Try Winter, AMC Style

Lots of Activities to Banish Those Blahs

Winter doesn’t scare us. In fact, the New Hampshire Chapter of AMC welcomes winter with its cold and snow and quiet, breath-taking beauty. So get your fleece on and check out our winter offerings, starting on page 2.

November 22-24, 2013
Young Members Weekend

December 7, 2013
Free AMC NH Winter Expo

January 18, 2014
Wilderness Canoeing

January 31-February 2, 2014
NH Winter School
**November 22-24, 2013**

**Young Members Weekend**

**BY JOHN GREEN AND PETER RAVANIS**

AMC-New Hampshire's Young Members group—youngsters in the 20-ish to 40-ish age range—had a great summer. Our traditional camping weekends at Barnes Field and Osceola Vista were well-attended and good hikes and delicious potlucks were enjoyed by all. While hiking might be winding down for some with the arrival of colder weather, YM will continue to be active with monthly social events throughout New Hampshire including the Concord, Manchester and Portsmouth regions.

On the weekend of Friday Nov. 22 to Sunday, Nov. 24, 2013, Young Members head north to the Highland Center on Route 302 in Crawford Notch. Join us for a beautiful weekend in the mountains meeting old friends, making new ones, getting to know the other Young Member chapters of AMC and planning some adventures.

Sign up for one of the guided hikes led by an AMC volunteer trip leader or set out on your own day-venture. AMC hikes will be announced closer to the weekend.

The Highland Center is a full service AMC lodge, and your stay includes dinner Saturday night and breakfast Sunday morning. There is a special rate for AMC Young Members. You can also stay Friday night as well at a discounted rate.

For information email Peter Ravinis at peter.ravanis@gmail.com. Make your reservations now!

And remember, you can keep up with the goings-on of the YM group by following our Facebook page: https://www.facebook.com/groups/AMC.NH.YoungMembers/

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**December 7, 2013**

**Free AMC NH Winter Expo**

**BY PAUL AND MARIE BERRY**

Interested in learning about AMC New Hampshire’s Chapter? You are invited to our free Winter Expo in the Rotunda at NHTI in Concord on Dec. 7, 2013 from 10 a.m. to 2:30 p.m.

Learn about our various winter activities including hiking, snowshoeing, walking, cross country skiing, back country skiing, mountaineering, ice climbing and paddling. Meet some of our Trip Leaders, Young Member Group Leaders and other Chapter Volunteers. We’ll have equipment on hand and information to help you find out more about our initiatives, facilities and activities which are open to both AMC Members and non-members.

Registration is not required. Just stop in. But if you know you are coming, please register so we have an idea of how many snacks to bring at hospitalitynh@amc-nh.org. For questions or additional information, contact Paul Berry (603) 423-1192 or paulberryamcnh@aol.com.

NHTI, Concord’s Community College, is located at 31 College Drive.

**Directions to NHTI from points North or South:** I-93, Exit 15 East to I-393 to Exit 1 and follow signs.

**From Points West:** I-89 to I-93 North to Exit 15 East to I-393 to Exit 1 and follow signs.

**From Points East:** Route 4 to I-393 to Exit 1 and follow signs.

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**OUR MISSION**

The Appalachian Mountain Club is the nation’s oldest outdoor recreation and conservation organization, and promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of the Appalachian region. AMC has more than 100,000 members, 16,000 volunteers, 450 full-time and seasonal staff. The New Hampshire Chapter is the second largest of the 12 Chapters within the Club.
January 31-February 2, 2014

NH Winter School

BY RICK SILVERBERG

This workshop offers instruction in winter mountain travel to backcountry skiers and snowshoers of all levels, covering just about every aspect of winter backcountry travel. The weekend is filled with instruction, field exercises, lectures and discussions. And there will be plenty of great food to fuel you back up!

