



143RD ANNUAL SUMMIT

Saturday, January 26, 2019
Four Points by Sheraton, Norwood, MA

Workshops & Presentations

Create your personal Annual Summit schedule of meetings, interactive sessions, and presentations. See detailed descriptions below.

Morning Session 1 – 8:00am or 9:00am start time

8:00am-10:00am	DEI Facilitation Workshop for COLL Faculty Members
9:00am-9:50am	AMC Orientation
9:00am-9:50am	Yoga for Outdoor Enthusiasts
9:00am-9:50am	Backcountry Cooking Basics

Meetings:

8:00am-12:00pm	Chapters Committee Meeting
8:00am-12:00pm	Inter-Chapter Trails Committee Meeting
8:30am-12:30pm	Adventure Travel Committee Meeting
9:00am-12:00pm	Volunteer-led Camps & Cabins (VCC) Committee Meeting
9:00am-11:00am	Clubwide Conservation Committee Meeting

Morning Session 2 – 10:00am start time

10:00am-10:50am	Stories in the Land: The History of AMC Lands in Maine before AMC
10:00am-10:50am	Dynamic Training Design & Delivery: New Tools and Skills for Chapter Training
10:00am-10:50am	Putting Your Best FOOT Forward
10:00am-10:50am	AMC150 – Roundtable Discussion on AMC's Strategic Vision

Meetings:

10:00am-11:30am (continued)	Inter-Chapter Paddling Committee Meeting Chapters Committee, Inter-Chapter Trails Committee, Adventure Travel Committee, VCC Committee, and Clubwide Conservation Committee Meetings
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Morning Session 3 – 11:00am-11:50am

11:00am-11:50am	Incidents within the AMC
11:00am-11:50am	Maine's Off-Grid Lodges
11:00am-11:50am	Growing Up Hiking: A Teenager's Perspective
11:00am-11:50am	Advocating for the Outdoors

Meetings:

(continued)	Chapters Committee, Inter-Chapter Trails Committee, Adventure Travel Committee, VCC Committee, and Inter-Chapter Paddling Committee Meetings
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Afternoon Session 1 – 1:30pm start time

1:30pm-3:30pm	Henry David Thoreau: Surveyor of the Soul – Film Screening
1:30pm-2:20pm	Smartphone Citizen Science: iNaturalist and AMC
1:30pm-2:20pm	AMC Cold River Camp, 1919-2019
1:30pm-2:20pm	Look! Up in the Sky! The Sun and Stars
1:30pm-2:20pm	Learn about the Connecticut River Paddlers Trail
1:30pm-2:20pm	The Ax: History and Use by AMC Trails
1:30pm-2:20pm	Lidar 101 – Light Detection and Ranging
1:30pm-2:20pm	AMC150 – Roundtable Discussion on AMC's Strategic Vision
1:30pm-2:20pm	200 Years of White Mountains Trails History

Meetings:

1:30pm-3:30pm	Outdoor Leadership Development Committee (OLDC) Meeting
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Afternoon Session 2 – 2:30pm-3:20pm

2:30pm-3:20pm	Outdoor Organizing: Community Building and Partnership Building
2:30pm-3:20pm	AMC Brand Update
2:30pm-3:20pm	You Think You Climbed The 4K Footers?
2:30pm-3:20pm	Growing Your Inner Leader
2:30pm-3:20pm	Get Out of Bounds- Welcome to Backcountry Skiing!
2:30pm-3:20pm	Something's Always Cooking at AMC Lodges
2:30pm-3:20pm	On Getting Lost
2:30pm-3:20pm	Engaging Youth in Climate Change Discussions and Education

Meetings:

(continued)	OLDC Meeting
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Afternoon Session 3 – 3:30pm-4:45pm

3:30pm-4:45pm	AMC's Forests and Our Carbon Footprint
3:30pm-4:45pm	Traveling Through Adventure
3:30pm-4:45pm	Sea Kayak SOS! Mayday! Mayday! Mayday!
3:30pm-4:45pm	Why Dark Skies Matter for Conservation
3:30pm-4:45pm	Spiritual Renewal in the Outdoors
3:30pm-4:45pm	Victims of Our Own Success: Negative Impacts of High Use in the Backcountry
3:30pm-4:45pm	Getting Kids and Families Out
3:30pm-4:45pm	Telling the AMC Story:
3:30pm-4:45pm	What's in a Leader's Pack
3:30pm-4:45pm	Volunteerism at the Volunteer-led Camps Cabins

Sunday, January 27, 2019

Morning Training Sessions – 8:30am-12:00pm

8:30am-12:00pm	Outdoors Together: Diversity, Equity, and Inclusion Training (DEI)
8:30am-12:00pm	AMC Volunteer Orientation Program

Session Descriptions

Morning Session 1 (8:00am or 9:00am Start)

Meeting – Chapters Committee (CHCM) [8:00am-12:00pm] – a Board of Directors (BOD) Committee that addresses the needs, interests, and concerns of Chapters. Voting members include Chapter Chairs and Regional Directors.

