

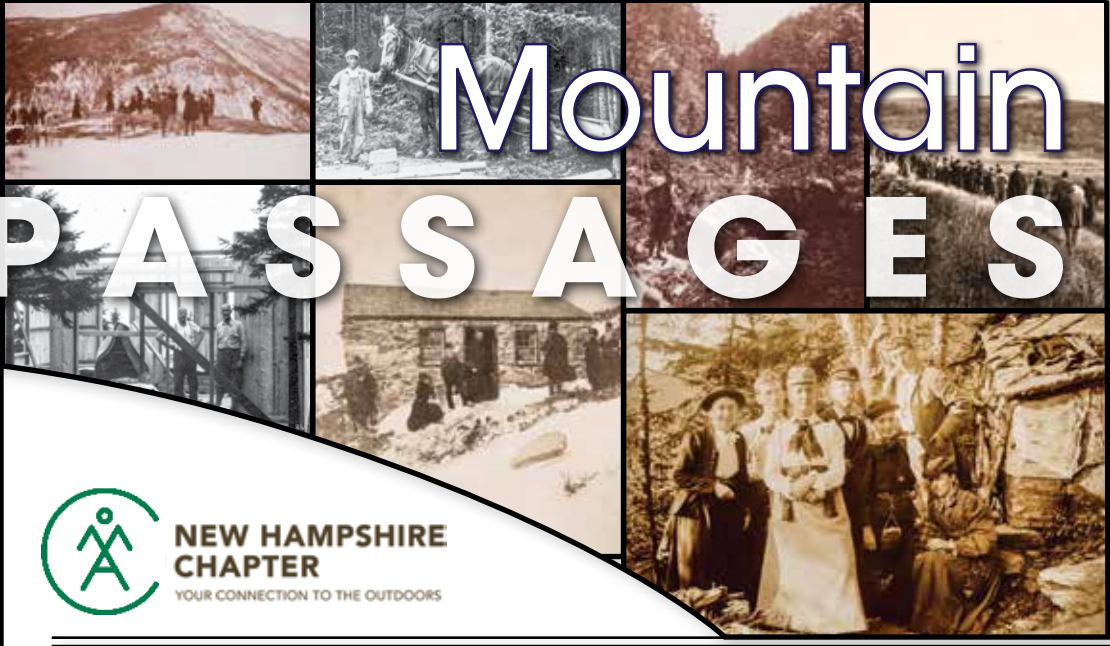
NEW HAMPSHIRE CHAPTER

100 YEARS

1921 2021

YOUR CONNECTION TO THE OUTDOORS

# Mountain PASSAGES



## Highlights...

- Tales of a Trail: The Crawford Path ..... 1
- Notes from the Editor ..... 2
- Letters to the Editor ..... 2
- Visually Impaired Showshoeing ..... 3
- Where in the Whites ..... 6
- Backcountry Bliss ..... 7
- New Hampshire Chapter Spring School ..... 8
- The Wonders of Migration ..... 9
- Get Your Gear Ready ..... 10
- Haiku Challenge ..... 11
- Paddling Committee, On the Move ..... 12
- Seventy Years in the Whites ..... 13
- New Hampshire Chapter Picnic ..... 14
- Mount Cardigan Reflections ..... 14
- Spring Hiking ..... 15
- La Beaute de la Poesie ..... 16
- Wild New Hampshire Days ..... 17
- Amanda Knight: A Memorial ..... 19
- Conservation Book Club ..... 20

## Tales of a Trail: The History of the Crawford Path

BY: BOB MCLAUGHLIN

Crawford Path is an eight and half mile trail used by thousands of hikers annually that leads from the height of land in Crawford Notch near AMC's Highland Center to the summit of Mount Washington. Crawford Path is also the oldest continuously used hiking path in the United States and in 1994 was designated as a National Recreational Trail. Needless to say, Crawford Path has a rich history.

The information sign at the start of Crawford Path in Crawford Notch provides a brief description of its history for hikers:

### Crawford Path: The Oldest Continuously-Used Mountain Trail in America

*In 1819 Abel Crawford and his son, Ethan Allen, cleared this path to the treeline near the top of Mt. Clinton. Along this trail the Crawfords guided many groups to the summit of Mt. Washington. The trail was improved to a bridle path in 1840 with Abel, then 75 years old, making the first ascent of Mt Washington by horseback. By 1870 this historic path reverted to its original use as a footpath to the heights. Countless thousands have traveled this path to the Presidential Range and Mt, Washington.*

There is so much more to learn! *Continued on page 4*

## OUR MISSION

The Appalachian Mountain Club is the nation's oldest outdoor recreation and conservation organization, and promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of the Appalachian region. AMC has more than 100,000 members, 16,000 volunteers, 450 full-time and seasonal staff. The New Hampshire Chapter is the second largest of the 12 Chapters within the Club.

VOLUME 49, NUMBER 1  
SPRING 2023



*Among the famous guests of the Crawfords was the Thomas Cole, the noted painter in the Hudson River School. Cole painted "A View of the Mountain Pass Called the Notch of the White Mountains" following his visit in 1839.*

## Notes from the Editor

As I am writing this, snow is steadily falling outside my office window with well over two feet on the ground. This winter was slow to arrive, but it seems to have decided to stay for a while. However, the signs of spring are still there to be seen. The sun, when it is out, is warmer and higher in the sky, and the days are getting longer.

This issue looks forward to the coming spring weather with all the activities that warmer weather will allow. The Paddlers' Committee describes their winter indoor activities and outline their plans for the paddling season when ice is out of the lakes and ponds and rivers. There are announcements of the Chapter picnic scheduled for June 4 and Discover WILD New Hampshire on April 15.

There are also looks back and remembrances. Terri Wilson relates the support that Excursions provided to New England Ski for Light to allow visually impaired people to participate in winter hiking. Joe D'Amore shares his impressions of Winter School.

Looking forward spring activities, we have advice on going through your gear to make sure

you are ready for your hikes and John Williams provides advice for how to make spring hiking as safe and enjoyable as possible. Jennie Vander-Hooven suggests that one of the best combinations with outdoor activity is good food, and she provides some suggestions you might want to try. Finally, Christine McLaughlin contributes an article on seasonal migrations to pique your interest in the changes that spring brings.

Looking for new ways to enhance the appreciation of the world around us, we have been experimenting with publishing poetry focusing on the natural world. Joe D'Amore, who contributed a free verse poem for our winter issue, provides two more for this issue. Tom Duston offers his look back on 70 years in the White Mountains. In addition, we describe haiku, a traditional Japanese poetry form, and challenge our readers to write and submit their own haiku inspired by their adventures in the New Hampshire wilds.

Ever fascinated by the history of our region, we have a short history of the Crawford Path which runs eight and a half miles from Crawford Notch to the

summit of Mt Washington. Crawford Path is the oldest continuously used path in the United States and likely in North America. Needless to say, the Path has a long and convoluted history well worth knowing.

On a sad note, Jenifer Dickinson, Chair of the Mountaineering Committee, provides a remembrance of Amanda Knight, who passed following surgery this winter. Manda was a force behind the Mountaineering Committee, and mentor to those new to the sport. She will be missed.

Finally, we have another "Where in the Whites?" photo challenge, and have a couple of interesting letters to the editor. There is also a short article describing a new virtual book club being organized by our Chapter.

I hope you enjoy this issue. Let us know what you think and please provide suggestions or material for future issues.

Our next issue will be the summer issue which we expect to hit the streets in early July. Until then, get out and enjoy the great outdoors!

## Letters to the Editor

I read with keen interest the article "Winter in the Woods; Life in Logging Camps," in the Winter 2022/2023 issue of Mountain Passages.

It was informative and interesting and well-illustrated with photographs.

One point that perhaps deserves clarification is the statement in the second paragraph: "Also, while not an issue in the New Hampshire woods where railroads were used to move felled timber, in Maine and the Adirondacks felled logs were floated to market at the end of winter on the spring flows in rivers." While this may have been true in most areas that comprise the White Mountain National Forest, above the notches in New Hampshire's Great North Woods tremendous amounts of timber were harvested and floated down tributary streams into the Connecticut River in the west and the Androscoggin River in the east.

The history of log drives on the Connecticut River is chronicled richly in Bill Gove's book "Log Drives on the Connecticut River." (Bondcliff Books, 2003.). Indeed, Gove suggests throughout the book that the Connecticut River log drives were among the greatest in the country in terms of distance and volume.

Traces of New Hampshire's log driving history can still be found in the Great North Woods along the many streams of the Connecticut River watershed and in the Dead Diamond and Androscoggin watershed further east. In the mill town of Berlin such history abounds.

