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.

October 25, 2014
AMC-NH Annual Dinner

Featuring: Ron Janowitz, National Park Service Volunteer

By Paul and Marie Berry

Please join us for a wonderful evening with AMC New Hampshire member Ron Janowitz, who will discuss his experience volunteering for the National Park Service at Natural Bridges National Monument. He spent last fall working at this spectacular park in the southeast corner of Utah. His first day on the job coincided with the federal government shutdown. But fortunately, things improved thereafter. Ron will discuss how to get “hired” as a volunteer as well as the duties and living arrangements.

On his days off, Ron hiked to and explored numerous and oftentimes remote Ancestral Puebloan ruins, occupied between 2000 and 750 years ago. He will discuss the history, geology and archeology of this unique area. Ron will share photos of Natural Bridges and environs, other nearby national parks, ruins and rock art. Ron is a hike leader for the NH Chapter, and has organized and led 11 domestic and international Adventure Travel trips for AMC.

This promises to be a great evening of delicious food, interesting stories and congenial company….
The Winter Hiking Series runs from Nov. 1 to Dec. 20, 2014. The nonrefundable registration fee is $90 for AMC members and $105 for nonmembers. Contact Bob Humphrey at bob(at)mcctelecom.com or visit amc-nh.org for more information.

**What is your favorite winter hiking spot?** I actually have a few favorites. My all-time favorite no matter what the season is Mt. Bond. Others would be Franconia Ridge, Mt. Moosilauke, Mt. Eisenhower, S. Twin and Mt. Cardigan.

**Favorite winter hiking food?** Snickers and gorp.

**Favorite post-winter hiking food?** Steak or prime rib dinner, burger and fries or pizza.

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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 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 5 Joy St. Boston, MA 02108; 800-372-1758; outdoors.org/membcenter

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/membcenter and set your AMC-NH Chapter newsletter preference to online.

**Editor:** Michelle O’Donnell

michelle@theskinnytowel.com

**Graphic Design:** Susan G. Englert, Owner/Designer, Sandpiper Artisans

www.SandpiperArtisans.com

**Advertise Here to Reach 10,000 Environmentally Active Outdoor Enthusiasts**

Biking Into Fall

BY GENE HARDING

The summer biking season has been good to us, even though one or two rides were cancelled due to bad weather. As fall approaches more good riding will also come. We had to make a slight change to the Columbus Day Weekend ride this year. We will be riding the Northern Trail from Franklin on Sunday, October 12 and Monday, October 13, instead of October 11-12. Riders will stay overnight at Cardigan Lodge on Sunday. The ride will end on Monday in Lebanon.

In our efforts to offer a greater variety of rides this year, we have added a “Wine Tasting” ride. On Saturday, September 13 we will ride from Kingston through East Kingston and South Hampton, stopping at two New Hampshire vineyards for wine tastings. Contact me at Gene37h(at)aol.com or visit amc-nh.org for more information on other rides.

Gene Harding is Chair of AMC-NH’s Biking Committee.

BOB, FROM PAGE 2

Favorite post-winter hiking beverage? Coffee!! Anyone who’s hiked with me knows that. I start to jokingly yell for it at about the time I’m ready for the hike to be over, usually within a mile of the trailhead.

If you could hit the snowy trail with one person, living or dead, it would be… My Dad. He’s the one who taught me how to hike safely and how to ski. He loved the mountains as much as I do.

Learn to Lead at Excursions Leadership Training Class 3-4

BY RICK SILVERBERG

AMC New Hampshire’s Excursion Committee will be offering leadership training for those who want to lead Class 3 or Class 4 trips, formerly called Walks and Short Hikes. This is a chance to do some leading without having the extensive experience required for leading trips to mountaintops and four season hiking.

Come find out the joys of leading your own mini-adventures for those interested in less demanding activities. The course is a single daylong event on Saturday, October 25, 2014. People interested in leading Young Members and Over55 or family group events are also encouraged to attend. Training will be comprised of inside discussion in small group and field exercises in trip planning and logistics, screening participants, choosing required gear and explaining to participants what gear is required for the trip.

This training is one component of the requirements for becoming an approved Class 3 or Class 4 trip leader in the New Hampshire Chapter’s Excursions Committee. Other components include the mentoring process and several prerequisites. (See http://activities.outdoors.org/search/index.cfm/action/details/id/76139 for more information.)

