The NH Chapter Annual Spring Workshop
April 25-27, 2008 at Cardigan Lodge

The ground may be covered with ice and snow right now, but you can warm yourself up with some thoughts of spring hiking! But wait a minute... are you prepared? You’ll be able to hit the trails this spring with confidence after you’ve attended the New Hampshire Chapter’s Annual Spring Hiking Safety Workshop at Cardigan Lodge in Alexandria, NH. This workshop is designed to offer instruction in safe mountain travel, introduce beginners to three season hiking skills, and intermediates to advanced hiking and leadership skills.

√ Learn how that compass you’ve been carrying really works.
√ Find out what to put in your pack so you’ll be prepared for almost anything.
√ Get the knowledge you’ll need to take your hiking to the next level.

Among the seven available classes, most every aspect of 3-season backcountry travel is covered. Your time will be divided between your individual group and activities for the entire workshop. Plan to spend extensive time outdoors. And when you’re not learning, there is plenty of great food to fuel you back up! And at the end of the day, bunk room style accommodations sleep 4-6 people per room. All of that is included in the price of the many workshops offered by AMC-NH for important information and skills to help you safely enjoy the outdoors.

Note from the Chair
Paul Berry

My first two Notes from the Chair have centered on what was happening in the AMC-NH Chapter. This Note from the Chair will continue that theme. I have taken this focus because I believe that if our members participate in our activities, they will form a stronger bond with the AMC. The AMC will also become stronger as a result. I believe that the more activities we have, the more bonds will be created. To that end, I have encouraged the formation of the new Temporary Committee for Skiing and am in the process of helping to create a Temporary Committee for Walks and Short Hikes. If you, our membership, embrace these, they will become permanent committees.

New committees are great to have, but let’s not forget that we have many fine permanent committees that have existed for many years.

The Conservation Committee provides opportunities for AMC members to become more informed about the environment and work for the health of our natural resources. Activities include: outdoor experiential and informative activities for youth and adults and hikes with naturalists.

The Excursions Committee provides hiking-related activities and training. We’ll take you to the tallest peaks of the Presidential Range and to the smaller ones, like Willard and Major.

April Dinner Meeting

Former AMC-NH Chapter Chair, Sam Jamke, will speak on “Trekking New Zealand’s Great Walks” at our April 5 dinner program at the Cat ’n’ Fiddle restaurant in Concord. See the last issue of Mountain Passages for details and a registration form or get information online at http://www.amc-nh.org/dinnermeet.html. Deadline to register is March 29—please come!
Who's Who in New Hampshire

Chapter Chair  
Paul Berry  603-423-1192

Vice Chair  
Eric Savage  603-772-6259

Treasurer  
Mitch Manseau  603-236-0619

Secretary  
David Ross  603-224-6786

Conservation  
Bob Harrington  603-524-1464
Mary Harrington  603-524-1464

Education  
Scott Maxner  603-398-3779

Excursions  
Wes Tucker  603-529-1181

Hospitality  
Kathy Ratcliffe  603-456-3708

Membership  
Bob Humphrey  603-456-3708
Kathy Ratcliffe  603-456-3708

Mountaineering  
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Renée Robertie  603-566-8270

Paddling  
Karen Klawiter  603-623-5350
Julia Steed-Mawson  603-635-2270

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Ron Janowitz  603-625-9848
Louise Provan  978-821-3775

Trails  
Bill Darcy  603-224-0709
Tim Doucette  603-332-6722

WebMaster  
Dean Tuininga  603-623-5350
Kim Rexford  603-497-2500
Karen Klawiter  603-623-5350

Young Members  
Ross Garofalo  603-644-4550
Mary Schmidt  603-880-1875

Past Chapter Chair  
Sam (Ruth) Jamke  603-472-2536

Regional Dir. NH/ME  
John Dolloff  207-415-6702

Over 55  
Nancy Seavey  603-586-7727
Linda Holton  603-433-4909

Family Group  
Mark Goodearl  603-707-7311
Michelle Goodearl  603-279-6464

AMC-NH Chapter Website  www.amc-nh.org

Address changes and membership renewals  
Contact AMC Member Services  
5 Joy Street, Boston, MA 02108  
617-523-0636 Ext 0 or www.outdoors.org/membership

Have Mountain Passages Delivered to Your Inbox

Receive Mountain Passages via email!

