

## Highlights...

	New Hampshire Chapter History In the Words of the Early Members.....1
	Leave No Trace™ - It's an ethic.....1
	New Hampshire Chapter Hiking in the First Decade.....5
	Paddling through History.....6
	Where In The Whites?.....8
	Alpine Flowers Don't Tread On Me...Please Wildflowers of New Hampshire's Alpine Zone.....10
	Rhodora.....11
	Back Country Tips/Tick Defense.....12
	Winter Hiking.....13
	Learn to Rock Climb with AMC NH.....16
	Biking Committee; Activities Return.....16
	Update From The Excursions (Hiking) Committee.....17
	Pony Express to Thought Transfer or How the New Hampshire AMC paddlers have kept up with changes in communication technology.....18
	Trails Less Travelled.....19
	Covid-19 Update.....20



## New Hampshire Chapter History In the Words of the Early Members

BY: BOB MCLAUGHLIN

In the Spring issue of *Mountain Passages* we had an article describing the early years of the New Hampshire Chapter. While we had a few primary sources for the article, we were forced to rely on secondary sources including a history of the Chapter compiled for its fiftieth anniversary.

After the issue went to press, Rick Silverberg was contacted by Doug Wyman, who served as Chapter Chair from 1987 to 1990. Doug informed us that he had the original Chapter log books from its founding in 1921 until the 1980s.

We had the opportunity to go through the logbooks in detail

NH CHAPTER HISTORY, TO PAGE 3



*The original Chapter logo adopted in 1931.*

## Leave No Trace™ - It's an ethic

“Leave No Trace” We all know the phrase, and most of us understand the principles it stands for, at least to some extent. However, it is useful to review and rethink these principles periodically. The principles are aspirational goals rather than fixed unchanging rules. Nonetheless, the principles establish a structure for assuring that our activities do not damage the backwoods environment that we all love.

“Leave No Trace” is based on seven core principles:

- Plan Ahead & Prepare;
- Travel & Camp on Durable Surfaces;
- Dispose of Waste Properly;
- Leave What You Find;
- Minimize Campfire Impacts;

- Respect Wildlife; and
- Be Considerate of Other Visitors.

In this article, we consider the first three of the Seven Principles of Leave No Trace and discuss how they can be applied to activities in the New Hampshire backcountry.

### Plan Ahead & Prepare

When considering this principle, most of us immediately think of the 10 Essentials and training so that we are prepared for our and our party's needs. However, the principle involves more.

If we are to be prepared, we need to be aware of what we will experience and what we will need complete an outing safely and comfortably.

LNT, TO PAGE 2

## 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 47, NUMBER 2

SUMMER 2021

## LNT FROM PAGE 1

What are the goals of the outing? What are the skills and abilities of the participants? What do you know about the area you plan to visit and the rules that apply in the area?

Only by considering all of these questions will you be able to assure that the outing will match the goals, skills and abilities of your group. You will also be able to choose equipment and clothing you will need for comfort and safety and that will allow you to Leave No Trace.

This article cannot consider all elements of planning, but as an example, let's consider food. When you pack snacks, rather than packing the food in a box or wrapper, why not unwrap the snacks at home and put them all in a single zip-lock bag? You will reduce bulk in your pack and eliminate the need to pack out large amounts of waste. If you will be cooking, plan to pack a stove and avoid the need to make a fire which will take more time, will damage the environment and may be illegal. In planning meals, consider how difficult cleaning up will be.

While on first consideration one might ask how this principle relates to Leave No Trace, but consider the potential impact of not planning. If you overestimate your pace or underestimate the difficulty of the terrain, you might feel the need to take shortcuts or camp in inappropriate locations increasing your impacts. If you do not carry all the equipment and supplies you need, or if you pack too much, you may be required to act in a manner that results in damage to the natural surroundings.

So, it does make sense to include planning as a LNT principle!

If you think about it, you will be able to find many opportunities to reduce your impact on the environment by planning ahead. Give it a try!

### Travel & Camp on Durable Surfaces

Unless you restrict your outdoor activities to hiking along trails and camp only in established camping areas, this may be the most challenging principle to follow.

Many of us enjoy the experience of exploring backcountry off trail at least some of the time. How can we do this in New Hampshire and still follow the principle to travel on durable surfaces? First, you can select where you travel off trail. Walking on rock, sand or gravel is best, but hiking through open woodland where you can avoid damage to vegetation can be almost as good. Try to avoid wet areas which show greater impact. One good approach is to try to follow old logging roads. While not perfect, following these roads can limit the impact of your passing because the old roads are already disturbed.

## Advertise Here to Reach Almost 15,000 Environmentally Active Outdoor Enthusiasts

ISSUE	DEADLINE	AD SIZE	PRICE (per issue)
Spring	February 20	1/8 page 3.5" w x 2.5" h	\$100
Summer	May 20	1/4 page 3.5" w x 5" h	\$160
Fall	August 20	1/2 page 7.5" w x 5" h	\$250
Winter	November 20	20% Discount for advertising in six consecutive issues, with prepayment	

For questions, or to submit ad: [Advertising@amcnh.org](mailto:Advertising@amcnh.org)  
Please send ads as color PDF or jpeg high-resolution files, at correct size. Ads will appear in color in the on-line and print versions.

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.

What about herd paths? In many areas, informal paths have developed that lead to river banks, waterfalls, mountain tops, viewpoints and other locations that are not accessible by maintained trails. Is it better to stay on these herd paths or follow your own way through the woods? To some extent the answer depends on the nature of the herd path.

In steep terrain, herd paths may be preferable, but most of us have seen informal pathways which have impacted a wide swath where many people have tried to find their own way up a steep slope.

Other times herd paths will lead you through muddy trenches in wet areas. Again, you face the question whether it is preferable to travel through the area that is already damaged or strike out on your own path that may damage otherwise pristine areas.

When travelling off-trail in New Hampshire there are frequently no really good answers. It is the responsibility of each individual to consider whether it is necessary or at least worthwhile to travel off trail and to determine how to do it and cause the least damage.

Decisions are much easier if you are traveling on an established trail. However, even here there are steps you can take to Leave No Trace.

LNT, TO PAGE 4 

## MOUNTAIN PASSAGES

Volume 47, No. 2  
Summer 2021

Mountain Passages is published four 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@amcnh.org](mailto:newsletter@amcnh.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@amcnh.org](mailto:newsletter@amcnh.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](http://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](http://www.outdoors.org/membercenter) and set your AMC-NH Chapter newsletter preference to online.

© 2021 by New Hampshire Chapter, Appalachian Mountain Club.

**Editor:** Robert S. McLaughlin  
[newsletternh@amcnh.org](mailto:newsletternh@amcnh.org)

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

and found a treasure trove of descriptions of Chapter activities during its first fifty years. The logbooks have now been passed on to the AMC archives at the Highland Center.

At the risk of repeating some of the material in our last article, this new material is really too good not to share.

We have carefully reviewed the records of the first 50 years of our Chapter and have identified certain themes that shed light on the Chapter's development. Each theme is presented and then illustrated with verbatim transcriptions of the descriptions of activities that were included in the Chapter records. The text quoted from the logbooks is presented in italics.

Because the logbooks for the early years of our Chapter were hand written in script, some words proved impossible to decipher. But after some puzzling, most were clear enough. Unlike our current Chapter, in the early years, the minutes of monthly "Chapter Meetings" contained descriptions of activities that took place since the last meeting and those that were planned. The Chapter was a much smaller and more intimate group. In 1921 there were only 27 charter members. By 1923, the total membership had grown to 65 and in following 20 years the total membership grew only to less than 200 before falling again.

Enough of the prologue! On to our exploration of the records.

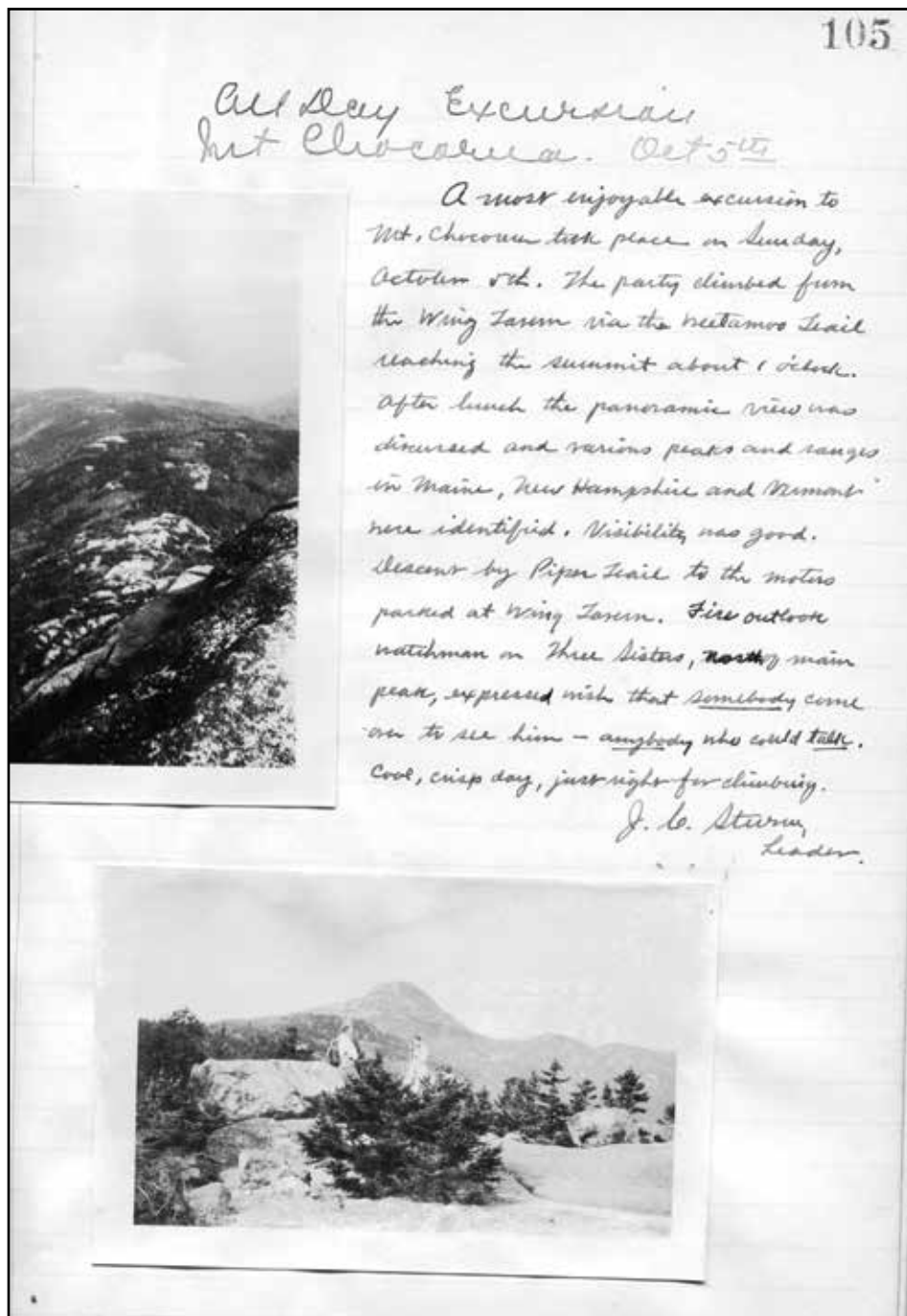
**Theme 1: Social Activities were a major part of early Chapter activities.**

One thing that struck me in reviewing the reports of early Chapter activities is the extent to which socialization was a major part of their plans. Dancing, games and storytelling are frequently reported. A few examples will illustrate this point.