Choose from one of the following classes:

• Introduction to Winter Mountain Travel: beginner and intermediate classes. Instruction in safety equipment, route finding, map and compass, off-trail navigation, weather, trip planning, cooking and emergencies. For those who want to take their skills beyond day hiking. Plan to spend Friday and Saturday nights outdoors and provide for your own backpacking equipment.

• Backcountry Skiing: beginner, intermediate and tele classes.

• Advanced winter wilderness travel, high peaks and crampons.

• Winter backpacking: beginner and intermediate classes. Instruction in backpacking equipment, campsites, route finding, map and compass, weather, trip planning, cooking and emergencies. For those who want to take their skills beyond day hiking. Plan to spend Friday and Saturday nights outdoors and provide for your own backpacking equipment.

• Leadership and Mountain Skills: For those who have good winter hiking and/or skiing 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 AMC’s NH Chapter.

Not sure which class is right for you? Just ask Workshop Director Rick Silverberg at (603) 225-5921. You must be 18 years or older to attend.

Cost is $145 for AMC members and $165 for non-members, and includes lodging, excellent meals, materials and instruction. Workshop begins at 7:30 p.m. on Friday and ends at 4 p.m. Sunday. For more information go to www.amc-nh.org and to register, go to http://AMC registration.ccntr.org.

January 18, 2014

Wilderness Canoeing

BY TOM TODD

This day-long course is designed to help the student plan and prepare for an extended wilderness canoe trip. It will include sources of information, logistics, and scheduling a trip. There will be discussions and demonstrations of equipment, packing, food preparation and provisioning and is being taught by expedition paddlers with decades of experience wilderness paddling. Participants will be given an overview on preparing for a wilderness expedition of weeks to months in duration. The course is divided into sections on planning, equipping, clothing, logistics, provisioning, safety, ethics, weather, and trip organization. We will provide typical expedition snacks and lunch. (Note: This for canoe only, NOT for kayak expeditions.) Register early as the class has a minimum of 10 students and a maximum of 22. The cost is $10. For more information: ttoddamc@ttodd.org

RELATED WEBSITES:
Wilderness Canoe Expedition Workshop Overview
http://www.nhampaddlers.org/events_schools/wilderness_expedition_planning.php
Wilderness Expedition Curriculum
http://nhampaddlers.org/events_schools/wilderness_curriculum.php
Volunteer Spotlight

John Pilla: Paddling

John Pilla has been paddling for eight years, an AMC-NH paddler for seven years and most recently was named Co-Chair of the Paddling Committee. His goal: to make paddling fun and safe for others.

Are there any special tips for helping new paddlers?

One tip is to come out with us on a Wednesday evening. We have a recreational paddling series. It is designed and geared for folks who have little to no paddling experience. We bring the boats with PFDs and paddles to the put-in location, and for only $10, everyone can experience paddling. We offer a different location each week from Nashua to Concord. Many folks come out to our Wednesday paddles, like it, keep coming back for more, and then over the winter purchase their own boats. It’s a great way to get started and meet like-minded folks. It is also a fantastic respite from our day-to-day lives. I call it our “halfway to sunset getaway.”

How has paddling changed for you over the years?

I would say that I went from never having heard of paddling or knowing what a kayak was, to now running a very successful AMC program. For me, it changed from just enjoying getting out with my lovely wife of 27 1/2 years to helping others to experience and enjoy paddling. Paddling itself has changed with the recent proliferation of Meet-Up groups and with the addition of Stand-Up paddle boards. Also, I seem to find more and more people getting interested in paddling and the various diversities. There has always been a group of whitewater paddlers. However, I also now see more interest in sea-kayaking. That is an area I want to start getting into myself.

New Hampshire has lots of great rivers and lakes. What are some of your favorites?