E-delivery saves the NH-AMC Chapter printing and postage costs and helps the environment, too!

Mountain Passages is distributed six times per year. 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.

Here’s what a few members have to say:

Love the color photos in the online version!

Thanks a lot for offering this option.

Let’s save a tree: please send me the electronic version of Mountain Passages.

Thanks for the offer for online delivery of Mountain Passages. I’m all for saving postage and materials.

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.
Spring Workshop Classes

workshop. The workshop fills up fast, so sign up early!

Choose one of the classes listed below. If you are not sure which class is right for you, just give us a call and ask one of our Workshop Directors to help you choose. Their contact info and how to get an application is at the end of this notice.

Basics of Outdoor Safety: Beginner & Intermediate Classes. Instruction in general mountain safety, equipment, route finding, map & compass, off trail navigation, weather, trip planning, nutrition, emergencies in the mountain environment.

Over 55 Basics of Outdoor Safety: Beginner & Intermediate Classes. Same as the regular Basics of Outdoor Safety classes, but designed for people who like to participate in less strenuous hikes at an easier pace.

Backpacking – Beginner & Intermediate Classes: Instruction in backpacking equipment, campsite selection, route finding, map & compass, weather, trip planning, cooking, and emergencies. For those who want to take their skills beyond day hiking. Plan to spend Friday & Saturday night outdoors and provide for your own backpacking equipment. Some equipment is available for loan.

Leadership and Mountain Skills: For those who have good 3-season hiking 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 AMC-NH Chapter.

This Spring Workshop is for any adult who wants to learn and have a great time! It begins at 7:30 Fri. evening and ends 4 p.m. Sun. afternoon. Cost $105 (AMC members), $115 (non-members), includes lodging, excellent meals, materials, and instruction.

For further information and an application, go to our web site (amc-nh.org) or send a business size self-addressed stamped envelope and your telephone number to the Registrar: Lynda Caine, 64 South Bow Rd., Hooksett, NH 03106. Do not send any check or money at this time; send it with your completed application. You must be 18 years or older to attend. For more information please contact Directors Rick Silverberg (603-225-5921, 7-10:30 p.m.) or Bob Humphrey (603-456-3708, 7-10 p.m.)

Workshop Mottos:

Motto #1: Have Fun!
Motto #2: See Motto #1

Membership in a Bottle
The Perfect Gift for your favorite outdoors person!

Specially designed AMC Nalgene® Bottle with Gift Card

- Single membership $50
- Family membership $75
- $10 Gift Certificate good toward AMC workshops, books, and lodging!

Call Bob at 603-456-3708.

Available to new members only
As I write this in mid-February, I am reflecting on the past six weeks of winter, because despite being retired for several years, I have had a part-time “job.”

No, you won’t see me greeting people at Wally World, or wearing an apron at a hardware depot. I’m not selling encyclopedias door to door or working for a candidate for office. Nope, my job is winter peak-bagging!

Many of the readers of this newsletter can appreciate the drive to complete a list of mountain summits. Many have hiked the 48 four-thousand footers in New Hampshire during the warmer months of the year. Some have even done them in winter.

The rules are rather strict for winter summiting, if your peak is to “count.” It matters not at all if you suffer through a white-out and two feet of snow on Franconia Ridge in October. No, if you wish to check off a peak on a winter list, your trip must take place between the winter solstice and the spring equinox with no starts or finishes outside those times. That gives you 91 or 92 days for winter hiking.

This past December, to celebrate the shortest day of the year, seven of us did a 20 mile, 12 hour hike to a totally obscure peak an hour north of Pittsburg, NH, starting at first light on the 22nd of December, the first full day of winter.

Why do such a thing? Well, the easy answer is that we’re all crazy. Of course we are. Eating gorp and frozen peanut butter sandwiches all day while stopping only for bio breaks and equipment problems, to a peak with no views, reaching the car two hours after sunset with temperatures in the teens—no sane person would do this!

And this and other peaks that I’ve hiked this winter are often untracked. No trails to follow, no comforting blazes to reassure you that you’re going where someone has been before, telling you that you’re not heading into the bottom or top of a cliff, or an impenetrable thicket of spruce, or a blow-down field where 30-foot fallen trees are jumbled up like pick-up sticks.

Yes, there is a lot of craziness about this job. On one hike I looked at the eight people around me and all of us had blood on our faces, from running into various parts of coniferous vegetation on a very nasty peak.

