

Mountain P A S S A G E S

Highlights...

-  2016 Annual Meeting
Adventures in Antarctica 1
-  Notes From The Chair..... 1
Volunteering- Paying It Forward
-  Conservation Corner..... 2
Feral Chia Pets
-  AMC-NH Sponsors Free
Screenings of Film This
Changes Everything..... 3
-  It's All About Capturing
The Moment..... 6
September 7
-  Young Members Update..... 6
September 9-11
-  Bike to Your National
Park Day 6
September 24
-  One-Day Class 3
Leader Training 6
October 22
-  50 Years Paddling
New England's Waters 7
Thursday, October 27, 2016
-  2016 Winter Hiking Series..... 7



2016 Annual Meeting Adventures in Antarctica



Kayakers in Curtis Bay, Antarctic Peninsula

LU ANN LAQUERRE, DEBBIE MARCUS,
TERRI WILSON

The AMC NH Chapter Programs Committee is pleased to announce our guest speakers for our 2016 Annual Meeting: Sam Jamke and Denise Carter.

THE SPEAKERS

Sam Jamke, besides being a NH Chapter hike leader, is also an Adventure Travel leader whose trips have taken her hiking and backpacking in Death Valley, the Canadian Rockies, Patagonia, New Zealand, Ireland, Scotland, England,

2016 ANNUAL MEETING, TO PAGE 4 

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.

VOLUME 42, NUMBER 5
SEPTEMBER-OCTOBER 2016

Notes From The Chair Volunteering- Paying It Forward

BILL WARREN

I have a copy of *Life in the New Millennium* by the Dali Lama. It is a one-page list of things we all should do. One is to share your knowledge.

Now that you have spent considerable time outdoors, learning new skills and going to new places, perhaps it is time for you to share. You can do this in numerous ways here in the New

Hampshire Chapter of the AMC.

First, you can become a trip leader in one or more of our activity committees (all our activity leaders are volunteers). This will provide you an opportunity to give back



NOTES FROM THE CHAIR, TO PAGE 2 

NOTES FROM THE CHAIR, FROM PAGE 1

directly to others.

Second, you can become an instructor for one of the workshops or classes we offer. Third, you can volunteer to become a member of one of our committees to ensure the continued success of the New Hampshire Chapter. Whether to maintain a trail, train new leaders, guide participants up a rock face, teach whitewater paddling, lead skiers along backcountry trails or take riders to explore covered bridges, there is a place for you.

Did I mention our leaders are all volunteers?

Last year as Chair, I secured a six-fold increase in my

remuneration as Chair. If you do the math you can easily see how much this is. I, along with so many others, do this simply



for the love of the outdoors and to ensure it remains ready and accessible for all of us.

As Chair, I have had the opportunity to work with so many wonderful people. Every one of them dedicated to making the AMC an organization wherein your membership counts. I am truly amazed with the commitment our volunteers provide. Not one person receives compensation for the numerous hours they volunteer. Even this newsletter

is produced by our volunteer Newsletter Committee.

If you are interested in volunteering, all you need to do is let me know, and I will help you find a spot that fits you. There are so many opportunities. Some have big commitments and some are quite small. With some, you can take on a continuous role to help sustain the New Hampshire Chapter, and with others, you can help a committee with small tasks for a couple hours once a year. Anything you do is appreciated. You will find our culture of volunteering is quite rewarding and positive.

Conservation Corner

Feral Chia Pets

PAUL HOPKINS

I like to hike in the White Mountains for recreation, relaxation and rejuvenation. I always carry a camera, and I'm constantly on the lookout for interesting sites. Let's consider the boreal zone for example.

Mosses, lichens and other small plants grow throughout the boreal zone. They cover just about all the rocks, stumps, fallen logs and dead standing

trees. These plants are part of the nutrient recycling process. But, with a little imagination, you may notice that some covered objects have interesting shapes.

