

Mountain P A S S A G E S

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**NEW HAMPSHIRE
CHAPTER**
YOUR CONNECTION TO THE OUTDOORS

April 11, 2015 and April 18-19, 2015

Winter's here, summer's near: Glacier, crevasse rescue workshops

BY JOE DORSHEIMER

Winter is finally here, but have you made your plans for summer climbs on glaciated peaks? What about training for those trips? That's where we can help! The New Hampshire Chapter is again offering two workshops in April to help you prepare for such adventures.

The "Introduction to Glacier Travel Workshop" is a one-day program held on Saturday, April 11, 2015 designed to familiarize participants with the glaciated mountaineering environment and the training to become a functioning member of a roped team for glacier travel. The morning

starts with instructor introductions followed by group sessions that cover the mountain environment, dressing for success, basic knots, and a discussion about roped travel and the mechanics of clipping in.

Safety is continually stressed and the fundamental climbing equipment is thoroughly reviewed, from the harness and helmets, to the ropes and knots we use.

Our instructor-led group sessions include hands-on practice for the knot-work, including working with prussic loops which are provided. After the instructors demonstrate how we divide a rope for various team sizes (3 to 5 team members), we break into small

GLACIER, TO PAGE 6

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.

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A Few Questions for...Rick Desmarais

BY MICHELLE O'DONNELL

Meet Rick Desmarais, treasurer of AMC's NH chapter. By day the 51-year-old Londonderry resident is an engineering manager for a company that designs and manufactures monitoring devices to track temperatures and humidity levels for food and pharmaceuticals in transit. Huh? "If you go to the store and the bananas look perfect," he says, "it's likely that temperature monitoring devices helped make that possible."

Since you're in the business of food, let's get the food questions out of the way first. Favorite healthy food?

Stonyfield Farm Lowfat Yogurt. Talk about eating local! Their plant is about two miles from my house.

Favorite bad food?

Really, I need to pick just one? Isn't the rule that after a long hike you can eat anything you want, sort of a grace period? French fries, absolutely.

RICK, TO PAGE 4

UPCOMING EVENTS

July 18-Aug. 15, 2015

August Camp 2015 in Central Cascade Mountains

BY RUTH ("SAM") JAMKE

Studded with volcanic peaks, mountain lakes, wildflower meadows, old lava flows and miles of hiking trails, Oregon's Central Cascades is the place to be for August Camp, which runs July 18-August 15, 2015.

Base camp is near Santiam Pass (elevation 4,800') where the Pacific Crest Trail traverses Route 20. Major hiking destinations are in the Deschutes and Willamette National Forests and the Three Sisters, Mount Washington and Mount Jef-

erson Wilderness Areas.

This full service tent village accommodates 64 campers each week and offers multiple hikes each day for all levels of ability. Delicious home-cooked meals

and trail lunches are provided, plus great camaraderie and nightly campfires make for a memorable experience. Round trip transportation between Camp and the Portland Inter-

national Airport (PDX) and to and from daily activities is provided.

Plan your one- or two-week adventure now and be part of one of the AMC's oldest traditions. Visit augustcamp.org for the application and camper information forms as well as detailed August Camp information.

Questions about August Camp? Contact Sam Jamke at regionaldirectornh@amc-nh.org for more information.

Ruth ("Sam") Jamke is AMC's Regional Director for New Hampshire and Maine.



July 11-19, 2015

49th Annual Presidential Range Hike

The 49th Annual Presidential Range Hike will be held Saturday, July 11 to Sunday, July 19, 2015. Described as "a strenuous and wonderful group hike," PRH includes 15,000 feet elevation gain, about 50 miles, 8 nights lodging and meals at AMC huts, gratuities, trail snacks and in-hike transportation. The daily hikes are 5-10 miles a day with a variety of hiking op-

tions each day. There will be four AMC New Hampshire Chapter leaders and a maximum of 21 hikers. The cost is \$880 for AMC members and \$925 for non-members.