You have figured out by now that all these mountains are on a “list”—a list that most people have never heard about, and which fewer care about. That’s part of the attraction, of course: to accomplish a feat that others haven’t, to be able to swap stories and lies with like-minded fools.

That, and the sense of accomplishment that comes from being able to plan, navigate, make sense of the terrain, deal with adverse environmental conditions—all those stressors that anyone faces on the shortest of excursions, multiplied and compounded by the isolation and necessity for self-reliance.

The fresh moose sign I’ve seen, sometimes even the animal itself; the sublime Alpenglow as the rising sun picks out peaks in rosy hues; the crunch-crunch of snowshoes; glissading down a slope through the trees; finding the canister at the summit and reading the names of people who’ve been there before—this is why I do it, and the reason for my obsession with winter peak-bagging.

Some winter I’ll finish with this list and move on to another. I may even decide to take a weekend off and not hike. It will be like—retirement!

Happy trails! Happy bushwhacking!

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**Stay Warm This Winter with an AMC-NH Chapter Fleece**

- Full zip jackets: $45
- Pullovers (half zip): $40
- Vests: $35

Shipping is $6.50. Payment by check or money order only.

All are dark green 200 weight polar fleece with an embroidered AMC-NH logo.

Contact Mary Harrington, at 603-524-1464 (before 9 p.m.) or email thndrbrd@worldpath.net for more information or to order.
Chapter Activity Day
May 3

This will be a fantastic opportunity to sample activities offered by all the NH Chapter committees in one location! Take a hike, paddle a canoe or kayak. Learn how to navigate with a map and compass or try many other exciting outdoor oriented activities led by some of the most experienced leaders in the AMC!

You’re also encouraged to stay overnight Friday and/or Saturday night at the Cardigan Lodge in Alexandria, NH—an excellent opportunity to meet many other AMC members with the same outdoor interests as you. To make arrangements for your stay please call the registrations office at 603-466-2727. All arrangements for a stay at Cardigan are your responsibility. You may also be responsible for your own meals if there are fewer than 25 people staying at the lodge.

So look over the activity descriptions and times, select those you’d like to do most, and get the enrollment form in the mail to reserve your slots and send them to: Bob Humphrey, Chapter Activity Day, 19 Gould Rd, Warner, NH 03278.

CHAPTER ACTIVITY DAY ENROLLMENT FORM
May 3, 2008  AMC Cardigan Lodge
(One Form Per Person)

NAME_____________________________________  TEL_________________
ADDRESS_______________________________________________________
_______________________________________________________________
EMAIL_________________________________________________________

Activities:
List the letter, number and section (if there is more than one section for that activity) for each activity you’d like to participate in (e.g. C1 Sect. 1). Ensure activity times do NOT conflict.

________________________________________  ______________________

Lodging:
For participants who would like to make a weekend of it, or stay for one night—either Friday, May 2 or Saturday, May 3, or both—arrangements can be made by calling 603-466-2727. Participants are responsible for making their own arrangements with the reservations department at the number listed above. If there are more than 25 people staying at the lodge breakfast and dinner will be provided but participants should be prepared to make their own arrangements for meals as there is no guarantee that 25 or more people will be staying at the lodge. Cardigan is located in a beautiful area with many hiking trails, camp sites, and is close to Newfound Lake. It’s a wonderful place to stay and relax for a weekend and on chapter activity day you have the added bonus of being able to sample many of the activities the NH Chapter offers, and maybe even learn something.

Mail to:
Bob Humphrey, Chapter Activity Day, 19 Gould Rd, Warner, NH 03278

Activities

H1 Hike, slow pace, 1-3 miles:
This hike has small ups and downs through a beautiful forest. It is geared for those of us who get out walking once in a while, but haven’t hiked in years, or maybe never hiked. Be sure to bring a waterproof jacket and wear good walking shoes or hiking boots.

H2 Hike, slow pace, 2-4 miles:
This hike has a bit more elevation gain. If you walk a couple of times a week or do other moderate hikes or exercise, this hike may be best suited for you. Be sure to bring water, trail snacks, and a waterproof jacket. Wear good walking shoes or hiking boots.

continued on next page
Chapter Activity Day Workshops, continued from page 5

**H3 Hike, moderate pace, 3-5 miles:** We’ll take this hike at a faster pace, still giving you enough time to check out the spring flowers that will be popping up along the path. If you are used to walking three or more miles or are engaged in more strenuous activity this hike is probably more your speed. Be sure to bring water and trail snacks. For this hike, you’ll want a good pair of hiking boots, and a waterproof jacket.

