The New Hampshire Chapter Annual Winter Workshops at Cardigan Lodge, Alexandria, NH

Workshop #1: January 11-13, 2008

Winter is just around the corner! But that doesn’t mean you have to hang up your backpack until spring. Learn how to go out and explore the NH wilds this winter safely and with confidence. Once again this winter, the AMC-NH Chapter will sponsor two training workshops. They’re designed to teach you what you need to know for safe travel in the winter mountains: what to wear, what to take, how to use it, how to get there, how to get back, and how to plan for the unplanned.

Both workshops will offer the same curriculum, except as noted. All sections include extensive time outdoors. The first one, The NH Chapter Annual Winter Workshop #1, will be held on January 11-13. The second workshop, Workshop #2, will be held on February 22-24. Both weekends of learning and fun run from Friday night until Sunday afternoon and are conducted at Cardigan Lodge. When you register, please indicate which workshop, #1 or #2, you want to attend.

A variety of instructional groups are offered that cover most every aspect winter backcountry travel and safety. The weekend is filled with instruction, field exercises, lectures, and group discussions. Your time will be divided between your individual class and activities for the entire workshop. And when you’re not learning, there is plenty of great food to fuel you back up! Choose one of the following classes. If you are not sure which class is right for you, just give us a call and ask one of our Workshop Directors. Once you’ve picked a class, just fill out an application and send it in with your payment. You can find out how to contact the directors or get an application at the end of this notice on page 11.

Note from the Chair
Paul Berry

By the time you are reading this, with your support, I will have been elected your new Chapter Chair. I write these comments in eager anticipation of that event. I want to express my appreciation for your having entrusted me with this office. Other anticipated changes in the Executive Committee will also have occurred. Eric Savage will have moved from Co-Chair of Young Members to Chapter Vice Chair. Karen Klawiter will have replaced John Jenkins as Co-Chair of Paddling. Mary Schmidt will have taken Eric’s place as Co-Chair of Young Members. Dean Tuininga will have replaced Sue Breault as Webmaster. Sam Jamke will have moved to Past Chair. On behalf of the Chapter membership, I wish to thank all outgoing members of the EXCOM for their service and to welcome the new and returning members.

For this newsletter, I would like to introduce myself and share a bit of my history with New Hampshire AMC. I have been an active member of the AMC NH Paddlers since 1984. I’ve been the Paddling Co-Chair for three different non-consecutive two-year terms: once in the 1980s, then in the 1990s and again in 2000s. That also means that I was on the NH EXCOM during those terms. When I have not been Paddling Co-Chair, I have had other elected positions within NH Paddling. (Paddling has a lot of positions.) In addition to attending AMC meetings, I was paddling,
Note from the Chair
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leading paddling trips, and teaching paddling workshops with the NH AMC Paddlers. From the 1980s to 2005 my AMC activities were solely related to NH AMC Paddlers.

During my last year as Paddling Co-Chair, Sam was looking for someone to become Vice Chair for the Chapter and I volunteered. I do not know if anyone from paddling has been Chapter Chair; if so, it has not been for a long time. To prepare myself for Chapter leadership, I decided that I should learn more about the world of NH AMC outside of paddling. I started going to other meetings (lots of other meetings) and participated in other NH AMC activities. I have always been interested in outdoor activities and I have some experience in a number of areas other than paddling.

The first hike I ever remember was with my parents in the late 1950s up to Zealand Falls. (I think we stayed at the hut.) When I went to college in the 1960s I was involved with the Outing Club doing paddling and some hiking. I became Vice President of the Outing club my senior year. During the summer breaks I would usually head to the Whites for a week of camping and vacationing with friends. We hiked Mount Washington several times. One time we went up Tuckermans and down Huntington. (I should have bought an AMC guide book first!) I continued to hike on and off with my family through the years.

My first hike with AMC was two summers ago on a trip led by Pete Mason and Roger Scholl up Mount Monadnock. We had a great time. Last year I took the Winter Hiking Workshop Series led by Bob Humphrey. (I decided I had more time to hike in the winter than in the summer.) The Series was excellent! Later in the winter I went on a NH-AMC Snowshoe trip and also took a NH-AMC Cardigan workshop on Tele-Skiing. The workshop was fantastic! Their instructors were excellent and the food was great.