This session will held 8:30 a.m.- 4:30 p.m. in Warner, NH, at the home of co-instructor Bob Humphrey. The cost is $35 for AMC members and $40 for non-members. The fee covers morning snacks, hot drinks and training materials. Bring a trail lunch and gear for a day of hiking on moderate trails. We will hike 4-5 miles at a moderate pace.

Visit www.amc-nh.org to register and for more information including location. Contact Leader Rick Silverberg at (603) 225-5921 (best time to call: 7-10 pm) or synergyc(at)aol.com or contact co-Leader Bob Humphrey at (603) 456-3708 or bobh(at)mcttelecom.com for more information.

Rick Silverberg is an AMC New Hampshire member and an Excursions Leader.
November 15, 2014

‘It’s Not About the Hike!’ Talk

BY LU ANN LAQUERRE

We all have our own mountains to climb. Your mountain might be a 4,000-footer in the White Mountains. But it could also be going to college, getting a job, bringing up children, caring for aging parents or dealing with an illness. Maybe your mountain is reorganizing a business, tackling a difficult project, losing weight or starting an exercise program. It’s your own personal mountain and it is hard.

“It’s Not About the Hike,” presented by Nancy Sporborg and Pat Piper on Saturday, November 15 at 6:30 p.m. in Hanover, will lift your spirits, and inspire you to climb that next mountain in your life. It is not a presentation of “look at these two women...see what they did.” It is a presentation of “look inside you...you can do it, too.”

The hour-long program highlights the journey of 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.

“It’s Not About the Hike!” will be held Saturday, November 15 at 6:30 p.m. at Silsby Hall, Room 28, at Dartmouth College in Hanover. Admission is free. Seating is limited. Reservations must be made by November 8, 2014. Contact Lu Ann Laquerre at hospitalitynh(at)amc-nh.org or call Lu Ann Laquerre at (603) 475-2481 between 6-9 p.m. for more information or to reserve a seat. Their book, “It’s Not About the Hike” will be on sale for $35 after their presentation.

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

Presidental Range Hike 2014

They Came, They Climbed, They Conquered

Why are these hikers smiling? They are on the final day of the 48th Annual Presidential Range Hike, held July 12-20, 2014. They hiked more than 50 miles of scenic trails in White Mountain National Forest and climbed at least a dozen 4,000+ footers including Mount Washington. "Everyone had a great time and we were fortunate to have great weather the whole week," John McHugh, one of the trip’s leaders, said of the sold-out trip. Next year’s trip will be Saturday, July 11 to Sunday, July 19, 2015. PRH 2015 will start taking applications in October 2014. Visit the PRH website at amcnhprh.org or contact McHugh at ljmchugh(at)comcast.net for more information.
The Joys and Perils and Joys of Fall Hiking

BY DENISE SPOOR

Whether you are a casual outdoor enthusiast or an avid peak bagger of the 4000 footers, one of the things on your must-do list should include an exhilarating fall hike in the White Mountains. The crisp mornings of fall ease the exertion of elevation gain drastically when compared to the heavy, humid air of the summer months.

You will immediately be aware of the bonuses of fall hiking as you arrive at the trailhead and have plentiful parking, followed by less congestion on the trails. If you start early enough in the day, you can reach your destination before the heat of the day arrives. As you step out into the woods, you’ll find the brilliant and varied hues of orange, yellow and red that decorate the trees to create some of the most magnificent views you’ll encounter in New Hampshire. With the summer haze gone, now is the best time to capture clear, sharp photos of the spectrum of colors that dot the landscape.

On the lower elevations of the dirt trails, you’ll encounter swirls of delicate icicles called hoar frost that seem to just out of the mud out of nowhere. These small groups of frost photograph well, so keep your camera ready and take pictures in the morning as they will likely have crumbled by the time you are hiking out due to rising temperatures during the day.

Fall hiking does require more forethought than summer trekking. A little camelback containing a sandwich and your windbreaker will not suffice in September! The temperatures are extremely fickle, ranging from the 30s in the morning to down right balmy by midday and then back down to the chilled air again by day’s end. If you’re going to higher elevations to knock a 4000 footer of your list, it’s very likely that you will encounter those 30 degree temperatures again along with a stiff wind to create a dangerous windchill. Not a scenario you’d like to face in shorts and a tee-shirt with little more than a Twinkie and a windbreaker in your pack! If you’re out for a stroll in the Mountains, you’ll need some of the same gear as a peak bagger in case of emergency. One small mishap will require warm clothes, shelter from the wind, extra food and water, and a headlamp. No one ever plans to get stranded out in the woods, but it does happen.

