

Mountain P A S S A G E S

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**DON'T FORGET!
NATIONAL TRAILS
DAY IS JUNE 3!**



Notes From The Chair Getting kids outdoors

BILL WARREN

What does the future of being outdoors look like? Will the children of today be replacing those of us who have spent a lifetime playing outdoors? To answer these questions I want to share some fascinating information and hope we can develop a model to sustain what we have today.

Nearly one in four Americans are under the age of 18 and half of the babies born are from racial or ethnic minorities. On the other end of the spectrum are the Baby Boomers (53-71 years old) representing almost one in four Americans. When you are playing outdoors have you noticed which group is missing? This issue is certainly being discussed at the highest levels by groups such as the AMC, the National Park Service and outdoor outfitters.



NOTES FROM THE CHAIR, TO PAGE 3 

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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MAY-JUNE 2017

Spring is Here, Get Out and Ride!



Photos courtesy of Doug Powers.

DORIA HARRIS

It's been a long winter but now it's almost time to ride. Peak sugaring season is winding down, the crocus are peeking out of the ground, and the first robins have appeared. All signs of the beginning of another cycling season in New Hampshire. Our AMC Bike Leaders are looking forward to getting out on their bikes and including you in their activities.

GET OUT & RIDE, TO PAGE 5 



20s and 30s Update

JAMIE GILLON

Greetings, after a bit of a quiet winter season, the Young Members/20's and 30's Group will be having a busy spring and summer, with our first hike offering of the year already filled to capacity.

For those of you who are looking to get out on weeknights, we are pleased to announce that the Wednesday Night Hiking Series will be returning. We've planned a series of short evening hikes in the Merrimack Valley and Lakes Regions on the last Wednesdays of May through August. We also run weeknight social events monthly in the Seacoast, Manchester/Concord and Lakes Regions. The socials and weeknight hikes are especially great opportunities for newer members to meet people from the group and learn about what we do.

The biggest news is that we'll be running a series of weekend-long camping events that will involve hiking, group meals, games, music and an overall good time. On June 24-26 we'll be returning to Squam Lake, where we'll have a site

with a private beach, easy access to paddling on the lake, and be close to many hikes in the Lakes Region and Southern White Mountains.

Our next big event will be August 11-13 when we'll be going to Osceola Vista in Waterville Valley, where there are great opportunities to hike the Southern Whites or paddle on the Pemigewasset River. Our final camping weekend of the year will be at Barnes Field, September 8-10. This site is located at the base of Mount Madison in the Northern Presidentials. The Carter-Wildcat and Maahoosuc Ranges, as well as several commercial whitewater rafting outfits are all a short drive.

Registration for all these events and more will be posted on outdoors.org within six weeks of the event. You can also keep up-to-date with our group by joining us on Facebook, Meetup or by subscribing to our email list. Information can be found at: <http://amc-nh.org/committee/youngmembers/index.php>

We look forward to seeing you at an event soon!



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MOUNTAIN PASSAGES

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May/June 2017

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.

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

Editor: Brett J. Billings
[bretjbillings\(at\)gmail.com](mailto:bretjbillings(at)gmail.com)

Graphic Design: Jessica Clifford,
Graphic Designer, Artist &
Photographer.
[jess.amcnews\(at\)gmail.com](mailto:jess.amcnews(at)gmail.com)

**NOTES FROM THE CHAIR,
FROM PAGE 1**

The solution to this may be quite simple conceptually while somewhat more complex to implement. Technology is not a major part of the outdoor experience as it is in our everyday routine. We need to embrace technology in the outdoors rather than vilify it or the future will be very different than we envision.

A survey was done by Destination Analysis and found 71 percent of Millennials would be very uncomfortable on a one week outdoor vacation without being connected to the Internet or their phones. On the other side, only 31 percent of Baby Boomers felt the same way. Currently an advertisement is running on television with the tag line, "junior spent almost three minutes off his cell phone." The Kaiser Family Foundation found

children between the ages of 11 and 14 spend nearly 12 hours per day in front of a screen.

