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 30-February 1, 2015 or February 27-March 1, 2015
41st Annual Winter Hiking, Skiing & Leadership Workshop

BY RICK SILVERBERG

Cold weather doesn’t mean you have to hang up your backpack until spring. Learn how to go out and explore the New Hampshire wilds safely and with confidence at AMC New Hampshire’s 41st Annual Winter Hiking, Skiing & Leadership Workshop at Cardigan Lodge in Alexandria. There will be two sessions: Friday, January 30 to Sunday, February 1 and Friday, February 27 to Sunday, March 1. (And don’t worry, you’ll be home in plenty of time for Super Bowl XLIX’s kickoff on Sunday, February 1.)

Both workshops will offer the same curriculum, except as noted later in this article. These training workshops are 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. All sections include extensive time outdoors. You must be 18 years or older to attend.

A variety of instructional groups are offered that cover most every aspect winter backcountry travel and safety. The weekends will be filled with instruction, field exercises, lectures and group discussions. Your time will be divided between your individual class and activities for the entire workshop. When you’re not learning, there is plenty of great food to fuel you back up!

The following classes will be offered:

- 1 A Few Questions for…Mark Heslin
- 1 41st Annual Winter Hiking, Skiing & Leadership Workshop
- 3 A Few Questions for…Mark Heslin
- 3 Wilderness Canoeing Workshop
- 3 ‘It’s Not About the Hike!’ Talk
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- 7 Small World in Utah
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- 8 Don’t Let Winter Slow Down Your Passion for Biking
- 8 Small World in Utah
- 8 Writers Wanted for ‘Mountain Passages’

BY MICHELLE O’DONNELL

Mark Heslin has been an AMC member since 1999, but his love of the outdoors goes back a ways, says Heslin, a 53-year-old systems engineer/architect at an open-source Linux company. “I grew up outside of Philadelphia and as a kid was always out exploring the local creeks, lakes, woods and getting yelled at by my mother for coming home with my Converse sneakers soaked and mud-died!” Over the years his hiking shoes have improved and good thing too as he is one of AMC New Hampshire’s Trip Leaders.

When did you start backpacking?
During my college days in western Pennsylvania in the ‘80s.

How long did it take you to move from hiking to leading? I moved to...
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 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 inclining as much as three miles at a moderate/slow pace and touring centers? We will.

Back Country Ski Touring 101:

Want to expand your skiing horizons beyond the golf courses and touring centers? We will cover how to travel efficiently on ungroomed trails over rolling terrain and how to control speed by turning and stopping on modest hills. General backcountry safety will be addressed. Expect to be outdoors playing in the snow on skis for 4+ hours each day and ski 2-4 miles. Be prepared to ski with a backpack. Participants should be comfortable skiing on groomed terrain, preferably with some off-track experience. Gear requirements include metal edged b/c or XC skis, adjustable length or XC poles and sturdy b/c or XC boots and appropriate bindings (NNN BC or sturdy 75mm).

Intermediate Snow Shoeing:

Instruction in snowshoeing, route finding (map and compass) as well as general mountain safety, clothing and equipment, nutrition, risk management & trip planning. This workshop is intended for individuals with extensive 3-season experience in the New England outdoors, but limited winter experience and 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.

Intermediate Backcountry Ski Touring:

Spent the day in the woods to improve your skills including turning, stopping, climbing, trip planning and navigation. We’ll be outdoors for about 5 hours each day skiing and learning on various terrains with your full daypack. Students are expected to already be comfortable skiing on groomed terrain and have some off-trail skiing experience. Gear requirements include full metal edged b/c skis, adjustable length poles and sturdy b/c boots and matching bindings. (Note: Participants in Back Country Ski Touring 101 and Intermediate Back Country Ski Touring sections will be evaluated for their on-snow abilities Saturday morning and will be placed in groups of similar abilities. This is done to enhance the participants’ learning experience and for the overall safety of the group.)