Thank you for the opportunity to comment.

Sincerely,

Jim MacDougall, Kingston, NH

**Editor's Response:** *Thanks Jim. We were focused too closely on logging in the central White Mountains. I should not have ignored the river log drives in the Connecticut River and Coos County. We may have a companion piece on log drives in a future issue.*

\*\*\*\*\*  
Hi Bob,

I enjoyed the article on place names in the recent edition of Mountain Passages. Here's one for a future installment - Skookumchuck Brook and the associated hiking trail. Once I had seen that name on a map,

I just had to hike the trail. It's such a fun word to say.

A Google search revealed that Skookumchuck is a Chinook Jargon term that translates literally as "strong water" or "big water", etc. There are a number of geographical locations along the Pacific Northwest coast that have Skookumchuck as part of their name. I would not call our Skookumchuck Brook big or powerful, but it is a very nice little mountain brook, and the trail beside it is very attractive.

What I am curious about is how the name made its way from the Pacific Northwest to New Hampshire. Chinook Jargon was a simple pidgin trade language used by native American groups in the Pacific Northwest. It seems likely that the word would have found its way to NH only after there was contact with European settlers, but I was unable to find any information on who or when that might have been. Perhaps you will have better luck.

Thanks for the good read,

-Tom Harris

**Editor's Response:** *Thanks Tom. "What's in a Name?" is taking a break for this issue, but I expect another installment in the summer issue. If I had to guess, I think Skoolumchuck is another example of romanticism of the 19th century.*

# The AMC NH Chapter's Snowshoe for the Visually Impaired

BY: TERRI WILSON NH AMC EXCURSION COMMITTEE

During the summer of 2022, Dan Heon, Co-Chair of the Chapter's Excursions Committee, volunteered as a guide for a New England Ski for Light (NESFL) program. NESFL is a wonderful all volunteer group that promotes physical activity for visually impaired participants through adaptive sports. Dan's day guiding made a real impact on him and he decided he was not finished. With the partnership of NESFL and the help of two of its officers, Minh Tam Ha and Susan Bueti Hill, a snowshoe event was in the making. I joined the planning team and we helped organize the hiking routes and our group of leaders.

After several months of planning and organizing, the day finally arrived. The weekend of Saturday, February 18 through Monday, February 20, 2023, the NH Chapter helped host and provide guides for fifteen visually impaired participants at the Highland Center and offered several winter hikes in the surrounding area.

The New Hampshire AMC Chapter provided ten leaders to help with this event. Those individuals rose to the occasion and worked hard over the three-day event. If you were to ask any of them, they would bend your ear with their stories of the admiration they developed for the participants and of the relationships that were built that weekend.

The first day made us realize the education and skills we needed to share with our new winter hikers. Many of them had skied, but had no idea what winter hiking was about. We fielded many questions about micro spikes, snow shoes and other gear. Boots, packs, layering, and timeliness were topics covered thoroughly on and off the trail. Our participants were hungry for information and excited to try new things.

Our first hike took place Saturday afternoon on the Around the Lake Trail. This hike was primarily to gauge the abilities of the participants. As we snaked around the lake, we climbed over logs and navigated around obstacles while each participant educated us on the best ways to be a successful guide for the visually impaired.

We not only received an education on guiding, but experienced the joyfulness and patience of the participants, and made a deeper dive into communication. People talked to one another openly and honestly. It was refreshing in a time of when technology seems to keep us at a distance.

Day two offered several hikes, but the majority wanted to summit Mount Pierce. A long day for them and our leaders, but when everyone showed up at the lodge, there were nothing but smiles on their faces. A smaller group chose to hike around Saco Lake and up to Elephant Head. There were nothing but smiles from that group as well.

The time spent at meals was like having an extended family to dinner with lots of good conversation and plenty of laughter. In the living room after dinner, songs were sung and music played. No television or technology was needed. The time spent was uncomplicated, but rewarding.

*Continued on page 8*



*Group Two Summits Mt Willard (from left to right Dan Heon, Susan Bueti Hill, Teresa Pagliuca, David Gottesfeld, Maurie Hill, Hai Nguyen Ly, Liz Mayeux and Alyssa Washington.)*



*AMC Leaders Who Helped Ski for Light, Rick Demarais not pictured (Standing from left to right: David Gottesfeld, Wijkjen Whittier, Kathy Rockwood, Don Walters and Dan Heon and sitting from left to right are Janis Stokes, Terri Wilson and Debbie Marcus)*



*Debbie Marcus leads Jessie Mabry on the Around the Lake Trail*

### Why was the Crawford Path built?

The story starts with the Crawfords. Abel Crawford in 1791 left the fertile farmland near Guildhall, Vermont, and acquired 100 acres of land approximately at the location of Fabyan's Station near Bretton Woods. It is unclear what Abel's goals were when he moved to what was then known as the Great Notch of the Mountains. The Great Notch had first been described only 20 years earlier. Reports indicated Abel intended to farm, and others that he intended to cut the first road through the notch. The latter seems less likely because reportedly there was already a rough road through the Notch in 1791. In any circumstance, after Abel had established himself in the notch, his wife and children followed him, and eventually his father-in-law and other relatives arrived. Abel eventually sold his property near Bretton Woods to his father-in-law, Eleazar Rosebrook, and moved deeper into the Great Notch.



View of the Crawford (Notch) House;  
Courtesy of AMC Archives

Ultimately, Abel and his family turned to hosting visitors to the Great Notch and improving the road. In fact, the Crawford Clan had three separate hotels in a twelve mile stretch in the Notch. It is little wonder that Great Notch quickly became known as Crawford Notch. It is easy for us to underestimate the popularity of the Crawford's establishments. However, the Crawfords hosted five American presidents (Pierce, Grant, Hayes, Garfield and Harding) as well as many noted artists and authors. For example, Nathaniel Hawthorne was a guest, and described the hotel as "at once the pleasure house of fashionable tourists and the homely inn of country travelers."

As host, Abel Crawford became aware that some of his guests came to climb Mt. Washington. After a few years of guiding guests and watching other guests disappear into the woods and eventually emerge looking much the worse for wear after reaching the summit or not, Abel came up with the idea of creating a trail that could lead his guests to the summit of Mt. Washington.

Easier said than done!

At first, Crawford Path was no more than a rough herd path with occasional marked trees. It was a challenge to follow and apparently Abel himself was known to lose his way. An early report



The route of Crawford Path from Highland Center to Mt Washington

that appeared in *The Friend*, a literary journal of that time, described the Path as follows:

*For the first three miles we were in the woods. Much of the path was wet and muddy, in several places it was worn, partly by horses' feet, and partly by the action of water, into a deep gully, so deep and narrow, care was needed on the part of the rider, to prevent his feet from rubbing against the sides, or catching in the protruding roots and rocks.*

With time, however, corduroy was laid down in wettest, most degraded sections and other improvements were made to provide a better surface. By 1820 a visitor reported the trail as cleared and described it as "good walking." In 1858, Samuel C. Eastman's *The White Mountain Guide*, introduced the Path, saying "The distance to the Summit is, according to the guide board at the entrance to the path, only seven miles, but if you have a pleasant day you will be by no means sorry to find it nine, which is commonly supposed to be nearer the truth."

### Development of the Trail.

The Crawfords, always looking for a way to accommodate guests, and make a bit of money in the bargain, built accommodations along the Path and on the summit of Washington. Crawford initially constructed primitive stone shelters on Mt Washington, but they proved cold and damp. He then tried a large tent, which was quickly destroyed by the winds at the summit. Ultimately, it was left for others to build "permanent" structures on the summit. But, the Crawfords were the first to give it a try.

Thomas Jefferson (Tom) Crawford, Abel's son, operated the Notch House near the current Highland Center. In response to the increasing interest in visiting the peaks of the southern Presidentials and the summit of Mt Washington, in 1839 Tom sponsored widening the trail as far as Clinton/Pierce and converting it into a bridle path. This project reportedly was the brain child of Joseph S. Hall who had been guiding Tom's guests up the mountain. Hall noted the difficulty many of the guests experienced in making the climb and suggested that a bridle path would make it easier for the guests to enjoy the mountains.



*Photographer on Crawford Path in 1930s;  
Somethings never change; Courtesy of AMC Archives*

The bridle path was completed to the summit of Mt Washington in 1840, and Abel Crawford at the age of 74 became the first person to ride a horse from the Notch to the summit of Washington. He was followed by many others over the years. In fact, in it was an unusual day in the warmer months when horseback ascents of Mt Washington were not run from the Notch House, or as it was later known, the Crawford House.