**H4 Summit hike, moderate pace:** This hike will take us to the summit of Mt. Cardigan, where there are terrific views. If you jog, cycle, or are used to hiking in the mountains, you’ll enjoy this hike. Be sure to bring plenty of water, snacks and wear a good pair of hiking boots. The weather at the summit may be quite cool, so bring warm clothing and a rain jacket in your backpack.

**P1 Kayak & Canoe Demo:** Excellent opportunity to check out a variety of different boats and equipment before you invest in paddling gear. A number of different styles of paddling will be represented to include whitewater, flat-water, and excursion.

**P2 Flat Water Paddle:** Join us for an introductory session at Newfound Lake. This session is suitable for both beginners and those with some experience. Bring your own boat and personal floatation device (PFD) or try one of ours. You’ll need to dress in layers, wear comfortable footwear you don’t mind getting wet. Bring a bottle of water, some snacks, and a change of clothes – just in case.

**P3 Whitewater Paddle:** For those with paddling experience who think they might enjoy the challenge of white-water. You’re welcome to bring your own boat and PDF or try ours. Bring a water bottle, snacks, comfortable footwear you don’t mind getting wet, and a waterproof jacket or wetsuit top.

**L1 Map & Compass Instruction:** Learn the basics of off-trail navigation through an introduction to map reading, terrain association, and directional control using a compass. Geared towards beginners or those with just a little prior experience. You’ll need a Silva-type compass and pencil.

**L2 Land Navigation Workshop:** Off-trail wilderness travel exercise in a small group with an experienced instructor. Some prior map and compass training or experience helpful, or practice what you learned during the morning session of map and compass instruction. You’ll need a compass, hiking clothes and boots, safety glasses or some form of eye protection, a small backpack with rain gear, water and snacks if you desire.

**E1 Wilderness First Aid:** Do you know how to handle an emergency in the back country? Join us for this introduction to first aid in the wilderness where we’ll cover how to manage an emergency scene, treat a few of the most common hiking injuries and when and how to request and coordinate assistance.

**C1 Conservation/Nature Walk:** Learn about local plants and animals and how to protect their habitat during a short, slow-paced walk in the vicinity of Cardigan Lodge. Wear good hiking shoes or boots and bring a waterproof jacket.

**C2 Conservation/Nature Walk:** Observe a wider variety of plants and animals and discuss low-impact practices while enjoying a longer, more strenuous mountain hike up toward the summit of Mt. Cardigan. Bring snacks, water, some warm clothing, and a rain jacket in a small backpack.

**N1 Nature Photography:** Learn the basics of capturing the best nature has to offer with your camera. Participants will need their own camera, suitable hiking attire, rain gear, and good hiking shoes or boots.

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<th>Activity</th>
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<td>8:30 9:00 10:00 11:00 Lunch 1:00 2:00 3:00 4:00</td>
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<td>Registration Beverages, Snacks</td>
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<td>H1 Hike, Slow pace 1-2 miles</td>
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<td>H2 Hike, Slow pace 3 miles</td>
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<td>H3 Hike, Moderate Pace 3 miles</td>
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<td>H4 Summit Hike, Moderate Pace</td>
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<td>P1 Kayak &amp; Canoe Demonstration</td>
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<td>P2 Flat Water Paddle</td>
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<td>P3 White Water Paddle</td>
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<td>L1 Map &amp; Compass Instruction</td>
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<td>L2 Land Navigation Workshop</td>
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<td>E1 Wilderness First Aid Intro</td>
<td>Section1 Section2</td>
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<tr>
<td>C1 Conservation/Nature Walk</td>
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<td>C2 Nature Hike moderate pace</td>
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<td>T1 Trail Maintenance Demonstration</td>
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<td>T2 Trail Maintenance Project</td>
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<tr>
<td>M1 Beginner Top Rope Rock Climb</td>
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<tr>
<td>N1 Nature Photography</td>
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Shaded Area indicates time and duration of activity
(i.e. H4, Summit Hike starts at 9 a.m., lasts 6 hours ending at 4 p.m.)
**Start Training Now!**

**Wilderness Heals – Women Hiking for Women Healing**

Though it may still look and feel like winter outside, spring will be here soon and registration is officially open for the Wilderness Heals Annual Pledge Hike, July 18-20, 2008. The three-day Pledge Hike, one of New England’s most challenging all-female fundraising hikes, takes participants on the rugged trails of New Hampshire’s White Mountains.