Backcountry Down Mountain Skiing/Riding:

Get ready to leave those crowded lift-served ski areas behind and explore the solitude of the backcountry. This is not a “learn to ski/ride” clinic but rather how to apply your front-country/lift-serve skiing and riding skills to the backcountry on down-mountain trails. Participants must be in good physical condition and be proficient skiers or riders, able to readily ski Black Diamond-rated trails at lift service areas on the gear they will be using in this workshop. Strategies for skiing on backcountry terrain in New England “Powdah” (less than optimum snow conditions) will be reviewed. Be prepared to spend 6+ hours per day outside on the snow and to ski with a pack on narrow, possibly icy, down-mountain trails. Gear requirements include metal-edged skis, split board (or snowshoes and a regular board), appropriate boots and correctly adjusted bindings and pre-fitted climbing skins are required and we expect participants to be familiar with their use. Helmets, eye protection, and knee pads are strongly recommended.

Advanced Winter Wilderness Travel:

Subjects covered include snowshoeing on mountain terrain, use of crampoms, dressing for extreme weather conditions, off-trail navigation and risk management for travel on steep terrain and above treeline. This section is intended for individuals with winter experience in the outdoors interested in climbing New England mountains safely. Anticipate hiking 6+ miles at moderate/fast pace, steep terrain, and significant exposure to wind.

Leadership and Mountain Skills:

This section is for those who have mastered the basics of

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UPCOMING EVENTS

January 9-10, 2015
Wilderness Canoeing Workshop

BY TOM TODD

The canoe was used to explore and open up the Canadian north to trade. Now, the canoe allows us to take wilderness adventures away from civilization into areas of pristine beauty.

NH AMC’s Wilderness Canoeing Workshop is designed to help the paddler 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.

It is being taught by expedition paddlers with decades of experience wilderness paddling, some of whom are legendary. Participants will be given an overview on preparing for a wilderness expedition of weeks to months in duration.

The course includes sections on planning, equipping, clothing, logistics, poling provisioning, safety, scheduling, sailing, ethics, weather, and trip organization. There will be many demonstrations of equipment and packing as well as food preparation. Students will have an opportunity to work in groups to plan one of several trips of their choosing.

This year we have expanded the workshop to include Friday night, in addition to all day Saturday based upon students’ recommendations and rave reviews. We will provide a light Friday night buffet, Saturday breakfast and 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 $25 ($35 non-members). Limited accommodations available for early birds. Visit amc-nh.org/WildernessCanoe for more information.

Tom Todd is amc-nh.org’s webmaster. Contact him for more information about the workshop.

November 15, 2014
‘It’s Not About the Hike!’ Talk

BY LU ANN LAQUERRE

“It’s Not About the Hike” will be presented by authors Nancy Sporborg and Pat Piper on Saturday, November 15 at 6:30 p.m. at Silsby Hall, Room 28, at Dartmouth College in Hanover. Admission is free. Contact Lu Ann Laquerre at hospitalitynh(at)amc-nh.org or call her at (603) 475-2481 between 6-9 p.m. for more information or to reserve a seat.

The hour-long program highlights the journey of the two 50-plus-year-old non-hikers who decided to climb the 100 highest mountains in New England. This is the story of what Sporborg and Piper found inside themselves as they hiked more than 1,600 miles to the tops of more than 244 mountains through all four seasons.

Lu Ann Laquerre is Chair of AMC-NH’s Hospitality Committee.


Paddling up Kendall River from the Coppermine River, Nunavut, Canada. August 2, 2006. © Tom Todd
Notes from the Chair

BY WAYNE GOERTEL

For several years now, the arrival of fall and winter weather has been announced to me during my attendance at our New Hampshire Chapter Young Members’ annual camping weekend near the base of Mt. Osceola. This event typically occurs the first weekend after Labor Day. Saturday’s hikes coincide with the Flags on the 48 tribute, marking the anniversary of 9/11 by flying the American flag atop all 48 four-thousand foot and higher mountains in New Hampshire. This year, nearly thirty YMs from the New Hampshire, Maine, Massachusetts and Rhode Island joined together for outdoor adventure and camaraderie.

