

THROUGH THE LENS

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Volume 31, Issue 4
April, 2019

White Mountain National Forest

By Bob Reynolds

Our U.S. National Parks are popular sites for photographers. We've seen many iconic shots from Yosemite, Glacier, Acadia and the other National Parks. The White Mountain National Forest in New Hampshire isn't a National Park, but we found plenty of great photo ops there including many waterfalls, mountain views and picturesque hiking trails.

Location

The White Mountain National Forest is 1000 miles from Chicago, but only 2 hours from Boston Logan Airport. The White Mountain National Forest lies within the White Mountains in the states of New Hampshire and Maine. It's crossed by the White Mountain Trail and Kancamagus scenic drives, plus part of the Appalachian Trail.



The White Mountain National Forest

Dating to the 1860s, the Mt. Washington Cog Railway climbs to the summit of Mt. Washington, the highest peak in the northeastern U.S. The area is also known for bright fall foliage and winter skiing.

The National Forest spans 750,000 Acres and has a number of notable mountain peaks.

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Mt. Washington 6289' Highest peak east of the Rockies

Mt. Madison 5367'

Mt. Lincoln 5089'

Mt. Adams 5794'

Mt. Jefferson 5712'

Mt. Monroe 5371'

Mt. Eisenhower 4780'

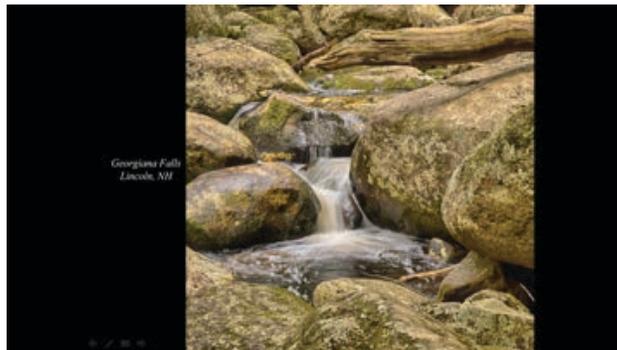
4 Days in the White Mountains

Day 1

Using Boston as a starting point, you can head north on I 93 directly to the town of Woodstock, New Hampshire. Woodstock and nearby Lincoln are good starting points. They are gateway towns surrounded by the National Forest and have lodging and restaurants. In Woodstock, you will find the Woodstock Inn which also houses the Woodstock Inn Brewery. This is definitely worth a stop. Enjoy the Pigs Ear Brown Ale and visit the Woodstock Inn Restaurant. If you're really, really hungry, check out the "Death by Burger" on the restaurant menu. It's an 18 ounce burger and a BLT with onions in one sandwich.

Day 2

Once you have made it to Woodstock or Lincoln, you can plan your excursions to the many hiking trails, covered bridges and waterfalls nearby. There are at least 26 different waterfalls in the White Mountain area. Some of them are private and require a fee. Others are in the National Forest and your only cost will be parking fees. If you have a National Park Service Senior Pass, you can use it to cover your parking cost at the pay lots in the National Forest.



One of the closest falls to Lincoln is Georgianna Falls. It's in the middle of town and the hiking trail passes right under interstate 93. It's a nice, easy hike with plenty of vistas along the way. Continuing North, your next stop is Falling Waters Trail. It's just 6 miles north of Lincoln in Franconia Notch State Park and offers hiking trails along a cascading stream.

From the town of Lincoln, the Kancamaguas Highway stretches 53 miles to the town of Conway on the eastern edge of the National Forest. Along the Kancamaguas Highway, you'll pass numerous lookouts, trailheads and parking areas.



Sabbaday Falls

Sabbaday Falls is a half hour east of Lincoln and it's an easy .3 mile hike to the falls. There are several beautiful cascades that can be viewed from the adjacent trails and footbridges.



Rocky Gorge

6.5 miles East of Sabbaday Falls is Rocky Gorge. Rocky Gorge is an easy, paved trail. If you like, you can climb right out on the rocks next to the cascades.