The bridle path along Crawford Path was so popular that it inspired competitors. Horace Fabayan constructed the Fabayan Bridle Path from Bretton Woods to the summit of Washington. T.P. Davis, Abel Crawford's son-in-law, built another competing bridle path along a route now taken by Davis Path.

Ultimately, the road that is now followed by the Mount Washington Auto Road opened in 1861 and the Cog Railway opened in 1869. The Crawford Path bridle path could not survive long with the competition.

However, this was also the time of increasing popularity of mountain hiking, and the Crawford Path was the perfect destination.

### **Evolution as a Hiking Trail**

The Crawford Path then became established as a premiere hiking trail in the White Mountains. While spectacularly scenic, the Crawford Path was not perfect. The exposed ridgelines that make it a wonder on a good day could turn deadly when the weather was bad. A Guide to the White Mountains by M.F. Sweetser in the edition published in 1918, provided the following description of the Crawford Path:



*Lake of the Clouds Emergency Shelter in 1907.  
Courtesy of AMC Archives*

*The Crawford Path has two advantages over other approaches to Mt Washington, which may in part compensate for its difficulty and ruggedness. It commands near views of the great ravines that head into the heart of the range, and gives frequent extensive outlooks of from the high peaks over which it passes . . .*

*Several improvements have lessened the dangers of the Crawford Path, namely, the construction of the A.M.C. Hut at the Lakes of the Clouds, the opening of the Ammonoosuc Ravine Trail and Westside Trail, and the improvements of the Mt. Pleasant Path. Still, it should be borne in mind that no less than four lives have been lost on this path. . . . It lies above the tree-line, exposed to the full force of all storms for at least 5 [miles], and in places is none too clearly marked.*

To address some of these concerns, a section of the Crawford Path was rerouted from an exposed ridgeline to run near Lake of the Clouds.



*Four hikers make their way along the Crawford Path in the 1930s;  
Courtesy of AMC Archives*

### **A Final Horse Ascent**

It is worth noting the September 1, 1932, horseback ascent of the Crawford Path by four members of the Littleton Riding Club. This final horseback ascent was made in the fog with some mishaps when bridges along the trail failed to support the weight of horse and rider and when the riders made an unintentional detour into Alpine Gardens. After dealing with startled hikers, the riders made it to the top and were enthusiastically welcomed at the Summit House hotel. Some of the riders descended on the Cog Railway while others took the horses down the Auto Road where they were met by a truck that drove them home. Since then, the Crawford Path has been reserved for human hikers.

### **Recent History of the Path**

Perhaps the Appalachian Trail marked the next big event in the history of the Crawford Path. When Benton MacKaye first conceived the Appalachian Trail in 1921, Crawford Path would have been the final leg as the Trail he initially conceived terminated on Mt Washington. Although the Trail now extends well beyond Mt. Washington it runs along the Crawford Path from Mt Pierce to Mt Washington.

*Continued on page 11*

## Where in the Whites?

Where was the photographer and what mountains appear in the photo? 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 issue’s photo is reprinted here. It is a view from Mt. Garfield looking south into the valley of the Pemigewasset Wilderness with the sweep of Franconia Ridge proceeding from right to left with Lafayette, Lincoln, Liberty and Flume and the shoulder of Owl’s Head on the left edge of the photo. In the extreme distance off the shoulder of Flume you can see Loon with Osseo and Whaleback and peaking over the shoulder of Lafayette is the summit of North Kinsman. However, anyone who identified the five mountains in the foreground and the location of the photographer were deemed correct. This photo was the first for which more than ten readers submitted the correct answer, the first ten to correctly answer were:

- Samantha Homan;
- Lynn Kenerson;
- Larry Denton;
- Shirley J. Quinn;
- Steve Bridgewater;
- Kirk Phelps;
- Loretta Boyne;
- Dave Zimmerman;
- Georg Feichtinger; and
- Donna Dearborn.

Another seven readers correctly identified the view and location. However, some readers misidentified the location. So, I judge that the puzzle was easy, but not too easy.

As a personal aside, I took this photo on my first trip to the White Mountains. I was living in central New York and having completed the Adirondack 46, I was just starting on the New Hampshire 4000 footers list. I was absolutely blown away by Garfield.

One correction. In last issue’s Where in the Whites?, I incorrectly credited Roberta Peters with providing a correct answer. Actually, Roberta is an AMC staffer who forwarded a correct answer that Charlotte Ryan sent to the wrong email address. Sorry Charlotte!

We must wait and see how much of a challenge this issue’s photo will be! 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). By the way, Wit is not a name it is the initials of the first three words in Where in the Whites.

We look forward to seeing your submissions.



*Last Issue’s puzzler was a view from Garfield including the Franconia Ridge and Owl’s Head.*

# Finding Your Own Backcountry Bliss

BY: JENNIE VANDERHOOVEN

Have you ever spent the night in one of AMC's many lodging facilities? If so, you know that the Croo can whip up some pretty incredible meals and snacks—at an elevated destination where you have to hike to get there, or at a lodge that you can drive to. Whichever way to get there, their meals are such a treat. The croo at each facility has the hospitality mindset to serve you something nutritious, delicious and with a smile.

A few years ago, I was completing my first round of hiking the four thousand footers. On one trip, I started in Gorham and went up the Carter Moriah Trail to Mount Moriah and cut across the Carters and down to the Carter Notch Hut. Upon first view, I was thrilled and relieved to see those buildings down below. Then I realized that I had quite a hike down to it, with a full pack complete with my ten essentials plus extra clothes, a sleeping bag, stove and meals since the huts were in self-service mode in late September.

Upon arrival at the front door, I was elated to be done for the day and still had some daylight to check out the grounds and cook my dinner. I checked in with the wonderful caretaker who was whipping up some sort of baked goods in a very large metal bowl at the time of my arrival. I settled in on the family style wooden table and brought out my “Good To-Go” dehydrated meal of bibimbap (from the Korean, a mix of rice, vegetables and protein) and got to work preparing it. The bibimbap was not terrible but left me feeling hungry with the strong aroma of vanilla wafting through the room. I just had to have whatever it was that she was baking!

Food is such an important part of being out on the trail. It is, of course, one of the ten essentials. It's important to have enough food, but having the right kind of food can actually create an ethereal experience in the backcountry.

Our White Mountains can demand a lot out of our bodies. We need to replenish them in a way that not only will sustain us, but also invigorate us.

With any group hike I attend, my conversation usually gravitates to what snacks each member has brought. On a winter hike up Mount Moosilauke, distinctive smell of an orange made me realize I never thought to bring orange slices in the winter for fear of freezing. Accordingly, I decided to try oranges out on my next hike and it was amazingly refreshing. Did they freeze? Yes, they did, but once I popped a small slice into my mouth, it melted into citrus bliss!



*White Mountain trails sometimes seem to go on forever. But, if you are well fueled with good food you can just keep going.  
Photo by Bob McLaughlin*

Every hiker needs to find what food and drink will work for them in the backcountry. The food you consume can almost be as memorable as the hike itself.

I will always remember the smell and the taste of the Cranberry Oatmeal cookies that the caretaker was baking during my time at Carter Notch Hut. A few days after I got home, I was still thinking about those cookies. Fortunately, I was able to get in touch with that caretaker and she graciously shared the recipe with me.

It comes from a cookbook called “Take-A-Break: Recipes from the Kitchen at College of the Atlantic” by Lise Desrochers. The recipe is given in a companion text box, and I suggest you give it a try. If you like it as much as I do, you may want to get Lise Desrocher's cook book and try her other recipes. When I made the cookies, I added in some white chocolate chips. If you prefer, you can also use a different dried fruit!

When you hike, I encourage you to bring the foods that will not only sustain you, but also inspire you in our great outdoors.

You will be glad you did!

## Oatmeal and Sun-Dried Cranberry Cookies

Makes about 15 cookies

### Ingredients

1. 1 stick (4oz) butter, softened to room temp.
2. 1/3 cup granulated sugar
3. 1/3 cup brown sugar
4. 1 tsp vanilla extract
5. 1 egg
6. 2/3 cup all-purpose flour
7. 1 1/2 cup rolled oats (not instant)
8. 1/2 tsp baking soda
9. 1/2 kosher salt
10. 1/2 cinnamon
11. 1/4 cup sun dried cranberries

Preheat oven to 350 degrees. In a bowl, mix butter and sugars, creaming well either with an electric mixer or vigorously with a wooden spoon.

Add vanilla and egg, mix well.

Add remaining ingredients and mix until well combined.

Drop by large tablespoonfuls on a parchment lined cookie sheet and bake for 10-12 minutes.

Enjoy!