Some moss covered objects resemble "Chia Pets," (often advertised around Christmas), where a shaped clay mold is soaked in water, covered with chia seeds and sprouts a green coat. I therefore call these



Photo courtesy of Paul Hopkins

CONSERVATION CORNER, TO PAGE 8

Advertise Here to Reach 10,000 Environmentally Active Outdoor Enthusiasts

ISSUE	DEADLINE	AD SIZE	PRICE (per issue)
Jan/Feb	December 1	1/8 page	3.5" w x 2.5" h \$100
Mar/Apr	February 1	1/4 page	3.5" w x 5" h \$160
May/June	April 1	1/2 page	7.5" w x 5" h \$250
July/Aug	June 1	20% Discount for advertising in six consecutive issues, with prepayment	
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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

Volume 42, No. 5
September/October 2016

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 5 Joy St. Boston, MA 02108; 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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AMC-NH Sponsors Free Screenings of Film This Changes Everything

On July 13, 60 guests filled the Red River Theatres in Concord for the AMC-NH Chapter's first screening of the climate change film *This Changes Everything*.

Based on Naomi Klein's groundbreaking book, *This Changes Everything* explores the inspiring stories of seven communities around the world that are standing up and making their voices heard to stop destructive fossil fuel extraction and the devastating impacts of climate change.

Organized by AMC-NH Conservation Education Co-Chair Liz Wyman and co-spon-

sored by NextGen Climate, the event featured a free showing of the film followed by an engaging discussion about what individuals, governments and communities can do to combat climate change.

Based on a show of hands, about half the crowd were AMC members, others were involved with NextGen, and the rest were community members who came to learn more about the issue. Many visitors spoke with AMC and NextGen volunteers to find out how to get involved with the two organizations.

Wyman moderated the discussion and was impressed by

FILM: THIS CHANGES EVERYTHING

Tuesday, October 18, 12-2PM & Friday, October 21, 7-9PM

**NHTI, Concord's Community College
Sweeney Hall Auditorium S-122
31 College Drive
Concord, NH 03301**



the engagement of the audience. "I had a conversation with a young woman named Cate, who will be a high school freshman this fall, and came to the event on her own to learn more. It is so inspiring to meet young people who are seeking out ways to get involved with their communities," Wyman said.

Many of those who participated in the discussion emphasized the importance of citizens making their voices heard by writing to their elected officials and sending letters to the editor of their local paper. One commentator who worked in state government said, "If a representative gets ten letters about something, it becomes a priority issue."

Based on the success of this event, the AMC NH Chapter will host two additional screenings of *This Changes Everything* in cooperation with NextGen

Climate and NHTI, Concord's Community College. Both events are free and open to the public.

The events will take place on Tuesday, October 18 from 12-2:00 p.m. and Friday, October 21 from 7-9:00 p.m. at NHTI's Sweeney Hall Auditorium S-122. The NHTI campus is located at 31 College Drive, Concord, NH 03301. The nearest parking is Lot C, and visitors should follow signs for Sweeney Hall. Directions and a campus map are available at www.nhti.edu.

For more information about the film, including a preview, visit <http://thefilm.thischangeseverything.org/about/>. For questions about the event, or if you are interested in helping to organize a screening in your area, e-mail conservationnh@amc-nh.org

**2016 ANNUAL MEETING,
FROM PAGE 1**

Morocco and elsewhere. She also chairs the August Camp committee and leads hikes at August Camp each summer. Recently having stepped

down after six years on AMC's Board of Directors, she is now a member of the Club's Board of Advisors. Sam also volunteers with the National Forest Service as a Trailhead Steward, UNH Cooperative Extension

as a Master Gardener and the Animal Rescue League of NH.

Denise Carter is a semi-retired speech and language pathologist who works for a private, non-profit organization in Manchester, NH.

