

NEW HAMPSHIRE CHAPTER

**100**  
YEARS

1921  2021

YOUR CONNECTION TO THE OUTDOORS

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

## Leave No Trace™ - It's an ethic

BY: BOB MCLAUGHLIN

In the summer issue of *Mountain Passages*, we reviewed the first three principles of Leave No Trace™:

- Plan Ahead and Prepare;
- Travel and Camp on Durable Surfaces; and
- Dispose of Waste Properly.

In this issue, we will consider the remaining four principles:

- Leave What You Find;
- Minimize Campfire Impacts;
- Respect Wildlife; and
- Be Considerate of Others.

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Seven Principles are held by the Center for Outdoor Ethics ([www.lnt.org](http://www.lnt.org)).

### Leave What You Find

This principle can be considered as having two distinct elements: Avoid altering areas such as campsites, viewpoints and trails; and Avoid the urge to collect or gather “souvenirs.” Both of these elements are important if we wish to leave no trace.

When thinking about avoiding alteration of the backcountry, probably the first thing that comes to mind is campsites.

If you are backcountry camping, it is best to look for an established camp site. By choosing a

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## Photography Capturing the Fall

BY: BOB MCLAUGHIN

Fall is a magic time for all of us, but is particularly magical for photographers as they try to capture this awesome but fleeting display. It is common for casual photographers to feel the urge to set out to capture the colors around them. It is also common to feel frustrated that the resulting photos don't reflect what we saw. We all have felt this frustration, but there are steps you can take to improve your fall photos.

### Composition, composition, composition

First, and by far the most important thing to remember is the appeal of your photos depends on your composition



*Even after the colors begin to fade, there are photographs to capture. Photo by: Bob McLaughlin.*

## 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 3  
FALL 2021

CAPTURING THE FALL, TO PAGE 4 



# Congratulations 25 and 50 Year Members

As a tradition, at each Annual Meeting, the Chapter has honored members who have been continuous Chapter members for 25 years and 50 years. While the tradition will continue this year, unfortunately it will once again be virtual on Zoom. To try to make sure the members who are being honored are appropriately noted, and congratulated, we decided to publish the list in Mountain Passages.

If you know any of these members, take the time to congratulate them!

## 25 YEAR MEMBERS

Aaron Gorban - Gorham, NH  
 Abner Taub - Nashua, NH  
 Alan Rosen - Campton, NH  
 Alan Stein - Hooksett, NH  
 Arthur Slocum - Wolfeboro, NH  
 Carol Tingleff - Exeter, NH  
 Chris Fletcher - South Sutton, NH  
 Christian Elliot - Center Ossipee, NH  
 Christie Hedges - Orford, NH  
 Christine Clyne - Tamworth, NH  
 Crispin Fletcher - South Sutton, NH  
 David Ross - Concord, NH  
 Debbie Murphy - New Boston, NH  
 Donald Kollisch - Hanover, NH  
 Douglas Arion - Twin Mountain, NH  
 Edward Beecher - Tamworth, NH  
 Francis Alberto - Intervale, NH  
 Fred Gregoire - Claremont, NH  
 Ilona Reinitzer - Litchfield, NH  
 Jeffrey DePue - Windham, NH  
 Jennifer Gross - Stockbridge, VT  
 Joanne Jones - Bethlehem, NH  
 Karen Gill - Center Ossipee, NH  
 Karen Sielke - Swanzey, NH  
 Kevin Jones - Bethlehem, NH  
 Kurt Olafsen - Center Sandwich, NH  
 Laurie Kugel - Conway, NH  
 Liliane Sznycer - Nashua, NH  
 Lynne Slocum - Wolfeboro, NH  
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 Melody Blake - Warner, NH  
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 Neil Brown - Center Ossipee, NH

Nicky Pizzo - Gorham, NH  
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 Patricia Laughlin - Epping, NH  
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 Patricia Depue - Windham, NH  
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 Richard Bagley - Portsmouth, NH  
 Richard Gustafson - Hollis, NH  
 Robert Blake - Warner, NH  
 Robert Hedges - Orford, NH  
 Russell Strong - Bow, NH  
 Steve Curley - Concord, NH  
 Sue Olafsen - Center Sandwich, NH  
 Susan Kunkel - Hooksett, NH  
 Thomas Kugel - Conway, NH  
 Timothy Ascani - Nashua, NH

## 50 YEAR MEMBERS

Bill Keefe - Wilton, NH  
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 David Beattie - Eliot, ME  
 Helena Koay - Merrimack, NH  
 Janet Sherrod - Seabrook, NH  
 Margaret Birch - New London, NH  
 Merwyn Bagan - Concord, NH  
 Philip Jarvinen - Nashua, NH  
 Richard M. Dunn - Bristol, NH  
 Robert Ellinwood - Bedford, VA  
 Robert Souza - Merrimack, NH  
 Suzanne Eusden - Whittier, AK

## MOUNTAIN PASSAGES

Volume 47, No. 3  
Fall 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.

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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.

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To sign up, go to [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter) and set your AMC-NH Chapter newsletter preference to online.

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site that has been previously used for camping you can avoid contributing to the deterioration of a pristine location. If you find a fire ring, seating or constructed tables or shelters, it is okay to use them. If you find a hodge podge of structures, such as multiple fire rings or unnecessary seating, it is also okay to use some of your time there to clean up the area. But, it is probably better to leave a fire ring, some seating and other structures because their availability will discourage future campers from gathering materials to reconstruct them.

The same principles apply to view points and other possible resting spots. While these areas may be less of a problem, we have all seen fire rings and seating constructed on view points. We may take advantage of the seating, but it does detract from the feeling of wilderness and appeal of the location.

There is one annoying alteration which seems to be increasing: "home made" cairns. Cairns are important trail markers above the tree lines and on other bare rock surfaces. However, they appear to have become a substitute for lego blocks to entertain children in the back country. While this may seem harmless on one level, the proliferation of cairns may confuse hikers and certainly detracts from the wilderness experience. Parents should discourage construction of new "home made" cairns.

Finally, there is another alteration which is all too common: carving in tree bark. It is difficult to take a hike in New Hampshire without passing one or many trees that have been disfigured by someone carving their names or initials or some message into the bark. Why? Why?? Why???

If you have ever carved anything into a tree, it is too late to undo it, but looking to the future, let's all strive to end the practice. Also, let's stop hammering nails into trunks, tying ropes or wires around trunks girdling the tree or hacking the bark and wood in any way.

Then, there are the souvenir collectors. While it may seem that picking a few flowers or gathering a few pretty stones will not have a great impact, consider how many other hikers might think the same. What would be the impact if each of us picked just a few flowers or gathered just a few stones? Each incremental step may be small but the collective damage may be great. It is best just to stop and not take the first step.