Visit the PRH website at amcnhprh.org or contact co-Leader John McHugh at [ljmchugh\(at\)comcast.net](mailto:ljmchugh(at)comcast.net) or (603) 382-6685 for more information.



MOUNTAIN PASSAGES

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March/April 2015

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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 2014 Ad Rate Sheet, send an email to newsletter@amc-nh.org.

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You'll get added resources not available to print subscribers: direct links to emails, forms and online information, color photos, online registration forms.

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UPCOMING EVENTS

March 7, 2015

Hike Mount Moosilauke via Gorge Brook Trail

Join AMC New Hampshire on Saturday, March 7, 2015 for hiking to Mount Moosilauke via the Ravine Lodge Road and Gorge Brook Trail. Winter experience, full winter gear and

registration are required.

Contact Trip Leader Larry Yetter at [larry\(at\)texloom.com](mailto:larry(at)texloom.com) or Trip Leader John Bergman at [johnb1764\(at\)gmail.com](mailto:johnb1764(at)gmail.com) to register or for more information.

April 11, 2015

Family Safety Workshop

A workshop called "Staying Found Workshop for Families" will be held starting at 9:30 a.m. on Saturday, April 11, 2015 in association with the Beaver Brook Association in Hollis and NE K-9 Search and Rescue.

The workshop will teach children how not to get lost, and how to stay safe if separated from their group. It is

free and is recommended for children ages 4-10. Children will get to see search and rescue dogs in action. The program lasts 1.5 to 2 hours. Registration is required.

Contact Wanda Rice at (603) 432-7840 (please call before 9 p.m.) or [wandarice\(at\)comcast.net](mailto:wandarice(at)comcast.net) for more information or to register.

March 7, 2015

Hike Mount Osceola & East Osceola

Join AMC New Hampshire on Saturday, March 7, 2015 for hiking to both East Osceola and Mount Osceola. The hike is approximately 7.6 miles round trip with 3200' gain.

There will be a good steep

pitch, plus at least one tricky/icy area. Experience with crampons preferred and registration is required. Contact Trip Leader Beth Zimmer at [bzimmer\(at\)metrocast.net](mailto:bzimmer(at)metrocast.net) for more information or to register.



March 15, 2015

Family X-C Ski Day

Join AMC New Hampshire for a leisurely-paced family cross-country ski day at Windblown on Sunday, March 15, 2015. Windblown, located in New Ipswich, offers ski rentals,

a cafe and warming huts.

Contact Trip Leader Emilie Phillips at [emilie10amc\(at\)j3.org](mailto:emilie10amc(at)j3.org) for more information or to register, which is required for safety reasons.



April 18, 2015

WILD New Hampshire Day

Ready to celebrate Spring? Come and visit the AMC New Hampshire exhibit at the Discover WILD New Hampshire Day & 150th Anniversary Celebration of New Hampshire Fish & Game Department on Saturday, April 18, 2015 from 10 a.m.-3 p.m. on the grounds of the NH Hampshire Fish and Game Department, 11 Hazen Drive, Concord. The grounds will be transformed into an excit-

ing outdoor festival for families.

Visitors will enjoy browsing more than 70 exhibits from outdoor, conservation and environmental groups from all over New Hampshire. Great ideas will be presented for conserving energy and protecting the environment. Everyone is a conservation partner in New Hampshire.

Come discover how you can get involved. Visit wildnh.com for more information.



RICK, FROM PAGE 1

Favorite hike snack?

Mint Milanos because they have little water and not that much chocolate so they are good in summer and winter. They don't melt too much or freeze. And they seem popular with everyone.

How long have you been an AMC member?

More recently 15 years, but I was a member earlier in life. When my kids were young there wasn't a lot of time to hike, or sleep for that matter, and I let my membership lapse.



WHAT WOULD YOU ADVISE SOMEONE WHO HAS NEVER HIKE BEFORE?