After breakfast on day three the group hiked up Mount Willard. A few participants came back early, but the majority went up and back. Once everyone returned, and the equipment was accounted for, we had our last meal together. The noise level was deafening, but conversation was strong. Sarah, one of the participants informed me how this weekend challenged her and how isolated she had allowed herself to become. She now had a plan to expand herself with new things. Her comments and others reinforced the reasons we were there.

Time to say good bye came too soon. Lots of hugs and smiles took place.

All our leaders commented on the quality time they had and the great rewards of the weekend. They were so committed and professional in all they did that weekend. It did not stop on the trail. They helped with meals, getting the participants around the lodge, fitting equipment and fielding lots of questions. Those leaders really made the New Hampshire Chapter shine.

Everyone agreed we need to do it again next year. This may become a seasonal event! Thanks to the follow through of Dan Heon and everyone else who made it happen.



*Group One Summits Mt. Willard (Standing from left to right Nick Afshartous, Sarah Potok, Jessie Mabry, Christine Voss and Tree Mabry with Rick Demarais laying on the ground.*

---

## AMC-NH Chapter Spring School: April 28-30, 2023

---

AMC NH Spring School is back covering almost every aspect of safe three-season back country travel. Spring School is designed for hikers of all levels. Choose from one of seven available workshop sessions, each filled with field exercises, instruction, lectures, and discussions. If you are not sure which class is right for you, ask our workshop directors (see contact info below).

- **BASICS OF HIKING/OUTDOOR SAFETY:** Beginner and Intermediate. This session includes instruction in general mountain safety, equipment, route finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergencies in the mountain environment.
- **BACKPACKING:** Beginner/Intermediate, and Advanced. For those who want take their skills beyond day hiking and learn how to spend the night outdoors. Instruction will be offered regarding backpacking equipment, campsite selection, route finding, map and compass, weather, trip planning, cooking and emergencies. Participants will need to provide their own backpacking equipment (We can occasionally assist those who do not own a tent; contact instructor).
- **LEADERSHIP and MOUNTAIN SKILLS:** For those who have good three-season hiking skills and wish to enhance their skill and/or run trips of their own. Exercises will include planning, organizing, and conducting trips. There will be an emphasis on leadership techniques and group dynamics. The training will also include accident scene management, medical considerations, and off-trail navigation. This course is also designed for those who may desire to become an AMC NH Chapter Volunteer Trip Leader.

- **MAP AND COMPASS:** This session will cover everything you want or need to know about map and compass use. Participants will spend the weekend reviewing and learning the details of map and compass skills, culminating in field exercises that will include off-trail (bushwhack) navigating.
- **PHONE Apps For NAVIGATION (Gaia GPS):** Learn how to use the features of Gaia GPS a very popular and robust navigation app for your smart phone.
- **TRAIL WORK INSTRUCTION:** Spend Saturday morning going over the basics of drainage and brushing. Progress from that to a more advanced project the rest of the weekend. This year we're improving a trail we hope will become a destination for skiers and three-season hikers who want a spectacular view. Learn more techniques as we work.

**ALL WORKSHOPS** are for any adult who wants to learn and have a great time! Our weekend begins Friday evening at 7:30pm and ends Sunday afternoon at 4:30pm and includes lodging, food and instruction and all training materials and maps. Cost is \$260/ members and \$285/nonmembers, and includes lodging & excellent meals. Register at <https://amcnhexcursions.regfox.com/amc-nh-chapter-excursions-spring-school-2023-april-28-30>

For more information contact Rick Silverberg at 603-455-9119 (best time to call: 10:00 Am -10:30 pm) or email [synergyc@aol.com](mailto:synergyc@aol.com) or Bob Humphrey at 603-456-3708 (best time to call: Evening after 6:30) or email at [boh@mcttelecom.com](mailto:boh@mcttelecom.com).



# Observing Nature; The Wonders of Migration

BY: CHRISTINE MCLAUGHLIN

Many species that we see in New Hampshire are here only seasonally. Some animals travel long distances to breed, and then return to live most of their lives in other locations. Some travel to avoid harsh conditions such as freezing temperatures but return with warm weather. Certain species of birds, and even some insects travel far distances – the monarch butterfly and common grackle travel well over a thousand miles from their winter habitats to their summer stomping grounds.

Not all migrations cover these distances. Some are considerably shorter.

Migration is defined as any repeated movement of a species from one area to another. The distance covered is less important than the cyclical nature of the movement.

In the case of many smaller species, a relatively short distance may be involved, but the different characteristics of the areas are significant. For example, certain amphibians, such as the Wood Frog and Common Toad travel to vernal ponds to spawn, but return to the upland forest for the rest of the year. Some birds move from mountains to the valley in winter and return to mountain tops in the warmer months.

## Birds

Robins and many songbirds are familiar migrants. Often the return of these species is a welcome sign that warmer weather is on the way! In the case of Robins, the males migrate to their summer territories first to establish breeding territories, and the females travel northward later in the season. Often, migrants travel together in large flocks, and disband into pairings for the breeding season before forming large flocks again for the return journey to their winter grounds.

The ruby-throated hummingbird is a familiar sight in summer either at feeders or in open fields of wildflowers. This tiny bird summers all over North America, and is one of only two species of hummingbirds found in New Hampshire. Once the flowers stop blooming, and temperatures fall, the ruby-throated hummingbird makes its way to winter territories. Although these small birds vary their winter habitats, they usually return to the same summer territories.

Common loons return to New Hampshire in the spring to breed and we tend to think of them as fresh water birds. However, they spend most of their lives in salt water. The distances they travel varies considerably. Some travel no further than Cape Cod while others may travel as far as Florida. The adult loons leave the lakes first and the juveniles remain for a few weeks before they migrate to the coast. The adults return the next year but the juveniles spend another year on the coast before returning as adults.



*Migration is not free of risk. This loon was caught on a North Carolina beach when the tide went out.*  
Photo by Bob McLaughlin

Other species of birds who migrate and make their home in New Hampshire in the warmer months are less noticeable than the backyard or woodland species we see most often. For example, Ospreys travel to Brazil for winter, as the frozen waters of winter make it difficult or impossible for them to fish for food. After the spring thaw, these birds return to North America to breed and raise their young.

## Mammals

Most mammal species in New Hampshire migrate only shorter distances. For example, white tail deer move into more densely wooded forest in winter where travel and finding forage is easier. The more tightly packed trees provide cover that prevents deep snow on the forest floor. Not only does this mean walking is

easier, but the microclimates are also often warmer than the exposed open spaces, providing better conditions even on the coldest winter nights. Deer then return to wider ranges the rest of the year.

## Insects

The monarch butterfly is a famous migrant. These butterflies travel from all over North America in late summer and autumn to Mexico. Large numbers of butterflies gather on plants in the wintering grounds. Due to the short lifespan of butterflies, the individuals who return from their winter homes are the offspring of those who left to go south. The adults make the migration, but the return northward may take multiple generations!

Other species of insects, like their mammal counterparts, make smaller-distance migrations from feeding and breeding sites in the open forest to winter refuges in soil, tree bark, and even people's homes! Many of us have seen an uptick in ladybugs on warm fall days, crawling on windowsills. These insects gather in aggregates to hibernate in the harsh dry winter conditions, and then emerge to find their way outside after emerging from hibernation. Many spiders also form large clumps to overwinter, and then break apart again when conditions improve.

## Fish

Striped bass and other fish migrate along the coast, travelling from feeding grounds to breeding grounds. Many species of fish use shallow water, which is warmer and often less full of predators, to spawn and mature their young (called fry). These young fish, once they have grown larger, travel to deeper waters and lakes to live as adults.

There are so many stories of migration and this is just a sampling! Observe the animals around us and you will find many more.

# Getting Your Gear Ready

BY: BOB MCLAUGHLIN

If you, like me, tend to keep your first aid kit, flashlights, sun screen, bug spray, and repair kit in your pack, it is important to have a plan to regularly refresh these essentials. Imagine opening your bottle of water purification tablets on the trail and only finding a container full of dust. Or, imagine switching on your flashlight as the light is failing and have it immediately fade to orange or worse not turn on at all. There is only one way to prevent this. Have an regular ritual of reviewing and replenishing the stuff in your pack.

I find spring is the perfect time to give my pack a refresh. I tend to use a bigger pack for winter hiking, snowshoeing and skiing, and in the spring transfer my stuff to lighter summer pack. I find this transfer is the perfect time to go through my gear and make sure that it is still good and ready for use.

First, find a surface you can work on and take everything out of your pack. This is the time to get rid of all those candy bar wrappers and other debris that tend to accumulate in the bottom of any pack. Consider whether the pack needs to be washed.

Then, it is time to tackle your 10 Essentials.

