



Saturday, January 27, 2018 Four Points by Sheraton, Norwood, MA

Workshops & Presentations

Create your personal Summit schedule from this roster of activities. See detailed descriptions below.

Morning Session 1

Practicum on Outdoor Lesson Facilitation (3 hours)	8:00am
Trouble in the Presidentials: What a Mountaineering Accident Can Teach Us About Decision Making and Managing Risk	9:00am
What's in a Leader's Pack?	9:00am
Yoga for Outdoor Enthusiasts	9:00am
New Member Orientation	9:00am

Meetings during this session:

Adventure Travel Committee	8:30am - noon
Inter-Chapter Trails Committee	8:00am - noon
Chapters Committee	8:00am - noon
Volunteer-Led Camps and Cabins Committee	9:00am - noon
Conservation Committee	9:00am – 11:00 am
Inter-Chapter Paddling Committee	10:00am – 11:30 am
Development (for committee members only)	10:30am – 11:30 am

Morning Session 2

AMC's Leadership Training Opportunities	11:00am
Backcountry Cooking Basics	11:00am
Nurturing Amazons: Raising Girls Outdoors	11:00am
Backcountry photography	11:00am

(Meetings continued during this session: Adventure Travel, Trails, Chapters, Volunteer-Led Camps and Cabins, Inter-Chapter Paddling, Development)

Afternoon Session 1

AMC Volunteer-led Camps and Cabins (VCCs): 10 Iconic Places to Get Away from it All	1:45pm
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All About Axes	1:45pm
Fish Passage Work at the Maine Woods Initiative	1:45pm
Training – Diversity, Equity, and Inclusion in the Outdoors (3 Hours)	1:45pm
Intro to Back Country Skiing	1:45pm
Adding Smart Phone Apps to your Hiking Tool Kit	1:45pm
Incorporating Music and Arts on Long Distance Trails	1:45pm

Meetings during this session:

Outdoor Leadership Development Committee	1:30pm – 3:30pm
Membership Chairs Committee	1:30pm – 3:30pm

Afternoon Session 2

AMC's Science and Advocacy on Climate, Clean Air and Energy	2:45pm
Leadership Skills: Interpersonal Communication	2:45pm
Adventure Travel in the 19th and early 20th Centuries	2:45pm
Weather by the Seat of Your Pants	2:45pm
Nature, it does a body good. (Yes, really. It's science!)	2:45pm
Redlining the White Mountain Guide	2:45pm

(Meetings continued during this session: Outdoor Leadership Development Committee, Membership Chairs)

Afternoon Session 3

Advocating for Open Space Programs that Protect the Places We Love	3:45pm
AMC and the US Forest Service – Successes and Challenges of a Public- Private Partnership	3:45pm
"Oh no! What Now?!"	3:45pm
Leveraging Case Studies as an Outdoor Leadership Teaching Tool	3:45pm
The Near Outdoors—AMC's Urban and Suburban History	3:45pm
Stay, Play, and Learn – AMC's Huts, Camps, and Lodges	3:45pm
Travel Through Adventure: A World Tour (Adventure Travel)	3:45pm
Getting Started in Sea Kayaking	3:45pm

Workshop & Presentation Descriptions

Practicum on Outdoor Lesson Facilitation (3 hours)

Geared for trainers who attended the Train the Trainer events for Intro to Hiking and Leadership Training curriculum weekends. Focus of seminar is for participants to develop instruction/facilitation skills based on the new Center for Outdoor Learning and Leadership

(COLL) curriculum or content from their own chapter trainings. Registrants will prepare select lessons in advance and present to the group in attendance. (Choice of lessons to be communicated to registrants upon registration confirmation) Participants will engage in peer-to-peer critique of the lesson and receive skill development commentary from current leadership training instructors.

Trouble in the Presidentials: What a Mountaineering Accident Can Teach Us About Decision Making and Managing Risk

Ty Gagne

NH's Mt. Washington and the surrounding Presidential Range are known for both "the world's worst weather" and their challenging alpine terrain. Together, these factors have led to hundreds of mountaineering accidents over the years. This session provides an in-depth analysis of a 2015 tragedy on the range, and extends the lessons learned above tree line to outdoor activities, leadership, and your personal and professional lives.

Ty Gagne - Author of "Where You'll Find Me: Risk, Decisions, and the Last Climb of Kate Matrosova." He is Chief Executive Officer of Primex, a public entity risk pool based in New Hampshire. A certified Wilderness First Responder, he is a member of the Androscoggin Valley Search & Rescue Team and its Board of Directors.

Yoga for Outdoor Enthusiasts

Debbie Livingston

Exertion and repetition affect hikers and outdoor enthusiasts of all types. Learn ways that yoga can help you strengthen, balance, and enhance your mind and body to improve your outdoor adventures. Bring something comfortable to wear, and a yoga mat if you have one.