Continuing on the Kancamaguas Highway, the next stop is Lower Falls. It's just 2 miles east of Rocky Gorge. Lower Falls is a roadside waterfall with boardwalk viewing platforms. It's not as impressive as the other falls, but it is very easy to get to.

Day 3

In order to explore the northern part of the National Forest, we moved on to the town of Gorham, NH. Gorham is at the northern-most part of the White Mountain National Forest and has several motels and restaurants.



Mt. Washington Cog Railway

From Gorham, we drove 45 minutes to the Mt. Washington Cog Railway. The train ride is about \$65 per person. The Cog Railway offers a fun and picturesque way to get to the summit of Mt. Washington. The Mt. Washington summit is known for being cold and very windy with limited visibility on many days. Luck was with us during our visit. We had some sun, good visibility, mild temperatures and low winds. The round trip, with time spent at the summit takes about 2 hours.



Crawford Station

Once you've completed your cog rail trip, you can visit several nearby sites; Crawford Railroad Station, Elephant Head, Silver Cascade Waterfall and Ripley Falls. From the Cog Railway to Ripley Falls is a 25 minute ride. You'll pass the other sites on the way.

Silver Cascade is a roadside waterfall. The parking area is across the highway from the waterfall. You can see the waterfall from the road but you may want to hike a bit for a nicer view. There really isn't a trail. It's more like rock climbing if you want to get close



Ripley Falls

Ripley falls has a trailhead parking area. The hike is somewhat rigorous including some climbing along a very narrow, steep trail. Trees and roots provide the only hand holds. The half mile hike takes 20 minutes or more. Ripley Falls spills water over an angled rock face. There are large rocks at the base of the falls and it's a little tricky to set up a tripod there. After Ripley Falls, we returned to Gorham for the night and planned the next day's hikes.

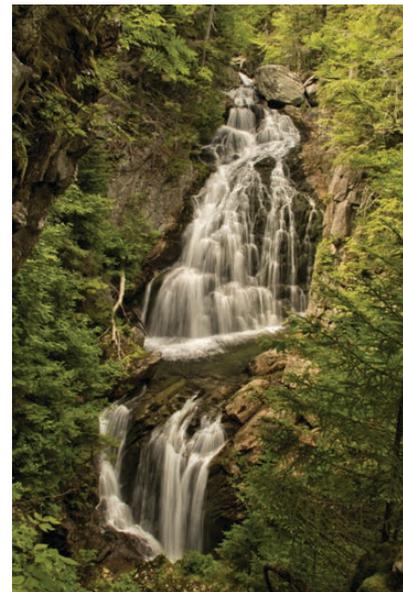


Thompson Falls

Day 4

Just 15 minutes south of Gorham is the trailhead for Thompson Falls. The trailhead access is at the Wildcat Mountain Ski area. The Thompson Falls trail is a .6 mile hike to the waterfall. The trail is pretty easy and once you are there, you can find a number of viewpoints in front of the falls, including right in the water if you'd like to wade into the stream.

Just 2 miles further south is Glen Ellis Falls. There is a well-marked parking area and the hike to the falls is only .3 miles. There are a couple of large cascades with nice viewing areas.



Crystal Cascades

Crystal Cascades is another stop on the same highway as Thompson Falls and Glen Ellis Falls. Crystal Cascades is a 10 minute hike from the parking area and features multiple cascades highlighted by a large waterfall with a very nice viewing area.

If you continue 15 minutes south to the town of Jackson, you can visit Jackson Falls. There is parking adjacent to the waterfalls in this city park. There are plenty of cascades at Jackson Falls, and you can climb right out on the rocks and into the water to photograph this waterfall.