## First Aid Kit:

I suggest you lay out and examine the contents of your first aid kit. Are the bandages and gauze still sterile? While they may still be okay, I replace any mole skin and bandages that do not look like they are fresh from the box. To prevent waste, you might want to only carry a few bandages of each size and replace them whenever you must use them. Other items to check are tweezers, scissors, and nail clippers. Replace them if they show any signs of rust. Test the scissors to make sure they will really cut. If you have tubes of ointment, bottles of antiseptic, or liquid skin, replace them if they show any sign of deterioration. If you carry medications, replace them regularly and replacing them annually is the surest way to do it. When you have gone through and replaced all your supplies, return them to your first aid kit. You may want to consider using resealable plastic bags to keep the contents clean and separated.

## Water Purification:

Most of us carry water purification tablets and filters and never or hardly ever use them. A spring inspection is a great time to confirm that the water purification tablets are still useable and to give the filter a test run. You don't want to be deep in the woods and in need of water only to find that your water treatment options are not reliable.

## Water Containers:

You should also check your water bottles and bladders. I have found my old Nalgene bottles have become brittle with age and after a spectacular failure in a pack have discarded all of my opaque water bottles. Another issue to check is any sign of biological growth in your bottles, bladders, and tubing. If you observe any signs of mildew, fungus or any other biological growth, it is time to replace the affected gear and buy replacements. You can find replacement tubing in a hardware store.



*If you make sure your gear is ready, you will be ready for any adventure.  
Photo by Bill Covino*

## Bug Repellent and Sunscreen:

Both insect repellents and sunscreen have a nasty tendency to leak and turn into a sticky ugly mess. I try to inspect them regularly and, if necessary, replace them before they become a problem in my pack.

## Fire starter kits:

While candles and dry fuel can keep forever, fire starters particularly those soaked in gels or liquid can become an unholy mess. Examine and replace the items in your kit annually.

## Lighting:

Check your flash lights and head lamps regularly. Last year when I checked my old reliable LED headlamp, it didn't turn on. When I opened the headlamp, I found it had been destroyed by a corroded battery. Lesson learned! Take the batteries out at least annually and discard the batteries if there is any sign of corrosion. If you have a battery tester, check the batteries to confirm they have an adequate charge. If you do not have a tester, you might want to replace the batteries annually. Batteries are a lot cheaper than your flashlights and head lamps. Also, test or replace your spare batteries, and make sure you have enough batteries and the right size batteries for your equipment. You can save yourself a lot nuisance if you make sure that all your gear uses the same size battery.

If you review and refresh your gear every spring, the rest of your year will go much better.

**Make it a habit! You will be glad you did.**

Other developments along the Path were the establishment of the AMC High Huts. Initially, an emergency shelter was built at Lakes of the Clouds in 1901 and then a full service hut was constructed in 1915, and renovated in 1922, 1927, 1947, 1969 and 2005. Subsequently, Mizpah Spring Hut was constructed close to the Path in 1964.

In recent years, major improvements were made to the Path by the White Mountain Trails Collective, including a period during the summer of 2018 when the portion of the trail near Mt Monroe was temporarily closed to allow helicopters to fly in loads of rocks from other sections of the Presidential Range to harden the trail.

With this, we will conclude our review of the history of the Crawford Path. However, if you are interested, there is much more to learn.

### Learn more

There are many fine books about White Mountain History that contain descriptions of the Crawford Path and many other topics. If you want to explore more, consider:

- *This Grand & Magnificent Place: The Wilderness Heritage of the White Mountains* by Christopher Johnson
- *Forest and Crag: A History of Hiking, Trail Blazing, and Adventuring in the Northeast Mountains* by Laura and Guy Waterman
- *White Mountain Hiking History; Trailblazers of the Granite State* by Mike Dickerman
- *The White Mountains; Names, Places & Legends* by John T.B. Mudge



Winslow Homer another famous artist who was a guest of the Crawfords, painted the "The Bridle Path, White Mountains" which shows a rider on the Crawford Path.

This is just a sampling of books I have read. There are many other worth reading if you want to learn more of the history of the land you hike through and the trails passing under your feet.

If you are interested in learning more about the Crawford Path, we have posted an article by Becky Fullerton, AMC Archivist, on the Chapter's website which is worth a read. We have also posted a somewhat idiosyncratic account of a 1917 AMC hike up the Crawford Path.

Keep exploring!

---

## Haiku Challenge

---

Haiku is a traditional Japanese poetic form with three phrases totaling seventeen syllables in the pattern five syllables in the first phrase, seven in the second and five in the last. The subject of haiku is nature or seasonal change and seeks to capture an interesting juxtaposition or insight. With all of these rules, the brevity of haiku makes it a real challenge.

Traditional haiku in Japanese relies on elements of the Japanese language that do not appear in English. Therefore, an alternative form of haiku has been developed for English speaking poets. In English, the haiku is typically presented in three lines with the 5-7-5 syllable pattern.

The subject of the haiku is nature or the seasons and seeks to contrast two distinct but related subjects, such as nature and human-made features or two subjects with unexpected similarities. The mood of the haiku is contemplative or wistful and word choice should be impressionistic and brief but not staccato. The words should never rhyme and metaphor and similes should be avoided.



Photo by John Williams

Have you ever thought of composing haiku? What could be a better way to occupy your mind as you hike through the spring woods? While you may want to wait until you can pull out a piece of paper or notebook to work out the syllable structure, contemplating the subject of haiku while moving would be perfect. Some wonderful examples of haiku are:

**"The Old Pond"** by Matsuo Bashō

*An old silent pond  
A frog jumps into the pond—  
Splash! Silence again.*

**"Over the Wintry"** by Natsume Sōseki

*Over the wintry  
Forest, winds howl in rage  
With no leaves to blow.*

**"Lighting One Candle"** by Yosa Buson

*The light of a candle  
Is transferred to another candle—  
Spring twilight*

A less wonderful example from my pen is:

**"Spring Path"**

*Alabaster path  
Mud, pools, bare trees, umber leaves  
Trillium blossoms.*

Surely, you can do better.

Give it a try, and send the haiku you create to [mntnpassages@gmail.com](mailto:mntnpassages@gmail.com). We plan to publish your contributions in future issues of Mountain Passages. We look forward to seeing what you will create.

# AMC-NH Paddling Committee is On the Move!

BY: BILL JAMES AND TIM JONES, AMC NH PADDLERS CO-CHAIRS

Following a post-Covid "soft re-opening" of our paddling programs in 2021 and 2022, the AMC NH Paddling Committee is really on the move for 2023! Our Communications Committee (Marcy Stanton, Cathy Fulkerson and Katie Talbert) is re-vitalizing our web site and social media presence, and exploring new ways of reaching and engaging paddlers and would-be paddlers.

The heart-and-soul of the AMC NH Paddling Committee is the trips we offer each paddling season, and 2023 looks to be a banner year. As of this writing at the end of February, we already have 27 trips and events posted on activities.outdoors.org with many, many more still being planned. Many will happen last-minute depending on weather and water conditions.

In January and February Elaine Madrid and Tim Jones held several indoor pool sessions in Maine and New Hampshire where paddlers could practice paddle strokes, rolls, and flatwater playboat tricks such as bow and stern stalls, loops, etc. It is a great way to develop or maintain your skills in the cold season when many paddlers are justifiably reluctant to venture out. More pool sessions are scheduled in March and April.

March and April traditionally see our whitewater programs begin as ice disappears and snowmelt raises the rivers. River paddling adventures began in mid-March with a six-week, Whitewater Step Up to Class 3 series organized by Frank Harrison. This "Step Up" series, which will run until the end of April, was highly successful in 2022 and is expected to be well attended again this year. Several new whitewater trip leaders came out of this program.

This year, we already have several Class 2 whitewater paddle trips posted by long-time leader Joe O'Neil. If you enjoy whitewater paddling, you will likely find a trip posted every weekend through April, May and June. Where we go will depend on what Mother Nature gives us for water this year.

On April 15 we will have a booth at the "Wild NH" event at Fish and Game Headquarters in Concord. This is a chance for us to meet and talk to lots of people who might be interested in our paddling programs.

On April 17, Co-Chair Bill James will offer his annual Patriots Day Paddle on the Concord River under the Old North Bridge. You can watch the parade and hear the speeches from the comfort of your kayak or canoe seat!

On April 22 and 23, Paul Berry, Cathy Fulkerson, Pierpaolo Polverari, and a cadre of experienced canoeists are re-launching our Canoe Skills learning programs with Canoeing: An Introduction to River Paddling. The program will offer both solo and tandem canoe instruction on Class 1 and Class 2 rivers.