Debbie Livingston received her yoga certification in 2001 through Kripalu Yoga Center. She also holds a Childlight Yoga certification. She has climbed all of the New England 4,000 footers, thru-hiked the Long Trail and has competed in over 200 trail races ranging in distance from 5k to 110 miles. She also serves on the board of directors of the Bolton Land Trust, on the board of advisors of the Appalachian Mountain Club, and is a Den Leader in Cub Scout Pack 157. For work, Debbie is a coach, personal trainer, and fitness instructor; specializing in running, yoga and Pilates. She studied fitness management at Springfield College and the University of Connecticut. She lives in Bolton, Connecticut with her husband and children, Shepard (11) and Dahlia (8).

What's in a Leader's Pack

Stephanie Keimig, AMC Volunteer Leader and Instructor

Trip leaders in the backcountry must be ready for weather changes, first-aid situations, navigational challenges and group management. In this workshop with Stephanie Keimig, AMC Worcester Chapter 4 season H/B leader, instructor, and Chairperson, we'll sneak a peek into leaders' packs to find their "tested and true" gear. Learn which items make every trip, which

change with the seasons, and what additional items you might consider based on your participant profiles. What's your must-have gear? Bring an example along to share.

AMC's Leadership Training Opportunities

Colby Meehan, Leadership Training Manager

Looking for the right Leadership Training opportunity at the AMC? Come to this fun, fast-paced look into the Leadership Training Department's new hiking & leadership skills curriculum packages, and train the trainer opportunities. Together we'll experience one lesson from the leadership track, and discuss what opportunities exist for future leadership development.

Backcountry Cooking Basics

Mark Warren, AMC Trip Leader and COLL Faculty

With so many different ways to stay nourished in the wilderness, it's easy to become overwhelmed. Come discuss food options and cooking methods to help you choose the best way to fuel your outdoor activities. This presentation will cover various types of stoves, how/when to use a wood fire, cost vs. convenience of store-bought food, and how to create lightweight ingredients using a dehydrator. Mark will also share some of his favorite recipes for backpacking and car-camping.

Nurturing Amazons: Raising Girls Outdoors

Trish Herr

Alex (15) and Sage (12) have hiked the White Mountain Four Thousand Footers with their mother, Trish Herr, almost weekly, year-round, since they were each five years old. They've created a podcast, GraniteGals, which celebrates women hikers of the Whites; designed a hiking list and patch—the increasingly popular Terrifying 25, now being pursued by well over a thousand people; become trail maintainers on Mt. Washington; and volunteered to promote environmental conservation and climate change research. Trish will talk about how their journey began; Alex and Sage will share what hiking in all seasons has meant to them, and how they think their outdoor life has influenced their views about themselves and their everyday lives as young and growing women.

Backcountry photography

Ryan Smith, Managing Editor of AMC Outdoors

Back by popular demand!

You've heard of the hiker's 10 essentials, but do you know about the photographer's? Ryan Smith will share what he packs and why on his backcountry photo shoots. Bring your own essential photography item to share with the group.

AMC Volunteer-led Camps and Cabins (VCCs): 10 Iconic Places to Get Away from it All

Did you know there are 10 spectacular AMC camps and cabins managed by volunteers? From a lake in Acadia National Park in Maine, to the beach on Fire Island in New York, to our "nomadic" hiking camp out West, these iconic camps and cabins provide a remarkable range of options for outdoor adventures. Some are small, some are large, some are full-service, some are self-service, some are seasonal, some are open year-round. All offer a variety of outdoor activities,

such as paddling, swimming, hiking, snowshoeing and x-country skiing, in a beautiful and serene setting. Come learn more about both vacation and volunteer opportunities from the volunteers that run the camps.

All About Axes – AMC Trails Staff

Learn the history of the ax, the variety of axes, and how to identify a quality ax. Also, get an overview on hanging, sharpening and safe chopping techniques.

Fish Passage work at the Maine Woods Initiative

Steve Tatko, AMC MWI Land Operations Supervisor

Come hear about the watershed restoration work that AMC has been carrying out on its Maine Woods Initiative Property. AMC's 75,000 acre ownership encompasses the headwaters of two major river systems and is the core of some of the most productive brook trout habitat in the region. For 6 years AMC has been on a mission to remove every barrier to fish passage on its ownership by 2020. Steve Tatko will explore fish passage issues, forest and fisheries relationships, bridge and open bottomed stream crossing design and installation, and the fisheries habitat goals of AMC's land management program.