Upon concluding my comments to you, I am having a moment of reflection. I wonder, “Why did I wait so long to start doing other things with the AMC?” One of my goals as your Chapter Chair is not to have you say “Why did I wait so long to start doing things with the NH-AMC?”

Paul Berry
Annual Winter Workshops
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Classes offered at the workshops are as follows:

A. Introduction to Winter Wilderness Travel: Instruction in general mountain safety, clothing, and equipment, nutrition, risk management and trip planning. Instruction includes an introduction to snowshoeing as well as map and compass. This workshop section is intended for individuals with limited experience in the New England outdoors who would like to start winter activities safely. Anticipate hiking as much as three miles at a slow pace with occasional uphill grades.

... and instruction in the field.

B. Intermediate Winter Wilderness Travel: Instruction in snowshoeing, route finding (map and compass) as well as general mountain safety, clothing and equipment, nutrition, risk management and trip planning. This workshop section is intended for individuals with extensive 3-season experience in the New England outdoors, but limited winter experience, who would like to get into more winter activities safely. Anticipate hiking/snowshoeing up to five miles at a moderate/slow pace with sustained uphill grades.

C. Advanced Winter Wilderness Travel: Instruction is offered in winter travel on steep terrain and above tree line. Subjects covered include snowshoeing on mountain terrain, use of crampons and ice axe, dressing for extreme weather conditions, off-trail navigation and risk management. This workshop section is intended for individuals with winter experience in the New England outdoors who are interested in climbing NE mountains safely. Anticipate hiking six or more miles at a moderate/fast pace with sustained steep uphill climbs and significant exposure to wind.

... and instruction in the field.

D. Introduction To Backcountry Skiing: Instruction in basic backcountry skiing techniques, including use of equipment, trail travel (safety and some map and compass), gliding, stopping and turning. Participants will spend about 3 to 4 hours at a time outside on skis. Trips will be on ungroomed backcountry trails, and vary in length from 2 to 4 miles. There won’t be any great elevation gains, but rather frequent small ups and downs. Participants will be expected to ski with their day packs containing necessary items. This class will only be offered for Workshop #1.

E. Intermediate Backcountry Skiing: Instruction in skiing technique, map and compass, general backcountry safety, clothing and equipment. Participants should be able to herringbone (to climb) and wedge to a stop, ready to learn wedge turns and possibly telemark turns. Trips will be 3 to 4 miles on fairly narrow, ungroomed backcountry trails with 500 feet elevation gain and loss. We will be outdoors 3 to 4 hours.

F. Advanced Backcountry Skiing: Instruction in free-heel skiing techniques, with an emphasis on telemark turns, and the necessary snow skills. Participants should be able to do wedge, step or basic tele turns. The majority of time will be spent outdoors with instruction on telemark turns, followed by 2 to 3 mile tours on backcountry trails. We will search for powder skiing in open trees.

G. Mountain Touring: Instruction in general backcountry safety, clothing and equipment, navigation, and trip planning. Review of ski techniques for radical backcountry terrain. Participants should be able to do wedge and parallel, or tele turns. We will tour 5 to 6 miles with an elevation gain of 2000 feet. Conditions encountered will include narrow trails, open tree skiing, bushwhacking, and some above-timberline windslab. This class will only be offered for Workshop #2.

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By the time you read this, it will be late autumn, almost winter! Time to stay indoors, snuggle by the fire, spend time on the couch with the new hi-def TV? Well, maybe not! Winter is our favorite time to hike; think of it: no humidity, no bugs, fewer people, and for some peak-bagging types, a whole new list of mountains to summit.

It’s too late to sign up for the NH Chapter Winter Hiking Series, led by Bob Humphrey and Scott Maxner, but there’s always next year, or take the Winter Workshops described in this issue. Both are fun and interesting ways to learn the ins and outs of winter hiking procedures, pitfalls and gear, and then do some hikes in cold weather.

Winter hiking is a lot about managing your gear, including your clothing, your food and water, and your contact with the terrain.

**Extremities.** Everyone is used to summer hiking boots or shoes, but when the temperature drops down below 40, it’s time to ramp up your foot gear. First, they need to be waterproof. Second, they need to be insulated. Let’s go into detail.

One of the big changes between summer and late fall/winter hiking is that the trails get wet and sloppy. Your feet will quickly get wet (and cold!) with fabric or even leather boots.