A prepared fall hiker, who is going above tree line, can approach the summits in the Whites with confidence, enjoying the anticipation of the views that are waiting. Now is a good time to layer up in a fleece, hat and warm gloves until the waning sun offers comfortable temperatures for the descent, but the departure of light in the woods might sneak up on you and add an edge of anxiety to the day. I have read reports of rescues in the fall stating that the party was “overcome” by darkness. Uh, we know it’s going to get dark every night, so bring a headlamp! If you do end up hiking out by headlamp, take a moment to stop and notice the ice crystals that sparkle in the beam coming from your headlamp and the tranquil quiet that is unique to fall in the Whites. There are so many advantages and challenges to fall hiking. If you prepare for the challenges, you will reap the benefits and advantages that the White Mountains have to offer in the fall.

Visit the AMC Member Center at outdoors.org/membership/member-center.cfm or (800) 372-1758 and confirm your email preferences to ensure you’re getting our NH Chapter newsletter the way you want it (online or printed). You can also configure email digests to notify you of new activities (sent weekly or monthly).

The NH Chapter is looking for some volunteer help in a few areas, enjoyable ways to help others connect with the outdoors, most requiring just a few hours now and then. Would you be interested in helping us plan or facilitate events? Do you have some experience with social media, and are willing to help us expand our use of Facebook or other electronic communication? Would you like to help us with our web site, or help maintain a trail, or get involved with conservation advocacy? Please contact me at chairnh(at)amc-nh.org for more information.

Visit the AMC Member Center. Visit hikesafe.com for more information on safe and responsible hiking.
Paddling the Upper Missouri, a Wild and Scenic River

BY TOM TODD

Our vehicles converged on Ft. Benton, Montana from 3 points of the compass: Massachusetts, Colorado and Idaho. Ft. Benton is our put-in for nine days of paddling the upper Missouri River ... the Missouri Breaks.

Fort Benton still seems to have the feel of a Wild West town, but the local cop tells me crime is no problem ... the place is full of retirees. Yes, our van will be safe outside the fairgrounds ... even unlocked for nine days.

Fort Benton was the upper limit for steamboat travel on the Missouri River, and as such was the major access point to the northwest of the U.S. and Canada from the 1850s until 1883 when the Great Northern Railroad was completed. On the western side of town is the paddler’s campground next to the river, a lovely campsite complete with hot showers.

This is to be a shorter, more civilized trip than we normally take: all easy paddling and fresh food in coolers. We are planning to do the whole trip in nine days, with the kids getting off halfway at Judith Landing to get back to their jobs. It is mid-morning by the time we have the canoes packed and sunscreen lathered on. The excitement begins immediately, as about 100 feet downstream from the put-in we had to shoo away some cattle who probably figured our granola was better than what they were eating. As we launch, the challenge is to minimize tracking the mud into our canoes. Another cloudless day with light breezes.

Our imagination takes us to Lewis & Clark as they worked their way upstream on their Corps of Discovery Expedition, pulling and poling their boats upstream. Here is one of their campsites, and only a few miles downstream is another. It must have been hard going. We read of their exploits as we pass points on the map.

We try to envision the hardy homesteaders who came after them, working years to make a living on semi-arid land where even 320 acres was not enough. We pass old cabins, sod homes, and stone ruins. Each has a story to tell of hardship and usually failure, rising out of the dreams of settling this wild country. ... The horse rustler who stole horses to let them run wild, the hermit who reveled in telling his stories in his old age... On the north side of the upper river, we see the remains of the Great Northern Railroad line, now abandoned, with the telegraph poles, their glass insulators, a tempting souvenir, luckily out of reach. Here cactus, yucca and sage bush predominate. Scrambling around, I am painfully reminded why yucca’s nickname is Spanish bayonet.

We stop for a pit stop (vault toilets) at Coal Banks. An outfitter is piling up canoes for the next day’s launch ... hopefully we will be well downstream of them by that time. Tonight’s campsite is supposed to be the most beautiful on the trip...