Take photographs or make a sketch, and leave the "souvenirs" behind for others to enjoy. It is best for the environment and depending on where you are, may be the law.

In summary, if you leave what you find, you will allow those who follow to experience the joy of discovery themselves. It is the right thing to do!

### **Minimize Campfire Impacts**

Unlike the other Leave No Trace Principles, Minimize Campfire Impacts is narrowly focused on one specific activity. This is easily

explained by the significant damage that can be done by campfires. We can all remember coming across unsightly old fire rings in the back country, but the damage extends beyond the immediate impact of the campfire. Think of the areas around campsites where the forest has been completely stripped of fallen branches and where trees have been felled or branches stripped from living trees. Of course, there is also the risk of campers leaving unextinguished campfires that result in forest fires.

What can we do to prevent these impacts to the backcountry?

First, consider whether you need to make a campfire. Camping stoves are light, easy to use, and work much better for

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## Back Country Stoves

There are many alternative back country stoves available.

Probably the easiest way to narrow your choices is to decide what fuel you prefer. The two major alternatives are pressurized propane/isobutane (gas) canister stoves and liquid fuel stoves (sometimes called "white gas" stoves).

Pressurized Gas Stoves are light weight and attach to a prefilled pressurized gas cylinder. These stoves are easy to light except in extreme cold and are easy to control and are affordably priced. The fuel canisters have a long shelf life. On the other hand, the canisters have limited capacity and performance can decrease as pressure in the canister drops. Some models, known as "regulated valve" stoves, eliminated the decrease in performance by maintaining a constant gas flow despite reduced pressure. You usually have to pack one or more spare canisters. Depending on location, it may be difficult to find replacement canisters.

Liquid Fuel Stoves have the advantages that their fuel is more readily available. While the typical fuel is "white gas," the stoves typically can burn kerosene, unleaded auto gas or other options. Liquid fuel stoves are bulkier and heavier and the fuel can be a problem if spilled. These stoves are also more difficult to use, requiring priming for each use and regular cleaning and maintenance. Typically, liquid fuel stoves are more expensive.

Other Alternatives There are also less common alternatives available including wood burning stoves, denatured alcohol stoves and solid fuel tablet stoves. These stoves typically generate less heat but appeal to ultralight hikers who are willing to tolerate this disadvantage in exchange for lighter weight of the stove or the avoidance of the need to pack fuel.

\* \* \* \* \*

In conclusion, there is no perfect choice for backcountry stoves, but there are multiple good choices. It depends on your needs and preferences.

After considering the alternatives, it is a good time to visit your favorite hiking/camping store and talking with the sales people and looking at the models they carry. When you do, bear in mind that most experienced hikers have distinct opinions/biases in favor of either pressurized gas stoves or liquid fuel stoves which may not agree with your needs.



## CAPTURING THE FALL, FROM PAGE 1

whether you are taking a photo in the fall or any time of the year. We all can be seduced by the wall of color that a mountain side covered with full color maples and birch can display, but take a photo of that mountain side and you likely will have a boring photo unless you think about the composition of the photo.

Composition involves two goals: Identify your subject; and Place your subject in context in the image. The subject really depends on what captures your eye. Placing the subject in context is something worth study.

While there are useful rules of composition for placing subjects in context that can be helpful, there are exceptions to every rule and composition is really in the eye and mind of each photographer. Probably the best way to learn composition is to study classic paintings and photographs and analyze how the artist achieved the image that works. Another way to learn composition is to read books and articles about creating effective images. An internet search will provide multiple articles and a visit to a book store or library will add greater depth. Mastering composition is a long term project but one that is well worthwhile. If you have already started a study of composition, there is more to discover. If you haven't, take the time and start. Either way you will be pleased you did.

The important thing is think about the composition before you press the shutter.

### **Find the Perfect Location**

What makes a perfect location to photograph fall? That really depends on the type of picture you want to take. It may be a ridgeline with a sweeping vista, or a woodland stream, or really any place that captures your eye.

However, you will never find that perfect location without looking for it. Think about fall photos as you are driving or hiking and make a mental or written note so that you can return.

Also, figure out when you want to return to the location. Unless you live where you plan to photograph, research when to expect the change of color to start, peak and then fade. You don't want to travel to your perfect location only to discover you should have come a couple of weeks earlier.

Time to return also includes time of day. A location that may be spectacular in late afternoon may be a yawn in the morning or vice versa. As you scout your potential locations, think about the time of day to return. Remember the time of day really is about the position of the sun not the clock time. Since day length is rapidly decreasing in the fall, it makes sense to think about time after sunrise or before sunset.



*You don't have to have grand vistas to capture the fall. Photo by: Bob McLaughlin.*

### **Choose Your Light**

While it is possible to take a great photo at any time, there are certain times that make it easier.

It is a truism that photos taken during the "magic hours" just after dawn and before sunset can be outstanding. Early morning light is clearer and you have the chance to catch rising mists that can be very atmospheric. Light at the end of the day can be softer and can have an appealing warmth.

That said, there are photos that can work better in the middle of the day. Sunlight sparkling through the leaves or patches of sunlight on a tumbling cascade come to mind.

If you choose the light you want for your photos, you will have a better chance that you will be pleased with the results.

### **Don't Let the Weather Stop You**

Too often casual photographers think that you can only take good fall photos on a beautiful sunny day. Nothing can be further from the truth. While you can take great fall pictures on a sunny day, each type of weather has its own advantages.

Frequently, the colors on sunny days are overexposed and not as vibrant. On cloudy or even rainy days the colors may really pop and the lighting is even and avoids stark contrasts between sun and shadow. On really cloudy days you may need to focus on closer subjects but great photographs are out there.

## CAPTURING THE FALL, TO PAGE 9



*Timing can make the photo! Capturing the late afternoon light can make all the difference. Photo by: Bob McLaughlin.*

most cooking. While it is undoubtedly true that stoves lack the ambience of a campfire, it is also indisputable that they are much more practical for cooking. If you have not used a stove in the past, try them. I think you'll be pleased.

Second, if you choose to make a campfire, consider how you can minimize its impact.

If you use a stove for cooking, you can make a smaller campfire and cause a smaller impact on the environment.

The best place for a campfire is in an existing fire ring, provided it was properly built. Was the fire ring built on inorganic materials (i.e., soil or rock instead of duff), is it far enough from vegetation, is it solidly built? Fire rings in established campgrounds can be expected to meet these standards, but not all backcountry camp sites do.

Another alternative is building your campfire in a fire pan. While this does require you to carry in another piece of equipment, there are light weight alternatives that can work nicely including pans from an inexpensive charcoal grill. The pan should have adequate sides to contain the ashes and be large enough for the campfire. The pan should be set up on an exposed rock or raised above the ground on stones to protect the soil from excessive heat.