Without getting into highly expensive plastic mountain-eering boots, which you may never need, look in catalogs or gear stores [EMS, L.L. Bean, REI, All Outdoors] for rubber-bottomed, leather-topped boots with a lug sole. Some types, called “Pacs” or “Sorels” have removable felt liners, but these tend to be fairly clunky. Other types don’t have the removable liner, but are closer-fitting and nearly as warm. Look for a boot that comes well above the ankle with sturdy laces, and is rated to at least 20 below zero.

Now, about your hands and fingers. If you have ever been outside even in moderately cold temperatures without finger protection, you know that pretty soon your hands turn into useless clubs, unable to manipulate shoe laces, snowshoe bindings, sandwich bags or anything else. We know that a number of people can get by wearing gloves, but most people need mittens when the temps really drop. One option is to wear very lightweight polypro gloves under heavy GORE-TEX®/synthetic fill mitts; that way, your hands are never fully exposed to the cold.

Many people buy chemical hand and toe warmers; remember to deploy these before your extremities turn into ice cubes, and, if you have warmers dated more than a year or so previous, replace them with fresh stock.

**Head and Core.** A common concern voiced by novice winter hikers is a fear of being too cold. Once you’ve done some cold-weather hiking, you’ll realize that being too warm is more of a problem. Moving across winter terrain takes a huge amount of energy, and absent a cold wind, many people will layer right down to a long-sleeved polypro shirt, polypro tights or wind-proof pants, gloves and headgear. Do not wear cotton clothing.

The moral of the story: have many layers available to meet changing conditions. In the parking lot—always the coldest part of the hike—you’ll likely have several layers on while you gear up and wait for others. Once on the trail for 15 or 20 minutes, the group will stop to “layer down”—shed a layer of clothes to prevent heat buildup. It’s important to not get all sweaty in the winter, because even synthetic-fiber clothing will feel cold when you stop hiking for a break.

We like to wear polypro long tops and bottoms, and either nylon shorts, or, in colder weather, GORE-TEX bib pants. From there, on top, we may have a fleece vest and a GORE-TEX hooded “hard shell” jacket which serves for both wind and wet. We carry a compact down jacket in the pack in case it’s needed during a stop, or for emergencies.

A discussion of “soft shell” vs. “hard shell” clothing is beyond the scope of this article. There is much opinion on both sides.

**Terrain Interface.** This is a fancy way of saying “what do you wear on your boots to stay right-side up?” The so-called “shoulder” seasons—mid-October through mid-December, and mid-March through April and into May—are infamous for icy conditions in the White Mountains and elsewhere. Even lug-soled winter boots are prone to slipping and sliding in these conditions.

We’re not talking about hard and high-angle ice, which requires full crampons, but rather the thin stuff, often black, that sneaks onto rocks, roots, water bars and other unsuspecting parts of the trail when you’re cruising along. Your traction choices boil down to three: STABILicers™, instep crampons, and YAKTRAX®.

STABILicers look like Teva sandals with sheet-metal screws in the sole and straps that fit over your boot. One size fits all, and you can easily clip them on and off. Instep crampons, as the name implies, are four- or six-pointed devices that strap onto the arch part of the boot. YAKTRAX rely on coiled metal springs mounted on an elastic band to provide grip. Each device has its advocates and detractors.

**Alimentation.** Winter hiking places a premium on efficiency. The more time you spend searching through your pack for clothing, the more likely you are to get cold. If you rely on stopping for an unhurried snack or lunch, you will get cold, or, more likely, you will go unfed, and subsequently get cold because you haven’t “fueled the furnace” to keep your metabolism up.

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When Wayne Rodrigues and Janis Doubleday set out on their day hike to the summit of Mt. Adams on a frosty January morning, they did not expect they would be spending most of the night hunkered down in a small cubbyhole way above treeline. Nor did they expect they would have to be rescued from severe weather conditions that sent temperatures down to 14 degrees below zero and winds gusting to 70 miles an hour. Rodrigues, a teacher of sports medicine at Springfield College and Wilderness EMT, says the experience gave him insights into the other side of the rescue operation and left both he and Doubleday highly appreciative of the team effort that carried out their mountain rescue.

Even though he is a veteran hiker, Wayne says this was his first time trekking above treeline in the White Mountains in winter. The trip was planned as a two-day, one-night hike up Lowe’s Path to Grey Knob, a cabin maintained by the Randolph Mountain Club, and from there to the summit. At 5,774 feet, Mt. Adams is the second highest peak in the White Mountains after Mt. Washington.