May 20-21 and June 10-11 we will reprise our popular Intro To Whitewater Kayaking program which put more than 35 new paddlers on the water in 2021 and 2022. So many experienced paddlers volunteer to help with these programs that we typically have 2 coaches and a safety boater for every 4 learners.



*Spring time water can be a challenge but also great fun if you have the skill set to manage it! NH Chapter Paddlers programs are a great way to get the necessary skills!*

May 21 is also the date for our Annual Meeting and Paddlers' Potluck Picnic at the Gazebo in Riverfront Park in Tilton, NH. We will be offering a variety of paddle trips in the area that day. They will end in time for paddlers to join the festivities.

Starting in late May and running into October, we will be into flatwater paddling, canoe camping and sea kayaking. Last year, Robin and Roscoe Diamond teamed up with biologists from the Loon Preservation Committee to offer several "Loon Paddles" to observe and learn about nesting loons. Those are happening again this year.

Robin and Roscoe will also offer their annual sea kayaking trips to AMC Knubble Bay Camp in Georgetown, Maine July 6-9. Also being finalized (dates to be determined) are a Car Camping/Sea Kayaking Weekend on Casco Bay in Maine, and a Women's Paddle (Tidal Waters/Sea kayaking level II) at Odiorne Little Harbor.

Sandy Blanchard is currently planning a series of Friday Evening Flatwater Paddles with Marcy Stanton, Caitlin Lemaire and other leaders. Joe O'Neil is offering two different canoe camping trips to do the Bow Lake Loop in Maine (May 26-29 and October 6-9), plus a circuit of the Floodwood Pond Loop in the Adirondacks of New York (June 14-18).

Over Labor Day Weekend, we will have our annual Paddlers' Gathering at Clear Stream Campground in Errol, NH. As in past years this will feature flatwater paddles on the Magalloway River and Umbagog Lake, Class 1 River paddling on the Androscoggin, and lots of Class 2 and 3 whitewater paddling on whitewater releases on the Magalloway and Androscoggin rivers. Plus, we have the best potluck ever on Saturday night!

That is what is on tap for our paddling season--so far. But as the weather warms, we expect to post many, many more trips for paddlers of all interests and skill levels.

Come join us for a day on the water. (We rent boats if you do not have your own! <https://sites.google.com/view/nhamcpaddlers/home>)

# Seventy Years in the Whites

BY TOM DUSTON

Sitting here reflecting on my years in the Whites, in time about 70 years,  
from Moosilauke to Moriah, even the thought brings forth a few tears.  
I sit here puzzling, how to proceed, then it comes to me, what I have got,  
why not chronology, youth to old age, makes sense, I'll give it a shot.

Where did it start, this trek of mine, my 70 years in the Whites?

A rope tow at Tamworth's Page Hill, a site not known for its heights!

A buck a day was all it cost, whizzed up and down till too wet was the rope,

truck motor now rusting, the trees taken over, the forest knows how to cope.

Then off to Cranmore, that funny little car, one at a time you did not get far,

Black Mountain was better, they had a chair, for safety we had the bar.

Then Cannon, it was the big time, icy trails through the pines

also, time spent at Sunapee, a single chair with really long lines.

Meanwhile hiking was on the docket, Mt. Chocorua the first I recall,

Piper Trail to the top, Jim Liberty too, our favorite time was the fall.

And Great Gulf with the Explorers, the shelter a new way to sleep,

all those sub-peaks on Mt. Adams, forcing one's patience to keep.

In the 50's I was introduced to Tucks, with older brother Pete, some really great years,

fantastic glaze in the snowfields, down the headwall, surely gave me some fears!

I've returned to Tucks from time to time, no need for the Headwall, Southern Variation a go.

Last time back was a few years ago, Paula and my two sons enjoying the late season snow.

The boys went up high, I was happy to do a short couple, beautiful day nobody there,

we sat on the rocks and ate our lunch; I knew the chances of coming again were rare;

good thoughts of the shelter at Hermit Lake, we once stayed free for digging it out,

and skiing Hillman's by moonlight, with beer involved, I'm sure there's little doubt.

The views in the Whites are spectacular, maybe Zeacliff number one, Franconia Ridge, West Bond,

Carter Dome and Moriah, Mt. Tom in the winter, the magic at Carter Notch, with its

beautiful pond.

My brother and I slept there once, next to the pond, dove in naked at dawn,

I think we came out in a second or two, in the air straight back to the lawn!

I decided to do the 4000 ft'ers, after the age of seventy, perhaps not too smart,

with more than 40 of them, too many you say; at least it was good for the heart.

Brother Bill and wife Jan had done them, we started on Moosilauke, a family group in tow,

did almost all, ended in a tent on Owl's Head, a night of leg cramps the last blow.

Still can do some downhill skiing, most recently at 81, Attitash was fun,

with family along, taking it easy, not planning on it being the last run.

But Owl's Head was my last try, no more 4000's and not Tucks of course,

A great 70 years, I'm still getting around, and I certainly have no remorse.

In later years we could afford huts, used many for my 4000 quest,

Paula always there to support me, smartly forcing a periodic rest

No more big mountains, a lower hut or two, maybe Zeacliff, what's not to like?

Lots of good memories, my years in the Whites, in my mind 'til my very last hike.

## Chapter Picnic — June 4th, Save the Date!

The AMC Membership Committee will be holding the second annual Summer Kickoff Picnic at Wellington State Park in Bristol, NH on Sunday, June 4.

The inaugural event took place at Bear Brook in Allenstown. The potluck event drew over forty attendees whose AMC experience ranged from first timers to those who have been active for several decades. New Hampshire Chapter volunteers and leaders from the Excursions, Paddling, Mountaineering, Skiing, Trails, and 20s & 30s committees were on hand to answer questions from the attendees regarding their respective activities. Prior to the picnic, AMC leaders offered a hike to Catamount Hill, located right in the park and a paddle on the nearby Suncook River.

This year the event will be moving from the Merrimack Valley to the Lakes Region. The park is located on Newfound Lake and offers several hiking and paddling opportunities. There is both a beach and boat launch located within the park and hiking trails across the street. A pre-picnic

hike to the Sugarloaves is already planned, with the probability of other activities being added later. Registration will be posted on [www.outdoors.org](http://www.outdoors.org) by early May. If you have any questions, please contact the event host Jamie Gillon: [jmegillon149@hotmail.com](mailto:jmegillon149@hotmail.com)



*Last Year's Picnic; A great time was had by all!*

## Mount Cardigan Reflections 2022-2023

BY: JOE D'AMORE

### Perspectives from a winter novice

Winter School with the AMC/NH Chapter leaders at Cardigan is an exceptional opportunity to experience the outdoors during a season not normally inviting to a novice like me.

As a kitchen volunteer I enjoyed both weekends (January &

February) and was blessed to have hike leaders Marty, Margaret, Luanne and Janis providing instruction and encouragement during the free time. My wife Yolanda joined me in February too and we were treated to a wonderful experience coupled with lots of fun and camaraderie in the kitchen.

Rick Silverberg is a master organizer and with very dedicated leaders, they orchestrate a complex series of activities, instructions and field exercises that accommodate the most experienced outdoors person as well as those with nothing more than a notion on what it is to spend time in the wilderness cold.

I joked that my gear is so new that I would appreciate it if people can flag me down if they notice any price tags still hanging somewhere.

Yolanda and I will return for many years and in the spring too. The accommodations are comfortable and clean and the friendships formed make a lasting impression of an overall beautiful time.



*Kitchen Croo for Winter School (from left to right Joe D'Amore, Jamie Rondeau, Janis Stokes, Margaret Brumsted, Yola D'Amore, Luanne Laquerre, & Martin Janoschek Luanne Laquerre & Martin Janoschek).*

# Spring Hiking

BY: JOHN WILLIAMS



*One of the joys of spring hiking are the wild flowers and you don't need to climb high to find them. Here is a Eastern Roundleaf Violet.*

It is spring and we want to get back to the great outdoors!! Before you grab your small backpack and low hikers, let's remember what spring hikers often encounter.

Most winter trails up north have formed a mono-rail, which is highly compacted snow at the center of the trail. As winter wains, the snow melts and softens. The center of the winter trail is relatively secure, but slightly off the center is soft snow which collapses under foot, causing post holes. The post holes are unnerving to the hiker, and leave jumbled obstacles for those that follow.

The spring snow melt and April rain showers bring more than May flowers. Trails in mid to northern New Hampshire are riddled with old rotten snow with post holes and mud. The trails can be at times more like small streams. While these conditions can make for a messy spring hike, hiking boots on a trail can cause a lot of trail damage. When trails are wet and muddy, hikers boots wander off the center of the trail which widens the trail and the wet areas. The flowing water erodes the trails very quickly. Active boot tracks stir the mud and flowing water accelerates the damage which occurs naturally.