She has been an active member of AMC-NH for 18 years. She serves on the Executive Committee as a co-chair for the Trails Committee and is secretary for the Excursions Com-

2016 ANNUAL MEETING, TO PAGE 5



Zodiacs launching from the Polar Pioneer in Curtiss Bay, Antarctic Peninsula

**2016 ANNUAL MEETING REGISTRATION FORM
OR REGISTER ONLINE AT WWW.AMC-NH.ORG**

Guest Speakers Sam Jamke & Denise Carter

SATURDAY OCTOBER 29, 2016 • \$39 Members; \$44 Non-members

Print Clearly

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of Vegetarian Meals: _____ # of Gluten Free Meals: _____

Please send registration and your check payable to AMC-NH Chapter to:
Debbie Marcus 465 Washington Street, Gloucester, MA 01930
Online Registrations may be paid via PayPal

ALL REGISTRATIONS MUST BE RECEIVED BY FRIDAY, OCTOBER 14, 2016

**2016 ANNUAL MEETING,
FROM PAGE 4**

mittee. Denise is a four seasons hike leader and a trail work leader. She has completed several Four Thousand Footer Club "lists" and is in the process of completing her "continents list."

"October 29th, Denise and Sam will share their stories and photos of the very exciting trip they took in March of this year"

In the past several years, Denise has expanded her interests to include cycling and paddling with AMC. While Denise does enjoy her various activities and travels, her heart is in the White Mountains of New Hampshire, its High Huts and campgrounds and New Hampshire's Lakes Region. Denise is a volunteer USFS trailhead steward and a trail adopter for the AMC Volunteer Trails Program.

THE PROGRAM

In the year 1914, Sir Ernest Shackleton embarked on his epic, yet ill-fated Imperial Trans-Antarctic Expedition. This year marked the 100th anniversary of his incredible journey to and subsequent crossing of South

Georgia Island. The story of Shackleton and his men has gone down in history as a legend of courage, strength and, as his ship was named, Endurance.

After losing the Endurance to the Antarctic icepack, Shackleton and a few select seamen made a treacherous 800-mile voyage in a makeshift vessel from Elephant Island to South Georgia Island in hopes of finding help to rescue the rest of the crew. What better reason

could there possibly be to make an expedition to Antarctica to learn what this journey was all about? That's what NH Chapter hike leaders Denise Carter and Sam Jamke thought!

At our annual meeting on October 29th, Denise and Sam will share their stories and photos of the very exciting trip they took in March of this year – to Antarctica, to Elephant Island where Shackleton's men were stranded for over four months waiting for rescue, and to South Georgia Island, where they visited Shackleton's grave and also completed the last five miles of his harrowing crossing of South Georgia Island. Denise and Sam will amaze you with pictures of the many types of penguins, seals, whales and birds they saw, as well as pictures of wondrous glaciers, icebergs and fjords. Come and enjoy the alluring presentation of Denise and Sam's

remarkable trip!

AMC-NH's Annual Dinner will be held Saturday, October 29 at the Grappone Conference Center, 70 Constitution Avenue, Concord, NH.

The social hour begins at 5:30 p.m. (appetizers and cash bar) with dinner following at 6:30 p.m. The menu will include a buffet dinner: soup of the day, salad, beef and chicken entrees, roasted potatoes, vegetable and chef's dessert display, rolls, coffee and assorted herbal teas. Vegetarian or gluten-free plates available upon advance request. A brief business meeting and the featured speakers will follow dinner.

Register at www.amc-nh.org, or see mail-in registration form listed on the previous page. For more information, contact Debbie Marcus after 7:00 pm at 978-578-4198 or send an email to programs@amc-nh.org.



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Sam Jamke (on left) & Denise Carter on the Antarctic continent at Brown Bluff

It's All About Capturing The Moment *September 7*

LU ANN LAQUERRE

Want to learn how to enhance your photo abilities when hiking outdoors? Please join Paul Hopkins at the Dover Public Library, 73 Locust Street, Dover, NH on Wednesday, September 7, 2016 at 6:30 pm.

Paul Hopkins has experi-

ence hiking and taking photos in the White Mountains for the past 18 years. Paul will present ideas, techniques, procedures and tips that can help you take a great photo that "captures the moment" and most are relatively simple things that can be done with any camera. No special image editor is required.