As Wayne and Janis began their hike, everything proceeded as planned. The morning of their ascent when they left the cabin, the day was overcast, becoming windy and cold above treeline. It was “par for the course” for mountain weather in January, Wayne says. Because there had been no caretaker at the cabin that morning, they had been unable to get a weather forecast for the day. It was a short hike, though, and Wayne expected to be back to the cabin in three to four hours.

Shortly after leaving, the pair wandered into a winter landscape, with cairns covered with snow and ice. After a while, it started to snow and the wind picked up a bit, Wayne recalls. By the time they reached the summit, the snow was coming down hard and heavy. They curtailed their summit experience to five minutes, just long enough to warm up with some hot cocoa.

Heading back down, visibility was poor and “the landscape looked totally different.” “Everything was plastered in snow,” Wayne says. All they could see was whipping snow, not much else. Even Thunderstorm Junction, the main crossroads in the area where five trails come together, was lost in the whiteout.

“I knew we needed to stay on the trail,” Wayne says. The pair worked in tandem to follow the snow-covered cairns. “Janis would stay at a cairn and I would search for the next one, then she would join me.” They did this leapfrogging drill down the trail. It was effective, but time consuming.

They finally reached Thunderstorm Junction and scraped off snow and ice from the signpost to find what they thought was the way to Lowe’s Path and Grey Knob. They couldn’t be sure, though, as the sign was hard to read and could have been blown around by the wind. A while after they started their descent, the trail got very steep. “I realized it wasn’t the trail we had come up,” Wayne says. It was now 3:30 or 4:00 and getting dark. At that point, they were undecided about what to do—continue on or backtrack?

“I just knew we didn’t want to lose daylight and lose the opportunity to find shelter,” Wayne says. But they had already lost time and it was quickly getting dark.

After a while, Wayne realized they weren’t going to make it back to Grey Knob in the dark. He knew the time had come to call for help and took out his cell phone and called 911. He was connected to New Hampshire Fish and Game and then to one of the caretakers of the Randolph Mountain Club who headed the Search and Rescue team. “Don’t worry, just hunker down and we’ll come and get you,” he was told. Wayne gave some coordinates of their position as best he could, describing the terrain and the trail they had been following. He mentioned that they were on a blue-blazed trail. “That was huge – it ruled out a lot of other trails.”

With help on the way, Wayne and Janis focused on finding shelter and getting out of the wind. They found some big rocks just off the trail and dug out snow three to four feet deep around them, making a cubbyhole. After marking their location on the trail with a hiking pole and bandana, they went back to their cubbyhole, crawled in and lay on the one pad and sleeping bag they had brought along.

Though not the most comfortable accommodations, Wayne and Janis were out of the wind and cozy enough in the one sleeping bag. Lying one on top of the other, they ate quesadillas they had brought along, and kept hydrated by drinking water and hot cocoa, making several trips out of the sleeping bag and cubbyhole to go to the bathroom. “We kept busy,” Wayne says. Using up precious cell-phone battery power, they stayed in touch with Search and Rescue and Janis’ daughter, their contact person.
Surviving a Winter Whiteout
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While they waited “I was a little nervous, a little anxious,” Wayne says, “but I wasn’t really scared. I knew we had enough supplies with us that we could probably tough it out... A lot of my background really prepared me for this situation,” he says. As a paramedic in the city of Springfield, Wayne has seen his share of emergency situations and is confident in his ability to stay calm and do what needs to be done. He is also a Wilderness EMT who has taught SOLO courses so he is trained in mountain rescue operations as well. In addition, he and Janis were well-equipped with the essentials — food, water, a sleeping bag—plus winter weather gear such as chemical heat packs for hands and feet in addition to headlamps and a cell phone.

Wayne also felt fortunate Janis was with him. “Janis was amazing, didn’t panic, didn’t start yelling at me,” he says. He and Janis, a kindergarten teacher in Maine, had been together for only a few months. He was pleased with how much she helped out, he says, using good judgment to get them safe and warm. He adds that she was the one who insisted they quickly settle into their makeshift shelter instead of trying to find something better as he was inclined to do.

After a while, though, he did get nervous when his toes started to go numb and feel “crunchy,” an early sign of frostbite. He kicked himself that he was not wearing his winter mountaineering boots, which are rated for 20 to 40 degrees below zero. To prevent frostbite, he took off his three-season boots and put chemical heat packs in his socks. Janis’ body heat also helped to keep his feet warm.