*Boots can do a lot of damage. Think as you are hiking and the trails will be grateful.*

*Continued on page 18*

# La Beauté de la Poésie

BY JOE D'AMORE

## A Protest of Snowflakes

Christmas Day December 25, 2022

*Each snowflake is an individual being born eons ago where there was only water covering the earth.*

*The snowflake's life is infinite.*

*There are many cycles of snowflakes.*

*At times she is water. At times she is a spirit being in the form of vapor. In winter she transforms into an angelic crystal.*

*Each snowflake is uniquely formed. When she descends from the clouds she decides where to land on the earth. She decides who to consort with whether animal, tree, rock or ice. Snowflakes also form a community with each other and this is snow. There is space within each crystal form but also space among each other. Snowflakes need this space to breathe.*

*Pay close attention when you are alone in the forest and are walking in the snow. You will hear a very distinct sound beneath your feet.*

*Snowflakes need their space.*

*So, when you walk in the snow your boots consolidate the snowflakes violently. This is what creates the distinct groaning sound.*

*Listen carefully. It is the snowflakes protesting loudly when their space is violated.*

## Mount Cardigan Winter: The cycle of sustenance

Winter School at Mount Cardigan:

*Hare and mockingbird*

*Thrush and beaver*

*Fox and squirrel*

*Seek abundant iced meals*

*Stately deer, ring necked pheasant*

*Ruffed grouse, pine grosbeak*

*Red and grey fox, cedar waxwing*

*Share banquets with wild turkey*

*While forests slumber*

*Bark, twigs, seeds, nuts and fruit*

*Creator's gifts left from the fall*

*Enables the land to follow suit*

*Porcupine, chipmunk, tufted titmouse*

*Foraging black bear*

*Blacked-capped chickadee, purple finch*

*Sustaining trees for them are there*

*Birch, Cedar, Hemlock, Apple*

*Ash and Aspen*

*Pine siskin, cross bill, white footed mouse*

*Delight in their treasures especially catkins*

*Grey foliage, branch, twigs and rocks*

*Along with curvature of roots*

*Pine needles and white fauna*

*Make winter homes and roofs*

*Lifted over all*

*So splendid and royally*

*Such defining face of silent stone*

*Fire towered mountain presides wordlessly*

## AMC NH EXECUTIVE COMMITTEE

**Chapter Chair** ..... chairnh@amcnh.org  
Valerio Viti

**Vice-Chair** ..... vicechairnh@amcnh.org  
Selene Berube

**Treasurer** ..... treasurernh@amcnh.org  
Rick Rosania

**Secretary** ..... secretarynh@amcnh.org  
Robin Diamond

**Biking**.....  
Paul Berry, acting

**Conservation and Education** ..... conservationnh@amcnh.org  
Paul Hopkins and Jennie Vanderhooven

**Excursions** ..... excursionsnh@amcnh.org  
Dan Heon and John Williams

**Membership** ..... Open

**Mountaineering** ..... mountaineeringnh@amcnh.org  
Jenifer Dickinson

**Paddling** ..... paddlingnh@amcnh.org  
Bill James and Tim Jones

**Programs** ..... programsnh@amcnh.org  
Susan Zielinski and Ashley Phelps

**Skiing** ..... skinh@amcnh.org  
Casy Calver and Jillian Willard

**Trails** ..... trailsnh@amcnh.org  
Richie Holstein, Bill Foster and Frank Miller

**Communications** ..... communicationsnh@amcnh.org  
Bob McLaughlin and Alden Zeff

**Website** ..... webchairnh@amcnh.org  
Paul Berry and Hilary Williams

**20s and 30s** ..... nhamc2030@gmail.org  
Selene Berube-Acting

**Past Chapter Chair** ..... pastchairnh@amcnh.org  
Rick Silverberg

**Northern Regional Dir.** ..... regionaldirectornh@amcnh.org  
Beth Zimmer

**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



# Discover WILD New Hampshire Day

APRIL 15, 2023

## AMC's New Hampshire Chapter will be there. Will you?

Spring is just around the corner. One of the traditions of spring in New Hampshire is Discover WILD New Hampshire Day! While Discover WILD New Hampshire Day did miss a couple of years due to Covid, it is a 33-year tradition that is back this year. Browse exhibits, see live animals including big fish and falcons, or try something new like archery, fly fishing or air rifles. There will be an opportunity to learn new crafts and of course there will be food.

The New Hampshire Chapter will host an exhibit. You can find more information on Fish and Wildlife's website <https://nhfishgame.com/2023/02/02/discover-wild-new-hampshire-day-set-for-saturday-april-15-2023/>.

Discover WILD New Hampshire Day will be held on the grounds of the Fish and Game Department at 11 Hazen Road in Concord from 10:00 am to 3:00 pm on April 15. If you will be near Concord or can get to Concord, you should be there!

## MOUNTAIN PASSAGES

Volume 49, No. 1  
Spring 2023

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 [MtnPassages@gmail.com](mailto:MtnPassages@gmail.com). 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 [MtnPassages@gmail.com](mailto:MtnPassages@gmail.com).

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.

© 2023 by New Hampshire Chapter, Appalachian Mountain Club.

**Editor:** Robert S. McLaughlin  
[MtnPassages@gmail.com](mailto:MtnPassages@gmail.com)

**Graphic Design:** Bill Covino

## Help Wanted: Volunteer Opportunities

### Bicycling Committee Chairs:

If you are interested in biking with like-minded members of the New Hampshire Chapter, you may have noticed that there are no trips listed. The group used to be so active! What's up? Well, the answer is easy, there are no chairs of the Bicycling Committee to sponsor the trips. You can solve this problem! We are looking for members who are interested in Biking to step forward and resurrect the committee. If you want to have Chapter sponsored Bike Trips, we depend on you to volunteer. It really is not a lot of work, but your participation can make it happen.

### AMC Chapter Program Committee Co-chair

The Programs Committee plans and executes fun and informative events for the NH Chapter of the AMC by finding and booking interesting speakers and organizations. Typical events include Zoom and live speaker presentations as well as the in-person Annual Meeting. The Programs Committee also works with other Chapter officers and committees, such as Excursions and Paddling, to jointly plan events. Committee members will help create events by finding and booking speakers that will appeal to AMC members. Previous speakers have included conservationists,

hikers, authors, scientists, the Mt. Washington Observatory staff, and Game Wardens - there are so many possibilities! In addition, members will assist in planning and executing the Annual Meeting each year and may be asked to attend a monthly Executive Committee meeting if the Chairs are unable to attend.

Time commitment: 2-3 hours per month plus extra time leading up to the Annual Meeting in October. Most of this time would be spent booking potential speakers, then scheduling and advertising the events through AMC channels. Members in this committee get to meet incredibly interesting people across a broad range of nature related interests and organizations!

Contact: [programsnh@amcnh.org](mailto:programsnh@amcnh.org), [chairnh@amcnh.org](mailto:chairnh@amcnh.org), [vicechairnh@amcnh.org](mailto:vicechairnh@amcnh.org)

### AMC Chapter Membership Committee Chair

AMC NH Membership Chair responsibilities:

- Organize and host outreach events - both in-person and online.
- Send welcome emails to new members
- Help manage the Chapter's Facebook Group

Contact: [membershipnh@amcnh.org](mailto:membershipnh@amcnh.org), [chairnh@amcnh.org](mailto:chairnh@amcnh.org), [vicechairnh@amcnh.org](mailto:vicechairnh@amcnh.org)

Roots and rocks which hold the soil together become loose when the ground thaws, and susceptible to dislocation which can result in collapse of the trail creating deep gullies.

It is warm, we are itching to get out! Be creative, identify local trails which are southern and mid-state NH. Explore your local town trails. There are many enjoyable opportunities. The southern areas melt and warm the earliest, mud season passes sooner. Spring hikes on southern trails bring the warmth and new life from nature into the soul. As late winter turns to spring, trees bud and early sprouts and blooms appear on the forest floor. During these warm days, the first insects begin to appear. It is time to start packing some bug spray and consider tick protection. Too many of my hiker friends have had tick bites, which sometimes require significant medical treatment.