The event will raise funds for The Elizabeth Stone House in Boston. The Stone House helps women and children, from all over the nation, rebuild their lives after experiencing mental illness, domestic violence and other forms of trauma.

Women who would like to participate in Wilderness Heals, can obtain registration materials through The Elizabeth Stone House’s Web site at www.elizabethstonehouse.org or by calling 617-427-9801 ext. 415.

Wilderness Heals 2008 offers four trail routes, including a backcountry camping option, to accommodate all skill levels. Hikers are placed in teams of four to six women and will include an experienced team leader. Three out of the four routes offer hikers overnight accommodations in AMC huts. The registration deadline is June 20.

Supporters of Wilderness Heals include the Appalachian Mountain Club.

To learn more information about Wilderness Heals, visit www.elizabethstonehouse.org or call (617) 427-9801 ext. 415.

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**New Activities & Teen Program at Family Adventure Camps**

AMC Family Adventure Camps are a great way to spend quality time with your family this summer. Visit the White Mountains, the Lakes Region, or Maine’s North Woods for a week of mountain hospitality and terrific activities tailored for each location and created especially for families with kids ages 5 to 16.

AMC’s expert staff will lead a full range of programs, including hiking, paddling, fly-fishing, hands-on nature studies, and much more. Camps are all-inclusive, making summer vacation planning easy. New for 2008: hut overnights, camping skills, teen camping overnight, and river rafting!

Learn more at www.outdoors.org/summerguide.

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**Stay A Week in the Maine Woods: Medawisla Wilderness Camps and Little Lyford Pond Camps**

Set in the remote beauty of the Moosehead Lake region, Medawisla Wilderness Camps and Little Lyford Pond camps offer a serene retreat for outdoor enthusiasts year-round. Plan a weeklong vacation and save up to 20%. Enjoy Nordic skiing and snowshoeing in winter, fly-fishing in spring, and summer paddling, hiking, and wildlife watching. AMC’s newest camps offer sporting camp hospitality, private cabins, a comfortable lodge, and backdoor access to some of the region’s most remarkable natural treasures.

Visit www.outdoors.org/summerguide for details.
Greetings New Hampshire Skiers
From the New AMC-NH Chapter
Ski Committee!

I hope you’re out enjoying this great NH snow! I am writing to introduce the AMC-NH Chapter’s new ski committee. Traditionally, ski trips were offered by either the excursions committee or by the mountaineering committee. Being an active ski leader for the mountaineering committee, I was chartered to coordinate ski trips for the mountaineering committee. It was then suggested that I approach the AMC-NH Executive Committee (ExComm) to ask to form a ski committee. So in November, 2007, the ExComm voted into existence a temporary ski committee. The ski committee has been chartered to promote skiing at all levels in New Hampshire and to train our trip leaders.

The ski committee has offered back country trips every weekend this season from January thru mid-April. These trips range from ski tours into Greeley Ponds and Pemigewasset ski thru to mountaineering trips into Mt. Washington’s Oakes Gulf and the Gulf of Slides. The spring classic, skiing Tuckerman’s Ravine, is also on the schedule. The committee’s instructors also support ski instruction at both the January and February NH Chapter Cardigan Winter Schools. In addition to the back-country trips, we offer lift-serve telemark instructional clinics by PSIA Nordic Downhill certified instructors. All this in our first season!

Moving into next season and beyond, we’d like to offer more groomed classical cross-country and perhaps skate skiing adventures as well as lift served downhill skiing/snowboarding events. All the while, our primary focus will continue to be to promote and offer a variety and diversity of back-country adventures.

Historically, our back-country trips have been attended by skiers using classic cross-country and telemark equipment. We now have leaders that utilize alpine touring (AT) equipment and we want to encourage not only AT skiers, but also snow boarders looking to get a back country experience.

All of the ski committee’s trips are listed in the AMC Outdoors Magazine in the New Hampshire Chapter section under “Skiing” as well as in the AMC’s online trip listings. Check out the link http://trips.outdoors.org/index.cfm then search for the New Hampshire chapter to find our ski trips.