Wayne says he was worried when Janis “got very quiet for a while.” “I didn’t know where she was in terms of her level of consciousness... It was important to check in with one another and stay alert and keep a positive attitude,” he says. So they kept each other entertained. They sang songs like “Sittin’ on the Dock of the Bay,” told jokes, and made more phone calls. “Anything to keep from falling asleep which would make it a lot easier to succumb to hypothermia,” Wayne says. But the bitter cold temperatures dropping to double digits below zero and near hurricane force winds were beginning to take their toll. He remembers he started shivering and breathing fast. Knowing the dangers of severe cold, he was getting concerned about dehydration and the potential for hypothermia.

At one point, “I didn’t think they were coming and we’d have to spend the night,” he says. He knew they needed to prepare themselves mentally for a night on the mountain and he continued to stay positive. Not once did he think about giving up, he says. “I knew we had enough supplies with us that we could probably tough it out... A lot of my background really prepared me for this situation,” he says. As a paramedic in the city of Springfield, Wayne has seen his share of emergency situations and is confident in his ability to stay calm and do what needs to be done. He is also a Wilderness EMT who has taught SOLO courses so he is trained in mountain rescue operations as well. In addition, he and Janis were well-equipped with the essentials — food, water, a sleeping bag—plus winter weather gear such as chemical heat packs for hands and feet in addition to headlamps and a cell phone.

When they found Wayne and Janis, they went right to work. “They immediately put a tarp over us, which warmed us up right away.” They also provided a thermos of hot jello and had a welcome supply of dry clothing including warm mittens with chemical heat packs, a fresh shell, a down parka and new hat. He says he knew they were in good hands and was very appreciative of their efforts. “They did everything right,” he adds.

Still, it was dark, windy, cold, and still snowing. It took the group an hour and a half to hike back down to Grey Knob. “Even the rescue team had to struggle to stay on the trail,” he adds. The entire group except for one person rested up at the cabin before hiking out the next day.

Though it wasn’t the scenario he envisioned, Wayne says he feels good about the night on Mt. Adams. He and Janis were tested and together survived extremely harsh whiteout conditions. He has added confidence in his survival instincts and abilities to stay calm, make the right decisions and keep a positive attitude in the face of a potentially life-threatening situation.

Janis agrees that the experience was positive. She wrote Wayne in an e-mail: “In retrospect, I see this as a fortunate event only because we are both safe now.”

There are some things Wayne would have done differently. (See sidebar.) The experience was a reminder that even the most seasoned, best-equipped hikers can be challenged by severe mountain weather. It also gave him a deep appreciation of the rescue teams who are ready to go out in the worst of winter conditions to find lost or stranded hikers.

 Asked whether he will be planning another winter trip to the Whites anytime soon, he is quick to say yes. “There will be plenty more.” Perhaps not as challenging as the one he and Janis just survived, an adventure they will probably remember for quite a long time.
AMC-NH Chapter friends of Bernice Johnson gathered beside the pond at Cardigan Lodge on October 7 to dedicate a granite bench with a bronze plaque in Bernice’s memory.

Left to right standing: Roger Scholl, Paul Berry, Everett and Lois Henson, Janice Bremer, Bob Harrington, Jim and Phylis Johnson.
Front row: Janet Scholl, Mary Harrington, Sam Jamke.

Photos by Rick Atkinson

Bernice Johnson Memorial  Bench Dedicated

AMC-NH Chapter friends of Bernice Johnson gathered beside the pond at Cardigan Lodge on October 7 to dedicate a granite bench with a bronze plaque in Bernice’s memory.

Contest Rules: Look at the scenic photo, picture yourself there, and tell me where you are standing!

Email your guess to mgphoto@metrocast.net. One winner will be chosen and sent an actual 4x6 print! Anyone receiving an advance copy of the newsletter is not eligible to win.

There was no winner from last month’s contest.

Good luck on your next guessing adventure!!!
Happy Trails!  ~ Michelle Goodearl

PHOTO BY MICHELLE GOODEARL
Avalanche Hazard Awareness
At Pinkham Notch December 15-16

The AMC NH Chapter will again offer an avalanche hazard awareness workshop at Pinkham the weekend of December 15-16. This comprehensive introductory course will get you thinking about safe mountain travel as we kick off the winter of 2008.