On page 6 of volume I there is a discussion of a weekend trip to New Boston that was held in June 1921. The weekend started out with a walk followed by a trip by auto to the hotel. The description then picks up with "After dinner a very successful dance was given in *The Leroy(?) Hall* by the A.M.C.s. Several Manchester people motored out to meet the members of the Club and enjoy the dance with them."

On the next page, there is a description of a September 1921 weekend at the Colonial Inn in Warner, N.H.:

*where the night was spent following a*



*An example of a page from the logbooks. This one is in the second volume and describes the Chapter's first outing to Chocura transcribed below.*

*dance at Contoocook . . . Saturday a cross country hike to the base of Kearsarge Mt. where trip was made to summit for lunch and rest. Reaching Wilmot Flats the party took autos for New London where the next night was spent at the New London Inn. A dance was enjoyed in the evening at the Levin(?) Lake Villa. Sunday a start was for the Huntoon(?) House in Sutton where the party spent several delightful hours boating, swimming ect.[sic] at Keyser Lake. Four of the members walked from here to Newberry, the rest*

*going by auto. Dr. William Milligan of Cambridge a member of the A.M.C. entertained the party at his summer house "Bid-a-wee" at Newberry on Lake Sunapee.*

*Monday morning the start was made up Sunapee Mt. After lunch at the Hut on Lake Solitude a descent was made to Edgemont Station where the return was made to Manchester. Monday evening the party enjoyed a dance at the Arcadia, returning Tuesday to their houses.*

First stay on the trail. This means don't walk on the edge of the trail to skirt mud or water in the center of the trail. Also, don't short cut switch backs even when you see evidence that others have done so. I have tried to do my bit to move fallen branches into such short cuts, and think that is probably the best course, but recognize that is also leaving my mark on the environment.

Second, when you have the choice try to walk on durable surfaces even on trails. If there are stepping stone rocks in the trail, use them. If the trail builders have put logs or planks through wet areas, walk on them even if the area is now dry.

Third, when resting or meeting oncoming groups, make sure you provide space for other hikers to pass. If you move off trail, try to select a location where you will have the least impact. Rocks, water bars, and logs can be good choices for moving out of the way. The important point is to think about the alternatives and make the choice that will eliminate or minimize your impact.

Camping on durable surfaces presents fewer close questions. If you can camp in a developed campsite with tent platforms, you are practically home free. Many such campsites are established in the White Mountains and provide an essentially impact-free camping alternative for minimal cost. These sites typically also have a reliable water supply and toilets or latrines.

If you must find your own camp site, or simply prefer camping away from developed campsites, your considerations are more complex. You should avoid camping close to trails and water bodies. When backcountry camping in the White Mountain National Forest, for summer and autumn camping you must choose a site that is:

- at least 200 feet from a trail or water body;
- at least a quarter (1/4) mile from backcountry facilities, including huts, shelters, cabins, developed tent sites, picnic areas or campgrounds; and
- sheltered by trees more than eight (8) feet high.

Camping is also prohibited in certain areas. The US Forest Service has published a pamphlet ("Backcountry Camping Rules") that outlines all the restrictions on backcountry camping in the White

Mountain National Forest. This pamphlet is available on the Forest Service website.

Be sure to leave enough time to scout the area and find an appropriate campsite in the backcountry. Even if you know the area and have a specific campsite in mind, you cannot guarantee that it will not be occupied when you arrive. It is better to make sure you have the time if you need it. If, as things develop, you don't need the time you will just have more time to settle in and enjoy the wilderness experience. Things can be worse!

When selecting a site, it is generally best to choose an established site because if you are careful you can probably leave the site in better condition than you found it. You will probably see established campsites that are too close to a trail or waterbody, but you should not camp there. If you cannot find an established site, camping on a flat rock surface is probably the next best choice.

If you are camping in a truly undisturbed area, your precautions should be at the highest level. You should spread out your tents to place them on the most durable surfaces and avoid establishing regular pathways through the campsite. Location of the "kitchen" site is even more important than tent sites since the unavoidable traffic around the cooking and eating areas is more likely to do damage. Avoid camp fires because they will create a permanent scar on the forest floor. Use camping stoves exclusively.

You should avoid camping for multiple days in a campsite in an undisturbed area. Each additional day will cause more damage and if you truly desire to Leave No Trace you should move on after one or two nights.

It is equally important do your best to return the site to its former condition when you do pack up to leave. Take the time to cover scuffed and trampled areas with pine needles or leaf litter. Brush out foot prints with a tree branch and break up pathways that may have developed. Sweep the areas under tents and in the kitchen area with a stick or fallen tree branch. Your goal is to make the site look like you never camped there and to make it less likely another party will choose the site for a campsite in the future.

#### **Dispose of Waste Properly.**

We all know the mantra "Pack it in, Pack it out." It is common courtesy and one of the fundamental obligations of back-

country visitors. How many times have we seen trash or discarded food (e.g., egg shells, orange peels, apple cores, or banana skins) left by the side of the trail, on a summit or floating on a water body? How did we feel?

Clearly, we all know that we should not drop our trash or discard food wastes in the backcountry. But, it takes planning to meet this expectation. While you can stuff your trash in your pockets, this is less appealing when it comes to food wastes. Carrying a bag for your waste is an easy solution. That said, you have to remember to pack it!

Better still, carrying a bag for your waste lets you clean up after others. While the mess others leave is not your responsibility, if you clean it up you are leaving the backcountry better than you found. Whether you think of it as "paying forward" or your duty to the natural world, it is a good thing to do at least on some of your hikes.

Trash and food waste is perhaps the simplest part of "Dispose of Waste Properly." The more challenging element is disposing of biological wastes, human excrement and the excrement from our pets. While trash and food wastes are mostly a "cosmetic" issue, improper disposal of excrement is not only distasteful, but presents serious health and safety and environmental risks.

Every person who hikes with their dog has the duty to carry and use "doggie poop bags" and a means to pack them out. This is true when walking your dog in your neighborhood, and it is even more important when hiking in the backcountry. Doggie poop bags are available in lightweight rolls that easily fit in your pocket or pack. If you hike with your dog, don't hit the trail without your poop bags!

Human excrement presents more complex problems and potentially calls for more involved solutions. While dog poop is gross, it likely will not spread disease to humans. It may, however, be a hazard to other dogs and wildlife. Human poop is a different story.

Packing out human poop is one option. Commercially produced pack-out systems are available, and some hikers have been known to use doggie poop bags. However, many people consider packing out their poop to be too gross to consider.

If you cannot find a latrine or toilet, and you don't want to pack it out, you have only one responsible option: "cat holes."

## NH CHAPTER HISTORY, FROM PAGE 3

Closing out the activities of 1921, a report of another weekend trip on pages 8-9 of volume I is described as follows:

*A Fall walking trip was taken on October 15th & 16th 1921. Party left Manchester Saturday a.m. on the North Weare train. The walk started from the Station for Burgesses Camp "Greenook" where the party stopped for lunch & rest. The afternoon walk was over Tiffany Hill to the Purrington Farm near Weare Center, where a most enjoyable & comfortable night was spent. The Purrington's hospitality was much appreciated.*

*Sunday a start was made for Riverdale where the members of the party were invited to the summer & weekend house of Mr. Frank E. Morse of Boston who is an Appalachian. Here lunch was partaken of around an open fire and several pleasant hours spent. From here we took the highway for Goffstown where refreshments were served at the house of Mrs. Ethel G Stark, an Appalachian and one of the party. Return to Manchester was made by trolley & upon arrival dinner was served at the Chinese restaurant.*

The pattern of social outings continued as the years went by. A few examples will suffice.

On page 85 and 88 of Volume II, there is a report of an afternoon walk that started when the party disembarked from "the trolley at Thirty Pines, [and] followed the highway to the Hathaway Club where members walked where they pleased or enjoyed the fire till supper time. A most delicious supper was served by the Misses Baker after which games of all kinds were enjoyed by all. This proved to be one of our most hilarious parties, and we all much indebted to the Misses Baker for the use of the Club House and for their splendid hospitality."

In August 1931, the Chapter sponsored a picnic at Lake Winepocket in Webster, N.H. It is described on pages 142 to 143 of Volume II as:

## NEW HAMPSHIRE CHAPTER, TO PAGE 7



*Two Chapter members enjoying winter in 1926.*



## New Hampshire Chapter Hiking in the First Decade

This is a list of significant hikes taken by members of the Merrimack Valley Chapter in its first decade. The Merrimack Valley Chapter became the New Hampshire Chapter in 1956. In addition to these hikes, Chapter records list multiple shorter walks and snowshoe outings in the immediate vicinity of Manchester and Concord.