Let the campfire burn down before you retire for the night. Too many campfires have burned out of control while campers slept. Not a good experience for the campers or the backcountry!

If you build a campfire try to gather only wood that you will need for fuel and try to gather it from a wide area. The best source of wood is fallen branches no more than a few inches across that you can break with your hands. Do not cut branches off either standing or downed trees and never cut down a tree even if it is dead. Trees living and dead provide valuable habitat to birds and other animals.

Finally, if you build a campfire you are responsible for cleaning up the area and assuring that the campfire is fully out before you leave. Use only the wood you need and burn it to white ash. To avoid making your task more difficult, don't restart a campfire in the morning. If you have a stove, you don't need a campfire to cook and it is much easier to clean up a campfire that has had the whole night to burn out.

Before you leave make sure the campfire is out by grinding any small coals that may remain and thoroughly soaking the ashes with water. A good rule of thumb is to soak the campfire until you are sure it is dead, and then do it again. It is better to spend the time and energy to make sure your campfire is out rather than live with the realization that you have caused a forest fire.

Finally, you should scatter any unused wood and gather up all campfire litter and return the site to as natural a condition as possible. Pack out plastic and foil items. Campfires are not disposal pits.

### **Respect Wildlife**

Experiencing wildlife in the backcountry is one of the true joys of being in the wilderness. However, we must remember that we are visitors and the wildlife are in their homes. As a responsible visitor we must respect the needs of wildlife.

Observe wildlife from a distance. Don't try to approach a wild animal. Imagine the stress you could cause an animal by approaching it even slowly. Their natural response likely will be

to flee. You will have increased their stress and disrupted their behaviors.

In addition to avoiding approaching wild animals, you should avoid unnecessary noise and abrupt movements. Consider travelling in smaller groups if you wish to be able to observe wildlife. Of course, if you are concerned about bears or other potentially dangerous animals, a little noise and commotion can be useful in warning them of your approach.

In addition it is in your self-interest to keep animals at a distance. Animals may harbor rabies or other diseases. If you observe an animal who appears sick or who is acting strangely, notify a ranger or other appropriate official.

Never feed wild animals. How many times have you been approached by chipmunks or squirrels at viewpoints? We all know why. They have been fed by hikers and now consider all hikers as handy sources of food. But this is recipe for disaster. It invites a situation where a hiker, maybe a small child, jerks their hand and frightens the animal who responds by biting.

It is up to all of us to make sure wild animals remain wild and never consider humans to be an easy source of food.

If you hike with your dog, that presents another issue for wildlife. Dogs are properly considered predators by wildlife. While smaller animals, such as squirrels or birds may flee in panic, other larger animals may stand their ground and things can get out of hand unless the dog is under absolute control. While it is possible to train a dog to reliably obey vocal commands, it is safer to keep the dog on a leash. Leashes are also frequently required on trails in New Hampshire. Leashes, however, may result in injury if the dog pulls you off balance at exactly the worst moment.

Finally, part of respecting wildlife is respecting their environment. We previously talked about properly managing wastes including excrement from ourselves and our pets. This is important for complying with the "Dispose of Waste Properly" principle, it is also important for "Respect Wildlife."

While on the surface, Respect Wildlife may seem out of place as a Leave No Trace principle, it really does fit. If our actions cause animals to change their behavior, to lose their fear of humans, or to contract disease, we have changed the environment and impacted the experience of those who follow us.

### **Be Considerate of Other Visitors**

Unlike the other Leave No Trace principles, I have always had trouble in fitting this principle into the Leave No Trace structure. How is bad behavior in the backcountry leaving a "trace"? That said, it makes perfect sense as an outdoor ethic to avoid having your presence in the backcountry diminish the experience of others. So, I won't quibble. Even if it technically "leaves" no trace, consideration is certainly a critical element in sharing the wilderness experience with others.

We each are entitled to our own preferences when hiking. Some want to enjoy the sounds of the natural environment, while others get bored and want to listen to music, podcasts or audiobooks. When hiking solo, I find that I fall into both camps; I typically start off listening to a book, then when I am away the trail head and road sounds, switch to hiking without "canned entertainment" and listen to the sounds of the forest. Depending on the length of a hike I may switch back



## AMC NH Chapter Winter School

BY: RICK SILVERBERG

Two sessions: January 28-30, 2022, and February 25-27, 2022

These workshops offer instruction in winter mountain travel to backcountry skiers and snowshoers of all levels, covering just about every aspect of winter backcountry travel including a special leadership track. The weekend is filled with instruction, field exercises, lectures and discussions, and there will be plenty of great food to fuel you!

Choose from one of the following classes:

- Winter Mountain Travel: beginner and intermediate classes.

These classes provide instruction in safety equipment, route finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergencies in the mountain environment.

- Backcountry Skiing: beginner, intermediate and down mountain back country classes taught by AMC Cardigan Mt. Ski school instructors.

- Advanced winter wilderness travel, high peaks and crampons.

- Winter backpacking: Beginner in January, Intermediate class in February. These classes provide instruction in backpacking equipment, campsite selection, route finding, map and compass, weather, trip planning, cooking and emergencies. This program is

designed for those who want to take their skills beyond day hiking. Plan to spend Friday and Saturday night outdoors and provide your own backpacking equipment.

- Leadership and Mountain Skills: This class is for those who have good winter hiking and/or skiing skills, and wish to enhance them to run trips of their own. Exercises will focus on planning, organizing and conducting trips with emphasis on leadership techniques and group dynamics, plus the basics of accident scene management, medical considerations and off-trail navigation. This course is also for those with potential and desire to become Trip Leaders for AMC's NH Chapter.

Not sure which class is right for you?

Just ask Workshop Director Rick Silverberg at (603) 455-9119.

You must be 18 years or older to attend.

Cost is \$200 for AMC members and \$230 for non-members, and includes lodging, excellent meals, materials and instruction.

Workshop begins at 7:30 p.m. on Friday and ends at 4:30 p.m. Sunday.

For more information go to [www.amc-nh.org](http://www.amc-nh.org) and to register, go to the registration link that will be posted in late October.



*If you have the skills winter can be a great time to be outdoors*

and forth. If I am hiking with others, I generally just talk as we go along.

The critical thing is to avoid behaviors that affect others. Unless you and your group are completely alone on the trail, it is boorish to play your music aloud as you hike. If there is a chance that anyone else can hear you, it is time to shut off the music or switch to ear buds. With current technology it is possible to share your music on multiple ear buds.

If you use ear buds, be sure to keep the volume down so that you can hear other hikers approaching or members of your group trying to get your attention. Noise dampening technology is a really bad idea on the trail.

Talking, laughing and making animal sounds on the trail can be equally disturbing. While quiet talking is fine, I am sure we have all experienced becoming aware of an oncoming group of hikers by their voices long before they come into view. Keeping your groups small can help, but also be aware of the volume of your voices.