Registration is not required, and this program is being sponsored by AMC NH Chapter and the Dover Public Library. For questions please contact Lu Ann Laquerre at programsnh@amc-nh.org, or visit the library web site at <http://www.dover.nh.gov/government/city-operations/library/events/index.html>



Photo courtesy of Paul Hopkins

Young Members Update *September 9-11*

JAMIE GILLON

Greetings 20 and 30 somethings, as well as the young at heart! We recently had successful inter-chapter camping weekends to the Berkshires, Squam Lake and Rangely, ME, and now we're looking ahead to

two more big weekends. Space is available for both, and we expect 20-40 attendees from all over the Northeast.

On August 19-21 we'll stay at Barnes Field near Pinkham Notch and will offer hikes to Moriah, the Carter Range and Northern Presidentials. After

hiking, we plan to have a big campfire, cookout and games.

On September 9-11, we'll stay on the other side of the Whites at Osceola Vista, near Waterville Valley. We'll plan at least one Flags on the 48 hike, and are also nearby paddling opportunities on the Pemige-

wasset River. We'll once again have a big group meal and campfire games in the evening.

We hope you can join us for one of these great events, or one of our day hikes or socials. Specific details and registration for all these trips and more can be found on outdoors.org

Bike to Your National Park Day *September 24*

DORIA HARRIS

Need an incentive to get out and explore? September 24 is National Public Lands Day, which is a fee-free day for all federal public lands and many state parks. We encourage you to visit one nearby or far away by bike: We're going to.

On September 24, join our bike ride from Cornish, NH to Windsor, VT. We'll visit

New Hampshire's only national park, Saint-Gaudens National Historic Site, home and gardens of the 19th-century sculptor, Augustus Saint-Gaudens, on a hill overlooking the Connecticut River. In honor of the day, the Parks Service is sponsoring "Sculptural Visions," a day-long event with artists demonstrating different sculptural techniques, including bronze casting.

After visiting Saint-

Gaudens, we will pedal across the Cornish-Windsor covered bridge and visit the American Precision Museum in Windsor VT, which has one of the largest collections of 18th and 19th century machine tools in the country. The museum is located in the 1846 Robbins & Lawrence factory, which was the first U.S. factory to produce precision interchangeable parts. This type of production

made this region of the Connecticut River Valley one of the most important manufacturing regions in the country during the 19th century.

Come ride with us and see the history of our country through the arts and manufacturing activities in the Connecticut River Valley.

See our activities calendar for details at: <http://amc-nh.org/calendar/activities.php>

One-Day Class 3 Leader Training *October 22*

RICK SILVERBERG

This training is for those interested in becoming leaders for three-season hikes and walks at lower elevations and will allow you to become a class 3 leader for the AMC NH chapter. Exercises in group dynamics, trip planning and logistics, participant screening, communication, handling

difficult behaviors, how to post your trip for approval and outdoor practice in leadership. This training is a good introduction to leading hikes and has been of interest to those who are thinking of becoming first-time trip leaders.

Up to seven participants will work in a small group with two instructors to understand the methods for planning and

leading trips to smaller mountains, natural areas or the sea shore. The group members will use different learning techniques to try out and understand the many roles of leaders and how to apply these roles to outings. Come prepared to spend the day outdoors "learning by doing."

Bring your pack for a fall day hike, hiking cloths, boots

and a trail lunch.

Morning snacks, maps and instructional materials will be provided, and training is in Warner, NH.

Instructors are Rick Silverberg and Bob Humphery. Call 603-225-5921 with questions between 7-10pm. \$35 for members; \$40 for non-members. Register at www.amcnh.registration.qilan.com



Thursday, October 27, 2016

50 Years Paddling New England's Waters

PAUL BERRY

Join us for an evening of paddling history spanning 50 years. I will relate my experiences and share images about paddling in New England from 1967 to 2016. The picture is me in 1969 with my whitewater downriver racing kayak. (I still have it.) I will talk about my years of paddling, beginning with the Norwich University Outing Club to joining the AMC NH Paddlers in the 1980s and leading AMC paddling trips ever since. I raced whitewater kayaks all over New England in the 1960s and

1970s. Then, with the help of other AMC members, I paddled in quiet areas, ocean surf and in rivers up to class IV.

