Most of you who are reading this newsletter are members of the New Hampshire Chapter of the Appalachian Mountain Club. Many of you may know that the New Hampshire Chapter is the second largest chapter in the AMC with 14,575 members at last count. But, how many of you know what the Chapter really is and what it does?

First, the boring part. The Chapter is managed by the Executive Committee headed by four officers: our Chair, our Vice Chair, our Treasurer, and our Secretary. Frank Miller has served as our Chair in 2018 and Rick Silverberg as our Vice Chair. Wanda Rice has served as our Secretary and Kerry Landry has recently stepped up as Treasurer.

The remainder of the Executive Committee is made up of the Chairs of the various committees. Six of these committees take care of the administrative issues involved in running the Chapter. These are Membership, Programs, Communications, Website, Newsletter, and Conservation/Education.

Another seven committees focus on outdoor activities:
- Bike;
- Excursions (Hiking);
- Mountaineering (Climbing);
- Paddling;
- Skiing;
- Trails; and
- 20s & 30s.

Starting in this issue, and continuing in future issues, we will be highlighting one of these “outdoor activity” committees in each issue.

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.

Skiing, Snowshoeing & Leadership Workshops

2019 Winter School Feb 1-2 and/or Feb 23-25

BY RICK SILVERBERG

The winter outing season is coming, are you prepared?

Just because it is winter, you don’t 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 NH Chapter will sponsor two training workshops 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. The Winter School is an annual New Hampshire Chapter program that offers instruction in safe winter mountain travel to experienced 3-season hikers focusing on backcountry skiing and backcountry snowshoeing. Among the many available classes, almost every aspect of winter backcountry travel is covered. The weekend is filled with instruction, field exercises, lectures, and discussions. And, when you are not learning, there will be plenty of great food to fuel you back up!

Both workshops will offer the same curricula.
Focus On: The Mountaineering Committee

BY KATHLEEN UPTON AND BEN GREENE

The Mountaineering Committee, or as they sometimes prefer to say, the Mountaineering Group, is made up of Chapter members who enjoy technical climbing (that is, with harnesses and ropes, and all the rest of the climbing equipment) on rock faces and ice on crags and cliffs in New Hampshire, Maine and Massachusetts.

Mountaineering offers technical climbing trips throughout each season involving the use of ropes, harnesses, helmets, shoes, and ice tools. These trips require the participants to have some experience climbing to join.

Mountaineering also offers numerous workshops and clinics for new climbers, and experienced climbers who want to brush up their skills. We have spare equipment, including harnesses, helmets, crampons, ice tools, and shoes, which we can loan to participants. Our goal is to make sure that everyone who participates has the equipment and skills needed to be safe.

Mountaineering had an active and safe year in 2017-2018. The Mountaineering calendar is separated into three sections: ice climbing, glacier travel preparations and rock climbing.

Mountaineering facilitates rock and ice climbing trips to crags and cliffs in New Hampshire, Maine and Massachusetts to suit all levels of mountaineers, as well as some backcountry adventures which might include skiing and multi-day/overnight trips. Introduction to Rock Climbing, Gym to Crag, Ice and Crevasse Rescue, Top Rope Site Management, Introduction to Traditional Leading, Anchors, and Ice Climbing are some examples of workshops available.

Some of our favorite climbing opportunities are in Marlow, Franconia Notch, Sunapee, Rumney and Lincoln. Toby Burgess and Kathleen Upton facilitated a new climbers clinic at Lost Horizon off the Kancamagus in Bartlett, NH, in October with a group of participants from the AMC Fall Gathering. All climbers were first time outdoors climbers, and they enjoyed the adventure of the short, steep hike, and the views of the fall foliage from the top of the cliffs they climbed.

Fall Gathering Group at Lost Horizon. Photo credit Kathleen Upton.

Advertise Here to Reach 10,000 Environmentally Active Outdoor Enthusiasts

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For questions, or to submit ad: Advertising@amc-nh.org
Please send ads as color PDF or jpeg high-resolution files, at correct size. Ads will appear in color in on-line version and black and white in print version.