There is a website where you can check out pictures from some of our ski trips. Check it out at http://picasaweb.google.com/SkiNHAMC/. We also have a bi-monthly email newsletter, which lists information about ski trips and outings. Contact me for more information or to sign up! For lift-served, downhill skiers and boarders, keep your eyes open for the committee’s first lift-served event during the first part of April.

If you have any questions, comments or suggestions on the kind of ski outings you’d like to see or just get more involved in the ski committee, please contact me at ski@amc-nh.org. Take care and “ski” ya out there....

Tony Schmidt
NH AMC Ski Committee Chairman
We don’t just go to the White Mountains! In southern New Hampshire we hike places like Monadnock-Sunapee Greenway, Sunapee-Ragged-Kearsarge Greenway, and Pawtuckaway State Park. Excursions also has sub-committees for Families and for those over age 55. The Family Group creates opportunities for families with children of all ages and abilities to enjoy the outdoors together. The Excursions Committee’s Over-55 Group sub-committee runs trips that appeal to those of all ages who want trips at a more leisurely pace!

The Mountaineering Committee provides Ice Climbing, Rock Climbing and other mountaineering activities and training. Activities include trips to the Whites as well as trips to indoor climbing gyms. Leaders provide for an enjoyable experience.

The AMC-NH paddling group is filled with people who know how to have fun on and off the river. Like other AMC groups, the NH AMC paddling group is for outdoor enthusiasts with an interest in paddling as well as a concern for protecting and conserving our waterways. Paddling trips for all skill levels and moods are offered nearly every weekend from early March until late October. An experienced leader and co-leader, rated according to AMC standards, guides each trip.

The Volunteer Trail Crew does everything from digging in the dirt, clipping branches and painting blazes, to moving rocks, building steps, changing and building trails. Every project is different and has work for folks with all abilities and experiences (including none). We teach you everything you need to know—and why. Come join us to learn how and why the trails in the northeast are some of the best maintained in the country, and to meet and be the people responsible for them.

The AMC-NH Young Members Committee was formed in 2002 to get people in their 20s and 30s involved in AMC activities and has since proved to be immediately popular. A list serve was created to allow easy communication among members and our Yahoo Group site allows us to share pictures, files and other information. Since then, over 400 people have joined the email list and have organized and participated in a number of trips including hikes, kayaking, indoor rock climbing, hut trips and trail work.

The Hospitality Committee, Membership Committee, and Programs Committee work together to provide Dinner Meetings periodically at venues throughout New Hampshire. The Meetings have guest speakers that address areas of interest to the club. Sam Jamke, Past Chair of NH Chapter will be the speaker for the upcoming Dinner. Membership and others are also organizing the Third Annual Chapter Activity Day in May.

Our Webmasters and Newsletter Chairs work to make this information available to you.

All of this planning takes a lot of time and experience to put together. Our success is measured by your attendance at these functions. Please join us and help make new bonds and make AMC even stronger!

(By the way, if some of these words were familiar to you, that’s great! Much of this came from our web pages www.amc-nh.org/).

Paul
Glacier Travel / Mountaineering Workshops
April 12, April 19-20
Gunstock Ski Area, Gilford, NH

These workshops are for experienced winter hiker/climbers who want to learn the skills of safe glacier travel required to climb higher than New England peaks. Each one-day workshop offers three levels of group training, progressively building upon skills (or demonstrated prior experience).

Level 1. Participants will be introduced to the mountain environment, basic knots and team roped travel, climbing moderately steep slopes, self arrest, and fundamental snow anchors.

Level 2. Demonstration and practice of running belay, working with fixed ropes, “Z” pulley rescue system, prussik slings, climbing steep snow slopes, and additional roped travel.

Level 3. Teams will be taught to safely manage steeper terrain, cover increased mechanical advantage rescue systems, and use belay/rappel techniques.

Groups will be organized based on experience level. Participants must have boots with fitted crampons, ice axe, helmet, harness, and several locking carabiners (all required).

Some equipment is available for loan. Cost is $25 per person, per day.

For more information, Contact Director, Jim Kent (603-679-2235; 7-9pm) or Co-Director Scott Maxner (603-398-3779; 7-9p.m.). Register with Scott Maxner.