Camping overnight in the mountains that weekend is inevitably the first time I see temperatures down near freezing. It’s still technically summer—many folks haven’t transitioned to “winter” and pack a summer sleeping bag instead of a fall- or winter-rated version. A nalgen® bottle filled with hot water can help warm up a sleeping bag, but seems to dissipate before dawn when the night is coldest. Campers are thankful in the morning for hot coffee, hot chocolate, hot oatmeal or hot anything! Spare socks from the backpack are called upon as makeshift mittens, last winter’s leftover hand-warmer find new purpose...

If you’re not hiking, you’re probably… paddling or camping.

Are you a winter hiker? Yes. George Patton once said, “I don’t measure a man’s success by how high he climbs but how high he bounces when he hits bottom.”

What made you move from hiking to leading? I was encouraged by many friends who kept saying, “Hey, you should become a trip leader, you’d be great at it.” However, I felt like I needed to do it the right way by first finishing my NH 4Ks and then completing the necessary training requirements.

Tell us about the leadership training. I did my chapter leadership training at the Cardigan Lodge Winter session in 2005 with Rick Silverberg and Dick Bailey. Later that year I completed the NH mentoring trips and attended Mountain Leadership School. Two years later I completed Adventure Travel leadership training. I co-led an AT trip to Hawaii in 2011 and have a trip to the Italian Alps planned for August 2015. The chapter training was particularly memorable. There were only three of us in the class. Every night at dinner everyone would excitedly tell us about how wonderful their hike or ski sessions were while we were still pulling twigs out of our hair from our map and compass bushwhacking sessions!

Which hike is your favorite? I’ve always been drawn to the ravines in the Northern Presi’s especially King Ravine.

Which hut is your favorite? Each hut has its own unique character, but it’s hard to beat sitting on the porches of Zealand looking at the moon and hearing the sounds of the water. I’ve had a lot of laughs and good conversations there.

My sixth grade teacher Mrs. Lawrence. She loved to tell us in her Virginia accent that we needed a good dose of “hoss” (horse) sense!

What is it about the outdoors that couch taters need to know? Just do it. It’s a never-ending learning experience. We have an amazing group of leaders within the New Hampshire chapter. All are ready, willing and able to make sure you have a fun, safe time.

What’s your favorite indoor activity? Playing guitar. After 30 years I’m still on a never-ending tone quest!

Last movie you saw and liked. “The Hundred Foot Journey.”

Complete this sentence. If I weren’t a ________, I’d be a ________. If I weren’t an engineer, I’d be a musician.
**Cooking Corner:**

**Quesadillas To Go** *(on the trail)*

**BY DENISE SPOOR**

**INGREDIENTS:**
- 4 flour tortillas
- 1 cup diced chicken (cooked)
- 1 cup shredded cheddar or Monterey jack cheese
- ½ cup onions (diced)
- ½ cup bell pepper (diced)
- 1 teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon sea salt
- 1 tablespoon water
- 2 tablespoons butter
- 1 tablespoon liquid vegetable oil

Over medium heat, melt the butter in a large skillet. Add onions, peppers, and chicken, all the spices and water. Reduce to low heat and cook for an additional 2 minutes. Transfer the chicken mixture to a bowl. Rinse the skillet with water and wipe dry. Assemble the quesadillas by sprinkling a small amount of the cheese on half of the tortilla, top with ¼ of the chicken mixture, sprinkle with more cheese and fold in half. Repeat with the remaining tortillas. Heat the skillet over medium-high heat. Add the tablespoon of vegetable oil. Place two of the folded tortillas in the skillet at a time. Cook until lightly browned, then turn over with a spatula and brown the other side. Repeat with the other two folded tortillas. Cut each quesadilla into thirds like you would pizza wedges.

On warmer days, place the quesadillas in a plastic zipper bag (and don’t forget salsa, sour cream or Greek yogurt make great toppings) and slide into the compartment with your water hydration. This will keep everything cool. In colder weather, put the quesadillas next to a handwarmer inside your pack for a nice hot lunch!

