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May 10, 2014

Loosen Up Weary Winter Bones on Mount Roberts

Looking for a way to warm up for the summer hiking season? Join AMC-New Hampshire Chapter trip leaders Bill Warren and Rick Desmarais on May 10 for a 5-mile round trip hike up Mount Roberts. The hike is for beginner and seasoned hiker alike and includes 1,400 feet of elevation gain, beautiful views at open ledges and summit views of the northern White Mountains.

The leaders promise a pace that everyone can enjoy and suggest you bring lunch and a camera.

Registration is required. Call Leader Bill Warren (7-9 p.m.) at (603) 632-7777 for more information and to register.

May 18, 2014

Four Leaders, Four Peaks, One Day

The Fab 4 Female Leaders will take to the four peaks of Monroe, Franklin, Eisenhower and Pierce on May 18. Are you in? Registration is required for the 10-plus-miles trip which promises fab views all around. Contact one of the Fab 4 for more information and to register: Wijpkjen Whittier at (603) 774-5224 or wijpkjen@gmail.com; Jen Varney at jennv3@comcast.net; Barbara Audin at (978) 460-1752 or barbaudin@comcast.net; or Stacie Tate at state@continentalpaving.com.
June 7, 2014

Last Call for Zealand Falls Hut Night

Can’t Beat the Price!
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 $98.50 per person.

Jump Start Your Weekend?
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 June 6. 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.

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 7 Hut Night (Group Number 235935).
3. Let them know if you’d also like to spend the night of June 6 at Shapleigh.
4. You will be asked to provide contact info, food allergy and vegetarian requests.
5. Reservations are first-come, first-serve and deadline to book is May 16.

October 17-19, 2014 • Save the Date!

2014 Fall Gathering in Maine

AMC’s Annual Fall Gathering will be held October 17-19 in the picture-perfect Maine summer camp of Camp Wavus on Damariscotta Lake in Jefferson, Maine. This is the annual opportunity for all 12 AMC chapters, members and their families to gather for a weekend of hiking, biking, socializing, exploring the Maine coast, and having fun!

Visit http://www.amcmaine.org/fall to register or for more information or email Larry Dyer at lwdamc@maine.rr.com for more information.

Summit Sensations

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Our trips are led by experienced volunteer members, not paid professional guides.

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Mt. Baker, Mt. Shuksan, Mt. Hood, Mt. Shasta, and Mt. Sanford (Alaska)

FOR MORE INFORMATION, contact
Keith Sullivan at 603-496-6514 or hikesnbikes@earthlink.net

December 27, 2014–January 10, 2015

Adventure Travel Trip to Thailand!

Culture, coral and cooking await you during an upcoming Adventure Travel Trip to Thailand, December 27, 2014-January 10, 2015. Lots of cultural trekking and day hiking to Chiang Mai, Bangkok, Similan Islands and Doi Inthanon national parks. Visit the unique hill tribe people, elephants, cultural sites, cooking class and coral reef snorkeling. $2,950 + airfare, which is approximately $2,500. In country transportation, lodging, fees, and most meals are included. Contact Jon Christensen at jlcnpsla@netscape.net or Andrea Deaton Christensen at andrea.deaton@gmail.com or (267) 738-8048.
**UPDATE:**
The Presidential Range Hike is Full

The 48th Annual Presidential Range Hike, to be held July 12-20, 2014, is already filled up, reports John McHugh, one of the trip’s leaders. In recent years, fewer than the 21 maximum had signed up, but this year all slots were filled for the chance to hike more than 50 miles of scenic trails in White Mountain National Forest—many on the Appalachian Trail—and climbing at least a dozen 4,000+ footers including Mt. Washington. “I’m now putting people on a wait list,” McHugh said.

Visit the PRH website at amcnhpnh.org or contact McHugh at ljmcHugh@comcast.net for more information. And remember, there’s always next year.

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**Get Mom & Dad AMC Gifts!**

With Mothers’ and Fathers’ days just around the corner, you could go for the bottle of perfume and the necktie or you could get them nifty outdoors stuff.

Appalachian Mountain Club’s online store offers all sorts of cool gifts for the maternal and paternal units in your life. AMC has books on camping, backpacking, paddling, hiking and conservation. And being fashionistas, AMC also offers fabulicious clothing to wear in sun, snow, rain and mud. And no need to worry about the folks getting lost—AMC has maps and lots of them.