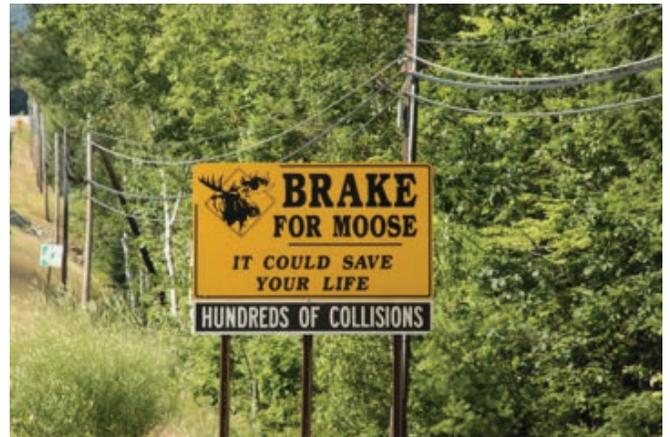
View from Cathedral Ledge

Another 20 minute drive will take you to Diana's Baths. It's a .6 mile hike to the waterfalls. It's a popular spot with a lot of kids playing in the water. On the access road to Diana's Baths, you'll pass Cathedral Ledge Road. This road leads to breathtaking views of the White Mountains from Cathedral Ledge. You may even see rock climbers ascending Cathedral Ledge.



Diana's Baths

There are many more sights in the White Mountain National Forest. This visit just scratched the surface. After four days of exploring, we left many trails, covered bridges and waterfalls for future visits. Vista points were fogged in on our first day. We'll see them another time. My advice to photographers is to put the White Mountain National Forest on your list of places to visit. It's not too difficult to get to and there are photo ops aplenty.



Fair warning

There are many more sights in the White Mountain National Forest. This visit just scratched the surface. After four days of exploring, we left many trails, covered bridges and waterfalls for future visits. Vista points were fogged in on our first day. We'll see them

Mort's Take

By Mort Lerman

What to look for in an image

Impact.....Does it grab your attention? Does it give off emotion?

Creativity...Is it unusual, or have you seen it many times before.

Composition....Is it pleasing to the eye (good), or is it disturbing to the eye (good or bad).

Balance or Imbalance...Can be good or bad.

Lines....Do they draw your eyes into the image?

Color....Does it blast your eyes, or is it soft and pastel. What about Black and White?

Sharpness....usually good, but blurriness or softness can grab your attention.

Perspective.....Is it different or is everything at eye level and flat on?

All the other less important items (in my opinion) that CAACA judges looks for. Please notice I have placed this at the end of the list, because they are the least important to me.

If your images lack most of these, start looking at great images taken by great photographers. That is the best way to learn.

If you have a difference in opinion, let me know. Everything is subjective.

The ACC Photo Exhibit Schedule

MONTH	VENUE	THEME
May	Prospect Hts Library - Lg Wall & Cases	Water (anything that is or includes water)
June	No Exhibit	Summer Break
July	No Exhibit	Summer Break
August	No Exhibit	Summer Break
Sept	Schaumburg Lib - TBD	Travel

Remaining Program Schedule for the 2018-2019 Year

5/1/2019 Jim Klepac - Photographing animals at the zoo

5/15/2019 **The Last ACC Club meeting will be on May 15th.** We will hold the Park Challenge review, the End of Year Member Competition will also be held, awarding the Annual Standings Plaques and we will approve the slate for the new ACC Board on that night.