Courtesy includes sharing the trail. Many trails in New Hampshire are wide enough for only one hiker to pass at a time. Generally, ascending hikers are assumed to have the right of way, but the important thing is that someone yield when appropriate.

When a trail is shared by bicyclists and hikers, the bicyclist should verbally warn hikers when they are approaching from the

rear. Hikers may be unaware of the approach of a bicycle if they are talking or using ear buds. Bicyclists should never assume hikers know they are there until the hiker acknowledges them. While it may be frustrating to bicyclists, unless otherwise posted, pedestrians have the right of way.

Finally, when you are choosing tents, tarps or other camping equipment, you should consider how jarring the color may be in the woods. Day glow tents or tarps can be seen for a substantial distance in even the densest forest and are beacons in more exposed locations. If your equipment is brightly colored, it is up to you to find a campsite that is not readily visible from trails.

If we all think of how our actions can impact others' enjoyment in the back country, everyone's experience will be enhanced.

#### **Final Thoughts**

In this article and the prior article in the summer issue, we have reviewed the 7 Principles of Leave No Trace developed by the Center for Outdoor Ethics. The Center has been educating the public on outdoor ethics for 25 years through in person programs, online videos and an excellent website ([www.lnt.org](http://www.lnt.org)). We have tried to tailor the Leave No Trace principles for the New Hampshire backcountry, but the Center for Outdoor Ethics also has recommendations that are worth considering if your travels will take to other areas. We strongly recommend exploring the Center's website or attending one of their programs if possible.

Ultimately, the 7 principles of Leave No Trace provide a series of goals from which we can all profit. While each of us can make only a small change, together we can change the world!

Let's make our part of the world better!



## Class 3 Leader Training

Training for those interested in becoming leaders for hikes and walks at lower elevations in three seasons. This session will allow you to become a class 3 leader for NH Chapter. Exercises in group dynamics, trip planning and logistics, participant screening, communication, handling difficult behaviors, and how to post your trip for approval. Outdoor practice in leading and basic map and compass. This training is a good introduction to leading hikes and has been of interest to those who are thinking of becoming trip leaders for the first time.

Up to 7 participants will work in a small group with two instructors to understand the methods for planning and leading trips to smaller mountains or natural areas and the sea shore. The group members will use different learning techniques to try out and understand the many roles of leader and how to apply these to outings. Come prepared to spend the day outdoors learning by doing.

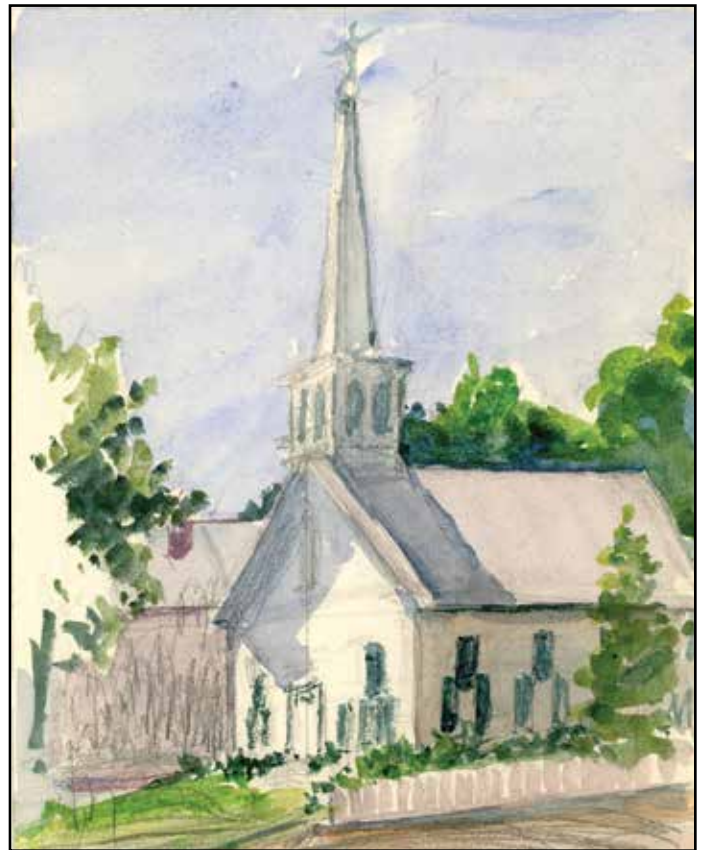
Bring your pack for a fall day hike, hiking clothes, boots and a trail lunch.

Morning snacks, maps and instructional materials will be provided.

Instructors Rick Silverberg and Bob Humphery \$20 for members \$25 for non-members

Register: <https://amcnhexcursions.regfox.com/fall-leader-ship-training>

Call (603) 455-9119 with questions between 7-10pm



*This watercolor of the First Christian Church in the Town of Freedom, NH was painted in the first half of the 20th century by the artist Hazel de Berard. For more information, see the article on pages 10 & 11.*



## Where In The Whites?

**Where was this photo taken and what are the major mountain?  
Be as specific as possible!**



*This issue's mystery photo. Can you identify the major mountains in the scene and the spot where the photo was taken? Photo by: Bob McLaughlin.*

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 Mt Passaconaway taken from the lower ledges on Hedgehog Mountain following the UNH trail. We received eight correct answers from:

- Mark Runquist;
- Rick Stevenson;
- Dick Davenport;
- Charlotte Ryan;
- Deb Clough;
- Ian Ayer;
- Bill Compton; and
- Adrian Curtis.



Congratulations! You know your White Mountain Views!

Ian is on a roll. He provided the correct answer for the *Where in the Whites?* photo in the last two editions as well!

For this month's photo, please identify the mountains 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 Issues Photo: Passaconaway from the ledges on Hedgehog Mountain. Photo by: Bob McLaughlin.*



## CAPTURING THE FALL, FROM PAGE 4

### **Don't Forget to Look Up or Down**

When looking for the perfect subject for a fall photo it is easy to fall into the trap of only looking at eye level. But there are potentially great photos above you or at your feet. Whether it is a shot of the canopy of trees or a vivid leaf, you will miss these subjects if you don't look for them. While these photos may present challenges to find an effective composition, when you do they can be striking.

### **Use a Polarizing Filter**

The tips up to this point can be used whatever camera you are using whether it is a cell phone or a professional level camera.

This tip, however, is for cameras such as single lens reflex cameras or the newer mirrorless cameras.

Circular polarizing filters are invaluable for fall photos. These filters can enhance contrast and color, enhance blue skies, and remove unwanted reflections and glare. Polarizing filters are particularly useful in bringing out colors in the leaves and enhancing skies in fall photos. But, if you experiment, you can find other benefits.