### 1921

- Joe English Hill, New Boston, NH
- Uncanoonucs, Goffstown, NH
- Mt Kearsarge

### 1922

- Uncanoonucs, Goffstown, NH

### 1923

- Mt Cardigan
- Uncanoonucs, Goffstown, NH
- Pawtuckaway Hills, Nottingham, NH

### 1924

- Monadnock, Jaffrey, NH
- Moosilauke and Lost River
- Cardigan

### 1925

- Kearsarge
- Ragged
- Crotched
- Cardigan

### 1926

- Kearsarge
- Cardigan
- Ragged

### 1927

- Pawtuckaway
- Croydon Mountain
- Snows Mountain, Waterville Valley, NH
- Osceola
- Monadnock
- Cardigan

### 1928

- Mt Belknap
- Moosilauke
- Cardigan

### 1929

- Lafayette, Greenleaf Hut under construction, and Lonesome Lake
- Osceola
- Cardigan

### 1930

- Squam Range
- Pawtuckaways
- Uncanoonucs
- Cardigan
- Cold River Camp
- Crotched Mountains
- Mt Chocura
- Sunapee Mountain

Cat holes should be dug in an inconspicuous location at least 200 feet (70 adult paces) from a trail, camp site or water body and should be 6 to 8 inches deep. When you are done, the cat hole should be completely filled in and disguised by spreading leaf litter or other appropriate means. Unless you are above the tree line or in protected areas, cat holes are probably the best solutions if not the easiest.

To all aspiring cat hole diggers who have been using a stick, rock, or a plastic trowel to try to dig a 6-8" hole in rocky New Hampshire soil, there may be a better way. If you are looking for alternatives, a visit to an outdoor store, or an online search will reveal many alternative tools that may work better. There are even some trowels that can serve double duty by including cord and having hollow handles to store basic first aid and other supplies. The critical questions are will they work and can you pack them easily in your pack. Find the tool that works best for you and use it!

Unlike poop, urination presents fewer problems. Generally, urine has little direct effect on the soil and vegetation. One concern is the presence of urine may attract animals who disrupt the area seeking salts. Urinating on rocks, pine needles and gravel will reduce the chance of this po-

tential problem but stay away from water. If you are really concerned, you can also "flush" the spot with clean water from your water bottle.

Finally, there is the issue of toilet tissue. While it is okay to bury some of your toilet tissue in a well-dug cat hole, it is better to pack it out. Consider carrying your toilet kit in a gallon zip-lock bag that contains toilet tissue, cleaning wipes, and smaller zip lock bags to pack out used toilet tissue. You absolutely should pack out other waste materials, including tampons and other feminine hygiene items. They break down very slowly and if you leave them behind, they will be there for decades or more.

Camping presents special problems for waste management primarily because of wastes generated from cooking and cleaning up. The preferred alternative is packing out all of your food wastes. This is much easier if you plan your meals to avoid the generation of waste.

If you wash your cooking equipment make sure you do it at least 200 feet from surface water. You want to avoid keeping your waste and wastewater out of waterbodies to avoid pollution. Even 200 feet from water, you should avoid using soap. Consider ease of clean up when choosing the foods to bring on a camping trip.

Use a pot to collect the cleaning water and when you are done use a fine mesh

filter to strain the water. Nylon window screening and old open weave cloth will work fine. The strained water can then be scattered on the forest floor and the filter with the collected food can be packed out. Before you head into the backcountry experiment at home to find out what will work best for you.

Cooking and clean up should be as far from the campsite as you can manage. This is good for sanitation and will avoid attracting bears, raccoons and other animals into the camp.

### Conclusion and Final Thoughts

This concludes our discussion of the first three principles of Leave No Trace. We plan to continue this discussion by considering the final four principles in the Fall edition of Mountain Passages. Comments and suggestions are welcome.

While some of the recommendations are common place actions that many or all of us have followed, others probably represent major departures. We can all improve our game when it comes to Leave No Trace. However, by doing what we can to protect the natural environment, we will make sure that the wilderness experience is there for us and those that follow us.

For more information, you can participate in Leave No Trace training and explore the Leave No Trace website ([www.lnt.org](http://www.lnt.org)).

There is a lot to learn!



## Paddling through History

SAVE THE DATE - July 25, 2021  
Paddlers is having a Summer Picnic - July 25th at Contoocook Canoe and Kayak in Concord NH <http://www.contoocookcanoe.com/>

The plan is to have a Paddle from the location starting at 11:00 AM up river and then return to the put in for lunch. We will have Hamburgers/Hot Dogs/Salads/beverages available.

This trip is a great way to participate in the celebration of our Chapter's centenary. The first canoe trip the Chapter sponsored was on the Contoocook in June of 1930. The report in the Chapter log book was:

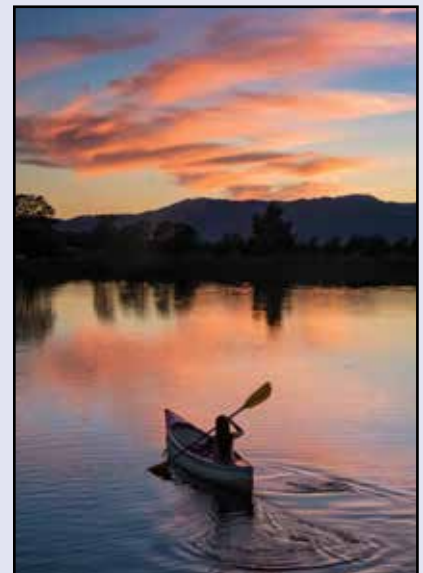
Twelve people were included in this party—an all-day canoe trip, a new venture for the Chapter. Ten people

paddled by canoe from Contoocook River Park to the Blackwater River, a stream of exceptional beauty and followed this for some distance, in due time reaching the appointed picnic place and meeting two other members of the party. A cold spring & a place to make a fire make this an ideal spot for camping. The party returned in the late afternoon, having accomplished 15 miles of paddling.

The outing was such a success that the Chapter sponsored a second trip just two months later!

More recently, our group had a picnic there in 2019 and it was a great success.

We look forward to seeing many of you there. It will be a great time!



*Paddling. Stock photo.*

*Twenty members and guests enjoyed the hospitality of Miss Naomi Austin at her house in Webster on the shore of Lake Winnepocket. She proved the perfect hostess and provided everyone with all sorts of entertainment. Some members went swimming. Others availed themselves of the use of the row boats and canoe which were put at their disposal & all at one time or another were given a ride in the motor boat around the lake.*

*A huge fire was built on the shore & our hostess provided frankfurts, hot rolls, corn & lemonade which disappeared with amazing rapidity.*

*The outing was thoroughly enjoyed by all present.*

Finally, the Chapter logbooks at page 170 of volume II describe an April 1932 get together at Hathaway Club. *“Twenty three members enjoyed an afternoon walk to the Hathaway Club on Contoocook River, thru the generosity of two of the Club members. Misses Helen and Elizabeth Baker. A bounteous supper was served after which an amusing entertainment “Wild Nell, the Pet of the Plains” or “Her Final Sacrifice,” and games were enjoyed.*

There are many other examples.

**Theme 2: Most Chapter activities were close to home and frequently not challenging.**

Most of the activities planned and reported in the Chapter logbooks are close to home. For example, in the first 10 years, the Chapter sponsored multiple hikes to the top of Jerry Hill where a fire tower offered an impressive view (Jerry Hill is in the Marjory Swope Park on the west side of Concord) and many other hikes were described as taking place in “the Electric



*Group photo of Chapter members on the October 1929 outing to Waterville Valley.*

Woods” which were located along the river by an electrical generating station, possibly in what is now known as the Sewall’s Falls Multi-Use Recreation Area. A few examples illustrate these typical Chapter outings.

A January 1923 winter hike is described on page 29 of volume I: *“A most perfect winter day added to the enjoyment of a party of 48 who put in the afternoon hiking through beautiful woods and open stretches terminating at Eddy Field where tobogganing & skiing was being enjoyed. We were there most hospitably entertained at the delightful home of Mr. & Mrs. Elkins where a hot oyster stew and countless other good things brought the day to a perfect end.”*

A March 1930 afternoon walk in Concord is described on page 86 of volume II: *“The seventh walk of the season found eleven members present. Taking the St. Paul school bus at 2:45 we disembarked beyond the school & followed the well-known path to the top of Jerry Hill and the tower. The views from the tower were pretty obscured. On the way down a beautiful view of Cardigan covered with snow rewarded the group who saw it.”*



*October 1930--Hiking Chocura.*

Finally, a New Year’s 1931 Moonlight Snowshoe Hike in Concord is described on page 118 of volume II: *“The first Chapter trip of the year proved very successful. Twenty one members and guests put on their snowshoes at the entrance of the Electric Co. Wood and followed about four miles of trails through the pines. A full moon with snow on the trees made the walk one of exceptional beauty.”*

There are many other descriptions of short local hikes that appear in the Chapter records and the descriptions provided here only give a taste. However, they do demonstrate that many or most of the outings of the early Chapter were modest and geared to having a good get together.

**Theme 3: Chapter Members Also Participated in More Adventurous Activities.**

Early records in the Chapter logbooks describe multiple outing to Cardigan, Kearsarge, and the Uncanoonuc Mountains. The table on page 5 lists these early climbs. There also are descriptions of trips that ventured into the White Mountains.

