Willem Lange Headlines AMC-NH April Dinner

SUNDAY, APRIL 21 • MAKRI'S LOBSTER & STEAK HOUSE, CONCORD, NH

Please join us to hear Willem Lange give a presentation called: “The Geriatric Adventure Society on the Rae River: the photos of wildlife, fish, birds, and rapids we encountered on our most recent canoe trip on the Arctic coast of Canada.”

Willem Lange is one of the most beloved storytellers in Northern New England. He writes a weekly column, “A Yankee Notebook” which appears in several newspapers and is a commentator for Vermont Public Radio and both Vermont and New Hampshire Public Television. An Emmy Award Nominee for one of his pieces on Vermont Public Television, Will is the host of “Windows to the Wild” on New Hampshire Public Television. This is a beautifully filmed program in which he offers insights into the history, ecology and special character of some of New Hampshire’s most beautiful places.

DINNER, TO PAGE 3

Spring into Hiking

BY JENN VARNEY

Do you already have the winter blues? Thinking about hitting the trail this spring? Then join us for ‘Spring into Hiking!’ We are offering hikes of varying destination, duration and exertion to help you get back into Spring hiking. Here is a sampling of trips being offered...

HIKING, TO PAGE 4
The annual Wild NH Day continues to be popular, with over 4500 people attending last year. The event is co-sponsored by NH Fish and Game Department, the NH Department of Environmental Services and the NH Wildlife Heritage Foundation.

AMC-NH will staff one of many tables representing various outdoor groups in New Hampshire. At our table you will learn about various AMC spring/summer activities including: biking, hiking, walking, mountaineering, rock climbing and paddling. Meet some of our activity leaders and other Chapter volunteers and learn about our Young Members Group. See various pieces of equipment and learn how to find out more about our club’s activities.

Our activities are open to both AMC members and nonmembers. Information will be available on a variety of topics including: AMC Staff Activities, AMC Facilities and AMC Initiatives.

Registration is not required – open to all.

Admission is free. This festival is fun for all ages.

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.
Volunteer Spotlight: Mitch Manseau

BY WAYNE GOERTEL

Mitch Manseau, our Chapter Membership Chair, grew-up in the Connecticut Valley of Massachusetts, but first became aware of the AMC in the 1990s when living in Londonderry, NH. He had bought a copy of the 1993 White Mountain Guide while driving through Pinkham Notch, and joined AMC to see what it was all about. Mitch participated in a NH Chapter hike led by Bill Bowden to Mts. Hale and South Hale in September, 1994.

“We had beautiful Saturdays that fall,” Mitch remarked. “I kept hiking every week, oftentimes wondering when everyone would stop for the winter. The gear changed; the players didn’t stop.”

Frequent hiking on NH Chapter trips continued through the winter and thereafter. Temporarily unable to hike weekends, Mitch and Hal Rhubart started to hike Wednesdays in January, 1999, and soon attracted enough other “slack- ers” to institutionalize “the Wednesday Group.”

They started hiking all the NH four thousand footers every year. Mitch finished his only peak-bagging list in March, 2001: the New England Hundred Highest in winter. Summer trips out West eventually followed, with the Grand Canyon followed by Big Bend the past two Springs.

Mitch became NH Chapter treasurer in 2004, then Membership co-chair 2009—where he gets to share his love of the Chapter with new members. “I’m especially enthused about leading new AMC members to participate in activities they enjoy and becoming engaged in what we do,” he says. “They are key to the Chapter’s, and the Club’s, present success and future growth. Each time we meet new people on hikes, paddles, climbs, bike rides, etc., we have the chance to help them find new opportunities in the Chapter and we have new friends.”

Each month, Mitch sends out to our 200+ new members a postcard welcoming them to the Club and NH Chapter, and pointing them toward the New Members page on our website. “There, they (and you) can discover how to come play with us.” A recent area of focus for Mitch is his work with the Young Members committee on some joint recruiting initiatives. Mitch would be happy to hear your ideas, and welcomes volunteers for the chapter’s membership efforts.

After a career highlighted by his time in the Air Force, Mitch – together with Phyllis Rockwell – updated an old sheep farm in Hebron and moved there four years ago. “They love the land and work hard and lovingly on it. “I am a New Hampshire outdoorsman in many ways,” says Mitch, aptly summarizing his passion and commitment to the Granite State.

DINNER FROM PAGE 1

England’s unique natural environments and hidden treasures.

In 1973, Will founded the Geriatric Adventure Society, a group of outdoor enthusiasts whose members have skied the 200-mile Alaska Marathon, climbed in Alaska, the Andes, the Himalayas and paddled rivers north of the Arctic Circle.

This promises to be a memorable evening and we anticipate a full house. Please reserve your seat early to avoid disappointment!

See page 7 for registration form and directions.
Deadline to register is April 14.