*Streams and cascades are the perfect subject of photography on a gray day. Make sure you have your tripod! Photo by: Bob McLaughlin.*

If you don't already have a polarizing filter, it will be worth the investment. If you do have one, use it. Once you have become familiar with a polarizing filter you may be able to predict its effects, but I have been using polarizing filters for decades and am still occasionally surprised. Be aware, polarizing filters reduce exposure by 1 to 2 stops which may be desirable or be a problem.

### **Carry and Use a Tripod or a Monopod**

Many fall photographs can be taken with hand held cameras, but some can only be captured with long exposures which require some support. Examples are flowing streams and low light exposures.

Monopods are light and easy to use. There are monopod heads that you can fit on a trekking pole. Monopods are significantly steadier than a hand held camera, but are not as steady as a tripod. Tripods, however are heavier and more trouble to set up. I use both but tend to use the tripod more often. That said, I always carry a light weight plastic mini tripod in my pack that weighs only a few ounces and that has a Velcro strap that allows it to double as a monopod head. When I am heading out to photograph a stream or night, dusk or other low light photos, I bring the full tripod which is more trouble to use but works better.

However, either way, with very limited exceptions, a good photograph requires a steady camera and tripods or monopods can be incredibly helpful.

### **Be Patient**

Frequently the most important element of a great photo is being there to take it when the light and visual elements come together. Whether it is waiting for the fading light in the dusk to be perfect or waiting for the play of sunlight through broken clouds be just right, timing can be everything. Consider the photographs of Ansel Adams; he would know his location and select the time, and then wait, sometimes for hours, for the perfect light.

Sometimes, we have no choice. We are on a hike or driving when we see our photo and have to take it and move on. However, when you have the chance, take the time and watch to see what develops. The reward may be great.

### **Final Thoughts**

One of the things that makes photography a great hobby is that there is always more to learn. Another is that you can create great images that capture the good times and wonders of our world. We hope this article encourages you to go out and explore the wonders of fall in our part of the world, and hope that you will be more pleased with your photographs.

If you find this article useful and capture photographs in New Hampshire this fall that you are proud of, send them in. Describe where the photos were taken and identify the specific points in this article that helped you capture the image. This is not a competition. We will not grade the photos or award prizes. We will, however, publish some of the photos in future issues or *Mountain Passages* or on the Chapter webpage giving credit to the photographer. You can send your photos to [MntnPassages@gmail.com](mailto:MntnPassages@gmail.com). We look forward to seeing your work.

Enjoy the fall!



# Views From the Past The Art of Hazel de Berard

BOB MCLAUGHLIN

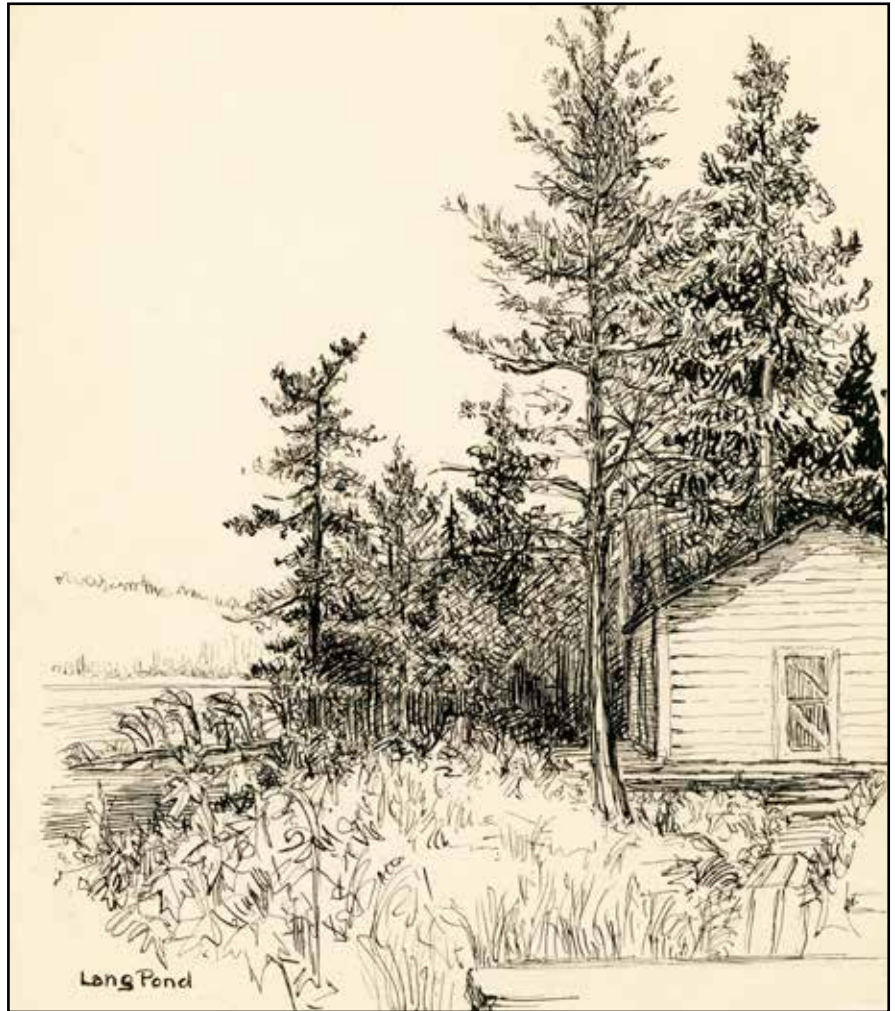
Late this summer, Richie Holstein, cochair of the Trails Committee, was thinking about the Centenary of our Chapter and looking through old emails and found one from 2016 from Mary Rodes Dell regarding some documents of a distant cousin, Hazel de Berard, regarding the White Mountains in the first half of the 20th Century. A 1939 map of the huts in the White Mountains drawn by Hazel de Berard is available for sale by AMC (Vintage Map of the AMC Hut System - Appalachian Mountain Club Store ([outdoors.org](http://outdoors.org))). Richie reached out to Ms. Dell.

Ms. Dell recently responded and send five images of watercolor, pencil, and pen and ink sketches that Hazel de Berard made (and labeled) of locations in New Hampshire. Ms. Dell indicated that she didn't have dates for the works, but indicated Ms. de Berard was actively sketching in New Hampshire from the 1930s through at least the 1950s. Hazel de Berard attended the New York School of Applied Design for Women, and lived in Paris in the 1920s. Ms. de Berard spent most of her life in New York City, where she worked as a paleontology illustrator at the American Museum of Natural History, retiring in 1958.

The artwork that Ms. Dell provided included the three works we feature here:

- A watercolor of a hut in Freedom, NH;
- A pencil sketch of a "picnic" near Randolph, NH, which is unfinished but which provides a slice of life--it looks like a group of friends out hiking & painting; and
- A pen and ink drawing of a cabin by a lake identified as Lang Pond, the former name of Mirror Lake in Wolfeboro, NH.