Training – Diversity, Equity, and Inclusion in the Outdoors (3 Hours)

As AMC has grown in size and impact, we recognize that we have not always included a broad range of identities in our community, organizational structure, or culture. No longer a "club", but a multi-faceted non-profit, we are increasingly aware that our greatest opportunity for success and mission impact lies with engaging a broader community of people from diverse backgrounds and experiences who share our values. This training helps equip us to welcome and include people from diverse backgrounds and experiences so that we sustain our energy, relevance, and values into the future. Participants will be sent two 30 minute videos to watch in advance of the training.

New Member Orientation

Hilary Niles and Justin Bailey, AMC Membership Staff

Are you new to AMC? Or are you a long-time member but you've never gotten out with your chapter? If you fall into either category, we encourage you to come to our New Member Orientation, where you can learn more about local AMC events, AMC's mission, how to take advantage of AMC's member resources, and more. This workshop is led by two of AMC's Membership staff and they would love to answer your questions about your membership or AMC in general!

Intro to Backcountry Skiing

Mike Bratina, AMC Boston Chapter Ski Committee Chair

Alpine touring, Telemark, and Nordic Backcountry— Get Out of Bounds!! You don't have to be ready to hurtle down Tuckerman Ravine to discover the wonder of backcountry skiing.

Adding Smart Phone Apps to your Hiking Tool Kit

Beth Zimmer, NH Excursions Co-Chair and Volunteer Backcountry Navigation Instructor

In addition to carrying a map and compass, most hikers also carry smartphones. Come learn about resources and apps that will add enjoyment to your hiking and will also provide you with confirmation as to where you are on a trail. Join this fun, hands-on workshop to become familiar with new technologies and tools.

Incorporating Music and Arts on Long Distance Trails, Multiple Presenters

Charlie Tracy from the National Park Service has been an innovator in bringing the arts to trails and nature. He will talk how you can partner with local musicians, artists and organizations to incorporate the arts and trails. Charlie will introduce three artists that he has brought to AMC's long distance trails. Since 2010, Massachusetts Walking Tour Co-founders Mark Mandeville & Raianne Richards have organized an annual non-profit bipedal concert tour of Massachusetts in support of arts and culture for towns along long distance trails throughout the state. Ben Cosgrove is a young composer, essayist, and multi-instrumentalist whose work is guided by his deep interests in landscape, place, and ecology. In 2017-18, Ben is working as an artist-in-residence with the New England National Scenic Trail, a long-distance hiking trail linking Long Island Sound to New Hampshire. Come learn about how these musicians incorporate music and trails and be entertained by some mighty fine music!

AMC's Science and Advocacy on Climate, Clean Air and Energy

Georgia Murray, Heather Clish, Mark Zakutansky – AMC's Research and Conservation Policy Team

Decades of AMC's own high mountain research documents our changing climate, while today, policy makers are taking dramatic shifts backwards in addressing the root causes and impacts of climate change. Come find out what's happening in the policy world, how AMC addresses the challenges of energy projects and policies, and how you can support our citizen science and advocacy.

Leadership Skills: Interpersonal Communication

Kristi Hobson Edmonston, AMC Leadership Training Instructor

Our ability to effectively communicate with participants and co-leaders is one of the most challenging and critical components of leadership. This workshop provides a hands-on opportunity to practice those skills through a variety of different activities. Come prepared to engage in the learning process!

Adventure Travel in the 19th and early 20th Centuries

Becky Fullerton, AMC Librarian and Archivist

Alberta, Mexico and Switzerland. Quebec, Katahdin and Yellowstone. We all know AMC is a well-traveled bunch with programs like August Camp and Adventure Travel, but did you know we've been sojourning in style since the 1880s? Not only were "Appies" writing up their

exploits in *Appalachia* journal; they brought home views to share with the club, often in the form of dazzlingly hand-colored lantern slides to be projected large, decades before color photography was widely used. The AMC Archives are rich in these vividly captured glimpses of travel in the late 19th and early 20th centuries. View a wide sampling of trip photos of the past and hear the stories behind our journeys in the age of train, horse, foot and boat travel to destinations near and far.

Weather by the Seat of Your Pants

John Huth

Although we've become reliant on weather forecasts, there can often be dramatic effects that are quite local and sudden. This is often the case in the mountains, but can also occur in coastal areas in the summer time. Author and Harvard physics professor John Huth will illustrate ways of anticipating weather through observing cloud formations, wind directions and understanding something of the physical forces that shape the weather, we can often outdo the forecasts over short timescales. Weather aphorisms like "mackerel scales and mares tails make lofty ships carry low sails" give catchy little phrases to predict the weather.

Nature, it does a body good. (Yes, really. It's science!)

AMC OutdoorsRx Team

Ever notice how you feel better after you go outside, whether it's for a walk, to enjoy the last dregs of your coffee or to get better cell reception? You're not imagining it, there are studies to support your intuition. Come learn more about the powerful effects of nature on our mental and physical health, and about the important role of local green spaces. How can YOU and your family personally benefit from more "Vitamin-N"? (Side effects may include: a reduction in stress, lower blood pressure and increased feelings of calm.)