The course is geared toward local winter mountain hikers and skiers, but is applicable to all mountain travelers and interested individuals. Trip leaders will learn ‘snow facts’ to share. Skiers will learn to identify safe slopes and hikers to make safe choices in the mountains.

This introductory course covers essential skills for winter mountain safe travel and includes a balance of indoor class time with outdoor hands-on experience. Learn why the snow slides, how to keep the odds in your favor, and how to handle an emergency.

Cost is $45, but does not include meals and lodging at Pinkham.

Questions?
Contact Jed Eliades before 8:30 p.m. at 603-643-4556.

Hut Night Adventures

The NH Chapter runs two hut nights each year. One is in June and one is in September. I have been organizing them since 1998. We have seen wonderful sunsets, pouring rain, beautiful alpine flowers, and many other whims of nature. One year we sat in the dark for hours watching the northern lights, better known as the aurora borealis, from Greenleaf Hut. That was really cool and something I will never forget.

Some years we have a speaker to entertain us, and sometimes we just share our own experiences. Each time we have two trip leaders (mules) who carry up two boxes of the finest wine in a box and a variety of crackers, cheese, and dips for a social hour at 4 p.m. You may be asked to carry a box of crackers or a block of cheese so leave a little room in your pack. The social hour gives everyone a chance to get to know each other and chat. Some are old friends and some are new friends but we all share a love of the mountains. Hut night also gives folks new to hiking a chance to form a network of hiking friends so they don’t have to hike alone.

This past September, hut night was at Galehead Hut. As I drove through Franconia Notch, I thought my car was dragging an anchor. It was just the high wind blowing directly at me with the rain. By the time I got to the trailhead, the rain had stopped. We offer folks the choice of hiking up to the hut with the two leaders. We met in the parking lot and set out at 9 a.m.

Several folks had stayed in the area on Friday night and told the rest of us how hard it rained over night. As we got to the first river crossing, it was clear that rock hopping was not going to happen. We had to take our boots off. The water was up to my knees and the crossings were quite an adventure. The hut was not full that night as many folks turned back at the first crossing. As each of our folks came in, they got wild cheers and a handshake from me for their adventure.

I still don’t know how Ben (a thirteen year old) got across but his Mom said he just zipped over. Ben also completed his junior naturalist book and was cheered the next morning at graduation. Sunday was a fine hiking day and most of us took full advantage of it.

The hut nights for 2008 are June 14 at Carter Notch Hut and September 13 at Greenleaf Hut. Watch for the notices and give me a call: Tim Kennedy 603-635-2517 or takhike@comcast.net.

About refunds for AMC-NH events:

When you sign up for Chapter events, please understand that once the Chapter (represented by the leader of the activity) has committed to pay for something (a dinner, a night at an AMC destination, an admission ticket to an event), we cannot provide refunds to folks who cancel after the deadline listed for the event or activity. Since we have to pay, there are no funds available for a refund.
NH hikers and climbers lost a good friend and outdoor companion with the unexpected passing of Bill Bowden. Bill succumbed to a heart attack in his Nashua home on September 29. Bill’s achievements and accomplishments were many. As so many of us know, Bill was an avid hiker. He completed the 4000’ mountains in three seasons and in winter. He hiked the NH 100 highest, the NE 100 highest, and the NH 3000s. He hiked almost every weekend and most mountains he hiked many times. He enjoyed bushwhacking his way to the summits, earning him the nickname “Bushwhack Bill.” He was an instructor in winter and spring schools and introduced many of us to joys of hiking.

Bill was also a rock climber. I think those of us who climbed with Bill will recall how much cussing he did whenever he was on the rock! Not the strongest of climbers, Bill was one of the strongest instructors. As Mountaineering Chair Jed Eliades remembers, “He was always willing to help out and he had a great sense of humor. Bill took things lightly but he was careful, very careful. He had a good balance of caring and attention to detail.”

Bill didn’t talk often about his work life and it may surprise many to learn that Bill held over 35 patents in his name in portable power product development and it was a battery designed by Bill that powered the Moon Land Rover. Recognized internationally as a leading expert in manganese dioxide, he traveled extensively to share his research. These are great achievements, for certain, but they tell only part of the story of Bill.

Bill was a kind and gentle man with a sense of humor that was often colorful. He was a giving person, always available to help, to train, to guide anyone new to hiking or rock climbing. And he never expected anything in return.