5 pm social hour (cash bar and appetizers)
6 pm dinner followed by the program

MENU: Buffet dinner to include salad, Montreal seasoned tips, baked stuffed haddock, chicken marsala, roasted red garlic potatoes, rice pilaf, and seasonal fresh vegetable. Dessert: apple crisp with whipped cream, coffee, tea. (Vegetarian plate available only upon advance request – see registration form)

DIRECTIONS FROM ROUTE 4:
Route 4 west to Concord, through traffic rotary, right on 106 north (Sheep Davis Road).

For questions or additional information, call Patty Anderson, Hospitality Co-Chair at 603-432-4647 before 9 pm or email: hospitalitynh@amc-nh.org
AN EASY-TO-HIKE HUT

Hut Nights are one of our favorite NH Chapter traditions and we look forward to an enjoyable evening at this easy-to-hike hut. We have reserved a limited number of bunks at a special rate of $89.50 per person.

On the morning of June 9th you are welcome to join us for a group hike to the Zealand Falls hut. Upon arrival we will check in, select our bunks, and unpack our gear. Tripsters will then be free to relax around the hut, take a hike to the summit of Mount Zealand (4,260’ elev), or join us for a special photo workshop by NH trip leader and outdoor photographer Paul Hopkins!

In the evening, we will gather for a wine and cheese reception followed by a hearty dinner prepared and served by the Zealand Falls Hut Crew. After-dinner we’ll relax on the Zealand “porch” or kick-back in the hut to swap trail stories with our fellow hikers.

On the morning of June 10th, we’ll enjoy breakfast by the crew before saying goodbye and heading out for our hiking adventures. Zealand provides a great starting point for some great hikes and your options include a Bonds Traverse or a trip to Mount Hale.

ABOUT ZEALAND FALLS HUT:

Zealand Falls Hut is perched at the edge of the Pemigewasset Wilderness and borders the magical White-wall Brook, whose cascading waters fill chutes and pools.

The hut is most commonly reached by the Zealand Trail, a relatively short and easy hike of 2.8 miles and 650’ elevation gain with hardwoods, conifers, beaver ponds, and streams. It is not unusual to spot a moose on the way to the hut!

The hut was built in 1931 by a team led by Joe Dodge and was an early adopter of alternative energy sources. A U.S. Department of Energy grant funded the installation of a one kilowatt hydroelectric system in 1980-1981. Solar and wind power have since been added, making it the hut with the greatest variety of green technologies.

HOW TO RESERVE YOUR SPACE

1. Call the AMC Reservations Line at (603) 466-2727 (Mon-Sat, 9 am-5 pm).
2. Tell them you are with NH Chapter June 9th Hut Night (Group Number 174472).
3. You will be asked to provide contact info, food allergy, and vegetarian requests.
4. Reservations are first come, first serve and deadline to book is May 11th.


MARCH

Staying found workshop: family group

APRIL

Hedgehog Mountain
Mount Israel
Wildlife Refuge Walk: Newburyport, MA
Map and Compass Workshop

MAY

Ragged Mountain
Family Hut night at Zealand Hut
North Pack and Pack Monadnock: Family group
Plum Island Beach walk

JUNE

Washington, Monroe & Clay loop
Garfield
Hale via the Halebrook trail

This is just a sampling of the planned hikes this summer. Please check the chapter’s website for more information.

Can’t get enough of winter? Wondering what to do after ‘Spring into Hiking?’ Consider the Winter Hiking series. Registration opens in July!
Post-Hike Pizza Places

The Mountain Passenger has been looking for the perfect post-hike pizza stop. It had to be a casual place that appreciates hikers and serves great pizza. Here are few spots that fit the bill.

**MR. PIZZA** in Gorham makes pizzas to order with fresh ingredients and a choice of thin or regular crust. It is the perfect location after a hike to Moriah, the Carters or the Wildcats.

**ELVIO’S** in North Conway has a friendly staff that follows their family recipe for hand-tossed pizza. A great spot to stop after hiking Isolation, Washington or Carrigain.

Next time, the Mountain Passenger is looking for the best car camping spots in the White Mountains. Send us your suggestions to Mountain Passages editor David Phillips at shoedsp@aol.com.

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Biking New Hampshire

**BY GENE HARDING**

Welcome to spring biking with the New Hampshire Chapter of the Appalachian Mountain Club. The NH Chapter Biking Committee has planned several bike rides to open the spring biking season.

The season kicks-off with an end-to-end ride on the Nashua River Rail Trail on Saturday April 14, a distance of about 23 miles. There will also be a shorter family ride on the same trail (children 7-14 with a parent) on the same day. Then on April 16 (Patriots Day) we will ride the Minute-Man Trail from Bedford MA to Arlington MA and back.

The Biking Committee will hold Bike Ride Leader training at Cardigan Lodge on Saturday May 12, followed by a 25 mile bike ride on the Northern Trail with a shorter family ride on the same trail, (children 7-14 with a parent). On May 26 there will be a 25 mile ride to the Plum Island Wildlife Refuge.