*Denise Spoor is an AMC New Hampshire member and when she’s not on the trail or in the kitchen, she’s AMC’s Group Sales Account Manager, based at Pinkham Notch.*

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**And Should You Need/Want to Work Off Those Quesadillas…**

**NOVEMBER 19, 2014 • Red Hill Hike**

On Wednesday, November 19 AMC-New Hampshire is doing the Red Hill Hike in the Lakes Region. It’s 4.8 miles with 1,600 feet of elevation gain via Eagle Cliffs and Red Hill trails above Squam Lake. The trails are mostly moderate and the view from the summit is mighty fine. The pace is relaxed. Registration is required. Contact Leader Herb Kingsbury at (207) 439-6449 (best time to call: 7-9 p.m.) or Co-Leader Carla Dow at (207) 439-9369 (best time to call: 7-9 p.m.).

**NOVEMBER 26, 2014 • Pawtuckaway North and South Mountains**

On Wednesday, November 26, 2014 Herb and Carla will be back on the trails in the Seacoast Region at Pawtuckaway North and South Mountains. It’s 6.5 miles and 1,300 feet of elevation gain through Pawtuckaway Park. You’ll also visit Devil’s Den and Boulder Field. Registration is required. Contact Leader Herb Kingsbury at (207) 439-6449 (best time to call: 7-9 p.m.) or Co-Leader Carla Dow at (207) 439-9369 (best time to call: 7-9 p.m.). Note: Thanksgiving is the next day. Hint: This hike is the perfect pre-pumpkin pie activity.

**DECEMBER 13, 2014 • Monroe-Washington via Ammonoosuc Ravine & Jewel**

Join Leader Leon Tataklian for a 9.5-mile loop at a moderate pace on Saturday, December 13, 2014 to Monroe/Washington via Ammonoosuc Ravine and Jewel. Full winter gear is required. This White Mountains hike is for experienced winter hikers only. Registration is required. Contact Leon at (603) 635-2609 (best time to call: 7-9 p.m.) or at LTOCKAT(at)aol.com for more information or to register.

[Visit amc-nh.org for more information on upcoming trips and events.](http://snebulos.mit.edu/majorexcursions/trips/1510.pdf)
**Past Events**

### Fall Hut Night Report from Lakes of the Clouds

**BY LISA PARKER**

What a great time we all had at the Fall Hut Night, staying at Lakes of the Clouds on Saturday, September 13! We went up the Ammonoosuc Ravine Trail early Saturday morning, got our bunks at the hut, had lunch then headed up to Monroe for the Flags on the 48 ceremony from noon-2 p.m. It was very windy on the summits and they actually needed to take the flag down prior to 2 p.m. because it was getting ruined. Some of us headed over to see the lakes, which was a nice little side trip.

Later in the afternoon, everyone gathered for our wine and cheese Happy Hour, prior to the hearty dinner served by the hut crew. Afterwards, many played cards, cribbage, read or just talked about the day or upcoming adventures.

After a saxophone serenade wake-up and breakfast early Sunday, the group plan to summit Washington and go down the Jewell Trail was thwarted by rime ice, cold temperatures and wind. While a few did venture to the summit or other routes out, most of our group descended slowly back down the Ammo.

Many thanks to our leaders Karen Thurston, Mark Heslin, Tim Kennedy and Bill Warren. If you have never joined us on an AMC NH chapter Hut Night, you don’t know what you are missing!

Lisa Parker, an AMC New Hampshire member since 2000, is clearly a Hut fan.

### Biking My New Hampshire

**BY DORIA HARRIS**

On a sunny summer morning five cyclists met in Peterborough for a 20-mile AMC bike ride to Harrisville and back.

Harrisville is a 19th century mill town which is known for its beautiful mill pond and brick buildings. Along the way we gradually climbed past farms with pastures revealing a magnificent view east to Pack Monadnock. In dappled shade we crossed one brook and rode alongside another up to Lake Skatutakee.

Amazingly, there was little traffic or lake activity for a beautiful summer Saturday. After we passed the lake we climbed up a short, steep hill into Harrisville. We took a break at the Harrisville General Store, a great place for lunch or a snack.