There are so many, and I’m still discovering more. The Exeter River in Exeter is one of my favorites. My wife and I like it so much that I added it to our Wednesday Evening Rec series. It is quiet and isolated, with a different view around each bend. Our all-time favorite is Spoonwood Pond, only accessible from Nubanusit Lake. It is completely surrounded by mountains and so peaceful. A trip I lead about every other year is near Pillsbury State Park. It is a three-pond/lake trip with two portages, and best done in late April/early May when the water levels are higher.

Any advice for paddlers just starting out?

When my wife and I first started, we were inexperienced and knew nothing about kayaks and paddling. Paddling with the folks involved with AMC-NH was one of the best choices we made. We were a bit intimidated paddling on our own in the middle of Squam Lake, stuck in one of its infamous wind squalls with motorboat traffic all around. My advice is to try it with someone who has paddled and get with a group. I might be biased, but I think the our Wednesday evening program is one of the best means for beginners. Just ask any of them that got up the courage, came out, tried it, and now paddle regularly.

Join an AMC Adventure Travel Trip to Peru - May 31– June 13, 2014

Hike the Inca Trail
Tour Machu Picchu
See Cuzco and the Sacred Valley
Visit Lake Titicaca

Contact Leaders for details:
Ron Janowitz: Ron@Ronjanowitz.com
Robin Melavalin: Rmelavalin@rcn.com
The Must-Have Gift for the Hiker in Your Life

BY SAM JAMKE

Know someone new to New Hampshire hiking or a seasoned pro? Do we have the perfect gift idea for you: the AMC White Mountain Guide, now in its 29th edition. It is available at AMC locations and online at www.outdoors.org. Member price is about $20. This book not only contains descriptions of every trail in the Whites, but it comes with a full set of detailed maps, showing elevations and trail mileages. A must-have for safe navigation.

A fun companion book is the Passport to AMC’s High Huts in the White Mountains, which contains a history of each hut and the hut system, along with a place to get your “passport” stamped when you visit each of the eight AMC huts. Member price is about $8.

If the hiker in your life is not an AMC member, a gift membership will certainly ensure they meet a lot of fun folks to hike with. Go to http://www.outdoors.org/membership/gift/ for more information.

Welcome to the AMC NH Family
Hello, New Members!

It is with great pride that we welcome scores of new members to the New Hampshire Chapter of the Appalachian Mountain Club each month. Thanks to your membership and support, New Hampshire is the second largest AMC chapter after the Boston Chapter.

We welcome you and we want to make sure we fulfill your reason for joining us. “If you play with us, you'll stay with us,” our outgoing Membership Chair Mitch Manseau likes to say.

Our beautiful New Member card welcomes you to check out what we have to offer you on our fantastic NH Chapter website www.amc-nh.org!

What made you sign up with us in the first place? What are you passionate about outdoors? Are you into hiking, biking or paddling? Are you waiting for winter to ski and snowshoe with us? Do you want company when mountaineering? We have lots and lots of outdoor opportunities.

As our year comes to an end, a new AMC NH administration takes the reins and would love to hear from you! Each one of our committee chairs would be happy to hear your ideas.

The new Membership team, for instance, would like to offer an educational workshop for new members, advising on what to invest in to begin your enjoying the trip or activity safely. Each season has its equipment needs, but we'll start with the basics. We know equipment and outfits can be an expense. We want you to start out with what you need at a cost that is affordable.

Can't wait to see you and your equipment in the mountains, on the bike trails and in the water.

Marianne Page
membershipnh@amc-nh.org

Blueberry Mountain Trail

This photo by AMC-NH Membership Co-Chair Marianne Page is a reminder to never leave home without your camera. This is a photo of the Blueberry Mountain Trail in the Moosilauke region. It is a beautiful trail, and appropriate for most hikers.
Conservation Corner—Carbon Dioxide, the President and Poison Ivy?

BY TONY SCHMIDT

Since the last Conservation Corner column, climate change has gotten a lot of press.