April, 2019 Competition Results

Small Monochrome

Bill Heider, "Windhover Hall", AW-24,
Small Monochrome Print of the Month

Paula Matzek, "June Thaw, Kulusuk",
HM-24

Fred Gold, "Wild Tree", AW-23

Barrie Burr, "Buenos Aires Church",
HM-23

Large Monochrome

Patrick Grady, "Maine Coast" AW-25,
Large Monochrome Print of the Month

Bill Heider, "Hotel Windows" HM-24

Small Color

John Chwalek, "Just Praying Here"
AW-24, Small Color Print of the Month

John Chwalek, "Desert View" HM-24

Barrie Burr, "Carnival in Rio", AW-22

Herb DeBarba, "Wading Moose", AW-24

Bob Reynolds, "A Bad Hair Day,"
AW-25

Judy King, "Angles", HM-22

Nancy St. Clair, "Resting in Peace",
HM-22

Large Color

Kathy Grady, "Olmsted Point," ,
AW-26, Large Color Print of the
Month

Mort Lerman, "Venetian Bridge",
AW-25

Paula Matzek, "Roadside Vermont",
AW-22

Kathy Grady, "Manabezho Falls",
HM-24

Larry Brady, "Diving off Laos
Accos", HM-24

Mike Garber, "Burg Eltz Castle",
HM-22

Fred Gold, "Laundry Day", HM-23

Color DPI

Bill Foulks, "Thailand Shore",
AW-24, Best of Show

John Chwalek, "Closer Look",
HM-21

Mono DPI

John Chwalek, "Magnolia", AW-21,
Best of Show

Bill Foulks, "Regal Stairs", hm-21

Some of the winners and HMs from the April Competition

PRINTS



Bill Heider, "Windhover Hall", AW-24,
Small Monochrome Print of the Month



Paula Matzek, "June Thaw, Kulusuk", HM-24



Fred Gold, "Wild Tree", AW-23



Barrie Burr, "Buenos Aires Church," HM-23



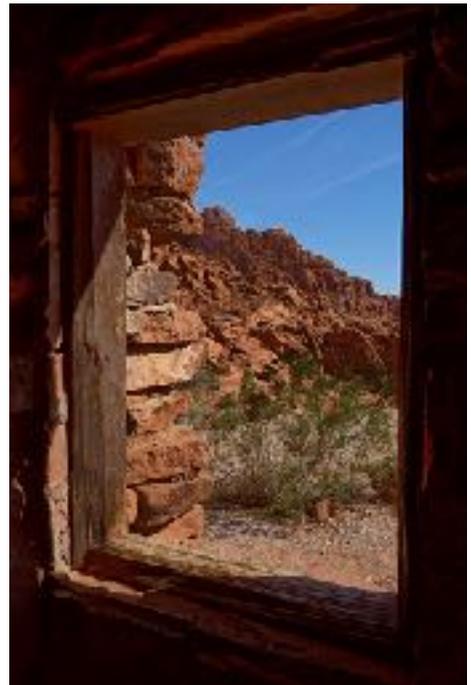
Bill Heider, "Hotel Windows" HM-24



Patrick Grady, "Maine Coast" AW-25, Large Monochrome Print of the Month



ohn Chwalek, "Just Praying Here" AW-24, Small Color Print of the



John Chwalek, "Desert View" HM-24



Barrie Burr, "Carnival in Rio", AW-22



Herb DeBarba, "Wading Moose", AW-24



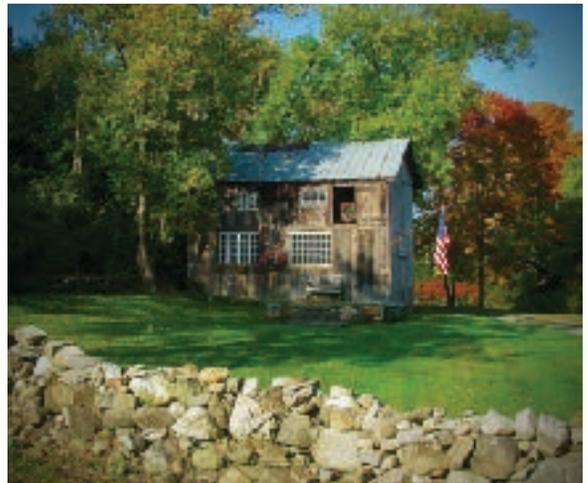
Bob Reynolds, "A Bad Hair Day," AW-25



Kathy Grady, "Olmsted Point," , AW-26,
Large Color Print of the Month



Mort Lerman, "Venetian Bridge", AW-25



Paula Matzek, "Roadside Vermont", AW-22



Kathy Grady, "Manabezho Falls", HM-24



Larry Brady - Diving off Los Arcos



John Chwalek, "Magnolia", AW-21, Best of Show



Bill Foulks, "Regal Stairs", hm-21

Would you like to get out of the house to have breakfast with other ACC members? A group of members meet for breakfast weekly, on Wednesdays, at Gus' Diner in Rolling Meadows. There is always a lively discussion, ranging from photography to photo sites, to challenges, to equipment, to travel, to experiences, to Club matters and so on.