In addition, another painting by Ms. de Barard of a church in the Town of Freedom, NH is reproduced on page 7.



*A pen and ink drawing of a cabin by a New Hampshire Lake created by Hazel de Berard.*

While it is not possible to precisely date these drawings, they do capture the scenes that New Hampshire Chapter members enjoyed during the first 50 years of our Chapter.

All of these images are copyrighted and the copyrights are held by Mary Rodes Dell. The images are reproduced in *Mountain Passages* with permission.

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[www.outdoors.org/membercenter](http://www.outdoors.org/membercenter)



*A sketch of a picnic and sketching session in Randolph, NH by Hazel de Berard.*



*A watercolor painting of a cabin in Freedom, NH by Hazel de Berard.*



# What's Happening at Cardigan?

BY: RICHIE HOLSTEIN

The New Hampshire Chapter has long had a special relationship with Cardigan Lodge and the trails in the area. Our Chapter was created 100 years ago as the Merrimack Valley Chapter. The Chapter's original logo included a depiction of the lodge and Mount Cardigan. The Chapter in its first decades even laid out and built some of the trails on Cardigan.



*Our original Chapter Logo featured Mt Cardigan.*

While the three major projects in progress on Cardigan this year require professional construction, the Chapter has some involvement.

### **Replacing Croo Bridge**

About 3/4 mile from the lodge along the Holt Trail, Croo Bridge last was rebuilt in the late 1990's. There have been piecemeal repairs to the decking and the rails, but the stringers (the long pieces which span Bailey Brook) were rotted and dangerous. You might have noted some strengthening for them beneath the bridge as you approached and places where the decking was replaced.

Work has begun to completely re-engineer and rebuild Croo Bridge. The first step was to build a short bypass and a temporary bridge just upstream from the old bridge. The old bridge was then torn down and cut up for easier removal. Over the past few weeks the heaviest materials for the new bridge arrived by way of two ATV's, one large 6-wheel UTV, and a modified trailer for the stringers, all provided by the State of New Hampshire. NH Forests and Lands employees, AMC staff, and volunteers hauled in additional loads. The new stringers are a wood-based composite material, as strong as steel, 32' long, yet weighing "only" 900 lbs. apiece. Laying them in place will require a system of griphoists and cabling. Getting the vehicles to the site required leveling the drainage ditches and water bars in the trail, accomplished by laying slices of logs lengthwise in the dips. The new bridge should be complete by the time this issue of *Mountain Passages* goes to print.

### **An All Persons, All Access Trail**

It's long been a dream to make at least part of the mountain more accessible. Planning and fundraising began last year for construction of a loop trail with features for people with mobility challenges as well as individuals with developmental disabilities.



*Keith guides the old stringer out of the way.*

The Upper Nature Trail plus about 0.4 mile of trail from the lodge parking lot will be upgraded with a solid base of crushed stone and with gentler grades. There will be stations to rest and notice things of interest. Not just people with disabilities, but cross-country skiers and snowshoers will find this a great beginner trail. Families with small children will easily walk the loop!

A major part of the funding for this trail is expected from a Recreational Trails Program (RTP) grant. There are matching grants from the AMC-NH Chapter and the Robert Stillings Fund. Volunteer hours will count towards the RTP matching requirements as will additional directed gifts to AMC. This should all come together in 2022!

### **A New Standby Generator**

A storm the first weekend of November 2019 knocked out power along most of Shem Valley Road and to Cardigan Lodge. That was the weekend the NH Family Group planned its annual finale with tons of great food and hikes. With no power and no backup generator, the lodge was forced to close.

There once had been a backup generator for the Lodge but it was removed years ago. The replacement will have greater capacity, requiring its own concrete pad separate from the lodge, and an extensive upgrade to the lodge's electrical system. Although funding was in place for 2020, Covid-19 restrictions delayed installation. Since then costs have skyrocketed, forcing further delays to complete the project. Look for a status update in a future edition of *Mountain Passages*.

### **You Can Help**

These three projects will be completed mainly by AMC professional crews and hired contractors, but there are opportunities for volunteers to play a part. The New Hampshire Chapter Trails Committee, a strong proponent of the All Persons, All Access Trail, will schedule work days in 2022. A recent hike led by Carolyn Whipple Fraser of AMC's Development Office, and Rick Gersberg, a trip leader for the Boston Chapter, allowed NH Chapter members and potential donors a first-hand look at the Croo Bridge construction. The group also got a chance to see the route for the All Persons, All Access Trail and to summit Cardigan.



*CWF donor hike Cardigan summit.*

Please contact Carolyn Whipple Fraser, [cfraser@outdoors.org](mailto:cfraser@outdoors.org), 617-391-6585, if you would like to contribute, and [trailsnh@amcnh.org](mailto:trailsnh@amcnh.org) if you're interested in volunteering.

Additional photos from this article are online at <https://photos.app.goo.gl/ThvvtVgrUmYR27WNA>.



# Trip Report

## A Paddlers' Labor Day Weekend

BY: TIM JONES

The Paddling Committee had a wonderful Labor Day Weekend Paddler's Gathering at Clear Stream Campground in Errol, NH. We had 24 people camping, about 30 paddling, ranging in age from 11 to 82. It was a truly congenial group and the potluck on Saturday night was incredible.



*Paddlers getting ready to launch for a Class 2 whitewater run on the Androscoggin River Dummer, NH. Photo by: Todd Aubrey.*



*Paddlers launching for a Class 2 whitewater run on the Androscoggin River in Errol, NH. Photo by: Todd Aubrey.*

On Friday morning, I led a group down the Androscoggin Pontook Class 2 section. Low water, lots of rocks to dodge, no swims and a good time had by all.

On Friday afternoon, Brian McCormack took a group down the Errol Rapids Class 2. They had one swimmer, no injuries (other than his pride) but he did lose his paddle.

On Saturday, Conrad Nuthmann and Brian McCormack led a group of nine for two runs on the Class 3 Magalloway. The Magalloway is a challenging run, several paddlers flipped and had to combat roll themselves back upright, but no one swam and there were no injuries.

Also on Saturday, Sandy Blanchard and Marcy Stanton led two recreational paddlers on a somewhat windy exploration of the Umbagog National Wildlife Refuge. They saw lots of wildlife (eagles, egrets, ospreys, an otter, but no moose), and had a simply wonderful time.

Meanwhile, Mary Therese Durr and I took a large group of Class 2 paddlers on Pontook in the morning, Mollidgewock after lunch, and Errol Rapids to end the day. We had one swimmer on Pontook--she came up smiling. Many thanks to Deb and Kerry Frazier for using their big canoe to ferry her down to her boat, which seemed to enjoy running the river by itself.

Saturday night was the potluck. Did I mention it was spectacular?!?