Mail check for advertising to:
Appalachian Mountain Club
C/O Ron Janowitz, 88 W Haven Rd., Manchester, NH 03104

We reserve the right to refuse ads that are not related to the mission of AMC. We do not provide proofs and accept no liability for errors beyond the cost of the ad.

Mountain Passages is published six times a year by the New Hampshire Chapter of the Appalachian Mountain Club.

Submissions. Members may submit articles or photos (hi-res jpegs) to newsletter@amc-nh.org. Articles may be edited at the discretion of the editor to meet space and style requirements. Publication is on a space-available basis. While Mountain Passages does not pay for submissions; a byline or photo credit is given. Contact Mountain Passages for reprint permission.

Advertising. The AMC NH Chapter members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking and more.

For information and the Ad Rate Sheet, send an email to newsletter@amc-nh.org.
We reserve the right to refuse any submission, photo or advertising that is not consistent with the mission of the AMC.

Address Changes. Address changes or other changes to your membership must be made through AMC Member Services at 10 City Square, Boston, MA 02129; 800-372-1758; outdoors.org/membercenter.

Please note: Member address updates cannot be handled by AMC-NH officers, committee chairs, or the newsletter editor.

Mountain Passages Online. If you’re receiving Mountain Passages through the mail, please consider signing up to get the electronic version instead. You’ll get added resources not available to print subscribers: direct links to emails, forms and online information, color photos, online registration forms.

To sign up, go to www.outdoors.org/membercenter and set your AMC-NH Chapter newsletter preference to online.

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Graphic Designer, Artist & Photographer.
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A Tuesday nights at Rumney Rocks climbing series was offered depending on the weather and the availability of leaders. This has been an ongoing introductory opportunity for several years spearheaded by Valerio Viti, Basil Huckabee and Toby Burgess. In addition, weekly indoor climbing sessions were offered at Evolution Climbing Gym in Concord when the weather did not permit outdoor rock climbing and throughout the winter months.

Although there are no glaciers in New England, we also provide training on glacier travel and safety. For example, last year we offered Introduction to Glacier Travel (April 7, 2018) and Glacier Travel & Crevasse Rescue Workshops (April 14-15, 2018) at the Gunstock Ski Area.

Bottom line, our object is to have fun doing the things we love to do! We are eager to introduce new participants to the rewards of technical climbing. Are you interested? If you have experience in technical climbing, reach out to one of our leaders and come on one of our trips. If you are new to the activity, sign up for one of our beginner level workshops. The two day workshop, Introduction to Rock Climbing, is ideal. Watch our online calendar or contact one of our leaders to learn about upcoming activities. Visit our webpage at www.amc-nh.org to learn more.

Wildlife Around Us

BY BOB McLAUGHLIN

One of the noteworthy birds of the New Hampshire summits is the aggressive, inquisitive grey colored jay. Whether it is swooping down to make off with some of our lunch or perching on an outstretched hand for the reward of a raisin or a piece of bread, this bird is a favorite of children and adults alike!

But, what is its name? The scientific name, Perisoreus canadensis, just doesn’t roll off the tongue.

However, whatever you call it, Canada Jay, Grey Jay, Camp Robber or even Whisky Jack, this bird is an entertaining and welcome sight on our summits. Just be careful with your food! The Canada Jay seems to think any unguarded morsel is fair game.

AMC NH Volunteer Leaders Toby Burgess and Valerio Viti and five others enjoy Bastille Day at Lincoln Crag.

Photo credit Valerio Viti.
BY TOM FORD, DELAWARE VALLEY CHAPTER

My wife, Maureen, got me hooked on August Camp. 2018 was her tenth straight August Camp. The process begins right after New Year’s Day each year, when registration for the next Camp opens. There is always enthusiasm about the next Camp location – a new location brings the first-timer’s eagerness, a repeat locale offers the opportunity to re-live favorite hikes, or choose new ones passed over last time.