For more details on these rides and on ride leader training, check the NH Chapter web site, www.amc-nh.org.

If you would like to work with the committee or become a Bike Ride Leader please contact the chair of the Biking Committee Gene Harding, bikenh@amc-nh.org.
The school provides Class II whitewater instruction for flatwater and quickwater paddlers. Register to learn tandem canoe, solo canoe or solo kayak. The school teaches you the skills and proper preparation to safely paddle Class II whitewater and gives you the practice so that you are comfortable and have fun paddling.

The school sessions take place in Henniker, and on several area rivers selected according to appropriate river levels and difficulty.

During this course, you’ll learn the basic skills of river reading and maneuvering through whitewater, as well as some basic safety and rescue procedures. We’ll review and help you improve your basic paddling strokes, as well as how to perform a forward ferry, back ferry, eddy turn, peel out and other river maneuvers.

You’ll work with several instructors as they get to know you and you get to know them. Each will bring their perspective and experience to the learning environment. The instructors are passionate about whitewater paddling and are eager to show you how to thoroughly enjoy this active outdoor sport. They are very supportive and will guide you through the exercises so that you feel comfortable at all times and learn that whitewater presents many opportunities for fun, rather than being viewed as an obstacle.

The objective is for you to become comfortable in whitewater while learning the techniques of whitewater paddling. We also hope you will build new friendships and feel the sense of camaraderie of our paddling community.

The course consists of optional sessions and the main weekend session.

We recommend that students attend the Gear Talk session, usually at a pool in Nashua or Manchester. At this session we go over paddling gear to wear and have kayakers practice a wet exit. Kayak students can also demonstrate wet exits at other pool sessions. If a kayak student has not demonstrated a wet exit prior to the weekend of the school, they will be required to demonstrate one on Saturday morning April 14 (pools are much warmer!). This session provides an opportunity to ask questions and meet other students and instructors. We try to offer a choice of one of two dates.

The main sessions are held on Friday evening and all day Saturday in Henniker, and all day Sunday on a nearby river. Lectures and organization on Friday are followed by flatwater skills practice on Saturday morning and whitewater skills practice on Saturday afternoon, interspersed with lectures and demonstrations. On Sunday, we all run a nearby river with an entertaining and instructive lunch stop. Hot chocolate and goodies await us at the takeout.

Over the next three weekends Class II trips will be offered on both Saturday and Sunday. Students are encouraged to participate in these trips to practice the skills learned and get additional help from leaders.

We encourage you to join our follow-up practice courses. Join us and continue to improve your whitewater skills!

The school fee includes all instruction, boats and all river equipment for the main sessions, together with Saturday’s continental breakfast and full dinner. Students need only bring personal gear and lunches on the river. Wetsuits or drysuits and helmets are required. For the trips after the main sessions, boats with paddles and PFDs can be rented at $10/day.

The many volunteers who donate their time to offer this course hope and encourage you to thank them by regularly paddling with us and eventually contributing to our paddling activities.

For more information, or to sign up, please contact the Registrar, Karen Klawiter, at wws2012@nhamcpaddlers.org
AMC NH Chapter Dinner Program
REGISTRATION FORM
Saturday, April 21, 2012
$29 Members; $34 Non-members
We expect this to fill-up fast... register early!

Name __________________________     Ph# __________________     $ __________
Email _______________________________________________________________
Name __________________________     Ph# __________________     $ __________
Email _______________________________________________________________
Name __________________________     Ph# __________________     $ __________
Email _______________________________________________________________

Number of vegetarian meals requested ________     Total enclosed $ __________

Please send registration form and your check payable to AMC-NH Chapter to:
Patty Anderson, One Warner Hill Rd. Derry, NH 03038

All registrations must be received by Saturday, April 14.
You will not receive a confirmation.

AMC NH EXECUTIVE COMMITTEE

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AMC NH Chapter website: www.amc-nh.org
Address changes and membership renewals:
AMC Member Services
5 Joy Street, Boston MA 02108
617-523-0636 or www.outdoors.org/membercenter

Granola Chocolate Chip Cookies

1 cup all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon salt
1 stick butter, softened
3/4 cup firmly packed light brown sugar
1 large egg
1 1/2 teaspoons vanilla extract
1 1/2 cups granola
1/4 cup dried apricots, chopped
1 cup chocolate chips

Preheat oven to 350F.

In one bowl, combine flour, baking soda, baking powder, and salt and set aside.

In another bowl, cream butter and sugar until light and fluffy. Beat in egg, beating until combined well, and beat in vanilla. Add in flour mixture, granola, apricots, and choc chips.

Drop dough by rounded tablespoons 2 inches apart onto baking sheets and bake 12 to 15 minutes, or until golden brown.

Cool cookies on racks and pack for your next hike!
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