conservation Committee.

The donation was presented to New Hampshire Chapter Chair Wayne Goertel by Derek Sturtevant, KTP Conservation Committee Chair. Wayne noted, “I enjoyed visiting with Derek, who told me that their committee strives to keep donations ‘local,’ with several Maine and New Hampshire organizations receiving donations since the program’s inception in 2013. I also learned that card-carrying AMC members are eligible for a 10% discount off many goods at KTP! We are thankful for this generous donation to the NH Chapter, which will be used to support the training and development of our chapter’s volunteer leaders.”

Wanted: Volunteers (Must Love Planning)

Would you like to help the New Hampshire Chapter of AMC find exciting speakers, arrange venue space, register participants or work at an event check-in table? We are looking for volunteers to help us plan and host New Hampshire Chapter events. If you are an organized individual or would like to lend a welcoming smile to our events, contact Lu Ann Laquerre at hospitalitynh@amc-nh.org for more information.

Like to hike in the White Mountains? Away from the crowds? And come back to relax at the end of the day?

Then join us at the AMC’s Cold River Camp.

- In the quiet Cold River Valley below Evans Notch
- Go on led hikes or on your own
- Family style dinners & breakfasts; trail lunches

Cabins are still available most weeks July-August. Stay for a whole week or a partial week.

For more information or to make reservations visit [www.amccoldrivercamp.org](http://www.amccoldrivercamp.org) or call 603-694-3291.

“The Hiker” Suncatcher

100% Recycled Glass

Shop online: [bonafidegreengoods.com](http://bonafidegreengoods.com)
Visit the store: 3S S. Main Street, Concord, NH • Exit 14 off 93
(603) 224-9700
Hello to all bikers. With the warmer weather and some sunshine, it finally feels like the biking season is here. We have already offered many bike rides on roads and bike trails and plan to add more as the season continues. One of the things that keep me biking is what we see while biking that we miss in our cars. On recent rides we have seen a Great Blue Heron land on a pond looking for frogs for lunch, a beautiful Mute Swan on an inland pond along the coast, and a flock of egrets having lunch in a salt marsh.

Our experience as a biking committee over the past three years is that there are many levels of bikers from new first-time bikers to highly experienced life-long bikers. We have found that as our members grow older hiking can become painful to feet, ankles, knees and hips, and so they are turning to biking as a way to continue to be outdoors with exercise and wild life without the impact involved in going up and down mountains. As a result, this year we are offering introductory group rides to members.

I am pleased to introduce Doria Harris (left), Biking Committee Co-Chair, who joined us last summer as a Bike Ride Leader and took on the added responsibility of Co-Chair of our Biking Committee this spring. We are introducing our new AMC New Hampshire Chapter Bike Ride Leader shirts to be awarded to our ride leaders as recognition for their time and service. When you see our ride leaders in these shirts out on the highways and byways and rail trails, stop and say hello. We love to talk biking.

We will offer Bike Ride Leader training on Columbus Day Weekend. Contact me at Gene37h(at)aol.com for more information.

Happy Biking! —Gene

Gene Harding is Co-Chair of AMC New Hampshire’s Biking Committee.
Trail Worthy Oatmeal Bars
(AND DON’T LET THE SHORTENING SCARE YOU)

BY DENISE SPOOR

Don’t shy away from trying these bars because of the solid shortening. It’s the shortening that makes them moist, chewy and almost indestructible in your backpack. Take them on a group hike for a special treat for all when you reach your destination or bring them on a multi-day backcountry trip for a nutritious and satisfying breakfast as an alternative to plain oatmeal. The key to keeping them fresh and in one piece is to carry them in a reusable plastic container such as Rubbermaid or Tupperware.

INGREDIENTS:

| ¾ cup vegetable shortening | 3 cups quick oats | chopped Pineapple, ¼ cup |
| 1 cup packed brown sugar    | 1 cup all-purpose flour | chopped golden raisins, ¼ cup |
| ½ cup granulated sugar      | 1 teaspoon salt      | chopped cranberry         |
| 2 eggs                      | ½ teaspoon baking soda | ½ teaspoon cinnamon       |
| 1/8 cup water               | 1 cup dried fruit (¼ cup | ¼ teaspoon nutmeg         |
| 1 teaspoon vanilla          | chopped apricots, ¼ cup | 1/8 teaspoon cloves       |

Preheat oven to 350 degrees. Generously grease a 9x13 baking pan with solid shortening. Combine shortening, brown sugar, granulated sugar, egg, water and vanilla with hand mixer on low speed until creamy. Add the flour, salt, baking soda, spices and mix well by hand until well combined. Add oats and dried fruit and stir well again. Press into prepared pan and bake until lightly browned around the edges and a toothpick inserted into the middle of the pan comes out clean (approximately 20-25 minutes). Do not overcook or the bars will be dry. Cool completely before cutting into bars.

Denise Spoor is an AMC New Hampshire member and when she’s not out on the trails or in the kitchen, she’s AMC’s Group Sales Account Manager, based at Pinkham Notch.

Why the name Sandpiper Artisans?

As a child, we would vacation for two weeks at Salisbury Beach, MA and later at Wells Beach in Maine. I so clearly remember my mother on the beach at dusk watching the sandpipers scurry down the beach, saying “Look, look, look!” So the name of my business pays homage to my mum and dad, who I lost in 2002 and 1992 respectively, but it’s also indicative of my work style. I scurry! I do a lot of creative things, so I added “Artisans” to cover any other type of artistic work I may decide to do down the line.

What are your favorite outdoor activities?

I love swimming and roaming around with my camera in hand. I also love to walk our dog and just lay on the grass with her enjoying the warmth of the earth and the sun. My husband and I have enjoyed exploring New England and photographing our adventures. In the winter, it’s all I can do just to get through it! Although I’m originally from Maine and have lived in the northeast most of my life, I’m not a fan of snow, wind and cold. Does sitting in front of the fireplace watching the snow fall outside count as a winter outdoor activity?! Our beautiful Gracie is a Beagle / Border Terrier mix who looks remarkably like Michelle O’Donnell’s dog, Fergus!

Food you love?

My chicken vegetable soup with dumplings

We’ll have to get that recipe for a future Mountain Passages. You got it.

Food you hate?

Mushrooms.

Volunteer work you want to do in retirement?

Cuddle at-risk babies at hospitals.

Children? Significant other?

My husband Steve is a wonderful man. Son Nick is 29 and is an engineer in San Francisco. Daughter Sally is a loan officer for Wells Fargo in Minneapolis.

Our beautiful Gracie is a Beagle / Border Terrier mix who looks remarkably like Michelle O’Donnell’s dog, Fergus!

Something no one knows about you?

I designed the bulk of Ron Paul’s print mailers and brochures during his 2008 primary campaign for the Presidency, and was a model for WomanBiker.com back in the late 1990s.

Susan can be reached at Susan@SandpiperArtisans.com or visit www.SandpiperArtisans.com to view her online portfolio. You can also find her on Facebook at www.facebook.com/SandpiperArtisans
FOLLOW YOUR PASSION
BUILD YOUR CAREER

- MBA in Sustainability
- Conservation biology
- Sustainable development & climate change
- Resource management & conservation
- Advocacy
- Environmental education
- Science teacher certification
- PhD in environmental studies

Inquire today about our graduate programs and our Professional Science Master's options. Inquire now for a fall start.

www.antiochne.edu  
800.552.8380  
40 Avon Street, Keene, NH 03431