There are many benefits in getting children outdoors. In Richard Louv's 2005 book, *Last Child in the Woods*, he makes the case for children having nature deficit disorder and for children who spend time outdoors are less likely to be stressed, get sick, and are more adaptable. Think back to some of your best, most vivid memories and they most likely are from your childhood. If we can get children outdoors doing something three times it becomes imprinted on their brains and can become a lifestyle.

Perhaps the portal to getting these children outdoors will be through a screen. They need to find places where they can learn, see the outdoors, and find a benefit for embracing the outdoors through their use

of technology. An example of this type of portal comes from the success of *Pokemon Go*. Children were everywhere looking for *Pokemon* characters. Children appear to have a great time once we get them outside. They want to be connected so they can share their adventures through messaging, Facebook and Twitter, in real time. They



Fortunately, we have our Young Members (20 & 30s) to help. They are the parents of these children. They often ask their children to be part of family decision

making and if the children get excited about going outdoors on an adventure it will happen. We need to provide outdoor connectivity where they find pockets to dip back into the cyber world. A place where they can share the outdoors on a screen and perhaps excite one more child to go out and play.

can use technology to geocache, identify stars in a night sky, and so much more. We cannot expect children to be surrounded by and constantly use technology, then ask them to step away from it. They will go into immediate withdrawal with the undesirable outcome of not going outdoors. It simply will not work.

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Photos courtesy of Bill Warren.



LINDA MAGOON

The Japanese term is shinrin-yoku, or "forest bathing." In Germany, there is Friluftsliv, meaning "free air life." I never knew such terms existed to describe why I found myself, one sunny August afternoon, hiking Mt. Moosilauke in New Hampshire. Life obstacles had made this hike, or any hike, a far-fetched, long-forgotten item on my life's "to-do" list.

At age 54, my goal was not simply to hike eight miles to conquer a summit, but to start a new chapter in life. Today, I was hiking with the hopes of temporarily excising my head's incessant monkey-chatter of a recently-failed marriage and the successive fallout it brings.

Working my way up, I began to notice the trailside awash in an emerald-green carpet of sphagnum moss. I observed that, with each step, I was leaving the forest hardwoods of beech, oak, and maple behind, replaced with higher-elevation red spruce and balsam fir. I paused to listen, not only to the sound of my wheezing lungs and thumping chest,



Typical moss bed. Photo courtesy of Paul Hopkins.

but, to the sound of chickadees and a stream bubbling noisily downslope. Gradually, with each step, and without conscious awareness, nature was diluting away months of accumulated fear, anxiety, sadness.

Working my way along the ridgeline to the rocky summit, my pace quickened with a horse-sees-the-barn urgency. The wind picked up, blowing hard, but was not uncomfortable. Although I had this particular trail to myself, divergent

trails to the top now meant I was in plenty of company. Upon reaching the summit, I

felt euphoric, and sat down for a quick lunch break, groups of hikers scattered about, noisily interrupting my thoughts, and suddenly I became very aware that I was hiking alone. I stood next to the summit sign, too shy to ask strangers to take my photo. A couple offered to help; the old me refused at first, too self-conscious, but a few seconds later, I recanted. Why not preserve this moment for eternity?

On the way down, the route became crowded, and spotting a spur trail, I took it and ducked completely out of site. I lay in a thick bed of moss and closed my eyes, focusing on listening and feeling the constant wind. However, this was replaced with the gradual

CONSERVATION CORNER, TO PAGE 8 



Corrections and Clarifications

Jon Morrissey is no longer the Pemigewasset District Ranger, though he was listed as such at the end of the Rumney Climbers Association article in the last issue of Mountain Passages.



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Photo courtesy of Doug Powers.

BACK TO BIKING CLINICS

This clinic is for you if you are one of those people who have a bike languishing in the basement or garage and keep thinking: “I would like to take up biking again but I’ve never really been comfortable on my bike. It has all these gears, I don’t really know what they do and biking seems hard...yet, it might be nice to bike.” In this clinic we will go over proper shifting and braking technique and then take a ride to practice how and when to shift to make getting up and over those hills easier. You should leave this clinic feeling you understand your bike and feeling more comfortable as a rider.