Visit www.outdoors.org and click on Online Store.

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**Volunteer Hikers Needed For Conservation Program (MUST LOVE BIRDS)**

Do you enjoy hiking? Are you a birder or would you like to learn more about bird identification to support a conservation effort?

Mountain Birdwatch is a long-term monitoring program for Bicknell’s Thrush and other high-elevation forest birds. Mountain Birdwatch is looking for beginner to experienced birdwatchers who are strong hikers to conduct surveys in the White and Green mountains, the Adirondacks, the Catskills and in Maine. Hike a scenic mountain trail, enjoy the sunrise, and count birds for conservation! To learn more about Mountain Birdwatch protocols, visit: vtecostudies.org/MBW/prep.html or visit vtecostudies.org/MBW/availableroutes.html for a list of available routes.

Contact Mountain Birdwatch Director Judith Scarl at jscarl@vtecostudies.org for more information about the program.

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**100 “MULES” WANTED To Assist Adaptive Athletes Up Mt. Washington’s 8 Mile Auto Road**

Join an Ascent Team by June 1st

Call ASPNC at 603-823-5232
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**Support the NH Chapter! Close-out Prices on Fleece**

It’s Always Fleece Season! Let your love for the NH AMC keep you warm!

Check-out our cozy NH Chapter fleece jackets, pullovers, and vests. All three come in 200 weight polar fleece, dark green, with the NH Chapter logo.

Quantities of some sizes are limited, so be sure and order now!

Order on line at http://amc-nh.org/store/index.php

For more information contact Rick Desmarais at 603-566-1544 (before 9 p.m.) or visit amc-nh.org/store
**AMC Paddlers**

**BY JOHN D. PILLA**

We are now enjoying the newness of spring, which arouses our sense of life and uplifts our spirits, especially in New England after this year’s unusually long, cold, and snowy winter. As you start planning to make the best of our treasured, short summer months, we encourage you to consider a midweek evening getaway from the harried workweek. Take a break and join paddlers of all levels, especially beginners, in a slow-paced recreational paddle that provides a short respite that is sure to revitalize your senses.

NH AMC Paddlers offers you one to two hours of relaxed paddling on local ponds, lakes and quiet rivers on Wednesday evenings from mid-June through late August. All are welcome. These paddles are designed and suitable for beginners with little or no experience.

No gear? No problem! You can rent a recreational kayak and equipment (PFD & paddle) for just $10 for the evening. Trips are scheduled throughout southern and south central New Hampshire and northern Massachusetts. And we bring the boats and gear to the meet location.

Many of us who have participated in this weekly retreat with nature sometimes gather afterward at a local ice cream spot to finish our summer pleasures during final sunset in good company and conversation.

So forget your troubles for a while and come to our Wednesday Evening Recreational Paddles. Enjoy what just might become the best part of your work week whether you have paddling experience or not. Soak in the pleasures of nature midweek, just once, and you’ll surely want to come back.

Visit nhampaddlers.org for more information.

John D. Pilla is Paddlers Co-Chair and Recreational Paddling Chair for AMC’s New Hampshire Chapter.

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**AMC-NH meets Meetup**

**BY DAVID ROSS**

Recently, Excursions Leader John Bergman was instrumental in setting up an AMC New Hampshire Chapter Meetup Group in an effort to broaden the Chapter’s appeal to non-AMC members and to get more people active with our hiking group.

For those unfamiliar with Meetup Groups (meetup.com), it’s a social networking portal that “allows members to find and join groups unified by a common interest,” to quote Wikipedia. It’s not limited to outdoors activities, of course. There are political, gaming, health and pet-centered Meetup groups.

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Our Meetup group is meet-up.com/Hike-with-AMC-NH. At this time it is in beta-testing mode, while Excursions Leaders conduct trials and see how it complements AMC’s Online Trip Listing (OLTL) website. One advantage is that members of the Hike-with-AMC-NH Group will receive timely emails about upcoming hikes.

Leaders will continue to post approved trips on the OLTL site, and will continue to screen applicants using criteria established by the Excursions Committee as informed by a Leader’s own personal experience. Whether an applicant learns about the trip through Meetup or through the AMC websites (outdoors.org and amc-nh.org), the screening process will be the same.