The first recorded trip to the Whites was in June 1924 and included a visit to Lost River in Kinsman Notch and Moosilauke. The description which appears on page 56 of volume I is short and to the point:

*Trip to Moosilauke Mt and Lost River.  
June 28-29*

*Under the leadership of O.M. Pratt a very enjoyable trip thru the caverns at Lost River before lunch, then up Moosilauke with very favorable weather conditions, allowing view of Mt. Washington. Over night stop at D.O.C. Hut at top and down mountain Sunday.”*

The next trip the White Mountains was to Waterville Valley in September 1927 and



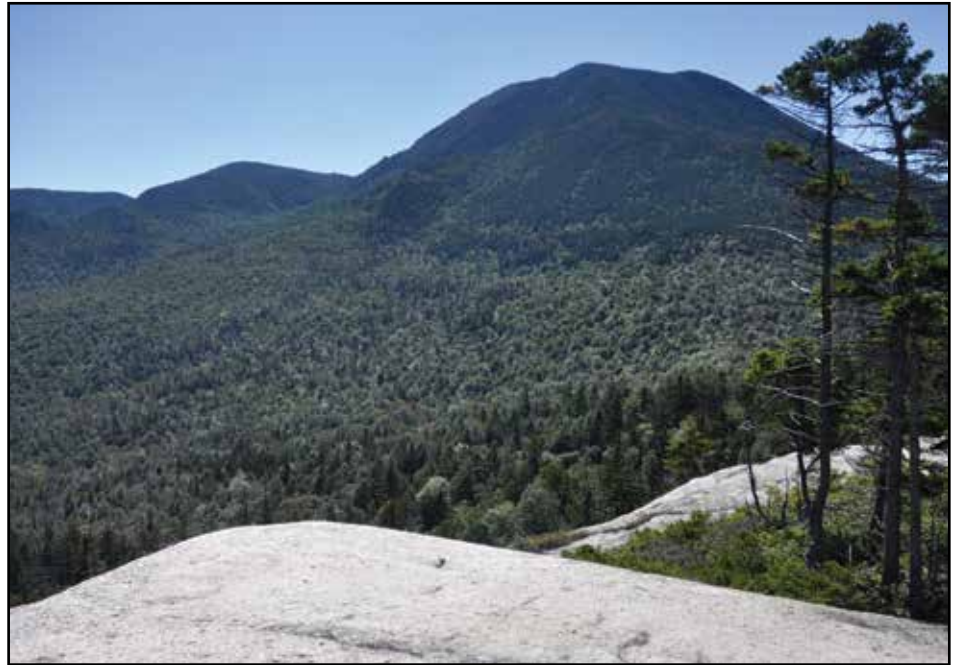
## Where In The Whites?

### Where was this photo taken and what is that mountain? Be as specific as possible!

In the Spring 2020 Edition of *Mountain Passages* we introduced a new photo identification contest, *Where in the Whites?* We asked readers to guess where the photo was taken and what mountains were in the photo. We promised to print the names of the first 10 respondents with the correct answer.

Last month's photo is reprinted here. It is a view of the Presidential Range (including Adams, Jefferson, Clay, Washington, Monroe, and Eisenhower) with Mt Oscar in the foreground taken from Middle Sugarloaf off the Zealand Road. We received eight correct answers from:

- Selene Berube;
- Ian Ayer;
- Brian Hansen;
- Jim Skofield;
- Douglas Arion;
- Thom Davis;
- Matt DeAngelis; and
- Justin Muccio.



*This issue's mystery photo: identify the mountain and where the photographer was when the picture was taken. Photo by: Bob McLaughlin.*

Ian provided the correct answer for the *Where in the Whites?* photo in the prior edition as well! Congratulations! You know your White Mountain Views!

For this month's photo, please identify the mountain in the photo and where it was taken. Be as specific as possible! Take a guess and submit your answers to [WitWamcnh@gmail.com](mailto:WitWamcnh@gmail.com).

We look forward to seeing your submissions.



*Last issue's photo: A view of the Presidentials from Middle Sugarloaf.*



featured climbs of Snows Mountain and Osceola and is described on page 108 of volume I.

Activity picked up in 1929. At the end of the summer of 1929, the Chapter sponsored a three day trip to Franconia Notch that is described on pages 59-60 of volume II:

*A party of 12 members & guest went up to the State Forestry camps on the old Profile House site on Sat Aug 31st. Out Sept 1st before breakfast, 3 members went boating in Echo Lake, while others went to Lonesome Lake Camp on Mt Cannon & returned. The party climbed Mt. Lafayette over the Old Bridle Path Trail. Five went ahead with the intention of taking the Ridge Trail across the range & down into the Flume. On account of obscured views, they decided to return after reaching the top & eating lunch. Seven of the party ate lunch at Eagle Lake where the new hut was being constructed. Five of this group climbed to the top and were favored by good views as the clouds lifted when the summit was reached. The whole party descended by the Profile Trail which is very steep & broken up by the donkeys used in carrying building materials to the hut in construction. On Mon. the party climbed Mt Cannon to Lonesome Lake camp & spent some time there before returning home.*

Another three day trip to Waterville Valley was held on October 11-12, 1929 and is described on pages 67-68 of volume II:

*Nineteen members and guests enjoyed this most successful party. Arriving Friday evening 10 of the party at once took possession of the cottage assigned them, and the leader commenced his hourly duty of keeping the fires going. Heated flat irons made the night endurable. On Saturday three chapter members joined our party and all but 4 of the 19 made the ascent of Osceola. The view was excellent. Lunch was enjoyed on top. After which the fire tower was visited and a leisurely descent made. The evening was spent before the fireplace with games and guessing contests. On Sunday, after breakfast, the party split into several groups each following their special interests—some played tennis, others made the round of the golf course and the majority took a three mile walk to visit the*



*Fun on the Beach at Little Sunapee Lake.*

*cascades—a beautiful site and well worth visiting.*

*After dinner, the party broke up, different groups returning home as they so desired.*

*Too much credit for the success of this trip cannot be given to Mr. Pratt. His famous apples, his careful planning of details and his faithful care of the fires & his kindly personality will long be remembered by all.*

On October 5, 1930, the first recorded trip of the Chapter to Mt Chocura was made which is described on page 105 of volume II:

*A most enjoyable excursion to Mt. Chocura took place on Sunday, October 5th. The party climbed up from the Wing Tavern via the Weetamoo Trail reaching the summit about 1 o'clock. After lunch the panoramic view was discussed and various peaks in Maine, New Hampshire and Vermont were identified. Visibility was good. Descent by Piper Trail to the motors parked at Wing Tavern. Fire outlook on Three Sisters main peak, expressed a wish that somebody come to see him—anybody who could talk. Cool, crisp day, just right for climbing.*

In July 1930, the Chapter sponsored a trip to Cold River Camp in North Chatham that is described on pages 94-94 of Volume II:

*Week End Trip  
Cold River Camp  
July 12-13, 1930*

*The fifteenth trip of the season found six people on their way to Cold River Camp in North Chatham transportation being furnished by Mr. Samuel Hunt. Camp was reached by six o'clock giving ample time to look around before supper. The sunset views proved very beautiful. The men were accommodated in the Barracks & the women in the Tower. Sunday morning after breakfast, each accomplished the thing most interesting to him—one member covering the trip around the Baldfaces, one journeying as far as the ledges, three others climbing "Little Deer", another enjoyed nature near*

*the camp. In the afternoon short walks were in order. The return home accomplished about 9:30—a successful week-end for all.*

*W.C. Brunel, Leader*

Finally, on July 4th weekend in 1931 the Chapter sponsored a trip to the newly completed Greenleaf Hut which is described on pages 138-39 of volume II:

*This was perhaps the outstanding trip of the year. Seventeen members and guests arrived by automobile at Lafayette Place, where the party made up in two sections. Nine, in the first group ascending rapidly & the remainder making a leisurely trip. A slight shower cleared the air, making visibility excellent. Four members proceeded to the summit of Lafayette before supper. The rest remaining at the hut. Dancing was enjoyed before going to bed. The next morning most of the party gained the Mountain's summit, being rewarded by a cloudless sky, with every mountain peak standing clear out against the horizon. Mountains in Vermont and Massachusetts were clearly seen, as well as the whole circle of near-by New Hampshire peaks.*

*After dinner the party bade farewell to hut master who had entertained them so royally and descended the mountain to the waiting cars. Here the party separated, some going home and 3 people visiting Lonesome Lake for a swim.*

#### **Theme 4: Teaching new outdoor skills became a focus of the young Chapter.**

On page 106 of volume I there is a report of a lecture in April 1927 regarding a trip to Katahdin and the necessary preparations for camping. This lecture apparently sparked an interest among the Chapter members in overnight camping, and in May 1927 the first description of a camping also appears on page 106:

*This was primarily a Club camping & rock climbing trip to which chapter members and guests responded as well. About 12 of the approximate 50 were from our chapter.*



# Alpine Flowers

## Don't Tread On Me...Please

### Wildflowers of New Hampshire's Alpine Zone

BY: DEBBIE MARCUS

A hike to the rocky, open summits and ridges in New Hampshire's White Mountains is spectacular for the views and the exhilarating sensation of high spaces and wilderness. What's happening at your feet is pretty sensational too!



*Lapland Rosebay and Alpine Azalea--Photographed beside the Crawford Path between Pierce and Eisenhower in June. Photo by: Debbie Marcus.*

Take a closer look, and there on the sides of the trail, among the rocks and ledges, in the most storm-swept, exposed terrain, are colonies of tiny plants, sedges, and grasses, growing in an incredibly harsh environment for which they are wholly suited. Amazingly, you will find many of these plants nowhere else. In the early summer these specialized wildflowers bring color and life to the alpine zone.

Alpine plants grow close to the ground in clumps or spreading mats which help the plants retain heat and allow strong winds to pass over with minimal damage. Their low-growing nature also helps these plants survive the deep wind-packed winter snow, which, in New Hampshire, can begin in

October and persist until May. Most flowering plants in the alpine zone are "evergreen" and have small, thick, leaves with either a waxy coating or leathery leaves. These adaptations help the plants to retain moisture and protect them from high winds.

Plants in the alpine zone grow very slowly. That small patch of *Diapensia* at your feet may have taken several hundred years to grow and spread. Alpine wildflowers are an important food source for alpine butterflies and all manner of insects. Visit Mt. High in June and you will find the Alpine Azalea covered with hundreds of tiny wild bees. Mountain Cranberry produces small red berries that are a food source for birds and small mammals.

It took several millennia after the glaciers of the last ice age retreated for alpine flowering plants to become established on the higher summits and ridges of the White Mountains. Because of their specialized habitat, many of the alpine flowering plants are on "endangered", "threatened", or "watch" lists. Dwarf Mountain Cinquefoil, also known as Robbins Cinquefoil, is particularly rare. It is only found on Mt Washington and on the Franconia Ridge. That's it; nowhere else.

While alpine wildflowers are well adapted for survival in their incredibly harsh environment, they are also exceedingly fragile when it comes to CHANGES in their environment. While scientists study the effects of climate change on high elevation flora, it's also important to note that hikers and dogs clearly impact alpine plants by trampling on them.

What can you do to help protect these plants? Always stay on marked trails when hiking in the alpine zone. If you must get off the trail, step on rocks only. Always leash your dog when above tree line. Take only photos. These plants cannot be transplanted or propagated in a home garden because their adaptation allows them to grow only at high elevation with specific conditions.