In May, scientists from the National Oceanic and Atmospheric Administration at the Mauna Loa Observatory in Hawaii reported the daily average concentration of atmospheric carbon dioxide (CO₂) measured 400 parts per million (ppm). This is unprecedented as atmospheric CO₂ has never been measured that high on a daily average at the Mauna Loa Observatory, considered ground zero for atmospheric research on data collection and climate change since the 1950s.

Then, in late June, President Obama rolled out his Plan to Fight Climate Change. The President’s Climate Action Plan asserts the most significant contributor to increased atmospheric CO₂ is human activities with electrical generation and transportation being the two largest contributors to carbon pollution. The President goes on to promote “sustainable economic growth and to address the climate change challenge” by reducing carbon emissions and fostering a clean energy future.

In late July, the Pittsburgh Post-Gazette reported that while the climate may be reacting adversely to the increase in atmospheric carbon, poison ivy is actually thriving! Lewis H. Ziska, a research plant physiologist with the U.S. Department of Agriculture conducted a study on the impact of atmospheric CO₂ on the growth and toxicity of poison ivy. His laboratory and field studies demonstrated that both growth and the toxicity—or potency of the oil that makes humans itch—increases with increased CO₂ concentrations. Moreover, poison ivy’s toxicity has doubled since the 1960s and the increase in atmospheric CO₂ is to blame.

So the next time you have the misfortune to have to reach for the calamine lotion and Benadryl, consider how that “PI” got so potent!

Tony Schmidt welcomes feedback and comments at: amc.nh.conservation.corner@gmail.com

Support the NH Chapter! Buy 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!

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Plus $7.00 for Shipping & Handling.
Note: AMC Leaders get a $5.00 discount!
Order on line at http://amc-nh.org/store/index.php

For more information contact Paul Berry, 603-423 1192 (before 9 p.m.) or paulberryamcnh@aol.com.

Outdoors 101: Milkweed

Milkweed seeds, which are arranged in overlapping rows inside the follicle, have white, silky, filament-like hairs known as pappus, silk, or floss. The follicles ripen and split open, and the seeds, each carried by several dried pappi, are blown by the wind. —from Wikipedia
July 19–August 16, 2014
August Camp

Experience spectacular Mount Rainier National Park and Mount St. Helens with AMC’s August Camp from July 19 to August 16, 2014.

Come for one or two weeks, starting any Saturday. It’s a full service summer camp for grown-ups, with hikes at all levels every day! This isn’t the summer camp of your youth. It’s better! Details soon at www.augustcamp.org.

Questions? Contact Sam Jamke at (603) 472-2536 before 8 p.m. or email her at regionaldirectornh@amc-nh.org.

Winter Warm-You-Up

Nothing beats hot and hearty comfort food after a day in the cold outdoors. Here’s one of our favorites—and it’s even ideal if you are culinary-challenged:

**Snowshoe Stew**

- 2 pounds cubed stew beef
- ½ cup flour
- ½ tsp salt
- ½ tsp pepper
- 1 ½ cups beef broth
- 1 tsp Worcestershire sauce
- 1 clove garlic
- 1 bay leaf
- 1 tsp Allspice
- 4 carrots, sliced
- 3 potatoes, diced
- 2 onions, chopped
- 1 stalk celery, sliced
- 1 cup frozen peas
- 16-oz can diced tomatoes

Place meat into a slow cooker. Add flour, salt, and pepper and stir to coat. Add remaining ingredients and stir to mix well. Cover and cook low for 10-12 hours or high for 4-6 hours. Stir before serving.

Serve with the beverage of your choice and warm, crusty bread. (We would nevah, evah promote warm, crusty buttered bread or suggest that Snowshoe Stew pairs nicely with a Zinfandel.) Serves 6 to 8.

*Recipe reprinted from Mountain Passages, January-February 2012.*

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AMC NH Chapter website: [www.amc-nh.org](http://www.amc-nh.org)

Address changes and membership renewals:
AMC Member Services
5 Joy Street, Boston MA 02108
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