Do it however you'd like as there are few rules. Just enjoy it, whether that means hiking in bare feet on Monadnock, trail running on ridges or tramping around on old rail trails. If you can do something that pulls your focus away from deadlines and financial issues and the day to day minutia that everyday life wants to convince you are most important, then you'll be relaxed and better able to keep them in perspective.

Volunteers Needed! 

Would you like to help us find exciting speakers, arrange venue space, register participants or work at event check-in tables? AMC New Hampshire's Program Committee is looking for volunteers to help plan and host chapter events. Contact Lu Ann Laquerre at [programsnh\(at\)amc-nh.org](mailto:programsnh(at)amc-nh.org) for more information.

What's your favorite outdoor activity?

Hiking. Summer or winter, foggy or clear, each hike has its appeal.

Favorite place to do it?

New Hampshire. Between the Belknaps, the Ossipees and the different areas of the Whites, when you wake up in the morning within a few hours you can drive to different areas depending on the type of experience you'd like. For lofty views you can head to the Northern Presidentials, and if you're hiking with in-laws you can take them to the "scenic" Desolation Trail on the back side of Carrigain.

If you're not hiking you're probably...

Writing a term paper. My employer has a very generous program in place to encourage employees to head back to the classroom. I've been working on an MBA in Project Management online at SNHU for a couple of years now, and writing long Blackboard postings or term papers is just as painful as I remember. As I went to an engineering school, we got all of our humanities work out the way early so we could focus on the joys of differential equations and Laplace transforms, so relearning how to do APA citations has been a struggle.

Why engineering?

I think a lot of engineers are born and not made, as they grow up tinkering, taking things apart and trying to put them together in a different way from a very early age. It's a great career track that can lead you into marketing, sales, or management, or in many companies you can stay on the technical track and become the resident expert. The downside is that you have to field requests weekly to fix computers and setup TVs, and for days after daylight savings time you find yourself compulsively resetting digital clocks. But it does typically allow for weekends off, giving engineers plenty of time for hiking!

Engineers are really exciting, fun people, right?

Yes, of course we are! Engineering is the art of striking the right balance between a number of factors, such as time to market, cost and functionality, and daily engineers run into all sorts of problems that require creative thought and problem solving skills. Think about it this way: if you broke a leg in the back country who would you rather be hiking with: an engineer or an Art History major?

Oh, joy! Oh, rapture! Biking with AMC NH!

BY HIEL LINDQUIST

Have you ever dreamed of traveling by bicycle? Have you ever wondered what it would be like? You have an opportunity to find out!

This year the AMC New Hampshire Bike Group is expanding its ride offerings by providing a guided, overnight bicycle trip in the Monadnock region in early summer.

You might find why many touring cyclists say there is no better way of escaping life's pressures than traveling by

bike and that it is one of the most pleasurable activities you will ever experience. The sights, smells, feel of the wind, the change in terrain are all immediately sensed on a bike. There is a feeling of freedom in that you can decide to go fast or slow and stop or go when and where you want.

You can rest frequently on days you feel a little lazy or you might finally decide to do that century ride you always talk about. You will find touring by bike is an instant icebreaker with people.

A conversation started with a stranger might lead to sharing a laugh and information or even an unexpected offer of a meal or a place to stay with a new friend. Need further encouragement? Touring by bicycle is environmentally-friendly, pretty friendly to the wallet, is refreshing to mind and body and is just downright fun!

To help you get started on a bike tour of your own, the AMC NH Bike Group will conduct a number of short presentations on touring in

March and April. We will then follow up with a bicycle touring workshop in early May, followed by a weekend ride. Save the dates of March 4 and March 18 for presentations to learn more about touring. Visit amc-nh.org/committee/bike for details. If you are interested, sign up for the workshop and weekend trip. This is your chance to join in the adventure!

Hiel Lindquist is AMC NH Chapter Bike Leader.

Do we have (bike) throw downs for you!