Amazon, eBay, and Craigslist seem to be constantly open on our PCs. Starting in about February, our mail carrier regularly trudges oversized packages, bulging with hiking and camping gear, clothing, and accessories, up the long path from the mailbox to our porch. In about April, Maureen’s huge ditty bag is plopped over in a corner of the bedroom, slowly gaining bulk each week as items dedicated to August Camp arrive or are dug out of closets. Maureen has begun her annual re-stocking for August Camp.

Four years ago, I decided to join her – the excitement was contagious. I looked forward to learning what all of the fuss was about, and to meeting those people I kept hearing about between Camps. But first, I needed to learn what a solar shower was and how it worked. (Thankfully, it was much better than the big tin can with holes poked in the bottom that I initially imagined.) So, that year I got my own ditty bag and, as the mail carrier lugged even more packages up our path, filled it.

Over the next few months, we completed registration and information forms; airline schedules and prices were studied and reexamined; and our ditty bags and backpacks were crammed full.

Before we knew it, it was July. After a rushed day of travel, we found ourselves at the designated meet-up location – in a corner of the baggage claim area of the airport. There, our transportation coordinator hopefully asked if either of us were drivers, masking the disappointment that we weren’t. Eventually drivers, vans, and campers were matched for the trip out to the remote Camp location. On the way, the perfect gas-up spot had been scouted, to ensure availability of gas, lunch, and wine and beer – all the Camp necessities (not necessarily in that order).

When we arrived at Camp, a large-brimmed hat with sunglasses perched over an easy smile was seated at a table in the shade. Our registrar checked us off on her clipboard, handed us our name tags, and bid us go out to select our tent home for the week. It was not possible to take a direct route to find a tent. Every few steps, greetings of recognition pulled us off the path, followed by hugs and an exchange of updates on the year since the last Camp. (Sometimes Maureen would even remember to introduce me.)

Look around the Camp on the first day and see that scene repeat over and over and over again. Many Camp friends see each other only one week, once every year. But the greetings are warm, the friendships sincere, and the week spent in one another’s company treasured. By the end of that week, friendships are forged, reaffirmed, and deepened by

AMC August Camp (or, What I Did This Summer)

AMC AUGUST CAMP, TO PAGE 5

Mount Rainier
AMC’s August Camp 2019

Experience magnificent Mount Rainier National Park! See stunning waterfalls, alpine meadows carpeted with wildflowers and grand scenic vistas on dozens of easy to challenging hikes led by trained AMC volunteers. Visit Mount St. Helens. Trek across the shoulders of one of the highest and most dramatic peaks in the lower 48 states.

Camp in the small former lumbering town of Packwood, WA, adjacent to the park. Just arrive and enjoy the activities and camaraderie. Everything’s provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 13 through August 10. Attend one week or two. Detailed information and registration will be posted at augustcamp.org by early December. Camp filled by mid-January last year, so don’t miss out! Registration opens January 2, 2019.

Week 1: July 15 — July 20
Week 2: July 20 — July 27
Week 3: July 27 — Aug. 3
Week 4: Aug. 3 — Aug. 10

One Week: $975 members; $1150 non-members.

Applications are accepted beginning January 2, 2019 in the order in which they are received. Get sign-up information after December 1 at our web site, augustcamp.org.

Questions?

Ask Lois Rothenberger at ARegistrar@comcast.net
shared hours in the silence of old growth forests, among the
wildflowers skirting the edge of snow packs, at happy hours
outside tents, and around the nightly campfires.

I began to understand why Maureen and other veterans
call August Camp “Adult Day Camp”. Our basic needs are
all taken care of by the “croo” – tents and cots are set up and
waiting for us, solar shower stalls constructed, the mess tent
ready, porta-potties strategically staged throughout the Camp.
All we have to do is get up every morning and get out in the
mountains every day.