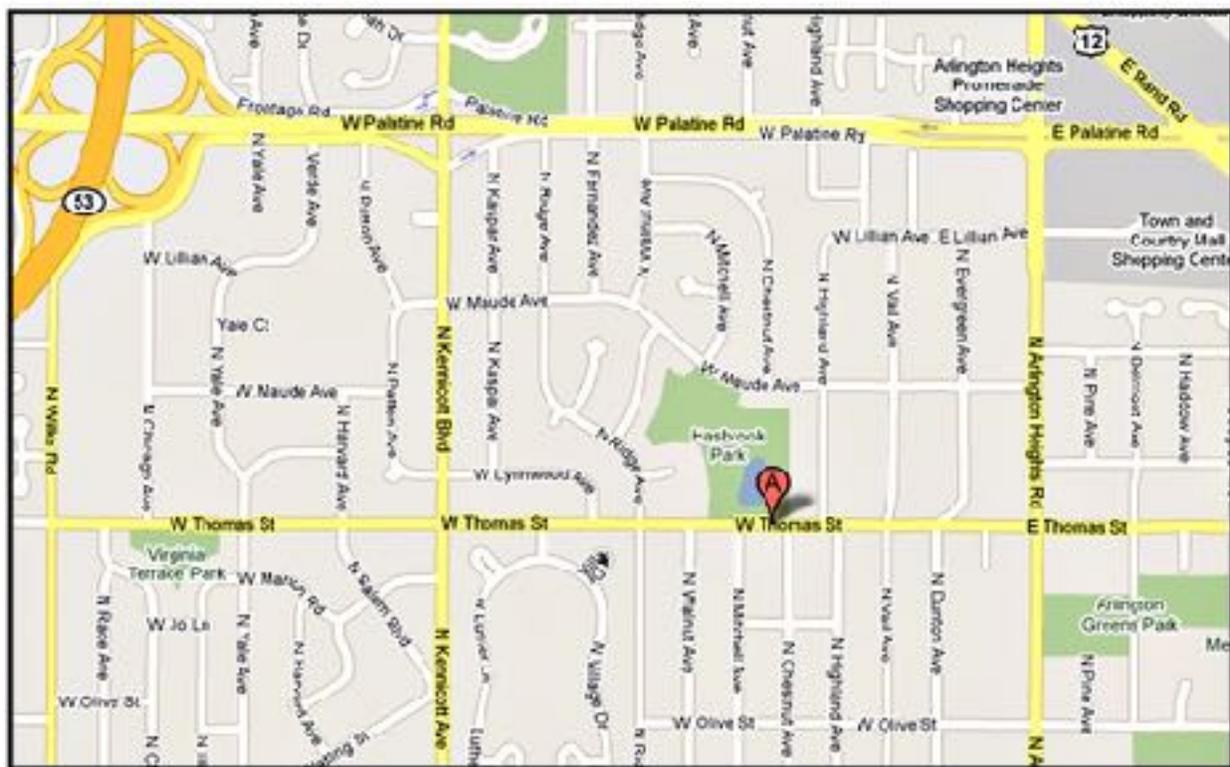
It is fun, a good social outing, and the food is good too.

We meet every Wednesday at 9:00 AM at Gus's Diner , 2160 Plum Grove Road, between Kirchoff and Euclid.

We hope to see you there.