On Sunday, Mary Therese Durr and Marcy Stanton led a group of "river runners" down Pontook, while Conrad and Brian followed with a "play" group. Conrad said they found at least 200 waves to surf. One person in MT's group swam 4 times before pulling off the river early. MT and I all did an amazing job of keeping her safe in a challenging environment.

In the meantime, I led two "flatwater" paddlers from Braggs Bay to Mollidgewock on the Androscoggin, one in her own inflatable kayak, the other in a NH AMC rental "rec" boat. They both enjoyed that experience but wanted something different for the afternoon. So we shuttled downriver and ran the Quickwater/Class 1 section between the Androscoggin Wayside and 7 Islands Bridge. First time for both in flowing water. Lots of giggles resulted, no mishaps, and we have 2 new potential students for next May's Into Whitewater classes.

With thunderstorms in the forecast (they never materialized), almost everyone pulled out of camp on Sunday afternoon; no one paddled on Monday.

All in all, a very safe, successful, and fun weekend, thanks to all the NH AMC trip leaders who volunteered their time to give other paddlers a chance to enjoy the waters of northern NH.



## Trail Less Travelled Find The Places Between

BY: BOB MCLAUGHLIN

When I head out for a hike, typically I have a specific destination in mind or a trail to complete. Sometimes it is a summit or viewpoint or lakeshore. Sometimes it is a particular loop trail that I am determined to complete. But, I now realize how many times on my way to some other destination, I have passed a stream or a ridgeline that I could have profitably explored.

I still remember a stream that I hiked along and then left while climbing a trail-less peak in the Adirondacks. The stream ran along on bare rock that was light grey, almost white, and was distinguished by blocky formations with small cascades. I often have thought of revisiting this stream but it was always too far in, and too inconvenient. It will probably always be a tantalizing memory.

Maybe it was the memory of that stream that encouraged me to take note of a stream that I passed and to take the trouble to go back another day to fully explore the area. The hike was to Shelburne Moriah Mountain and the stream was the Rattle River. Both hikes were great, each in its own way.

You may well ask, what is the point of this story? It is really quite simple. Sometimes the places we pass on a hike are themselves worthy destinations.

Only you can know what intrigues you. It could be a stream, a waterfall, a ridgeline or a lake shore. But the point is these can be worthwhile destinations in themselves.

You can note these locations as you pass them on a hike, and then go back on another day to explore them in greater detail. There are no guarantees. You may find yourself struggling through dense vegetation or slipping on cobbles in a stream bed with nothing but scratches and bug bites to show for it. Alternatively, you may discover a waterfall cascading down an 80 foot rock face in the middle of nowhere. I have done both!

More recently I have tried another approach. I choose a trail considering the terrain it runs through and then start to hike the

trail only until I find a spot that intrigues me and then I wander off trail to explore. It may be a stream or the traces of an old logging road that continues on when the trail turns. I never know what I will find, but that is part of the fun. So far, I have found waterfalls, a pond that was an old impoundment with a ruined dam and flooded basements, and cellar holes of an abandoned hamlet. I have also wandered through seemingly endless woodlands.

But, isn't exploring and discovery among of the reasons we go into the backcountry?

Also, if you are looking for some solitude in the wilderness, there is no better way to find it!

One caution, before you wander off trail you need to make sure you are prepared. Are your back woods navigation skills ready for the challenge? Do you have a map and compass and the ability to use them? GPS whether in a dedicated GPS unit or cell phone app can be useful, but never rely on them alone. Determine how far you can go and still be sure you can find your way back and then stop before you reach that point. Obviously, some off trail exploring is more challenging than others. If you are following a stream or a narrow ridgeline it will probably be easier to retrace your steps. But, never make assumptions!

In addition, you should make sure you have everything in your pack you will need. Before you set out, confirm you have the 10 Essentials and know how to use them. Check your flashlights to make sure they work and confirm that the spare batteries in your pack are still good.

Also, make sure you have enough time for your exploration and to get out of the woods before dark. While it is unpleasant to run out of daylight on a trail, it is much worse if you are off trail.

Finally, I suggest that you start small and take on greater challenges as you gain experience.

There are a lot of new areas to explore, but they will be there waiting for you when you return.

Enjoy finding your trail less travelled but stay safe!



## This Space Available

*Mountain Passages* is the quarterly newsletter of the New Hampshire Chapter of the Appalachian Mountain Club. It is not the newsletter of the Executive Committee or the newsletter staff.

We are always looking for new ideas and new materials.

While we do not run political pieces and do not run product reviews, we are open to virtually any other submission.

If you have an idea for an article and want to know if we would be interested don't hesitate to contact us. If you have an article you have written please send it to us for consideration.

Think about:

- How-to articles;
- Profiles or remembrances of members;
- Historical articles linked to hiking or the woods;
- Equipment recommendations;

- Recipes (especially outdoor eats or pre- and post-activity eats and drinks); and
- Articles about special places in New Hampshire.

In fact, if you can think of any other articles related to the Chapter or the goals and programs of the AMC, they will be welcome.

If your time is limited, don't hesitate to send a rough draft. I will be more than happy to work with you.

We publish on a quarterly schedule and try to match the articles in each issue to its season. Our next issue is winter, but we are interested in articles related to other seasons even though we may hold them until they will be timely.

You can reach us at [newsletter@amcnh.org](mailto:newsletter@amcnh.org).



## Changing Conditions—Be Prepared SHOULDER SEASON HIKING – LATE FALL

BY: DAN HEON  
EXCURSIONS COMMITTEE CO-CHAIR

October and November can be a beautiful time to hike in the mountains, especially with all the brilliant fall colors, but hiking at this time of year can also present some challenges for the unprepared. While the valleys and lower elevations may still have temps in the 60's and 70's with green grass, the mountains can be much colder with ice and snow starting to coat higher elevations. There are several things to keep in mind that help hikers stay safe and have fun.

Mid to late October, when all the leaves have fallen, can present some challenges on the trails. The fallen leaves, while pretty and fragrant, can cover the trails like a carpet that can be six inches or more deep. This layer of leaves can obscure rocks, roots and holes that can cause tripping hazards or possibly cause a twisted ankle. Trail runners may not be the best footwear for these conditions, lacking ankle support, and in any case, hikers should plan to go slowly through these areas and add some time to their plans.

Several years ago, I used to help as a trail steward on Mount Monadnock, especially on Columbus Day weekend when the trails were particularly crowded, and many hikers would get a late start. It's important to remember that it starts to get dark much earlier as we enter the fall months, and that it gets dark in the woods even earlier than in the open. As trail stewards we would wait until hikers had left the summit, then follow them down and hand out flashlights. These folks were very grateful to be handed a flashlight as they were stumbling around in the dark. So remember, as the days get shorter, to get an early start and to bring a headlamp or two, and extra batteries.