This event is part of our AMC-NH partner series. Join us in the library auditorium, 45 Green St, Concord, NH 03301 // 603-225-8670 // www.concordpubliclibrary.net.

For more information contact Paul Berry at 603-423-1192 or paulberryamctrip@aol.com.

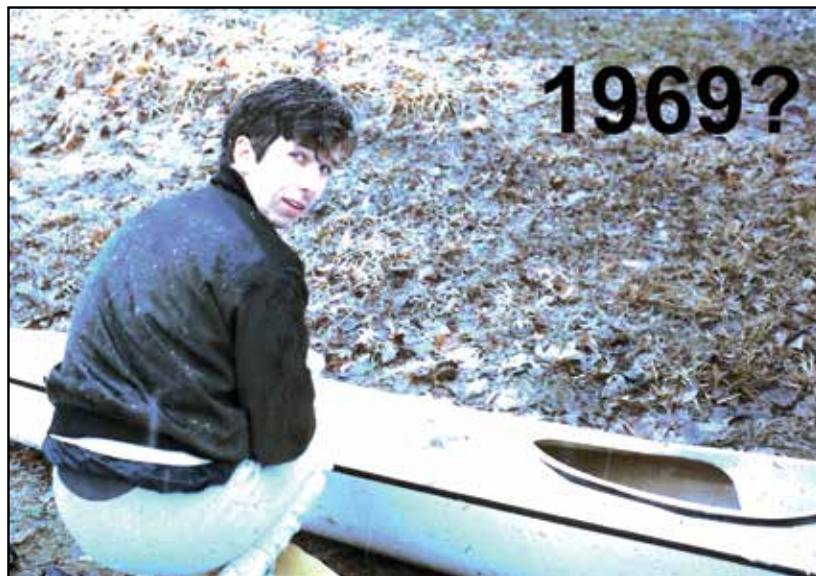


Photo courtesy of Paul Berry



2016 Winter Hiking Series *October-December*

LARRY YETTER

Applications are being accepted for the 2016 Winter Hiking Series. This is a great series for those currently hiking 4,000 Footers in NH and who wish to learn to hike safely in the winter. The series starts the weekend of October 28 and continues with four additional

hikes over the following two months.

If you are interested, please refer to <http://amc-nh.org/committee/excursions/index-winterhikingseries-2016.php> for more information and the application form. Don't wait, apply now to join a terrific series that could change the way you spend your winter.



Photo courtesy of Larry Yetter

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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.

CONSERVATION CORNER, FROM PAGE 2

interesting boreal-plant shapes: "Feral Chia Pets."

I found my first Feral Chia Pet, Slinky, near the junction of the AZ and Mt. Tom spur trails. Looking for something interesting to photograph, I had the distinct feeling of being watched. When I looked back, I was startled to see a caterpillar-like creature peering from behind a tree.

I have since found other Feral Chia Pets while hiking. It turns out they are quite inoffensive, may be petted and will pose indefinitely when photographed.

I found one of the cuter pets, Hedgehog, stuck between two broken tree limbs. It was located in a small open space off the Airline Trail, just before breaking out into the alpine zone. The little critter was very

patient, allowing me to field edit the scene to expose and photograph its best side.

On Mt. Hale along the Lend-A-Hand Trail, I found a pair of Feral Chia Pets in a confrontational mode. It could have been that the smaller on the left had disturbed the larger and was being chastised, or perhaps competing for the same space.

It may seem strange to contemplate moss-covered objects with this kind of whimsy, but I hope you enjoyed this imaginary adventure in the boreal zone. The next time you're up there, look around with a little imagination and you just might find a Feral Chia Pet looking back at you. Take moment, amuse yourself, smile and feel refreshed before moving on.



Photos courtesy of Paul Hopkins