Meeting – Inter-Chapter Trails Committee (ITC) [8:00am-12:00pm] – a subcommittee of the Conservation Programs Committee (CPC) to promote cooperation, safety, and support for volunteer trails programs across the organization. Voting members include Chapter Trails Chairs.

Meeting – Adventure Travel Committee (AMCAT) [8:30am-12:30pm] – part of AMC's Outdoor Learning and Leadership Department, this committee trains and manages a cadre of volunteer leaders to offer adventures more than 500 miles outside AMC's region. Led by a Volunteer Committee.

Diversity, Equity, and Inclusion (DEI) Facilitation Workshop for Center for Outdoor Learning and Leadership (COLL) Faculty Members [8:00am-9:45am]

This workshop is intended for members of AMC's COLL Faculty interested in gaining additional experience and insight into the diversity, equity, and inclusion (DEI) learning modules and effective facilitation skills to deliver this content within chapter leadership trainings. Workshop participants will review curriculum objectives and gain first-hand experience facilitating this content in small peer groups. Please note: pre-work is required for this session. The facilitator will reach out to all participants in advance of Summit to confirm attendance and to outline preparation requirements.

Meeting – Volunteer-Led Camps and Cabins Committee (VCC) [9:00am-12:00pm] – part of AMC's Outdoor Programs Center department, this volunteer committee facilitates cooperation and communication in support of our seasonal and year-round full and self-service camps and cabins. Voting members are Chairs of VCC Committees.

Meeting – Clubwide Conservation Committee (CCC) [9:00am-11:00am] – a subcommittee of the Board of Directors (BOD) Conservation Programs Committee, to support interaction and cooperation amongst conservation volunteers and staff in support of AMC's conservation priorities and campaigns.

AMC Member Orientation (9:00am-9:50am)

Are you new to AMC? Are you a long - time member but you've never gotten out with your chapter or stayed with us? 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. Come ask questions about your membership or AMC in general!

Yoga for Outdoor Enthusiasts (9:00am-9:50am)

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.

Backcountry Cooking Basics (9:00am-9:50am)

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. Share the leader's favorite recipes for backpacking and car camping.

Morning Session 2 (10:00am Start)

Meeting – Inter-Chapter Paddling Committee (IPC) [10am-11:30am] – a subcommittee of the BOD Conservation Programs Committee, to support interaction and cooperation amongst paddling chairs in support of safety, conservation concerns, and access. Voting members are Paddling Committee Chairs.

Stories in the Land: The History of AMC Lands in Maine before AMC

The 100 Mile Wilderness area in Northern Maine has a long and rich human history stretching back thousands of years. Much of this history is written in the land if you know where to look. Visitors to the region today often see the area as nothing more than a vast forest used for logging without any signs of the vibrant stories of the land. This presentation will explore the complex human relationship with the land and how it has remained as a forest for generations. Starting with the recession of the glaciers and moving to the period just before AMC's acquisition of land in the region, this presentation will delve into the forgotten history of the region and how it shaped the forest of today.

Dynamic Training Design and Delivery: New Tools and Skills for Leading Chapter Trainings

Participants will learn principles from what makes a best-in-class leader training program down to the granular concepts of creating and facilitating learning tools that have a lasting impact. The program also covers tools for those interested in conducting beginner outdoor workshops in an effort to engage new members from diverse audiences.

Putting Your Best FOOT Forward

You know the “10 Essentials”, but what is maybe the most important, but often overlooked, piece of “equipment”? Your Feet. You will learn about foot care both before and during a hike, special techniques for lacing your boots, treating common trail side foot injuries, tips on keeping your “footing” on the trail, and special winter considerations.