Bill loved the NH AMC Chapter. He contributed his time and energy to many chapter activities and committees. He believed in the ideals and the goals of the Chapter. He always worked toward preserving the land, while making it accessible to all.

More than that, though, Bill loved his NH Chapter friends and he had many friends. He loved being outdoors with us, taking on new adventures, living outdoor life to the fullest. And he shared the stories of his adventures with all of us. Bill was never without a story! You knew what was coming when he started with “Did I ever tell you about…” but you never knew whose name would follow – maybe Wes, John P. Sullivan (he always used John’s full name), the “Flying Frenchman” (one of his favorite stories!), and Mary Ann. At one time or another, we were all in his stories.

And he’d talk about the Bonds, Lafayette, Moosilauke; spruce traps and spruce grouse; bushwhacking and peak bagging.

What memories of Bill we have!

As winter approaches and we wipe the dust off our crampons and snowshoes, we’ll more intensely feel the loss of Bill. Winter was Bill’s favorite time to hike and many of us had the good fortune to travel the winter trails with him.

I will miss Bill. We will all miss Bill. Let us remember him with warmth, affection, and laughter, and not be gripped in sadness and sorrow. Bill would want us to continue doing what he so loved.

For me, it helps to think that Bill is on a trail somewhere in full winter gear leading a small attentive group of new winter hikers to a summit. As the group looks out at views that he knows will seal their commitment to winter hiking, I can hear him saying, “Did I ever tell you about....”

Goodbye, dear friend, and Godspeed, as you travel the path to your highest peak.

Submitted by Susan Gimilaro
AMC to Host
Audubon Christmas Bird Count
December 15
All birders and nature enthusiasts invited to take part.

The Appalachian Mountain Club calls upon all outdoors enthusiasts throughout the region to participate in the National Audubon Society’s 108-year-old winter tradition, the Annual Christmas Bird Count (CBC), on Saturday, December 15, at the AMC’s Highland Center at Crawford Notch.

The CBC provides a way to get out and have fun birding and contribute important information that will affect bird and nature conservation. The event is open to birders of all skill levels. Attendees will take part in a holiday tradition.

Participants can make a weekend of it and enjoy the hospitality, activities, and learning opportunities provided at the Highland Center. AMC has created a special lodging-and-events package for event participants.

The CBC began over a century ago when 27 conservationists in 25 localities, led by scientist and writer Frank Chapman, changed the course of ornithological history. On Christmas Day 1890, the small group posed an alternative to the “side hunt,” a Christmas Day activity in which teams competed to see who could shoot the most birds and small mammals. Instead Chapman proposed to identify, count and record all the birds they saw, founding what is now considered to be the world’s most significant citizens-based conservation effort and a more than century old institution. Now more than 2,000 individual counts will occur throughout the Americas from December 14, 2007 to January 5, 2008.

The CBC circle is 15 miles in diameter, centered on the AMC Highland Center in Crawford Notch. Within the circle are the water habitats of Saco and Ammonoosuc Lakes as well as bogs, swamps, beaver dams and rivers. The circle also includes the hardwood forests, boreal forests, and alpine areas of the Presidential Range. Unique to this area is the old growth forest near Gibbs Brook. Also within the circle are portions of the Pemigewasset and Presidential Range-Dry River Wilderness areas.

CBC participants will have the opportunity to start the day at the AMC Highland Center with a warm and hearty breakfast, spend the day in the field with friends and fellow birders, and enjoy a post-event reception, dinner and a night’s stay. CBC participants can choose to take advantage of any or all of those options.

The CBC circle contains many species of birds unique to the White Mountains. In the past Gray Jay, Boreal Chickadee, Black Backed Woodpecker, White-winged Crossbill and North Shrike have been counted. There are possibilities for Spruce Grouse and owls. This year the count could be very unique with the possibility of an increase of winter finches. Anyone who has hiked in the White Mountains recently may have noticed the lack of cones on the spruce and fir trees. This observation has also been noted by Canadian ornithologist in the boreal forest. The lack of available food throughout the mountains and boreal forests will send bird populations into New England. There is a good chance that these moving populations can turn up in early winter throughout the region. Possible species could be Pine Grosbeak, Evening Grosbeak, Pine Siskin, Crossbills, Purple Finch, and Bohemian Waxwing. Northern Owls and other raptors may also move into the area. Count organizer and retired Forest Ranger David Govatski states that the White Mountains has food available with hemlock and larch cones, also the birch trees have produced abundant catkins that may attract Redpolls.

