

Multi-talented local doctor pens his first book

'Recompense: Streams,



Road to Chalten in Southern Patagonia, Argentina – home to many climbers and backpackers.
(Photo Courtesy Dr. Brian Irwin)

CARROLL COUNTY TRANSIT PROGRAM

Request for Proposals Operations and Maintenance

Sealed proposals for a three year contract of operations and maintenance of rolling stock for the, the Carroll County Transit Program flexed and commuter route public transit system will be accepted from individuals, firms, and joint ventures, until 4:00 PM on January 29, 2010 at the offices of the Transit Department, Tri-County Community Action Program (TCCAP), located at 31 Pleasant St., Suite 100 Berlin NH 03570. Proposals received after the due date will be returned unopened. Proposals will not be accepted by electronic mail or fax.

Your submission envelope must be marked with the project, item or service being sought, and the date and time the submissions are due. If you send your submission by mail you should put it into a separate sealed envelope, marked as required, inside the mailing envelope to safeguard against it being opened in error. Any questions with respect to this invitation must be received, in writing by mail (above address), fax (603.752.2117) or email (braymond@tccap.org) by Beverly Raymond, Director, TCCAP Transportation, no later than 4:00 p.m. on January 15, 2010.

A detailed package with information on the services being sought, the conditions thereof, and forms, is available at 9 a.m. on December 28, 2009 at the above offices during their normal business hours or <http://tccap.org/cctrfp.pdf> and <http://www.carroll-countytransit.info/cctrfp.pdf>. A mandatory Pre-Proposal Conference will be held on January 5, 2010 at 10:00 am at the TCCAP Building, 448 White Mountain Highway, in Tamworth NH 03886.

The TCCAP reserves the right to reject any and all bids, and waive any minor or non-material informality, if deemed to be in its best interests.

By Linda Tucker
Contributing Writer

What does one call a man who is an accomplished physician, mountain climber, parent, author, fly fisherman, photographer, ski patrol member, search and rescue volunteer and organizational board member? My word for him is interesting. Or fascinating. Or just plain amazing.

Dr. Brian Irwin's just released first book, "Recompense: Streams, Summits and Reflections," is a compilation of his lifetime experiences that will bring you emotionally into his varied world.

Through his words and pictures, you will feel your heartbeat quicken when he stands on a precipice, your adrenaline will kick in when he pushes over the top of a way-too-steep ski ravine and your anxiety level may rise when he talks of lowering a patient thousands of feet off a mountain top. Through it all, though, you may find yourself with a nagging longing for some of his brand of adventure.

Currently residing in Madison with his two young sons, Andy (5), and Reid (2), Dr. Irwin is a practicing family and travel physician. He writes a weekly health column for the Conway Daily Sun, works as a ski patroller at