BY DORIA HARRIS

The AMC NH Chapter Bike Committee is offering challenges to encourage bike riders to get out for a ride and discover the beauty of New Hampshire by bike. The fun will be in meeting the challenges and the reward will be experiencing more of the Granite State by bike and receiving an AMC t-shirt which will announce to the world that you have met a AMC NH Chapter Bike Challenge.

Challenge #1 is the Covered Bridges Challenge: 15 in 2015.

Did you know there are 54 covered bridges in New Hampshire? These beautiful structures from an earlier century are located throughout our state. (Go to www.nh.gov/nhdhr/bridges/table.html for a complete list of covered bridges.)

To meet this challenge, go on bike rides that visit at least 15 of New Hampshire's covered bridges. Each ride should be at least 10 miles in length and can

include multiple bridges per ride. Document your ride by taking a picture of yourself in front of each bridge on your ride, showing the name and/or bridge number in your photo and the date visited by bike.

We will use the most interesting pictures and stories in later articles in Mountain Passages. Send your documentation to: [nhamcbikegroup\(at\)gmail.com](mailto:nhamcbikegroup(at)gmail.com) and put "Bridge Challenge" in subject line.



AMC Member Doug Powers touring the Erie Canal.

Challenge #2

**is the 100 Mile Challenge.
Did you resolve to get more
exercise in 2015? Our 100
mile challenge can help
with that.**

To meet this challenge, go on a series of AMC NH Chapter led-bike rides that total up to at least 100 miles. For example, go on 5 of our 20-mile rides to meet this challenge. Inside scoop: A covered bridge ride led by an AMC NH Bike leader would count towards meeting this challenge as well. To document that you've met this challenge send the dates and lengths of your rides and your ride leader's name to: nhamcbikegroup@gmail.com and put "100 mile" in subject line.

Visit amc-nh.org/calendar/activities.php for a list of our bike rides. Come ride with us!

Doria Harris is Co-Chair of AMC NH's Bike Committee.

GLACIER, FROM PAGE 1

teams for individualized team training.

The remainder of the day is spent in the field learning the skills needed to function efficiently as a roped climbing team. These instructor-led teams review and practice rop-

ing up, properly tying prussic loops, crampon and ice axe techniques, self and team belay, self and team arrest and learning to ascend and descend as a team. Aside from Glacier Travel, ice axe and crampon skills are important for Winter Hiking in New England. For some participants, the rhythm of traveling smoothly as a team is an entirely new experience.



Highly anticipated by most participants is the opportunity to learn and practice self arrest, and our training site at Gunstock Mountain provides the terrain necessary for practicing these critical skills. We also discuss, demonstrate and practice the rope handling skills you will need to know for safe glacier travel. The Gunstock ski slopes provide the perfect terrain for participants to practice all these skills and after spending all day on the slopes, we recap the day as a group.

Our "Crevasse Rescue Workshop" is an intense two-

day program from Saturday, April 18 to Sunday, April 19, 2015 that builds upon the fundamentals covered in the one day Introduction program. Practical field experience is also acceptable. The workshop begins with instructor introductions and team assignments, and a quick review of most of

think they know.

We do this as a practical exercise by having the participants demonstrate properly dividing the rope, clipping in and then the entire team must check each other to ensure they are safely prepared to start climbing. All of these fundamentals are reviewed as needed. Ascending the slope as a team re-establishes the rhythm needed to move efficiently. Instructors frequently establish a route using wands, something which helps to simulate that real world experience.

We introduce a running belay and the techniques used for safely passing your clip-in knot across the belay anchor. We also review self arrest to re-enforce those skills. Repetition of all these



skills is designed to increase confidence and establish the foundation necessary for safely building snow anchors, followed by crevasse rescue hauling systems. Our instructors review the most common snow anchors including improvisation techniques, and then demonstrate building several.