Here's some wildflowers of the alpine zone to look for in June and early July:

#### **Diapensia**

*Diapensia* grows in tight clumps above tree line and often can be found in sheltered



*Diapensia--Photographed on Eisenhower in June. Photo by: Debbie Marcus.*



*Mountain Sandwort--Photographed on Jackson in July. Photo by: Paul Hopkins.*



*Mountain Cranberry--Photographed on Middle Carter in July.  
Photo by: Paul Hopkins.*

spots under ledges. It has evergreen narrow leathery leaves and snow white flowers with 5 rounded lobes and yellow stamens. It is considered “uncommon”.

**Mountain Sandwort**

Mountain Sandwort also grows in tufted mats around granite slabs or in cracks in the rocky alpine zone. Mountain Sandwort, too, has white flowers with 5 petals, but the flowers have a tiny notch, which helps in telling the difference between Sandwort and Diapensia. It is on the NH state watch status.

**Lapland Rosebay**

Lapland Rosebay is a rare low growing shrub with leathery leaves with pointed tips. The beautiful flowers are a pink-purple to magenta shade with 5 deeply lobed segments and long dramatic stamens.

**Mountain Cranberry**

Mountain Cranberry is common in the alpine zone and grows in large, creeping mats. Its waxy evergreen leaves give it a head start on the short growing season. It has clusters of light pink, nodding, bell-shaped flowers. It's small bitter red berries are enjoyed by birds and small mammals.

**Alpine Azalea**

Alpine Azalea is categorized as a dwarf shrub and grows in low creeping mats in rocky exposed areas of the alpine zone. It has small leathery shiny evergreen leaves and clusters of small pink flowers that fade to white. Alpine Azalea is considered

“threatened”.  
One extra treat!

**Rhodora**

Rhodora is found from Pennsylvania and up through the northeast and into Canada and can thrive in a variety of environments from lowland wetlands and bogs to high elevation areas along trails and barren summits. In the White Mountains you can find Rhodora in abundance on Zeacliff, the Moats, and the north side of Welch Mt just to name a few spots where this showstopper thrives. Rhodora blooms in June (into July in more northern locations like the Percy Peaks). They create an explosion of bright pink flowers resembling their distant cousin, the rhododendron. The flowers usually bloom before the Rhodora’s leaves emerge.

**Additional Information**

For more information, I recommend: *Wildflowers of the White Mountains* by John Hession & Valerie Michaud, Huntington Graphics 2003. The status of the wildflowers mentioned in this article are based on information from *Wildflowers of the White Mountains*, 2003 edition; status may have changed.

AMC Outdoors.org 4/4/21 Jake Freudberg



**Rhodora**

I love Emerson’s poem. The last line so beautifully expresses the wonder and joy I experience while hiking.  
-- Debbie Marcus

**Rhodora**

Ralph Waldo Emerson

In May, when sea-winds  
pierced our solitudes,  
I found the fresh Rhodora  
in the woods,  
Spreading its leafless blooms  
in a damp nook,  
To please the desert and  
the sluggish brook.  
The purple petals fallen in the pool  
Made the black water with  
their beauty gay;  
Here might the red-bird come  
his plumes to cool,  
And court the flower that  
cheapens his array.  
Rhodora! if the sages ask thee why  
This charm is wasted on  
the earth and sky,  
Tell them, dear, that, if eyes were  
made for seeing,  
Then beauty is its own  
excuse for Being;  
Why thou wert there,  
O rival of the rose!  
I never thought to ask; I never knew;  
But in my simple ignorance suppose  
The self-same power that brought  
me there, brought you.



*Rhodora--Photographed on Zeacliff in June. Photo by: Paul Hopkins.*



# Back Country Tips/Tick Defense

BY: BOB MCLAUGHLIN

In the spring, summer and fall, ticks are a chronic problem for anyone who ventures beyond the edge of pavement. But this year seems worse than ever. Whether it was a mild winter or something else, the tick populations in the White Mountains and probably everywhere else in New Hampshire are through the roof! As a personal note, in past years if I picked three or four ticks off my clothing during a full season, that was a high number. This spring I have yet to take a hike without finding a tick on my clothing or skin, and on one hike, picked off seven ticks!

While tick vigilance is worthwhile every year, this is a year to up our games!

We are all aware that some ticks can carry disease. Lyme Disease is probably the most commonly known of these diseases, but there are many other diseases spread by ticks. These include Ehrlichiosis, Anaplasmosis, Babesiosis, Rocky Mountain Spotted Fever, Powassan Encephalitis, Tularemia and Tick Paralysis. We will not describe these diseases in any detail, but suffice it to say some are more common than others and some are more serious. But, the bottom line is ticks can spread disease and the diseases they spread can be unpleasant, debilitating or even fatal. Ticks should not be taken lightly.

On the other hand, not all ticks actually carry disease organisms. For example, studies conducted in New Hampshire indicate that only about half of the blacklegged ticks (*Ixodes scapularis*), the tick species that carries the spirochete that causes Lyme

Disease, are actually infected. On top of that, blacklegged ticks must be imbedded for some time, typically at least a day, before the spirochete is transmitted to the human. In addition, many other ticks do not carry any disease organism that will infect humans. The bottom line is if you find and remove a tick before it attaches, you are fine, and even after the tick attaches, you still may be fine.

There are services that will help you determine if a tick you find is infected. In New Hampshire, the University of New Hampshire Extension Service offers a tick testing service, TickReport™, with the University of Massachusetts at Amherst. (<https://extension.unh.edu/blog/how-do-i-get-tick-tested-pathogens-can-cause-disease>). For more general information, a website maintained by Massachusetts lists additional tick testing services (<https://www.mass.gov/service-details/tick-identification-and-testing-services>). All of these services charge a fee for testing. Also, these tests can only let you know if a tick is infected, and not whether you have been infected by the tick.

As the UNH Extension Service website states: "It is important to know that [Tick-Report] is not a medical advice service and these tests are not diagnostic of human disease. Transmission of a pathogen from the tick to you is dependent upon how long the tick had been feeding, and each pathogen has its own transmission time."

So, if you find a tick, don't panic. But, if it has imbedded and particularly if you develop a rash or other symptoms, contact your doctor.

But, how can we try to make sure that a tick never gets a chance to imbed itself in our bodies? There are three defenses:

- Create a Barrier;
- Chemical Defense; and
- Search and Destroy.

Each defense is inconvenient or creates its own problems, but together they can protect you from ticks.

### Create a Barrier

The best defense against ticks is not to allow them to ever reach your skin. So, the first line of defense is your clothing.

For the best defense, you should wear long pants and tuck your cuffs into your socks, use gaiters or both. Ideally, you should also wear a long sleeve shirt that is tight at the wrists. Your clothing should be light colored so that you will see any tick that gets on you, and you should stop and inspect yourself periodically as you are hiking. More frequent inspections are advisable when you are in areas with high grass or tight vegetation on the edges of the trail.

Unfortunately, on all but the coolest days, I find hiking with long pants and a long sleeved shirt to be a sure recipe for overheating. So, on these days, I consider the risk of encountering ticks and balance that against the risk I am willing to accept. Generally, the risk of encountering ticks increases when trails are more lightly used, and when you pass through grass, or tight vegetation. Ticks are more commonly found on the edges of wooded areas and are less likely in deeper woods.

I then decide what the best course is for me. First, I may go with a lighter short

TICK DEFENSE, TO PAGE 14

## AMC NH EXECUTIVE COMMITTEE

**Chapter Chair** ..... chairnh@amcnh.org  
Rick Silverberg

**Vice Chair** ..... vicechairnh@amcnh.org  
Valerio Viti

**Treasurer** ..... treasurernh@amcnh.org  
Ron Janowitz

**Secretary** ..... secretarynh@amcnh.org  
Debbie Marcus

**Biking** ..... bikenh@amcnh.org  
Hiel Lindquist & Felice Janelle

**Conservation & Education** .. conservationnh@amcnh.org  
Paul Hopkins & Lisa Kent

**Excursions** ..... excursionsnh@amcnh.org  
Larry Yetter & Dan Heon

**Membership** ..... membershipnh@amcnh.org  
Jamie Gillon

**Mountaineering** ..... mountaineeringnh@amcnh.org  
Jennifer Dickinson & Amanda Knight

**Paddling** ..... paddlingnh@amcnh.org  
Roscoe Diamond, Robin Diamond & Paul Berry

**Programs** ..... programsnh@amcnh.org  
Susan Zielinski

**Skiing** ..... skinh@amcnh.org  
Paul Pinkham, Valerio Viti & Thor Smith

**Trails** ..... trailsnh@amcnh.org  
Richie Holstein & Bill Foster

**Communications** ..... communicationsnh@amcnh.org  
Jennifer Kimball & Robert S. McLaughlin

**Web Committee** ..... webchairnh@amcnh.org  
Paul Berry

**Young Members** ..... youngmembersnh@amcnh.org  
Jamie Cullinane

**Past Chapter Chair** ..... pastchairnh@amcnh.org  
Frank Miller

**Regional Dir. NH/ME** ..... regionaldirectornh@amcnh.org  
John Mullens

**AMC NH Chapter** ..... website: www.amcnh.org

**Address changes and membership renewals:**  
AMC Member Services  
10 City Square, Boston MA 02129  
617-523-0636 or  
[www.outdoors.org/membercenter](http://www.outdoors.org/membercenter)

## NH CHAPTER HISTORY, FROM PAGE 9

*Each member furnished his own sleeping and cooking equipment. Saturday was spent making camp and performing camp duties. After supper everyone gathered around the huge campfire. Sunday morning heavy clouds and rain made rock climbing and tramping impossible so the expedition came to an early end.*

The early Chapter members apparently believed in learning through experience. While there are multiple references to overnight trips, there is no clear indication they involved camping until a July 1932 trip to Little Sunapee described on page 177 of volume II:

*Eleven members and guests spent Saturday (afternoon and night) and Sunday on Royal Arch Mountain, at Little Sunapee Lake. The climb up the mountain, tho' short, is quite steep, and when one is loaded by camping supplies and equipment becomes quite arduous. The campers, however, became used to the climb and traversed the path up and down several times. A swim by moonlight was enjoyed, and finally one by*

*one, each one rolled himself up in a blanket either inside or outside a tent, and slept for a short time. More swims were enjoyed the next day, and the camp was broken up around four o'clock. Though somewhat tired, a good time was reported by those participating in this trip.*

**Theme 5: Early Chapter members had fun** A few examples will illustrate that the early Chapter members were interested in having a good time.