BICYCLE TOURING WORKSHOP

If you’ve been dreaming of hitting the open road on your bike, we can help you prepare. We will be offering a Bicycle Touring Workshop at the Nashua Public Library on Wed. evening, May 3rd. In this workshop we will cover trip planning strategy, how and what to pack, and resources available for the traveling cyclist.

BIKE OVERNIGHT

If you’ve been wanting to give self-contained travel by bike a try but would like company and guidance for your first venture out, join us for a bike overnight from Saturday June 10th to Sunday June 11. This activity will give you an opportunity apply what you learned at the Touring Workshop. Saturday afternoon we will load up our bikes with our camping gear and other necessities, and pedal off for an afternoon ride, ending at our campground for the evening. Sunday morning we will pack up our bikes and pedal back to our starting point.

LOCAL RIDES

Are you tired of the same old routes you always ride? Check our activities page to see where we are offering rides in areas which may be new to you throughout the state. <http://amc-nh.org/calendar/activities>



Two riders in the AMC Gene Harding Memorial Ride in New Castle, NH. Photos courtesy of Doria Harris.

Sunday, August 6th



100

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On the Trails - Spring 2017 Update

RICHIE HOLSTEIN

What's the allure of trailwork?

Well, trailwork is:

Fun:

Think of it – as an adult, or even as a teenager, when can you play in dirt or mud and not be the object of scorn? You still can't throw rocks, but you sure can move them!

Inclusive:

We have work for people from 6 to 106. Tools plus skill plus teamwork allow everyone to contribute.

Family-oriented:

Kids like to do neat things with their parents. Here's something different to try that can get everyone working together.

Instructional:

What keeps a trail dry and smooth? Why are there dips and logs and rocks deliberately put on a trail? How did those rocks just happen to be set in a slope so we might use them as stairs? What else is going on beneath my feet? Work with us for a day and find out!

Rewarding:

You can often see the benefit of your work by the end of the day.

- Hey! That mud puddle is gone!
- Look at those hikers walking where we've made steps!
- Gee, it's a lot nicer walking back along the trail than when we started!

A Way to Contribute to Your Community:

Don't limit yourself to the Whites! Act locally – see what your conservation commission or other town organizations have for trails.

If you enjoy hiking, think about trailwork. The NH Chapter Trails Committee has three events planned so far, Trailwork 101 in Spring School on April 29 and 30, a Women's Trailwork Day on May 6, and a trio of trips on National Trails Day, June 3. Look for our

trips on outdoors.org in "Find Activities" under "Volunteer Opportunities," and in Hike-with-AMC-NH on Meetup. Talk to people in your town office to find other local groups involved with local trails.

We'd love to have you work with us!



Family work. Photos courtesy of Denise Carter.



It takes a crew to fell a tree.



AMC Fall Gathering – Join Us

Our AMC New Hampshire Chapter is hosting the 2017 Fall Gathering this year which is open to all AMC members and volunteers. With your help, the NH AMC will show the AMC attendees why NH is such a

great place to be this October 13-15. We are actively seeking volunteers who can help with organizing, preparing and hosting this great event.

Contact Dan Heon for more information at Dheon4@gmail.com.

The AMC Fall Gathering event will be held in Freedom New Hampshire on beautiful Lake Ossipee. The host facility has cabin and bunk facilities for all attendees, and will provide hearty breakfasts, pack lunches, and dinner for attendees. The location is ideal for its proximity to Conway, trails on the Ossipee range, Sandwich range and all White Mountain National forest destinations.



Activities include programs in offered at the camp, hiking and touring the White Mountain National Forest.