With the bare necessities taken care of, our job is to enjoy
ourselves and the company of our five dozen fellow camp-
ers. It may only be one week together, but it could seem like
a month – in a good way. Each day is a long one in shared
company – from the 6:15 am bugle to the 10 pm quiet hours.
Without the distractions of cell service, news, or TV, campers
can share their stories, experiences, and interests without
being interrupted by text messages!

Everyone arrives at Camp pretty much the same way – fly
in, van out to Camp. And we are pretty much all dressed
the same way – for a week of Camping (not glamping!) Without the scrubs, pinstriped
suits, BMWs, pickup trucks, or all that other stuff we leave back
east, it would be a challenge to figure out who did what as we
sit around the campfire – that is, if we care.

Campers are brought together by their singular love of the out of doors. It is a very
leveling environment, where our daily grind persona is shed and
replaced by that kid at camp, eager for new friends and new
experiences (only with more wine). August Camp is a place
where we can push ourselves to reach that “A” hike summit
with the 360°-views, encouraging one another to tackle the
next switchback, or enjoy the wildflowers, rapid rivers, and
towering falls of a “C” hike.

Regardless of the path chosen for that day, we each end it with the same sense of
accomplishment and appreciation of the experience. We look
forward to the daily reports of the other hikes and the descriptions of the options for tomor-
row’s path. And we do it all in the company of dozens of others who appreciate it as much as
we.

When the last hike is done, we load our ditty bags with the grimy clothing and gear, and fill
our minds and hearts with the great moments and friendships we’ve started or built that week.

The hugs are a little tighter, and farewells even more sincere,
than the hugs and greetings on that first Saturday. And, before
the trip home is over, we have already scheduled a reminder
for January 2 – when registra-
tion for the next August Camp
opens. Because we couldn’t
imagine missing out on the next
chance to escape to reality at
AMC August Camp.

View of Mount Rainier; Site of the 2019 August Camp.
Photo credit Patrick DeMichele.

August Camp 2019 is
located in Packwood, Wash-
ington, just south of Mount
Rainier National Park, where
much of the hiking will take
place. Check out www.august-
camp.org for info. Sign up
early as camp filled by the end
of January in 2018.

On the trail in Mount Rainier National Park. We are certainly not in
Kansas anymore! Photo credit Kathy Kelly Borowski.

Approaching a Waterfall in Mount Rainier National Park.
Photo credit Kathy Kelly Borowski.
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<td>Trip</td>
<td>Light BC</td>
<td>All</td>
<td>Jed, Valerio, Casy, Erik</td>
</tr>
<tr>
<td>Sun 3/17/2019</td>
<td>Pemigewasset wilderness overnight</td>
<td>Pemigewasset NH</td>
<td>Trip</td>
<td>Light BC</td>
<td>Adv</td>
<td>Sean, Scott, Janis</td>
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<tr>
<td>Sun 3/17/2019</td>
<td>Pisgah State Park</td>
<td>Pisgah NH</td>
<td>Trip</td>
<td>Light BC</td>
<td>All</td>
<td>Darrell, Joel</td>
</tr>
<tr>
<td>Sat 3/23/2019</td>
<td>Gulf of Slides Ski Trail</td>
<td>Pinkham Notch NH</td>
<td>Trip</td>
<td>BC downmount</td>
<td>Int/Adv</td>
<td>Tim, Becca</td>
</tr>
<tr>
<td>Sun 3/24/2019</td>
<td>Avalanche Brook</td>
<td>Pinkham Notch NH</td>
<td>Trip</td>
<td>Light BC</td>
<td>Int/Adv</td>
<td>Tim, Al</td>
</tr>
<tr>
<td>Sat 3/30/2019</td>
<td>Crescent Ridge</td>
<td>Randolph NH</td>
<td>Trip</td>
<td>BC downmount</td>
<td>All</td>
<td>Tyson, Erik</td>
</tr>
<tr>
<td>Sat 3/30/2019</td>
<td>Big Jay</td>
<td>Jay Peak VT</td>
<td>Trip</td>
<td>BC downmount</td>
<td>Adv</td>
<td>Dave, Valerio, Casy</td>
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<tr>
<td>Sun 4/6/2019</td>
<td>Ammonosuic/Monroe Brook</td>
<td>Breton woods NH</td>
<td>Trip</td>
<td>BC downmount</td>
<td>Adv</td>
<td>Tyson, Thor</td>
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<td>Sun 4/7/2019</td>
<td>TBD</td>
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<td>Sat 4/13/2019</td>
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<tr>
<td>Sun 4/20/2019</td>
<td>Tuckerman Ravine</td>
<td>Pinkham Notch NH</td>
<td>Trip</td>
<td>BC downmount</td>
<td>Adv</td>
<td>JR, Nik, Dave</td>
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<tr>
<td>Sun 4/21/2019</td>
<td>Oakes Gulf</td>
<td>Breton woods NH</td>
<td>Trip</td>
<td>BC downmount</td>
<td>Adv</td>
<td>JR, Nik</td>
</tr>
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</table>
B. Intermediate Snow Shoeing: 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.