On page 44 of volume I there is a description of the Chapter's participation in the Carnival Parade at the Manchester Winter Carnival: “[D]ressed in their tramping costumes, carrying snowshoes and packs, . . . drawing a toboggan laden with equipment such as picks, shovel. A.M.C. lantern, etc. . . . Their group was awarded first prize for the best group costumes—a silver cup—and also a medal for the leader.”

On pages 95-96 of volume II there is a description of an afternoon picnic on Little Sunapee Lake July 1930: “Twenty five people were present on this trip, which turned into a swimming party for almost everybody.

*Several people visited the Royal Arch Cave—a place well worth seeing, but nearly all donned bathing suits and spent their time in the water. A picnic supper and a pleasant drive home made this a very enjoyable afternoon.*

**Theme 6: Many of the Outings of the Early Chapter Were Sightseeing Trips**

Another point that was striking is the extent to which early Chapter activities included inspection tours of local installations. For example, a May 1930 outing described on page 89 of volume II as “a four mile hike from the State House over Greeley(?) Hill to the airport. A general inspection of the field hangers & planes was made & then the party followed back roads & wood paths to Black Hill from which a return was made to the city. Cool bracing air made the walking very enjoyable.”

In December 1932 as recorded on page 200 of volume II, “Eleven members and guests joined in a hike thru the Electric Woods, which included an inspection tour of the electric plant at Sewall's Falls. The day was mild, so most of the party stayed out of doors,

NEW HAMPSHIRE CHAPTER, TO PAGE 15 



## Winter Hiking

BY: LARRY YETTER

Winter is just around the corner, consider Winter Hiking Series in 2021

Did you start hiking this Spring only to hit a lot of ice and have to turn around unprepared? Are you interested in hiking all year around instead of just in the summer? If so, the NH Chapter is offering the Winter Hiking Series (WHS) again this year. This is a great course for those experienced 3 season hikers who wish to expand their hiking into the winter season. The series includes an opening weekend at Highland Center which includes a day of classroom training and a hike. The series continues with four additional hikes spread a few weeks apart with the final hike in January. The series is taught by highly experienced NH Chapter Excursion leaders who possess extensive skills and experience. There is a high Instructor-to-participant ratio so that participants have good access to Instructors throughout the series.

Many winter hikers proclaim winter

to be the best hiking season. The views are amazing with snow and ice covered trees and mountain tops. The rocks that we clamber over in the summer are now covered with snow and a nice snowshoe path is created. The black flies, mosquitos and ticks are all gone. That being said, winter hiking is not easy and certainly not without risk.

The series will teach you about the gear and clothing needed to safely tackle the NH 4,000 footers in the winter. We will also discuss nutrition, hydration, body heat management, group emergency/survival gear as well as trip planning and weather. Our goal of the series is to ensure that every graduate of the series has the knowledge to begin safely hiking the 4,000 footers in the winter.

The cost of the series is \$340 for members which includes 2 nights lodging at Highland Center with 2 dinners, 2 breakfasts, 2 lunches, a manual and exemplary instruction. The opening weekend is November 12th to 14th. Hikes are scheduled for Dec 4th, Dec 18th, January 2nd, and January 15th.

Three hikes are scheduled for Saturdays but could be moved to Sunday if weather warrants a change of date.

The WHS is geared toward those having gathered a considerable amount of experience during the three seasons who now want to push the envelope, just a little, and enjoy a season packed with beauty and excitement for those that are properly prepared. The experienced staff of WHS instructors will impart the knowledge and skills needed to safely hike in winter.

You will make incredible friends, meet like-minded people, and form a bond with one another, which in some cases, will last for a lifetime.

We urge you to apply. Registration begins on July 15, 2021. If accepted you will be amazed by the camaraderie, fun, challenges, and true beauty winter hiking can bring!

If you are interested, please contact Larry Yetter at [yetter95@gmail.com](mailto:yetter95@gmail.com) or (713) 724-2856 for more information.

## TICK DEFENSE, FROM PAGE 12

sleeved shirt and then maybe even shorts. In my opinion, overheating and possibly heat exhaustion can be a greater risk than ticks, but you need to make your own decision on how the risks balance for you. However, as I lower my barrier defense, I increase my inspections on the trail.

### **Chemical Defense**

After barriers, the next defense is chemical. There are a number of active ingredients in repellents that are registered by the Environmental Protection Agency for ticks. DEET, picardin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD) and 2-undecanone are all registered by EPA for repelling ticks. In the store, read the product labels to see what active ingredients are in the product and confirm that the label indicates the product is a tick repellent.

Before you apply the repellent read the label and follow the application instructions. Some repellents should not be used on small children and others can irritate your eyes or damage your clothes and equipment. As with every other product, you should use tick repellents carefully.

By applying tick repellents to your skin whether exposed or covered, you can increase the probability that any tick that gets on you will drop off rather than imbed itself. So, it is important to apply the repellent to the parts of your body that are most likely to pick up ticks, focusing on your boots, socks and legs. If it does not damage the cloth, applying repellent to your clothing can increase effectiveness of your barrier protection.

Tick repellants typically also repel mosquitos and some biting flies.

Finally, another chemical defense is treating your clothing, including boots, and gear with products containing 0.5% permethrin. Permethrins are synthetic chemicals based on the extract of chrysanthemum flowers, and repel and can kill ticks. As with repellants, permethrin products are registered pesticide products.

Apply the permethrin product in accordance with the instructions on the label. Generally, you spray the product on the items to be treated and then let the items thoroughly dry. Typically, treatment will remain effective through several washings and then your clothing will need to be treated again. Permethrin treated clothing and gear is also commercially available.

### **Search and Destroy**

The final defense against ticks is a thorough inspection of your body, clothing and gear when you get home.

First, as soon as you get home, take off your clothing and search for any ticks. If you find any, pick them off your clothes and kill them. It is also a good idea to tumble dry your clothing in your dryer at high heat for at least ten minutes to kill any ticks you miss.

Second, examine your boots and equipment, and if you were hiking with your dog, you should search their fur for ticks. Ticks that find their way into your house either on your gear or your pet can get on you or your family members.

Finally, it is time to examine yourself. Probably the best way to conduct a tick search is to take a shower soon after you return home. The shower water may wash ticks off. In the shower or while you are drying is also a great time to conduct a thorough tick search.

Carefully examine your skin using mirrors or ask a friend to examine your back and other areas that are hard to observe. Then you should run your hand over your body searching for the hard smooth shells of the ticks. Ticks frequently are found under arms, in and around your ears, in your belly button, on the back of your knees, in and around your hair, between your legs and in your crotch, and around your waist. Ticks frequently stop when they encounter tight fitting clothing such as socks, belts/waist bands and tight fitting underwear. Searching can be a challenge because some ticks are quite small, some as small as a pencil point.

If you find a tick that has imbedded in your skin, you should carefully remove the tick by grasping it firmly with a tweezer or other tool and gently pull the tick rocking from side to side. The rocking will encourage the imbedded head to come free so that you can remove the intact tick. Specialized tools are available to make this easier.

Once you have removed a tick, the next task is to kill it. Ticks are tough, and I have found it is almost impossible to crush them without a plier or forceps. Another alternative is to “cook” them in hot water. Either way, you want to be sure the tick is dead!

### **Conclusions**

No one defense against ticks is perfect, but by using all three you maximize the chance that you will fend off the filthy blood suckers!

While medical treatment of tick borne diseases is beyond the scope of this article, suffice it to say if you feel ill after a tick bite or after you have visited tick habitat, you should seek medical assistance. Tick borne illness frequently is accompanied by rashes and the bullseye rash is a distinctive but not universal symptom of Lyme Disease. If in doubt, it is best to consult your doctor.

For additional information, the Centers for Disease Control has a useful website concerning ticks ([www.cdc.gov/ticks/](http://www.cdc.gov/ticks/)) and New Hampshire has a detailed report regarding the Biology and Management of Ticks in New Hampshire ([www.wildlife.state.nh.us/wildlife/documents/ticks-biology-mgt.pdf](http://www.wildlife.state.nh.us/wildlife/documents/ticks-biology-mgt.pdf)). Both are excellent sources of information.



*Tick on leaf. Stock photo.*

## NH CHAPTER HISTORY, FROM PAGE 13

walking up to the dam where the rushing of the Falls made a beautiful sight. Returning, the path wound thru the newer growth of pines. Whose branches formed a canopy over our heads. We returned to the Golf Siding by way of the Beaver Meadow Golf Course, crossing the fairways which looked so forlorn and deserted in the early winter afternoon.”

### **Theme 7: The Chapter Showed Early Interest in Winter Activities**



Group photo of Chapter members during a winter outing in 1926.

An off-hand comment in February 1932 that appears on page 167 of volume II of the logbooks suggests there was a growing interest in the winter activities by Chapter members. The entry reports that a scheduled hike in Suncook Valley was postponed “as most of the members joined the ‘Snow Train Special’ to Lincoln where an interesting variety of winter sports was prepared for all who came.”

In the January 1935 Chapter Meeting reported on page 40 of volume III there is an announcement that “a ski instructor had been secured . . . making it possible for all who wished to get instruction at a minimum cost.” There are also reports of Chapter activities that included the Snow Train to Lincoln and local activities.

But, not all reports were in favor of winter activities. On page 42 of volume III there is a report of the March 1935 Chapter Meeting at which “M. Gilman read a letter from Mr. Larabee of Boston regarding ski trails in the state. He deplored the existing state of making numerous ski trails, many of which are not practicable enough for use, necessitating cutting out large swaths of trees from the hillsides. He urged that all A.M.C. members in particular would use any influence they might have to

have this useless and expensive project limited.”

### **Theme 8: Early Chapter members were prominent in their communities.**

One of the first things that struck me in reviewing the Chapter logbooks was that the members of the Chapter were very prominent in their communities. One example particularly caught my attention.