OFFICERS AND COMMITTEE CHAIRS 2018-2019

Larry Arends & Cindy Kuffel	Co-Presidents	president@arlingtoncameraclub.org
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Janis Williams, Carol Arnolde	V.P. Competition	vpcompetition@arlingtoncameraclub.org
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Bill Kruser & Ken Olsen	DPI CACCA	dpi@arlingtoncameraclub.org
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Carol Arnolde	Corporate Secretary	pcarnolde@sbcglobal.net
Susan Paasch	Hospitality	



ACC meets at the Christian Church of Arlington Heights, 333 W. Thomas Avenue, three blocks west of Arlington Heights Road, across from Hasbrook Park on the 1st and 3rd Wednesday of the month at 7:30 p.m.



**Chicago
Area
Camera
Clubs
Association**

The **Happy Birthday** Corner

Happy Birthday to our June Members!!



Marla Moore
Kenn Heinlein
Mike Nugent

If you would like to have your birthday acknowledged in the Through-theLens newsletter please send your name and month to newsletter@arlingtoncameraclub.org



Saturday, June 8th
At Cantigny Park

*1 S 151 Winfield, IL 60189
9:00 AM to 11:00 AM*

The Not-So-Annual
**DONNA THOMAS
MEMORIAL
KODACHROME OUTING**

We all know Donna was a fan of film, and that she single-handedly kept Kodak in the Kodachrome business for as long as she could.

How good were you in the good old days of film?

We can still find out, and have a lot of fun doing it.

There's a lot to be learned from the film days, before digital cameras gave us the ability to take photographs and view the results so instantly, at a remarkable rate, and with amazing quality.

In the film days you would pause before you took a photo, you had to think about how many frames you had left, and plan carefully before you would press the shutter.

Thinking film makes you look at your subject carefully, with an intentional eye, and imagine what the scene might look like before you take the shot.

This helps you compose the frame more meticulously, and look at the light and dark contrast of the scene with more discernment.

These were just a few of Donna's talents. So how good were you in those days of film photography? Would you like to find out?

If you went back to film, would you be as good?

**With a few simple rules we can simulate film photography
with our digital cameras.**

1. Back in film days, we only had a limited amount of frames we could shoot on one roll. Set an imaginary film roll number to limit the number of frames you can shoot to 36. No “Do Overs or Deletes”. Your first shot will be recorded as a starting point, and your last shot will be 36 after that! Starting with a blank memory card would be helpful.
2. Keep your ISO at a preset number like 50, 100, 200, 400, or 800 – which were the common film speeds in the Kodachrome film days. Once you start shooting the ISO cannot be reset.
3. Use only one lens focal length. I’m sure not many of us, unless we were professionals then, walked around with an array of lenses in hand. Let your feet be your zoom! Pick a number and stay with it.
4. Shoot in MANUAL Mode. Use a light meter if you have one. If you do not have a meter you can use the camera meter to set shutter speed and aperture. Or maybe you can remember the Sunny 16 rule. Manual Focus.....no autofocus until 1981 (Pentax).
5. Use the view finder to set up all shots, and avoid using your LCD screen to check the quality of the last shot. Remember how we would carefully rewind the film and send it off to the film developers, and then we waited.....days, or even weeks before we saw the images we shot.
6. No post processing!!!!!!!!!!!!!! Shot in JPG not RAW. We will gather after the shoot for lunch, and a photo show of our “Film Work”. All individual camera data cards will be loaded into a laptop, and shown “AS IS”.

Let’s have some fun as we learn, and as Donna would say:

“It’ll be a Hoot.”

The Sunny 16 Rule

The **Sunny 16 Rule** is a way to meter for correct exposure during daylight on a sunny day without using the camera's meter. So for example, if your ISO is 200, at f/16 your shutter speed will be 1/200 seconds. If your ISO is 100, then your shutter speed will be 1/100 seconds at f/16.

Match your shutter speed to your ISO number and follow this chart for your f/stop number.

Sunny 16 Rule					
Reciprocal ISO and Shutter Speed					
Conditions					
Aperture	f/16	f/11	f/8	f/5.6	f/4

FOR THE DAY OF THE SHOOT...

KODACHROME
TRANSPARENCY

Name: _____
ISO Film Speed: _____
Lens Focal Length: _____

PROCESSED BY
Kodak

<https://cantigny.org>