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

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.

I. Beginner Winter Backpacking: Winter School 1 only
For those that have mastered the basics of 3-season backpacking skills. Instruction will cover many of these topics as possible: general 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.

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 little or no winter 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.

D. Intermediate Back Country Ski Touring 101:
Want to expand your horizons beyond the golf courses and touring centers? Come learn how to explore the winter back woods on skis. We will cover how to travel efficiently on the ungrooved trails over rolling terrain and how to control speed by turning and stopping on modest hills. We also will address general back country safety. Expect to be outdoors playing in the snow on skis for 3-4 hours each day and to ski 2-4 miles. Be prepared to ski with a day pack.

C. Back Country Ski Touring:
Ready to explore the wilderness for the day and go where you want with confidence? Spend 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 terrain with your full
"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.

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day pack.
F. Down Mountain
Backcountry Skiing:
Tired of the crowded lift served areas? Leave them behind and explore the solitude of the backcountry. This course is intended (designed) for the down mountain skier who wants to jump the gap from the lift served area and side country to the backcountry. This is not a “learn to Telemark” clinic, but how to apply your front-country/lift-served skiing skills to the backcountry on down-mountain trails. Strategies for skiing on backcountry terrain in New England “Powdah” (less than optimum snow conditions) will be reviewed. Be prepared to spend 4 to 6 hours per day outside on skis and to ski with a pack on down mountain trails. This is not just for telemark skiers, backcountry skills and strategies for the AT skier will also be reviewed!

A beautiful day to be out and on our snowshoes! Photo credit John McHugh.

The workshops will begin promptly at 7:30 P.M. Friday evening and end Sunday afternoon at approximately 4 P.M. This is a school for everyone who wants to learn and have a great time.

The NH Chapter Annual Winter Workshop, # 1, will be held on February 1-3, 2019. Winter Workshop, # 2, will be held on February 23-25, 2019.

Cost $170.00 (AMC members), $190.00 (nonmembers), includes lodging, excellent meals, materials, and instruction.

If you are not sure which class is right for you, just give us a call and ask one of our Workshop Directors.

Skiing, Important Note:
If you are looking at a skiing class, check out the Ski Committee recommendations online at www.amc-nh.org to be sure you pick the right class for you and to answer some of your questions. Also, you need to confirm that you have the proper equipment for the classes.

Application:
On-line Application:
Please apply via our on-line application to ensure the accuracy and priority of your application. You may access our website at: amcnh.registration.qilan.com. If this is your first time using our online registration form, you must first create an account. Otherwise, login with your password.

Written Application:
For those unable or unwilling to do the on-line application you may download the application at https://amc-nh.org/committee/excursions/application_winter_school_2017.pdf. Once you have your application, fill it out and send it with your payment to the address listed at the end of document.

If you have any questions, you can contact:
-Workshop Director:
  Rick Silverberg
  Synergyc@aol.com
  (603) 225-5921
-Co leader: Bob Humphrey
  (603) 456-3708