In the Spring issue of *Mountain Passages* we reported that the Manning Trail on Mt Cardigan was named in honor of the

two Manning brothers who were killed in a rail accident while hiking. When I wrote about the brothers, I envisioned adventurous twenty-somethings similar to the Marshall brothers in the Adirondacks. So, when I came across a newspaper account in the logbooks, I was surprised.

The newspaper clipping of the story of the death of the Manning brothers at Glenclyff and obituaries for Robert L Manning and Charles B Manning is pasted on pages 52-53 of volume I of the logbooks. The news story reads:

*GLENCLIFF, Feb. 11—In an accident of the Boston and Maine railroad tracks about two miles north of this station at 4 o'clock this afternoon, three lives were suddenly blotted out. The victims were among the best known men in New Hampshire. The triple tragedy resulted when a special train carrying the party of Henry Ford, of Detroit, came around a curve and dashed into the men, who were hiking on the track.*

*The dead:*

*Robert L. Manning, attorney, Manchester.*

*Charles B. Manning, consulting engineer, Manchester.*

*Francis B. Manning, Harvard college instructor, Cambridge, Mass.*

Until then I never envisioned the Manning brothers as mature professionals.

As I continued to review the logbooks, I became aware that until 1978 a prospective member of the AMC was required to be recommended by two members in good standing. Before admission the names of candidates for membership were published and existing members could object.

The logbooks on page 15-16 volume III contains a 1933 Report of Committee on Chapters that included a discussion of admission of members of the AMC:

*It was deemed advisable that the membership Committee see that both sponsor letters about the applicant accompany the applications when sent in to headquarters, thus avoiding delay and confusion. The Membership Committee may apply to the Boston office for extension of time if needed to investigate the status of applicant. . . . The question of religion was brought up as it was revealed that a member of the Catholic Church would be permitted to join provided his standing in the community warranted it, and he was generally accepted by both chapter and Council.*

The description of a 1942 Board Meeting described on pages 187-88 of volume III reported that “The Chairman read a letter from Charles W. Blood Treasurer of the A.M.C. to the effect that members should be rather careful of selecting new members each applicant should know the aims & reasons for the Appalachian Mt. Club being in existence.”

Unlike our current process, it became clear that the AMC until 1978 had a membership application process that encouraged members prominent in their communities and discouraged those who were not the “right sort.” The *AMC Outdoors Bulletin* published in April 2021 ran an article “Whose Nature Is It?” that described the exclusionary history of the Club and urged steps to correct the legacy effects. Additional materials are posted on the AMC website at [www.outdoors.org](http://www.outdoors.org), and will be linked on the Mountain Passages webpage.

While there is much to admire in our early Chapter members, they like all of their fellow human beings fell short of perfection. We should seek to emulate the traits we admire and improve on the points where they fell short. Our first hundred years are behind us, and it is up to us to make our second hundred years a success.



## Learn to Rock Climb with AMC NH

BY: AMANDA KNIGHT

The sport of rock climbing is gaining popularity as more and more climbing gyms open up all over the country. But what about climbing on actual rock in an outdoor environment? If you've never climbed a day in your life or if the idea of transitioning from the gym to the outdoors is overwhelming to you, fear not, the AMC is here to help!

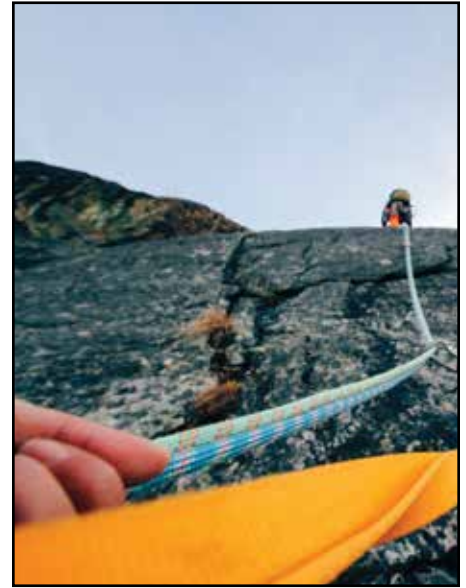
Learning the basics of rock climbing can be fun and easy. Even if you are brand new to the sport, rock climbing outside is an attainable goal for everyone. Climbing outside is an ideal place to learn because there are a wide range of climbs available at all different levels. Rock climbing indoors and outdoors both have some of the same gear requirements: a harness, belay device

and shoes. The good news is that the AMC NH has these items available for new climbers to borrow when they sign up for a class. No need to spend money on the gear until you are certain this sport is right for you.

Climbing outside requires skills and ethics that may not be needed at the indoor climbing gyms, so it is best to learn from experienced climbers by signing up for a class. In addition to other climbing opportunities, AMC NH will be offering the following clinics this summer and fall:

- Intro to Outdoor Rock Climbing.
- Intro to Top-Rope Setup; and
- Intro to Sport Lead Climbing.

Many classes have not been posted yet, so be sure to check out the AMC Activities Database to find your next adventure.



*Rock Climbing. Stock photo.*



## Biking Committee; Activities Return

BY: FELICE JANELLE

The Biking Committee is back in action after the unwelcome hiatus caused by the Covid lockdown.

The Biking Committee offers two tours in the summer of 2021.

The first, which has already taken place, was the Tri-State Century, 2021, Friday June 18 to Sunday June 20. This 104-mile trip, broken up into three segments, covered a beautiful part of New England and featured quaint villages, rolling hills and beautiful scenery. The tour began in Westmoreland, NH, traveled south to Northfield MA, then north to Brattleboro VT for an overnight at a local hotel. On day two, we traveled north to Chester VT and we stayed at the historic Fullerton Inn. On day three we traveled south past the Vermont Country Store to Bellows Falls, VT, where we crossed the Connecticut River and continued south returning to our starting point in Westmoreland. This trip was challenging due to three long, difficult climbs, but the remainder of the route was in rolling hills.

The second tour is a bike-pack on the Cross New Hampshire Adventure Trail

scheduled for August 14 and 15. The Cross New Hampshire Adventure Trail ([www.crossnewhampshire.org](http://www.crossnewhampshire.org)) is a 73-mile bicycle route through scenic river valleys around the slopes of the White Mountains in northern NH. The route stitches together existing rail trails, dirt roads and scenic paved backroads into a ride from Woodsville, NH to Gilead, Maine. This is an unsupported ride and riders will be responsible for carrying their own gear (tent, sleeping bag, clothing, food and other supplies). On day one, we meet in Woodsville, NH and take the Ammonoosuc Trail, a portion on Route 116, a portion on Presidential Rail Trail and secondary roads to our overnight stay at Israel River Campground. Day two takes us back on the Presidential Rail Trail, a dirt road and a paved secondary road to Gilead ME, where a shuttle will take us back to our cars in Woodsville. This is a challenging ride that entails a 40 mile ride on day one and a 33 mile ride on day two, with loaded bikes.

We expect other, shorter, rides will be scheduled. So, if you are interested, keep an eye on AMC's Activities Database



*Grafton Village Store in Grafton VT. A perfect break for a bike ride! Photo by: Felice Janelle.*





## Update From The Excursions (Hiking) Committee

BY: DAN HEON,  
CO-CHAIR NH AMC EXCURSIONS

To say it has been an interesting last 15 months managing hiking activities would be an understatement. Last March, when the pandemic began, all our hiking activities shut down. The AMC established a committee, which I participated in, to look at how we return to hiking with groups. By mid-springtime we had established guidelines with different phases that we were able to present to our leaders. We started to see a few hikes posted, but many of our leaders were still cautious about leading trips. Our meetings with our leaders went virtual, and we had to cancel several training meetings we had planned. Moving into fall we started to see more hikes posted as our understanding of how the virus was spread increased. We realized getting infected while outdoors was very unlikely and could be further reduced by taking relatively

simple precautions. We saw more hikes during the week and on less traveled trails to avoid the crowds. We also had a few leader candidates post their mentored hikes which added to the offerings.

For the first time in over 20 years the Winter Hiking Series (WHS) was canceled in 2020. The WHS is a combination of classroom teaching, followed by a progression of hikes above tree line, to give experienced three season hikers the skills to hike the White Mountains safely in the winter. Larry Yetter, the WHS director and Excursions Co-Chair, did organize a series of webinars on winter hiking that were extremely well attended. Look for the announcement on the return of the WHS in this issue of Mountain Passages.

The AMC has recently lifted all Covid related restrictions on hiking, suggesting we follow applicable CDC guidance. With these changes and high rates of vaccinations we expect to see an active summer and fall

of hiking activities. Our leader training has been rescheduled for this summer and many of our leaders have gone through Wilderness First Aid training to keep up with their certification. In addition, we held new leader training in late April and early May and should soon have several new leader candidates posting trips. Our family group and over 55 hikes will also be posting fun hikes and activities.

This year the NH chapter will celebrate its 100th anniversary. Keep an eye out for activities and trips associated with this anniversary, including hikes to historic places and day and overnight trips to the three huts that were here 100 years ago. This includes Carter Notch, Lake of the Clouds and Madison Spring huts. You may even see your leaders in wool skirts and knickers. Have a safe and fun summer!



*On top of Mt Waumbek. Left to right: Dan Heon, Sanjog Rupakheti, Tom Boland, Keith Vaillancourt, Tina Smith, Ann Boland. Photo by: Dan Heon.*



# Pony Express to Thought Transfer or How the New Hampshire AMC paddlers have kept up with changes in communication technology

BY: PHIL SEGO,  
VOLUNTEER, NHAMC PADDLERS

When I joined the NHC paddlers almost 20 years ago, we had a problem. We were letting our members know of upcoming trips via a bulky and growing email list. Every week, we would send out 1,000+ emails to people who had signed up for notifications. In those days, our email list was just a collection of addresses, and our email providers were beginning to balk at our “mass” emails. We knew that we were getting tagged as spammers, although all of the recipients had originally signed up for our weekly emails.

This began our work to better communicate with our members, keeping current with both the technology, expectations, and rapidly changing rules.

One of our first goals was to create a website which would give us a platform for tips, put-ins, requirements, and notes about past trips. Using our webhost’s software, we began to use Listserv by L-Soft, which provided us with the ability to email as many people as we wanted. Of course, we needed a volunteer to actually compose the weekly email, gather all the trip information and then to maintain the list. Additionally, the Listserv software was written in 1986 and was cumbersome and very outdated.

Over time, we changed to different types of systems to keep our members informed.