AMC-NH Chapter Hut Night
June 14, 2008
Carter Notch Hut

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

We will ascend Nineteen Mile Brook Trail to the hut where we have reserved 25 bunks for Saturday night June 14. A SOCIAL HOUR will begin at 4 p.m.

COST: The cost is $85.00 and includes the social hour, Saturday night dinner, speaker, Sunday morning breakfast, tip for croo, and a wonderful bunk with blankets.

The location of Carter Notch Hut is in the middle of a unique notch that has two ponds and “The Ramparts.” Come explore this wild and scenic area.

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

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!!!
### 42nd Annual Presidential Range Hike
**July 12 - 20, 2008**

Hike over 50 miles of scenic trails in the White Mountain National Forest, including many on Appalachian Trail. Climb at least a dozen peaks over 4000 ft. including Mt. Washington. You'll experience a wide variety of hiking options each day. A STRENUOUS AND WONDERFUL GROUP HIKE!! Daily hikes are 5 to 10 miles with elevation changes of 2000 ft+.

Four leaders will guide a maximum of 21 hikers. Leaders are Tim Kennedy, Nancy Cooper, John McHugh, Doug Hunt.

Register early—the trip fills each year! Cost is $800 ($850 non-members) and includes 8 nights lodging and meals at AMC huts, gratuities, trail lunches, in-hike transportation. A $400 deposit is required with your reservation ($50 non-refundable) with the balance due April 15.

For information or an application contact Tim Kennedy, 15 Garland Drive, Pelham, NH 03076 (603-635-2517 or takhike@comcast.net).

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### Classified Ads

**One bedroom Sanibel cottage for rent.**
Great for the out-of-doors lover. Canoeing, kayaking, biking, fishing, swimming, bird watching and shelling. Call Nancy at 603-744-2163.

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**Cooks Wanted!**
Remember all the fun you had, and all the great stuff you learned, when you attended one of our Annual Winter or Spring Workshops at Cardigan Lodge? But mostly, do you remember all the great food? We are looking for cooks to help us keep up the tradition of great workshop meals by becoming our head chef for just one of our three workshop weekends each year. We don’t need the next Wolfgang Puck. Just someone who can make good wholesome and hearty fare, and lots of it! This is a volunteer position, but the benefits are many. You will have two assistants at your beck and call plus help from workshop students. Your lodging and food (of course) are free for the weekend. But mostly you’ll get the praise of a roomful of hungry hikers and skiers and the satisfaction that you are a vital part of a tradition that has been in the AMC-NH Chapter for almost 30 years. What, you say you have never been to one of our workshops? That’s OK. We won’t hold it against you. Check out the current workshop website at www.amc-nh.org to see what it’s all about. Interested? Please contact Workshop Director Rick Silverberg at 603-225-5921, 7-10:30 p.m.

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### NH-AMC Chapter Paddlers

**Spring Class II Whitewater School April 4-6**

Individual instruction in tandem canoe, solo canoe, or kayak. Learn safety, river reading, equipment, and paddling skills. Students should already have the skills to maneuver a boat on flatwater, and should be comfortable in moving water.

Fees include all instruction, all river equipment, and Saturday’s dinner. Students need only bring personal gear, lunches, and drinking water. Wetsuits and helmets are required. Cost for the school is $95 for AMC members, and $115 for non-members. Official AMC-NH Chapter Trip Leaders can take the school for only $75!

For more information or to sign up, please visit our website (www.nhamcpaddlers.org) or send an email to: schools08@nhamcpaddlers.org.

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**Tope Rope Set-up Clinic**

**Sat., May 10 at a southern NH cliff**

Broaden your climbing horizons. Learn to construct safe, basic anchors plus a variety of state-of-art set-ups for special situations. For intermediate climbers desiring to move toward personal independence. Taught by certified AMGA instructor. Cost $25. To register, call Jed Eliades (643-4556 before 8 p.m.).
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--- 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 with the AMC in Boston via the phone number or website noted above.

Mountain Leadership School 2008

The 2008 Mountain Leadership School schedule is now available online at www.outdoors.org/leadership. Now in its 50th year, MLS is a five-day wilderness leadership training program designed to help you lead groups with minimal impact in the backcountry. It’s perfect for new or experienced trip leaders looking to improve their skills.

Participants will discover and develop their own leadership style and learn new techniques such as Trip Planning, Map and Compass, Time Management, Group Dynamics, Leave No Trace, and Accident Scene Management. Scholarships are available for chapter trip leaders.