Participants then practice building their own and testing them. Next, the instructors

explain and demonstrate the need for and construction of hauling systems and the anchors required to support them. All team members practice all aspects of the anchor building and hauling activities which includes the rescue of a fallen climber, typically one of the instructors. The hauling systems we cover range from the simplest heave-ho to complex mechanical advantage using multiple pulleys and improvisation techniques.

If there is sufficient time, a dynamic "un-scripted" rescue scenario is practiced by the team, and anything can happen! At the end of the day, everyone descends to base camp for a group re-cap and review.

The April 11 workshop costs \$30 for AMC members and \$35 for nonmembers. The April 18-19 workshop costs \$55 for members and \$65 for nonmembers.

Contact Workshop Director Joe Dorsheimer at [jdorsheimer\(at\)hotmail.com](mailto:jdorsheimer(at)hotmail.com) for more information.

Joe Dorsheimer is Co-Chair of AMC New Hampshire's Mountaineering Committee.

Notes from the Chair

BY WAYNE GOERTEL.

The winter storms of late January created many challenges for work and travel, but the generous snowfall was a lift for winter sports enthusiasts. Some weather forecasts claim the Northeast may have proper winter weather into April!

The snowy weather was welcomed by the attendees of 2015's first New Hampshire Chapter Winter Workshop. Participants and volunteers for the courses offered the weekend of January 30 to February 1, 2015 nearly filled the AMC Cardigan Lodge in Alexandria, NH, and backpackers slept in winter tents outdoors.

Courses were held for snowshoeing, backcountry skiing, and other winter wilderness travel at several ability levels, as well as winter backpacking and leadership skills. Participants

enjoyed discussions about active winter attire, equipment, weather, nutrition, trip planning and risk management. These skills were practiced in small groups, supplemented by map and compass lessons, and the result was groups of intrepid winter adventurers exploring the snowy east side of Mt. Cardigan both on and off trail!

The Saturday morning temperature outside the lodge was slowly climbing from zero Fahrenheit, accompanied by wind gusts of 20 to 30 mph. Teams heading outside quickly tested their gear and myriad techniques for retaining warmth in these conditions for several hours. Over the weekend, instruction and practice gave attendees new ways to safely enjoy the winter season outdoors. Students experienced success with their new skills and were quite satisfied at what they'd accomplished. The event is

operated entirely by New Hampshire Chapter volunteers, experienced course instructors and talented cooks, and it yields a genuinely enthusiastic environment for learning and camaraderie.

There are plenty more of these NH Chapter educational offerings to be found this winter and spring, and trips too. You can find them at amc-nh.org/calendar/activities.php or at outdoors.org. Winter hiking, skiing, and climbing round out the winter, and paddling events come on the calendar in early March! I hope you'll check them out.

See you outdoors!
-Wayne



Wayne Goertel is AMC New Hampshire Chapter Chair

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Where in the world is...?

This fisheye lens shot is of Marianne Page, Membership Chair of AMC NH's Chapter taken on Mount Garfield. Marianne and her husband had just returned from vacation in Florida where she reports they had a "cold spell." Nothing beats a walk in the wintry woods to celebrate your return to New Hampshire!



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'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.

Volunteer hikers, bird-lovers needed for conservation program

Do you enjoy hiking? Are you a birder or would you like to learn more about bird identification to support a conservation effort?

Mountain Birdwatch is a long-term monitoring program for Bicknell's Thrush and other high-elevation forest birds. Mountain Birdwatch is looking for beginner to experienced bird-watchers who are strong hikers to conduct surveys in the White and Green mountains, the Adirondacks, the Catskills and in Maine. Hike a scenic mountain trail, enjoy the sunrise, and count birds for conservation!

Visit <http://vtcostudies.org/projects/mountains/moun->

[mountain-birdwatch/](http://vtcostudies.org/projects/mountains/mountain-birdwatch/) or email Mountain Birdwatch Director Judith Scarl at jscarl@vtcostudies.org for more information about the program including a list of routes in need of volunteers in 2015.



Jessica Clifford ©



Jeff Nadler ©