Our website received a lot of attention from not only our members but from the general public. We used to publish a paper newsletter, *The Wraparound*, which we would snail mail. This publication had the great articles, trip reports, and trip ideas. As you can imagine, when we decided to stop printing this and instead email a copy, we ran afoul of the increasing number of spam rules. Sadly, we decided to retire this as a print periodical, but we continued publishing articles and tidbits on our website, as well as republishing all the old *Wraparound* articles. Many of the stories in past issues were timeless -- for example recipes, tips about possible put ins, navigable rivers, and opportunities outside New Hampshire.

As time went on, the website became increasingly difficult to maintain, requiring more attention and technical ability. People no longer went to websites to get this information. We decided to take another step forward and use Meetup.com. Simultaneously, the AMC unveiled its new website and trip listings on outdoors.org. These two met our participants’ needs, offered news of upcoming trips to members, and attracted lots of new participants.

Our needs continue to evolve.

We recognize that most people really just want to go paddling. They want somebody who knows the river, the put in and take out locations, and would help organize shuttles when needed.

At the same time, the AMC recognizes that safety is paramount. Dealing with an emergency when a trip leader is trained and prepared leads to a safer trip. When you take part in an NHAMC Paddlers’ trip, you are on a volunteer-organized excursion. Our trip leaders are trained in first aid, know the river/lake, and know how to make the trip a safe one.

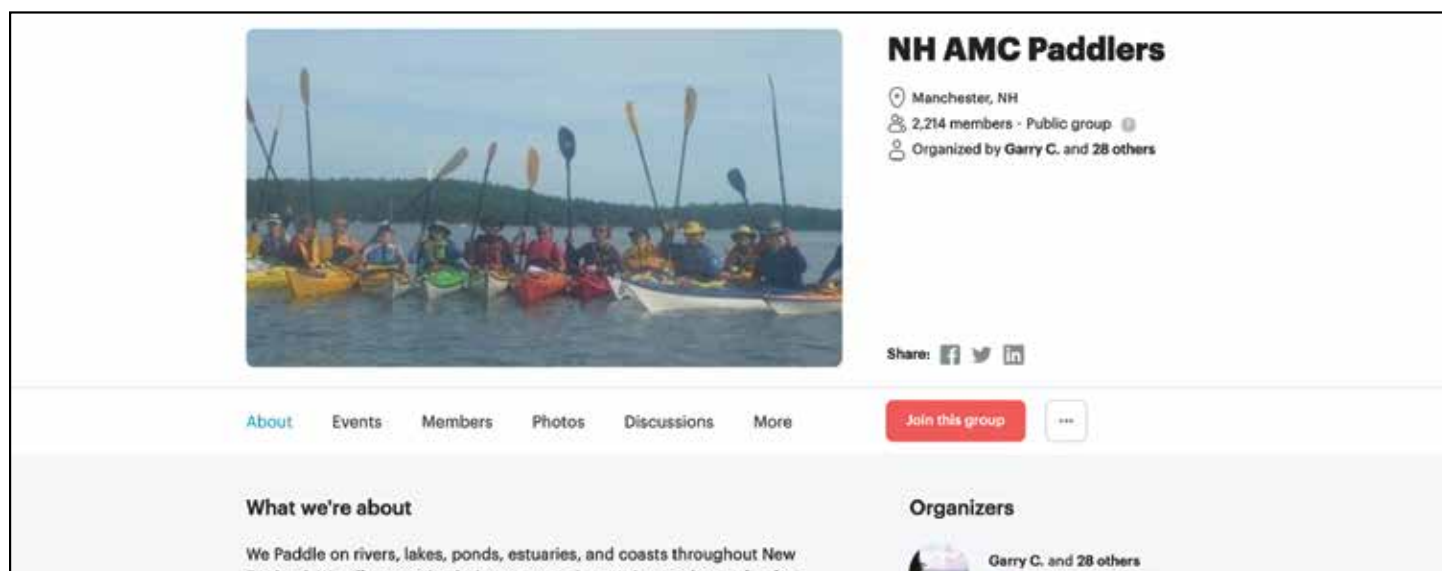
The future of our communications will continue to rely on changes in the technology. Our dedicated, and talented volunteers will always be looking for new platforms and new communication methods. We hope that you'll join us.

For trip information:

<https://www.meetup.com/NH-AMC-Paddlers/>

<https://activities.outdoors.org/>

<https://www.outdoors.org/resources/amc-outdoors/features/resources-on-race-and-inclusion-in-the-outdoors/>



<https://www.meetup.com/NH-AMC-Paddlers/>



## Trails Less Travelled

BY: BOB MCLAUGHLIN

In previous articles in this series, we have discussed specific trails and trail systems to explore when you are looking to avoid crowds. This time we are taking a different approach. We will discuss ways you can find your own trail less traveled.



*There are unusual things to find on the Trail Less Traveled. This is a photo of a life size stick sculpture of a 'bird lady' along the side of the trail.  
Photo by: Bob McLaughlin.*

While a hike on the more heavily used trails can be great, there are drawbacks. For example, a hike up Falling Waters Trail to Little Haystack and then across the Franconia Ridge over Lincoln and Lafayette with a stop at Greenleaf Hut before your descent on Old Bridle Path is as great a hike as you can find! However, the parking areas are frequently filled on weekends and some summer weekdays, and the trails show the signs of overuse. The number of hikers, even when they are considerate, certainly diminish the wilderness experience.

I try to balance the advantages and the disadvantages by hiking these trails on a quieter day. Weekdays are better than weekends or holidays, and mid-September is better than mid-summer or peak foliage.

On the busier days, I try to find a lesser known and trafficked trail to explore, and have been pleased by my discoveries. While I frequently do not experience the sweeping vistas and drama of some of the popular hiking trails, the solitude and sense of wil-

derness is adequate compensation.

For example, on a recent sunny Saturday, I drove past many filled to overflowing parking areas to hike a new area where the only other people I saw were a group coming out as I arrived at the trailhead. The trail was lightly used, but there were spectacular views and I had the experience of accidentally disturbing a nesting ruffed grouse no more than 4 feet from the trail. I will long remember my surprise when the chicks burst from the grass near the trail and awkwardly flew up into nearby branches and perched while the mother flailed in the edge of woods trying to distract me.

This is an experience that you will never have on a heavily trafficked trail!

But, how do you find these trails?

For the trail described above, I typed Sugar Hill into the search box in AllTrails. AllTrails has a website ([www.alltrails.com](http://www.alltrails.com)) and a smart phone app, and is great for finding off the beaten track trails and also the well-trodden trails. On the down side, AllTrails is frequently difficult to navigate and downloaded maps frequently are cluttered with other hiker's routes and information. There are other trail finding sites/apps to consider such as ViewRanger, TrailLink and others.

Other sources of information about new less trafficked trails are available on the web. Of particular note, in New Hampshire we have two excellent websites to explore. First, the Society for the Protection of New Hampshire Forests maintains an excellent website ([www.forestsociety.org](http://www.forestsociety.org)) that lists trails on or crossing the properties the Society manages. The list is searchable and

is a great way to find new areas to explore. Second, the Upper Valley Trails Alliance operates the Trail Finder website ([www.trailfinder.info](http://www.trailfinder.info)) that covers trails in New Hampshire and Vermont. One limitation with TrailFinder is that it does not list trails in the core White Mountain region. I have also found that the site's search function sometimes is not working. So, if you run a search and get the "No Results Found" page that does not necessarily mean there are no trails.

I also rely on guidebooks to find trails that I have not visited and that are lightly used. Since I live in Lincoln, I frequently find interesting places to visit by browsing through the AMC's White Mountain Guide. I pick a region, read the introduction, and then go page by page noting trails that seem appealing. I have seldom been disappointed! Over the years, I have also collected a large number of specialized guidebooks that include heavily trafficked trails as well as lightly used trails. Not only do I find interesting trails to visit, but perusing a guidebook is a great way to spend a rainy day.

Finally, if you hunger for a bigger mountain, and want to avoid crowds, consider visiting one of the lesser known peaks. Think Mt. Hight instead of Lafayette. The views from both are spectacular, but you will probably see many fewer people on Mt. Hight.

Most of the New Hampshire trails are Trails Less Traveled. It is a little more work to find them, but the rewards are great when you do.



*It may be off the beaten track, but there are great views waiting.  
Photo by: Bob McLaughlin.*



Appalachian Mountain Club  
NH Chapter  
PO Box 1348  
Lincoln, NH 03251

Non-Profit Org  
U.S. POSTAGE  
PAID  
Manchester NH  
Permit No. 417

## 'Mountain Passages' is only the beginning...

From hiking to biking, AMC's New Hampshire chapter has it all. Visit our website at [amcnh.org](http://amcnh.org) and read more about us and our many year-round events.

## Covid-19 Update

The Appalachian Mountain Club ("AMC") is opening up! With the rate of vaccinations in the New England States, the risks presented by Covid-19 are diminished and activities and facilities are again available. While precautions will be implemented for the foreseeable future, we are moving toward normal operations again.

With any luck, this may be our last Covid-19 Update!

We recommend that you check the AMC website ([www.outdoors.org](http://www.outdoors.org)) for the latest information. However, as of writing, this is the situation.

**Huts**—The high country huts are open. If you are hiking past the huts, they are open with water, food and restroom facilities. If you are staying overnight, advance reservations are strongly recommended. However, walk ins are accepted if there is room. The huts are currently open with full capacity.

Full capacity means meals will again be served family style and all the bunks will be available. One difference is that pillows and blankets will not be provided. Overnight guests are expected to bring their own sleeping bags.

**Hiker Shuttle**—The AMC Hiker Shuttle is operating this season at full capacity. Reservations are strongly recommended but walk ons will be accommodated if space is available. Face masks will be required and ventilation will be maximized. Riders will be required to provide contact information as part of their reservations or directly in the case of walk ons.

**Outings**—Multiple Chapter activities are posted in AMC's Activities Database. Paddling, Hiking and Rock Climbing activities are currently listed. This issue includes articles by Excursions, Bike and Paddling as well as the upcoming Winter School.

Groups are expected to be smaller and the Covid precautions may be required, but outings are available.

Covid-19 precautions are evolving rapidly based on vaccination level and evolving guidance. So, check ahead to avoid unpleasant surprises.