Apart from its attraction as a social and competitive event, CBC produces valuable scientific data. Now in its 108th year the CBC is larger than ever, expanding its geographical range and accumulating information about winter distributions of various birds. It is vital in monitoring the status of resident and migratory birds’ populations across the Western Hemisphere. The data have become a crucial part of the U.S. government’s natural history monitoring database. Data submitted, for example, has helped ornithologists understand the magnitude of the effects of the West Nile Virus on regional bird populations. (Count results from past years are available at www.audubon.org/bird/cbc.)

National Audubon’s CBC director Geoff LeBaron states, “Backed with over a century of participation and collected data…the CBC has evolved into a powerful and important tool, one probably inconceivable to any of the 27 participants on the first Christmas Bird Count. With continual growing environmental pressures, it seems likely that today’s participants cannot possibly fathom the value of their efforts in the next century.”

Photos by David Govatski.
**Annual Winter Workshops**  
*continued from page 3*

**H. Leadership and Mountain Skills:** This section is for those who have mastered the basics of winter hiking. Exercises in planning, organizing, and expediting a trip with emphasis on leadership techniques and group dynamics. A review of the basics, accident scene management, medical considerations and off trail navigation. This section is also for people with potential and desire to become trip leaders for the NH Chapter Excursions Committee. NOTE: proficiency on snowshoes is a prerequisite.

**I. Introduction to Winter Backpacking:** For those who have mastered the basics of 3-season backpacking skills. Instruction (will cover as many of these topics as possible) in general winter mountain safety, snowshoeing, equipment, proper camp site selection, how to erect a tent in winter, how & what to cook, trail finding, map & compass, off trail navigation, weather, trip planning, nutrition, emergency situations. Warning: All participants must have proper winter clothing, a winter sleeping bag that has a rating of 20° below zero or lower, a winter foam pad and a winter backpacking tent. Tents will be provided if needed. This group will participate in indoor lectures and evening programs, sleeping outside Fri. & Sat. night, prepare 1 meal outdoors. **This class will only be offered for Workshop #1.**

**Getting Ready for Cold-weather Hiking**  
*continued from page 4*

Finally, if you don’t drink—and drink often—because your water is either frozen or unreachable, you will again get cold, this time from dehydration. Cold air is often dry, and it will suck moisture from your lungs just as fast as the desert air in the Grand Canyon.

When we hike in the winter we leave our bladder and tube hydration systems at home, and take wide-mouthed one-liter Nalgene® or Lexan® bottles in insulated carriers. Just before leaving home we fill the bottles with boiling water. One bottle rides on the waist belt, always ready; the other lives inside the pack, additionally insulated with clothing.

Similarly, snack food is instantly available, either in a pants pocket or on the waist belt. Talk about talent: we can walk and eat a granola bar at the same time! Winter hiking is not about fine dining...

Each winter, it takes most people a few hikes to get back into the routine of managing the gear and processes we’ve talked about in this article. It’s always a good idea to keep on hiking through the autumn, learning from more experienced hikers, and seeing what works and doesn’t work for you. The more you do it, the easier it becomes. See you on the trail!

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**J. Intermediate Winter Backpacking:** Same as Introduction to Winter Backpacking except this group will be spending more time outdoors. They will not participate in most lectures or evening program, will sleep outside both Fri. & Sat. night, prepare 2 meals outdoors. **This class will only be offered for Workshop #2.**

The workshops will begin PROMPTLY at 7:30 p.m. Friday evening and end Sunday afternoon around 4 p.m. This is a school for everyone who wants to learn and have a great time. Cost $105.00 (AMC members), $115.00 (nonmembers), includes lodging, excellent meals, materials, and instruction.

For further information and an application, go to our web site (amc-nh.org) or send **large size** (No. 10) 4.12" x 9.5" self-addressed envelope with one first class stamp with your telephone number to the Registrar: Linda Caine, 64 South Bow Rd., Hooksett, NH 03106. Please send one self-addressed envelope with a first class stamp per each applicant. Do not send any check or money at this time. If unsure of attending and need more info please contact Director Rick Silverberg (603-225-5921, 7-10:30 p.m.). **You must be 18 years or older to attend.**

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(Psst! Maybe if you leave this ad where someone can see it, you’d get a fleece for the Holidays!)

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