Visit amc-nh.org to read the rest of this story, see more photos and a FAQ about the trip.
Officer and Committee Chair Nominees

The Nominating Committee of AMC-NH, consisting of Tim Kennedy, Mark Goodarl and Wesley Tucker, submits the following slate of officers and committee chairs for action at the New Hampshire Chapter Annual Meeting on October 25, 2014. All nominations are for one year, to serve until the next annual meeting in October 2015. Updates to the slate will be posted on the NH Chapter website, amc-nh.org.

OFFICERS
Chair......................Wayne Goertel
Vice Chair...........Bill Warren
Treasurer ............Rick Desmarais
Secretary ............Beth Zimmer
Past Chair ...........Karen Thurston

COMMITTEE CHAIRS
Bike.....................Gene Harding, Doria Harris
Conservation ........Paul Hopkins, Eric Savage
Excursions ..........David Ross, Jennifer Varney

Membership ..........Marianne Page, Ed Parker
Newsletter ..........Ron Janowitz, Michelle O’Donnell
Paddling ............Paul Berry, John Pilla
Programs ............Lu Ann Laquerre
Ski.....................Tony Schmidt, Valerio Viti
Trails ...............Richie Holstein
Webmaster ..........Tom Todd
Young Members ...Joshua Melzer

Our Regional Director (North) will be Ruth “Sam” Jamke.

Annual Meeting Registration Form or Register Online at www.amc-nh.org

Guest Speaker National Park Volunteer, Ron Janowitz
Saturday, October 25, 2014 • $39 Members; $44 Non-members

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Email____________________________

Name ____________________________  Ph# ________________  $ ______________

Email____________________________

Number of vegetarian meals requested ________________  Total enclosed $ ______________

Please send registration form and your check payable to AMC-NH Chapter to:
LuAnn Laquerre, 10 Sheffield St, Hudson, NH 03051
All registrations must be received by Friday, October 10, 2014 • You will not receive a confirmation.

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Eric Savage

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Lu Ann Laquerre

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Michelle O’Donnell, Editor
Susan Englet, Design & Layout

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Karen Thurston

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Tony Schmidt 603-586-7727

David Ross

Family Group...............familygroupnh@amc-nh.org
Wanda Rice 603-432-7840

AMC NH Chapter...............website: www.amc-nh.org

Address changes and membership renewals:
AMC Member Services
5 Joy Street, Boston MA 02108
617-523-0636 or
www.outdoors.org/memberscenter
Explore the World with AMC Adventure Travel

BY MARIANNE PAGE

AMC Adventure Travels are a wonderful way to see this grand country, or explore foreign countries with like-minded active participants. Our trip leaders attract a great mix of people, ranging from 30 years old to 80 years young. They all enjoy the outdoors and have a zest for life! Our vacations are precious, and we want to share them.

As an example, Janice Schnabel an AMC leader from Connecticut and I are leading a group of 14 excited trippers to Utah this fall. We will be hiking in Zion, Bryce and Escalante National Parks. We have planned the favorite hikes in each park, especially in Escalante with its slot canyons. There is so much to explore in these parks that we will only be scratching the surface. Although the trip is full, there will probably be a similar trip in 2015.

AMC is a non-profit organization with volunteer trip leaders, so our Adventure Travel trips are usually much less expensive than commercial trips to the same places. Our trips, especially to U.S. National Parks, sell out quickly, so sign up early. Make a habit of checking the AMC website at activities.outdoors.org.

We are gratified to have our Utah trip filled, and are optimistic we will have a congenial group that helps each other achieve the goals of the excursion. Having fun while exploring new venues and meeting new people is the most common expectation from trip participants. See you on the trail, local or somewhere in the world.

Marianne Page is an Adventure Travel Leader and Co-Chair of AMC New Hampshire’s Membership Committee.

Photo of Bryce Canyon © Susan G. Englert 2006

Designer Needed for ‘Mountain Passages’

Do you have a flair for newsletter design? Do you have Adobe InDesign CS5? “Mountain Passages,” AMC New Hampshire’s newsletter, is looking for a designer. This is a volunteer position. Susan Englert, our current designer, will be happy to provide instruction on the newsletter’s design and hard copy distribution to more than 12,000 AMC NH members. Please contact Chapter Chair Wayne Goertel at chairnh(at)amc-nh.org or Ron Janowitz at newsletternh(at)amc-nh.org for more information.