AMC150 Listening Tour – Roundtable Discussion on Strategic Vision

AMC will soon reach the end of its current strategic vision, Vision 2020. While there is still a lot to accomplish before 2020, the AMC Board of Directors has started to consider the next iteration of AMC's vision to see the organization through its 150th anniversary in 2026. We are gathering input from across the AMC as well as from external partners and groups. Join us for a roundtable discussion to help provide input for AMC's next strategic vision, to launch in January 2020!

Morning Session 3 (11:00am-11:50am)

Incidents Within the AMC

This session will provide participants with an overview of AMC's new tool for inputting & analyzing its incident reports, IncidentAnalytix. During this session, we will review a summary of the 2018 incidents from volunteer-led activities, including key takeaways for the AMC community. This workshop is open to all with an interest in risk management in the outdoors – participants, leaders and aspiring leaders.

Maine's Off Grid Lodges

Keeping the lights on and our Maine Wilderness Lodges warm in the brutal conditions that make up the Maine Woods is not always an easy task. In this session, we will take a deep dive into the systems that make our %100 off-grid facilities run. From heating to solar systems, to sanitation and composting.

Growing Up Hiking: A Teenager's Perspective

I am a 15-year-old girl who has grown up hiking the White Mountains. In this session, I will share my perspective on my experiences, from when I was a five-year-old girl hiking the NH 4000-footers with my mother to more recent adventures such as solo hiking the 31-mile Pemi Loop in less than a day. My goal is to provide information that will be helpful to people interested in introducing children/teens to hiking.

Advocating for the Outdoors

Join AMC's policy experts for a discussion on how AMC members, trip leaders, volunteers and participants can turn their love of the outdoors into an active voice on its behalf. We'll discuss successful advocacy efforts on the Highlands Conservation Act and Delaware River Basin Conservation Act, with a focus on current advocacy needs around the Land and Water Conservation Fund, climate policy and regulations, and other elements of AMC's 2019 conservation policy priorities.

Afternoon Session 1 (1:30pm -2:20pm)

Meeting – Outdoor Leadership Development Committee (OLDC) [1:30pm-3:30pm] – a subcommittee of the Board of Directors Outdoor Learning and Leadership Committee, this group of volunteers creates Leadership Requirements and Guidelines, and defines best practices for training and risk management.

Henry David Thoreau: Surveyor of the Soul – Film Screening (Excerpts) [1:30pm-3:30pm]

A screening of excerpts of the new film on wilderness writer Henry David Thoreau, whose message to live simply and observe nature resonates strongly in today's world. Meet the filmmaker Huey Coleman and learn what motivated him to make this now.

Smartphone Citizen Science: iNaturalist and AMC

Do you take photos with your phone when out on the trails? Turn your mobile device into a reporting tool with [iNaturalist](#) and join other citizen scientists by documenting the flowering plants you observe on your next hike. Your mobile device will automatically geo-tag the image, assigning its location, and if you're not sure what the species name is of the plant you have observed the community on iNaturalist, including AMC's own scientists, will help confirm or identify the plant. By participating you can contribute to AMC's Mountain Watch study to understand seasonal plant development in the context of climate change and improve your knowledge about plants and the biodiversity of the region.

AMC Cold River Camp, 1919-2019

Come celebrate 100 years of Cold River Camp (CRC). Enjoy photos of the early buildings and tents, early hiking groups along with more recent outings, traditions of CRC life, buildings that are no longer at CRC, early benefactors, involvement of our volunteers in maintaining CRC and how special CRC is to so many of us. Come see why you want to be part of our next 100 years!

Look! Up in the Sky! The Sun and Stars

Only a few generations ago, people could orient themselves by looking at the sky without even thinking about it. The stars were familiar friends. The position of the sun in the sky marked time of day and the season. You too can gain these skills with some modest effort. In this session, you will see the stars as seen just after sunset over the course of the year. Constellation mythologies often provide a guide for a 'walk' through the night sky and you will see how the very basis of how we define time is based on the sun. Learn how to view the sun over the course of the day and the year as well as the basics of finding latitude and longitude. When put all together, you can orient yourself day or night.

Learn about the Connecticut River Paddlers Trail

Learn about the CT River Paddlers' Trail, including camping locations and multi-day itineraries so that you can plan a trip on this exciting river trail spanning 4-states from NH to the Long Island Sound.

The Ax: History and Use by AMC Trails

Join us to learn all about the history of the ax, ax maintenance, bringing old axes back to life, and general safety considerations regarding ax use. We will cover history of the modern ax, how to identify a quality old ax head, how to bring an old ax back to life (hanging and sharpening), and safety (general overview of ax use and safety considerations).