Although it’s uphill from Peterborough to Harrisville, the climb is so gradual that it’s a very doable ride for the sometime cyclist. The best part: it’s all downhill from Harrisville back to Peterborough. After coasting down gentle grades for several miles, one rider said, “I didn’t realize we went up so much.”

On the way back we rode along a stream to the McDowell Reservoir and dam for another great view. A few miles later we were back in Peterborough and agreed we should offer this ride in the future. The views and amenities definitely make it a do-over.

Come join us.

Doria Harris is co-chair of AMC New Hampshire’s Biking Committee.
Don’t Let Winter Slow Down Your Passion for Biking

BY GENE HARDING

With the arrival of fall came the signs: the leaves in full color and retreat, which meant for some of us that the end of the biking season was near. I realize that there are dedicated riders who with proper clothing do ride through the winter months. To those winter riders we wish you fair weather and clear roads.

For those of you who like me are fair weather riders, please enjoy the remaining nice weather days and know that there are things we can do during the winter months to promote future biking.

In the area where I live (southeastern New Hampshire/northeastern Massachusetts), there are at least six to eight cities and towns working to develop safe biking and hiking routes throughout their areas. While the municipalities are supporting the process, they are not always funding this development. Most of the work is being done by volunteer groups. I would ask all riders to look around the area where you live or work to see if there are opportunities to help with these volunteer groups promote biking.

Take care and ride safe.

Gene Harding is co-chair of AMC New Hampshire’s Biking Committee. Email him at Gene37h@aol.com to learn about AMC NH Chapter’s biking activities.

Small World in Utah

Members of Appalachian Mountain Club’s Adventure Travel group to Utah in September 2014 pose (above) at the Emerald Pool in Zion National Park. AT Leader Marianne Page—and Membership Chair of the AMC New Hampshire Chapter’s Executive Committee—reports that she met a couple from Lee, NH, who recognized the AMC logo on her volunteer badge. They are AMC NH members, too!

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5 Joy Street, Boston MA 02108
617-523-0636 or
www.outdoors.org/membercenter
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.

Winter Backpacking:
This section is for individuals who have mastered the basics of 3-season backpacking skills. Instruction will cover as many of the following topics as possible: winter mountain safety, snowshoeing, equipment, proper camp site selection, how to erect a tent in winter, how and what to cook, trail finding, map and compass, off trail navigation, weather, trip planning, nutrition and emergency situations. Note: 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.

Beginner Winter Backpacking will be held during the January 30-February 1 session only. The group will participate in indoor lectures and evening programs, will sleep outside Friday and Saturday night and prepare one meal outdoors.

Intermediate Winter Backpacking will be held February 27-March 1 session only. This group will be spending most of the time outdoors, will sleep outside Friday and Saturday night and prepare two meals outdoors.

WINTER, FROM PAGE 2

‘Mountain Passages’ is only the beginning...
From hiking to biking, AMC’s New Hampshire chapter has it all. Visit our website at amc-nh.org and read more about us and our many year-round events.

Writers Wanted for ‘Mountain Passages’
If you would like to write about your experience in New Hampshire’s great outdoors as an AMC-New Hampshire member for Mountain Passages, we’d love to hear from you. We don’t pay, but you will have the thrill of seeing your name in print plus the even bigger thrill of getting others to say, “I want to experience that, too!” Send your stories (150-250 words max) to newsletter(at)amc-nh.org. Deadlines are June 1, August 1, October 1, December 1, February 1 and April 1.

The workshops will begin promptly at 7:30 p.m. Friday evening and end Sunday afternoon at approximately 4 p.m. (Super Bowl kickoff is Sunday, February 1 at 6:30 p.m. ET). The cost is $150 for AMC members and $170 for nonmembers and includes lodging, meals, materials and instruction.

Not sure which class is right for you or need more information? Contact Winter Workshop Director Rick Silverberg at (603) 225-5921 from 7-10:30 p.m.

Go to our online application at AMC_registration.ccnr.org to sign up. If this is your first time using our online registration form, you must first create an account. Otherwise, login with your password.