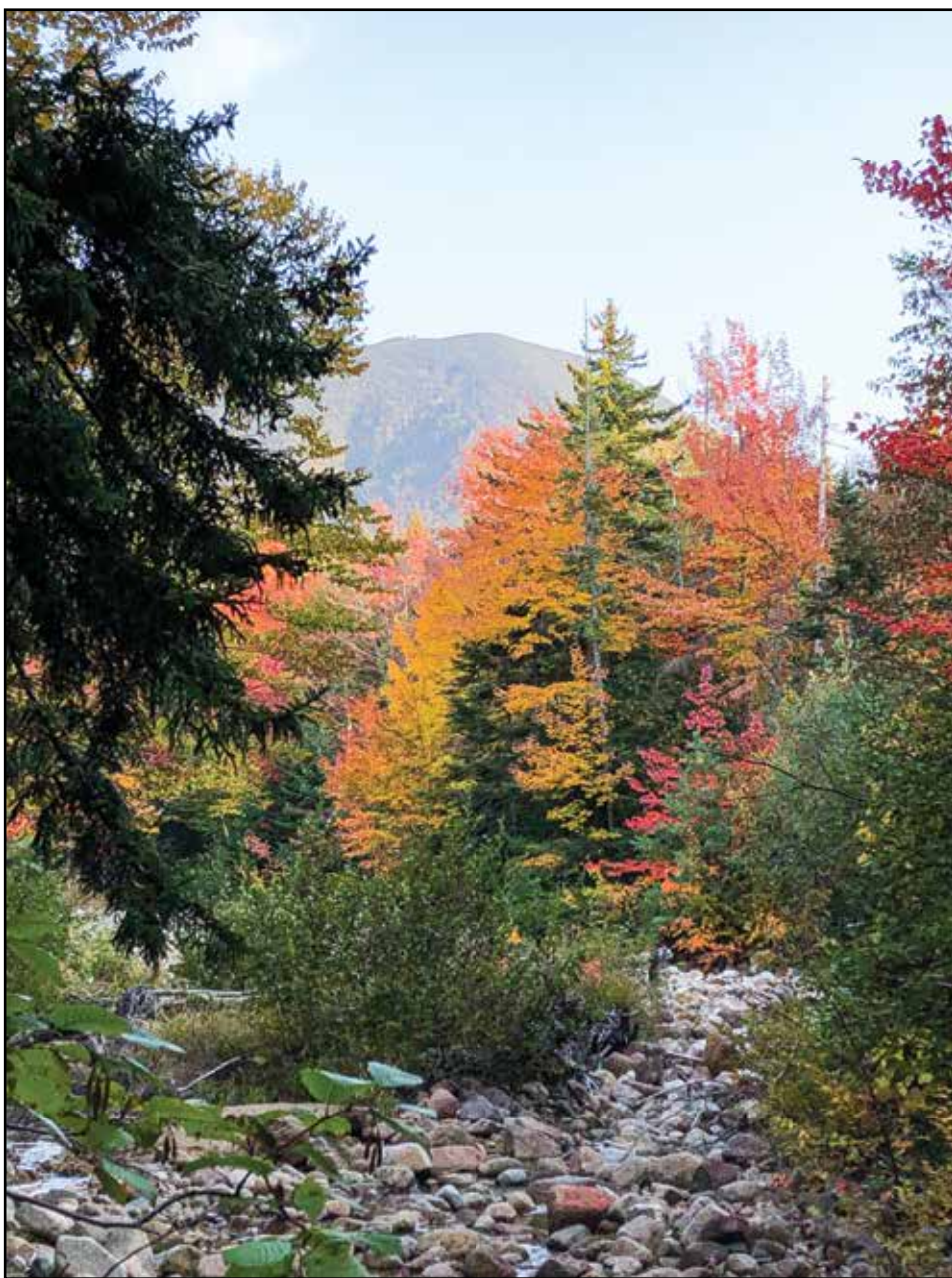
As previously mentioned, it can be much colder at higher elevations, and this seems to come as a surprise to many hikers, especially in the shoulder seasons. So it is time to put some cold weather clothing, including hats, gloves or mittens, and warm non-cotton layers in your pack. It may also be time to lose the hydration pack and water tube and break out the insulated water bottles. We see too many hikers with frozen water tubes. You also may want to pack additional snacks this time of year. Three season boots are still usually okay to wear, but you may want a heavier pair of socks to keep your feet warm.

While it may be too early to be breaking out the snowshoes, it is a good time to consider carrying some spikes. Both

Kahtoola and Hillsound make good options. If you wear spikes on winter boots, you may want to consider getting a pair of spikes one size smaller for your three season boots. Spikes that are too loose on your boots can be dangerous. Finally, while spikes can help on snow and ice at higher elevations, you should remember that often as the day warms, your spikes can cause snow to build or ball up on the bottoms of your feet. This, of course, can make descending extremely hazardous.

As always, make sure to carry the ten essentials and leave your plans with someone you trust. Enjoy this beautiful fall season in the mountains but be prepared for what you may encounter.

Happy trails!



*Fall is a great time to hike, but make sure you are prepared. Photo by: Dan Heon.*



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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 [amcnh.org](http://amcnh.org) and read more about us and our many year-round events.



## Annual Meeting *October 23, 2021*

BY: SUE ZIELINSKI

The New Hampshire Chapter of the AMC will hold its 100th Anniversary Celebration and Annual Meeting on October 23, 2021. Unfortunately, due to the resurgence of Covid-19 in the state, the New Hampshire Chapter is planning a hybrid event. During the day, we will join the AMC FallFest celebration at the Highland Center for a fun (and socially distanced) afternoon of outdoor food, activities, talks, chapter history, and more. At 7:00 pm, we will hold our Annual Meeting via Zoom.

In addition to conducting Chapter business and honoring 25 and 50 year members, we are excited to have Brian Fitzgerald, Director of Science and Education for the Mount Washington Observatory, deliver our keynote address: "Tales from the Home of the World's Worst Weather."

Brian, as Mount Washington Observatory's Director of Science & Education, oversees MWO's mission focus areas of weather observation, research and education. Prior to his current role, Brian served as a MWO winter summit intern and Weather Observer/Education Specialist. Additionally, Brian served as Blue Hill Observatory's Chief Weather Observer in Milton, MA. Brian holds a BS from the University of New Hampshire in Environmental Conservation Studies, and a Master of Education in Sci-

ence Education from Boston University.

When he is not working you can find Brian hiking, mountaineering, trail running, skiing or staring at the clouds. He currently resides in North Conway along with his partner, Stephanie, and their son Cameron.

Please join us for a fun-filled and informative celebration of 100 years of the NH Chapter!



*Brian Fitzgerald, our keynote speaker for the Annual Meeting.*