Lidar 101 – Light Detection and Ranging

LiDAR is changing the way we see and understand the landscapes we live in. Light Detection and Ranging is an evolving remote sensing technique for collecting very dense and accurate spatial information about the shape and surface characteristics (natural and man-made) of our environment. This session will overview the history of remote sensing, how laser altimetry works, and what implications this has on map-making, land-use planning, and environmental management.

AMC150 Listening Tour – Roundtable Discussion on Strategic Vision

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200 Years of White Mountains Trails History

What were the first trails in the White Mountains like? Full of convenient stone steps, or barely recognizable? The region's first trails were all of this and more. AMC's Trail Crew has been building and maintaining them for 100 years. Learn how trail construction has evolved according modern thought on wilderness, crowd management, and access. Hear the story of White Mountain trails and AMC, from the construction of the 200-year-old Crawford Path through the present.

Afternoon Session 2 (2:30pm-3:20pm)

Outdoor Organizing; Community Building and Partnership Building

Join AMC's Outdoors Rx Team to learn more about community organizing and partnership building to bring more people outdoors.

AMC Brand Update

Here we are heading into 2019 – the last year of our Vision 2020 Strategic Plan. We are already looking ahead to our 150th birthday in 2026 and beyond. Come learn about the next phase in AMC's brand evolution and share your thoughts and ideas about how AMC can grow in numbers and impact in the years to come.

You Think You Climbed the 4K Footers?

In 1988, Brad Washburn published his map "Mount Washington and the Heart of the Presidential Range" for which he used early laser technology to survey the locations and elevations of prominent peaks in the Presidential Range. Today's laser altimetry is a quantum leap forward in our ability to map the landscape. This workshop will take a dynamic look at LiDAR (Light Detection and Ranging) data and how it can be used to map, analyze, and visualize our 3D environment.

Growing Your Inner Leader

Quality leadership is vital to work, leading volunteers, environmental advocacy, community building, and leading hikes, too. Many people don't fully appreciate their leadership talents and the steps they can take to grow as leaders. Workshop goals are to (1) support the growth of current leaders, (2) help unlock leadership potential and grow new leaders, and (3) provide opportunities for participants to learn practical skills to better their personal and professional lives. This interactive workshop will highlight positive leadership traits and suggest ways to embrace them in your own life, helping to grow your personal leadership style.

Get Out of Bounds- Welcome to Backcountry Skiing!

A presentation of the three major types of backcountry skiing (Alpine Touring, Telemark and "Kick and Glide" Touring) with slides, Q and A, and a show-and-tell of equipment. If there is time we have a 5-6 minute video, that will also be playing as people gather.

Something's Always Cooking at AMC Lodges

Spend some time with the AMC Lodge managers and staff and learn more about the amenities and more enjoyable moments that they help create for guests when they visit AMC Lodges and Huts. Food, wine and beer dinner, afternoon socials, holiday celebrations, BBQs and many other special events are provided for guests are all a part of the 21st century experience of visiting an AMC Lodge and Hut. Details about where we source our food, how we select wines and beers for our menus, and how we focus on quality experiences with a dedication to local partners and sources will all be discussed. Join us and learn more about our dedication to the culinary and merriment essentials that you will find at your next AMC Lodge and Hut visit.

On Getting Lost

Most of us don't think about getting lost until it's too late. Most of the time, it's a matter of just being turned around, and regaining your bearings. But, in adverse conditions, being lost can threaten life and limb. By planning on the very possibility of being lost, you can reduce the odds of this, and add peace-of-mind. I'll discuss how to write and leave a trip plan, habits that will keep you from getting lost in the first place, how to get un-lost if you are lost. I'll also discuss the psychology of being lost, and lost person behavior. Everyone should have a kit of some kind that will help you survive if you are lost. Finally, we'll go over some strategies for you to help a search and rescue team find you.

Engaging Youth in Climate Change Discussions and Education

Teaching about Climate Change in an outdoor setting offers both challenges and opportunities. Join AMC's A Mountain Classroom (AMC's school program) professional environmental educators to learn some of the tools and techniques employed in the program to teach the concepts of climate change as well as ways to avoid leaving youth with only worry and concern. A Mountain Classroom staff use experiential methods to teach outdoor skills, environmental concepts, and leadership skills on overnight and day guided programs. The programs provide over 9,000 youth learning experience a year.