Take advantage of 3/4 mile shoreline at the facility to enjoy

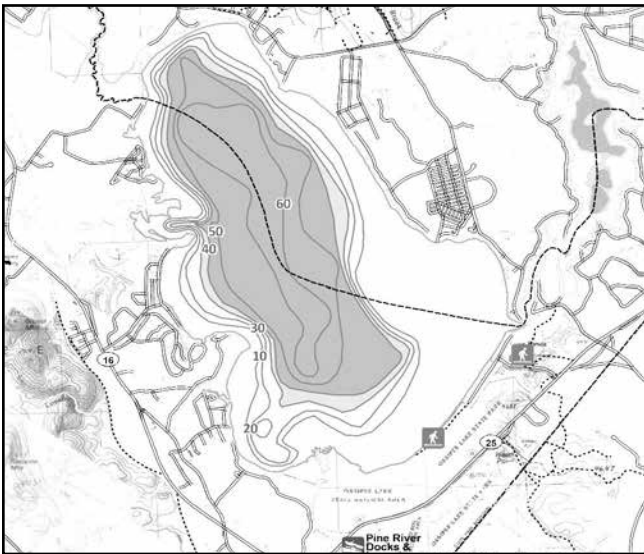
the beauty of autumn views from the lake. The paddling in October is great for loon sightings, and both cold and warm fish species.

Volunteers Are Needed!

Contact Dan Heon for more information at Dheon4@gmail.com



Registration for the Fall Gathering will begin **Saturday, July 1, 2017**



NEW HAMPSHIRE CHAPTER
YOUR CONNECTION TO THE OUTDOORS

The NH Chapter will be hosting the 2017 Fall Gathering

You are in for a good time!

AMC NH EXECUTIVE COMMITTEE

- Chapter Chair** chairnh@amc-nh.org
Bill Warren
- Vice Chair** vicechairnh@amc-nh.org
Frank Miller
- Treasurer** treasurernh@amc-nh.org
Rick Desmarais
- Secretary** secretarynh@amc-nh.org
Wanda Rice
- Biking** bikenh@amc-nh.org
Doria Harris, Hiel Lindquist
- Conservation & Education** conservationnh@amc-nh.org
Paul Hopkins, Liz Wyman
- Excursions** excursionsnh@amc-nh.org
Kevin Rooney, Beth Zimmer
- Membership** membershipnh@amc-nh.org
Jen Fairchild, Matt Christiansen

- Mountaineering** mountaineeringnh@amc-nh.org
Michele Beadle, Johanna Hunter
- Newsletter** newsletternh@amc-nh.org
Brett Billings, Editor
Jessica Clifford, Design & Layout
- Paddling** paddlingnh@amc-nh.org
Joe O'Neil, Mike Hocevar
- Programs** programsnh@amc-nh.org
Lu Ann Laquerre, Teri Wilson, Debbie Marcus
- Skiing** skinh@amc-nh.org
Paul Pinkham, Valerio Viti
- Trails** trailsnh@amc-nh.org
Richie Holstein, Bill Foster, Denise Carter
- Communications** communicationsnh@amc-nh.org
Kathy Ellis, Chris Vaughn

- Web Committee** webchairnh@amc-nh.org
Paul Berry
- Young Members** youngmembersnh@amc-nh.org
Jamie Gillon, Ann Hudnall
- Past Chapter Chair** pastchairnh@amc-nh.org
Wayne Goertel
- Regional Dir. NH/ME** regionaldirectornh@amc-nh.org
John Mullins
- AMC NH Chapter** [website: www.amc-nh.org](http://www.amc-nh.org)

Address changes and membership renewals:
AMC Member Services
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Appalachian Mountain Club
NH Chapter
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Enfield, NH 03748

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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 8

realization that moss is nature's sponge, able to absorb copious amounts of water, and at that moment, my shorts and shirt were now absorbing, it too.

Back at the car, I reflected on the day's accomplishment. Today was the first time I had truly felt happy in months. Unlike other cultures, we do not have a term for using the outdoors for healing. However, Henry David Thoreau stated, "We need to have the tonic of wilderness. We can never have enough nature." For me, today was a small sip, and on the drive home, despite my sore, protesting knees, I decided to taste more.

In the January-February newsletter, The Conservation and Education Committee invited our readers to submit articles relating to their outdoor experiences that

they would be willing to share. The above, about one person's rejuvenation experience, is the first that has been submitted. It illustrates, in the spirit of Henry David Thoreau, a reason why setting aside accessible wilderness areas are so important in our modern world.

Again, our readers are encouraged to submit articles about their experiences and insights relating to an outdoor wilderness experience. Contact us at conservationnh@amc-nh.org and we'll help you get it published.