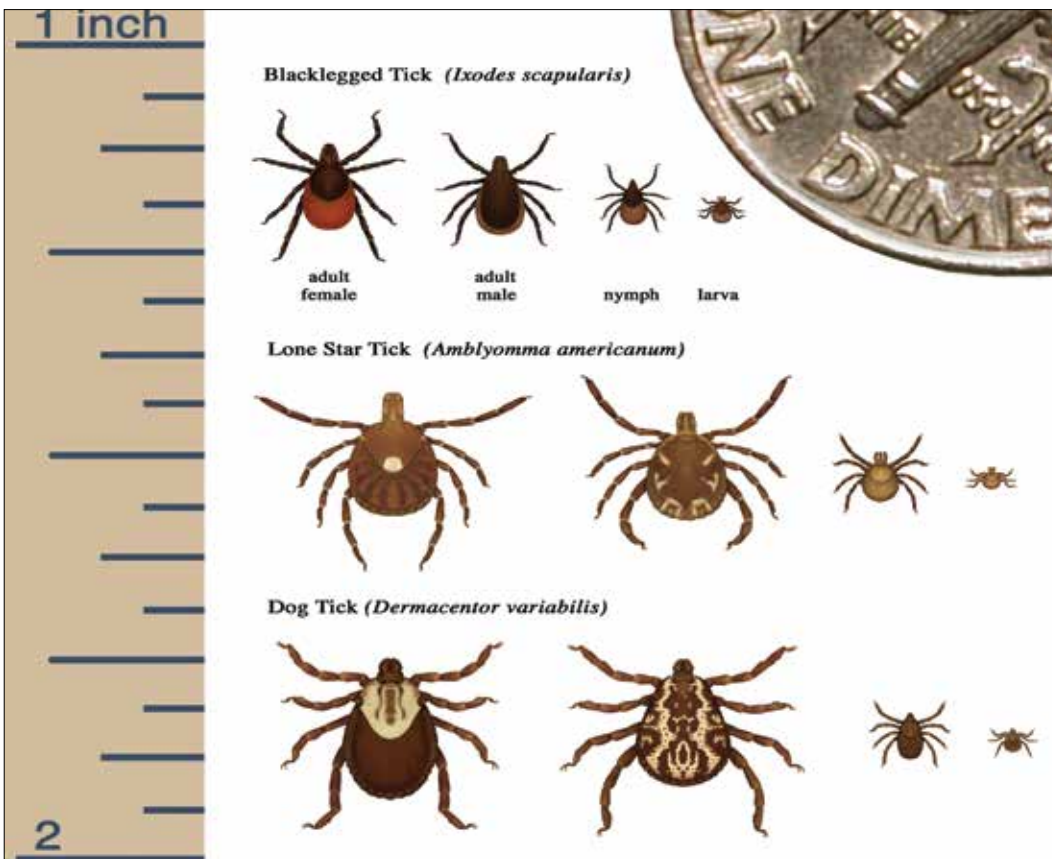
**Some Basic Tick Protections:**

Avoid tall grasses and low brush during heavy tick season particularly near tree lines or any shaded areas. Ticks cling to passing animals, and humans, then climb the body to find secure places. Some tips to protect yourself from ticks:

- Tuck your pant leg into your socks to seal the ankle area to provide a barrier.
- Wear outdoor clothing pre-treated with Permethrin, wear anti-tick socks, pants, or leggings
- Use bug spray, Deet and Picaridin are effective.
- Check for ticks after a hike, undress where falling ticks can be spotted and dealt with.
- Avoid bringing hiking clothes with hidden ticks back to the closet, hamper or laundry. Family members will appreciate this.



Another wildflower you might find is the Trillium.  
Photo by John Williams.



Ticks are a growing problem in our area. Take them seriously! Chart courtesy of Centers for Disease Control.

# Amanda Knight; A Memorial

BY: JENIFER DICKINSON

It is with the heaviest heart that I bring you this news.

Our former Committee Chair, and my dear friend and mentor, Manda Knight, has unexpectedly passed away. For those who may not have known, Manda was diagnosed with a brain tumor in November, and went in for surgery in January. I was told that the initial surgery seemed to go well and Manda was recovering. However, post-surgery complications arose and lead to a quick decline.

From the moment that Manda took on the role of Co-Chair of our Committee, she dedicated much of her free time to the role. She strived to bring equality and inclusiveness to the Mountaineering Committee and our activities, and she never failed to help others become stronger leaders. When our Committee needed a new Co-chair, I hesitantly volunteered myself. However, I was certain I would not really be helpful in the role as I had no idea what I was doing.

With enthusiasm and without hesitation or doubt Manda took me under her wing and quickly became a friend and mentor. Manda guided me, not only through my role with the AMC, but as a female climber always trying to be better and find my place within the sport.



*Manda Knight, you are missed,  
Photo by Jenifer Dickinson.*



I am finding it so challenging to write these words and I know that these sentiments will never be enough. Manda never failed to help me through my self-doubts and always had faith in me as a leader. So, I sit here now, as a leader in the Chapter Mountaineering Committee, I am so sad to say that a very bright light among our climbing community has gone out. However, the marks Manda left behind, and the fire and light she helped others see within themselves is not lost.

Manda left this world at the far too young age of 41. Though many of us do not know him, our thoughts and support go out to her husband Andrew Knight.

In the end, all I can say is Manda, you are and will be missed so much! It seems inadequate, but words cannot possibly express the loss I feel.

On June 10, our Committee will get together at Pawtuckaway State Park to share stories, go climbing and celebrate the life of Manda Knight.

All are welcome!

Cara Dorney wrote:

“What sticks with me the most about climbing and spending time with Manda was her easygoing encouragement. Her ability to make me and others feel at ease, as well as bring people together allowed us to become fast friends. I remember one time when we were climbing at Rumney and I was anxious about leading a route and she knew just what to say to make me realize that it was well within my ability. Looking back on the short couple of years that I was lucky to know her, I am grateful for the time I got to spend outdoors with someone so thoughtful, genuine, and caring. Some of my best memories of climbing and hiking in the White Mountains were with her solid belay catching me or her joyful spirit rising up the trail. She will be missed by many. I hope to carry on her spirit by remembering to bring friends together to enjoy the outdoors with each other.”

Valerio Viti wrote:

“As a group, a large group, sometimes we have to deal with very sad news. This is one of those times. Our beloved Manda, past Mountaineering chair for the previous 3 years, passed away as a consequence of a surgery. I’ve known Manda for the past 12 years through her initial involvement as a participant in the AMC NH Tuesday evening Rumney climbing group and then through her role of MC trip leader and instructor and more recently AMC NH Mountaineering Committee’s chair. Jen, the current Mountaineering Committee’s chair who shared this role with Manda in the past couple of years, wrote these nice words to the climbing group to remember Manda. I thought them to be very fitting to describe Manda and who she was to the wider AMC NH community.”



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...

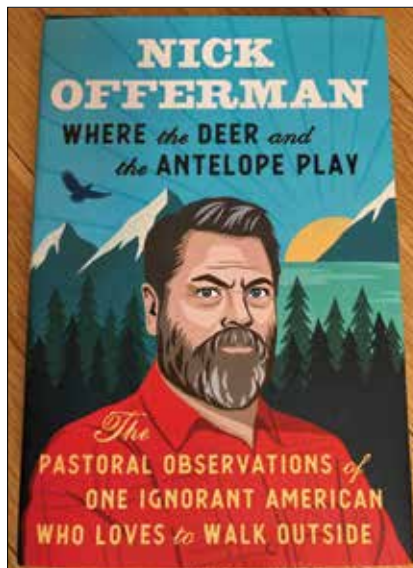
From hiking to biking, AMC's New Hampshire chapter has it all. Visit our website at [amcnh.org](http://amcnh.org) and read more about us and our many year-round events.

# AMC New Hampshire Chapter Conservation Book Club

JENNIE VANDERHOOVEN: AMC NH CHAPTER CONSERVATION & EDUCATION CHAIR

We have decided to try something new for our Chapter. The New Hampshire Chapter has decided to establish its first book club. If you are interested in the outdoors, and enjoy reading, this book club may be just the thing you are looking for. The purpose of this book club is to raise awareness of conservation issues in an enjoyable way, with the mindset to protect natural resources for ourselves and future hikers for years to come.

The first quarterly book club will be virtual and take place on Wednesday, June 7th at 7pm on Zoom. The first book is: *Where the Deer and the Antelope Play: The pastoral observations of one ignorant American who loves to walk outside* by Nick Offerman. You may be able to find Nick's book at your local library or it is



available at Water Street Bookstore either online or in their store in Exeter, NH. If you get the book from Water Street Bookstore be sure to let them know you are buying it for the NH Chapter Book Club. We understand they may be offering a discount to Book Club members.

Our plan is to limit each Book Club group to no more than 20 people to encourage participation and to give people a chance to get to know one another. We may have multiple sessions or in person meetings if there is enough interest.

The June 7 Book Club is posted on the Chapter website. Look for it there!