Extended Afternoon Session 3 (3:30pm-4:45pm)

AMC's Forests and Our Carbon Footprint

AMC has set an ambitious goal of reducing our organizational carbon footprint 80% from our mid-2000s baseline by 2050. We have made progress on this, but fully meeting this goal will require larger actions. At the same time, AMC is sequestering large amounts of carbon in our Maine Woods forests. Guests will learn about how we investigate the question of "How can AMC's forests contribute to meeting our 2050 carbon footprint reduction goal?"

Traveling Through Adventure

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

Sea Kayak SOS! Mayday! Mayday! Mayday!

Every year the media reports on a number of sea kayak mishaps and fatalities. These situations are almost always avoidable and are due to bad judgement, lack of training, or over-confidence. This talk will address several case studies as reported by Sea Kayak Magazine in their book "Deep Trouble". The audience will be asked how they would have avoided or handled these situations.

Why Dark Skies Matter for Conservation

Learn how excessive and poorly shielded lighting negatively affects human health and safety; strongly impacts birds, insects, and animal and plant life; increases air pollution and greenhouse gases; and keeps us from connecting with the night sky and the 'big picture'. Learn what you can do about it - at the personal, neighborhood, regional, and national level, and how to work with members of the public, businesses, and municipalities to address this important conservation effort.

Spiritual Renewal in the Outdoors

Spiritual renewal, insight, and inspiration are a central part of human experience in the outdoors, yet we rarely speak openly about this deep reality. Through personal reflection, small group conversation, presentation, and large group interaction, we will: 1) reflect on personal spiritual connections with the outdoors; 2) learn from a long-time AMC member's experience; and 3) share ways we can to connect with others who feel similarly.

Victims of Our Own Success: Negative Impacts of High Use in the Backcountry

Over the past decade the American public has been showing up in droves to our Nation's National Parks, Forests and Lands. This increased use is music to the ears of outdoor recreation advocates like the AMC but has come at a price. Overflowing parking lots, crowded trails, harried wildlife and eroding trails are some of the impacts felt from the current hiking boom. This session will look at how this phenomenon is playing out throughout our region and will focus on efforts to manage these impacts on one of the region's most iconic hikes, Franconia Ridge.

Including Kids and Families Outdoors

We all know the many benefits of kids spending time outdoors, but how do you help make a good experience for them? AMC's Family Outings Leaders will share their secrets. We will cover trip planning, trouble shooting, and how your willingness to offer a few trips with kids in mind can make all the difference in your chapter's family outings participation. Whether you are looking to welcome families on trips you lead, or just want to get out with your own grandchildren, we know what it takes to make the grade with kids.

Telling the AMC Story So People Listen

Telling the AMC story.... From a sense of place to the stewardship legacy of over a hundred years of AMC history, we have a story to tell. Learn some simple tools and techniques to tell the AMC story in an engaging way. By introducing interpretive techniques, we focus on organizing information to reach our audiences in a memorable way. Whether we engage on the trail, in meetings, or through presentations, we have an opportunity to encourage a deep commitment to stewardship that has been AMC's mission for over a hundred years.

What's in a Leader's Pack?

Trip leaders in the backcountry must be ready for weather changes, first-aid situations, navigational challenges and group management. In this workshop, 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.

Volunteerism at the VCCs

AMC's Volunteer-led Camps and Cabins include an impressive variety of lodging options throughout the AMC region. What does it mean to be a "volunteer-led" AMC destination? How are these properties run? What is their history? Are there opportunities for engaging young people? Retired folks? Kids? Yes! Come to an interactive discussion with VCC volunteers to learn about the many ways they advance excellence in outdoor recreation, conservation and education through their volunteer roles and how you can pitch in too!

Sunday, January 27, 2019

Morning Training Sessions (8:30am-12:00pm)

Outdoors Together: Diversity, Equity, and Inclusion Training (DEI)

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 20-minute videos to watch in advance of the training.

AMC Volunteer Orientation Program

Calling all Volunteer Chairs and Vice Chairs! New and curious committee chairs and vice chairs can bring guests and join us for a morning of training orientation following AMC's Annual Summit. This program is designed to help AMC volunteers in leadership roles learn more about how things work at AMC, available resources, as well as tips and best practices for working together, leading other volunteers, and where to go for help. Offered by AMC's Volunteer Relations Department.