The Excursions Committee hopes that using the Meetup portal will spread the word to non-AMC members that we offer a variety of hiking trips for all abilities and skills with experienced, well-trained leaders.

David Ross is Excursions Co-chair for AMC New Hampshire.
How long did it take you to move from hiking to Hiking? When someone told me what “peak bagging” is, I was on a flower walk with NH leader Meg Moore back in the mid-’80s and we were sitting outside Lakes of the Clouds hut. Meg pointed to a nearby summit and said to the group “Mount Monroe is right there, if anyone needs it.” I asked why someone would “need” a peak and she sat me down and explained. I ran right up and climbed Monroe and added it to the list of other Fours I had climbed before knowing about “lists.”

What is your favorite New Hampshire hike? The loop up Falling Waters, over Franconia Ridge and down the Greenleaf and Old Bridle Path trails is spectacular!

And because you also represent Maine on AMC’s Board of Directors and we wouldn’t want to get you in trouble, what is your favorite Maine hike? It has to be the circuit from Chimney Pond over all the summits of Katahdin. Baxter State Park is an incredibly special place, especially in winter.

How long have you been an Adventure Travel leader? I led my first trip in 2008.

What is the hardest part about the position? Screening participants to ensure that they and the trip are a good fit, so that everyone has fun.

The easiest? Having a wonderful time with a group of like-minded AMC members.

Describe the Adventure Traveler from Hell. A loner or a speed demon who won’t stay with the group and does not seem to understand that everyone needs to pitch in to make the trip fun and safe. Someone who talks all the time can be very disruptive.

What is it about Adventure Travel that the unconverted need to know? The trips go just about everywhere, range from very inexpensive to high-end and weekend to much longer. They are always competitively priced and are great fun. They are not just about hiking and can offer almost any activity or be purely cultural.

Describe the ideal Adventure Traveler: Because of the amount of planning and record-keeping involved, you need to be a very organized person. Communication skills are vital. Participants must know what to expect and how to prepare. But you also need to be flexible. Sometimes things happen on trips that you never imagined and you need to change plans. A leader has to have a sense of humor and enjoy the group experience as much as the participants do.

Describe the ideal Adventure Traveler: Someone who enjoys being with other people, likes to share fun and tasks, has a good sense of humor and does not take him/herself too seriously. They need to be flexible. Things can change in unanticipated ways.

And now for the lightning round...favorite healthy food? Salads of all types.

Favorite “bad” food? Cheese of all types.

Favorite hike snack? I do not have a sweet tooth, so I usually carry something savory. Sometimes cheese and crackers but often just an extra sandwich. I am a carnivore.

Favorite indoor activity? Cooking (and eating) and playing games. Mah Jongg is my newest pastime.

If you could spend the day on the trail with one person, living or dead, it would be... Sir Ernest Shackleton.

Visit outdoors.org/recreation/adventure-travel for more information on AMC’s Adventure Travel program.

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In the Kitchen with AMC

A Different Kind of Coleslaw

Summer’s coming which means more outdoor cooking and eating. Here’s a great salad recipe for family and friends after a day outdoors. Our only warning…it ain’t your Momma’s coleslaw recipe.

1 pound of extra large or jumbo shrimp
A smidge of butter
Salt / Pepper
Whatever spices you have on hand
1 medium sweet onion, diced
1 bunch of scallions, diced
1 plastic container of grape tomatoes
1 red pepper, chopped
1 yellow pepper, chopped
1 orange pepper, chopped
1 packet of pre-packaged coleslaw (the one with cabbage, red cabbage, carrots)
1 small tub of crumbled blue cheese
1 packet of real bacon pieces (usually found in the salad dressing aisle)

Italian salad dressing

Melt butter in a skillet. Add salt and pepper to butter then add shrimp and sauté until pink and done. Add dry spices to shrimp to season. I use my favorites: oregano, basil, garlic powder, salt and pepper. Place shrimp in the fridge to cool. In a large bowl, add onion, scallions, tomatoes, peppers, blue cheese and bacon. Add salad mix and toss. (Do NOT use the dressing that comes with the salad mix.) Toss in shrimp. Add Italian dressing a little at a time and toss until everything is coated. Place in fridge for an hour, then serve.

— Michelle O'Donnell

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