Redlining the White Mountain Guide

Mike Cherim, AMC Volunteer Leader

In other words: hiking all of the trails described the AMC's White Mountain Guide Book — that's 529 trails totaling 1440.4 miles based on the 29th edition. Mike Cherim, an AMC Class 1 Leader, AVSAR rescue volunteer, and owner of Redline Guiding of North Conway, NH, is the 37th person to complete this quest. Mike will lend his perspective and share some of his more entertaining experiences. He will also talk about the need for redlining (yes, there's a serious need), the planning involved, charting one's progress, the required enthusiasm that drives a person to hike miles for some missed 0.1 spur, the sense of exploration, and amazing things to be found deep within the White Mountain National Forest's more remote regions... even places not shown on the maps.

Advocating for Open Space Programs that Protect the Places We Love

Amy Lindholm, Will Callaway, Kaitlyn Bernard – AMC's Conservation Policy Team

Our trip leaders, trail stewards and conservation volunteers are at the front lines of our enjoyment and understanding of the outdoors, and are therefore our most credible voices in advocating for open space programs like the federal Land and Water Conservation Fund. LWCF is under grave threat this year in Congress and AMC is helping lead the charge to save it. Learn how to advocate effectively for open space programs to help protect the outdoors for future generations.

AMC in the US Forest Service: Successes and Challenges of a Public-Private Partnership

James Wrigley, AMC Hutmaster and Jennifer Bernhart, USFS District Ranger

AMC and the White Mountain National Forest have worked together to help promote conservation and provide recreation opportunities since the official founding of the WMNF in 1918. This workshop will bring both parties together to highlight some of our larger successes as well as some of our challenges and where the future of our partnership will take us.

"Oh no! What Now?!"

Mark Warren, AMC Trip Leader and COLL Faculty

Even the best leaders are only human. At this workshop we'll share times when, as leaders, we realized a mistake occurred, a critical item was forgotten, or a situation arose which made us say, at least momentarily, "Oh no! This isn't good." In this workshop, we will focus on two critical elements of leadership and risk management: 1) acknowledging that mistakes happen; and 2) understanding that how we deal with those mistakes is what matters most. Whether you're a new or experienced leader, or considering becoming one, this workshop will help prepare you for that next, inevitable "uh oh" moment in the field.

Leveraging Case Studies as an Outdoor Leadership Teaching Tool

Aaron Gorban, Director of Risk Management

Preparing individuals to become effective outdoors leaders in the classroom environment can be a daunting task. While facilitators would ideally conduct the majority of our volunteer outdoor leadership training in the field, most chapter trainings are limited in duration and are forced to introduce a number of principles and topics indoors. In this session we will explore how to leverage case studies as a teaching tool in outdoor leadership trainings. Topics will include identifying appropriate narratives, structuring your lessons, and how to avoid hindsight bias in an effort to make the most out of this engaging training tool.

The Near Outdoors—AMC's Urban and Suburban History

Becky Fullerton, AMC Librarian and Archivist

AMC was founded in Boston in 1876, and although we do love to wander, we've retained a strong connection to nearby places to play outdoors. In the 1880s, AMC members pushed for the creation of the Middlesex Fells Reservation. In the 1920s, Ponkapoag Pond Camp became our first close-to-home overnight destination. Rock climbing at the Quincy Quarries, the Boston Harbor Islands, local parks and trails – all have kept us happy when we're not out in the distant

wilds, and we've had a lot to do with their creation and continued existence, too! Come hear the stories of AMC's "near outdoors" legacy in our hometown of Boston.

Stay, Play, and Learn – AMC's Huts, Camps, and Lodges

From Gingerbread Weekends to Wilderness First Aid, AMC's Outdoor Program Centers have for everyone. Spend time with AMC staff and learn more about the locations, programs and activities for individuals, families, and groups waiting for you at AMC lodges that stretch from the Delaware Water Gap to the remote wilderness of Maine.

Travel Through Adventure: A World Tour

Have you ever wanted to travel to far off locales and discover hidden natural wonders all over the world? AMC's Adventure Travel crisscrosses the globe on amazing adventures! Come listen to stories, see pictures from recent trips, and discover how you can participate as either a trip leader or as a part of a travel group!

Getting Started in Sea Kayaking

Dennis Blejer, Boston Chapter Sea Kayak Leader

Dennis Blejer has ACA certifications in Coastal Kayak Trip Leadership and Open Water Skills. His own story in sea kayaking is an interesting one and he will recount that story and how to get started in sea kayaking. His presentation will cover: (1) getting instruction as a novice, (2) required gear to get started, (3) basic safety considerations, and (4) the path forward. Expect an informative and humorous presentation.