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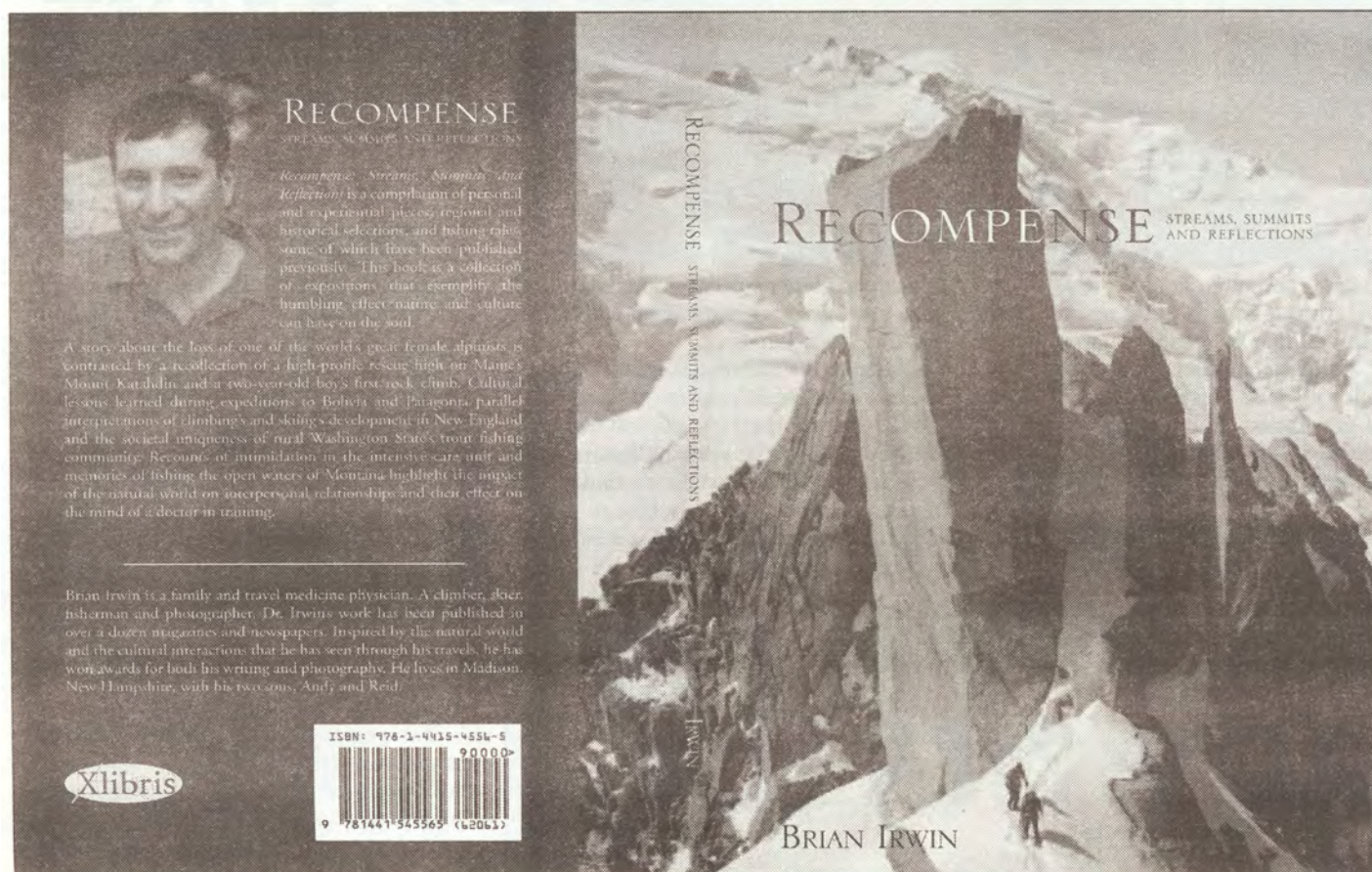
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Fields of Ambrosia, Langdon's Mercantile, The Memorial Hospital, The MET, North Country Fair Jewelers, Old Village Barbershop and Spruce Hurricane or call Jen's Friends at 603-356-5083

Summits and Reflections'

by Dr. Brian Irwin



two energetic boys around doesn't allow for much down time."

"Yes," I agreed, "most people find raising two children challenging enough without adding in life and death drama at every turn."

In his book, Dr. Irwin recounts climbing expeditions to Alaska, Bolivia, Canada and Argentine Patagonia as well as local climbs of Mount Washington and Katahdin. He talks of friends made and friends lost and of alpine rescues and treating patients. With humor and with sadness, he shares his pinnacles and his frustrations as he travels through life.

He told me that he finds writing therapeutic and he credits his dad for instilling "an addiction" to penning his experiences. Dr. Irwin has been widely published in numerous magazines and journals. He proudly expects that his book will be reviewed in two of the largest climbing publications, Rock and Ice and the Mountain Gazette.

Dr. Irwin will be a guest at three local book signings in the next few weeks. He will be at Eastern Mountain Sports on Dec. 19 from 3 to 6 p.m.; at International Mountain Equipment on Dec. 30 from 4 to 7 p.m.; and at the Pinkham Notch Visitor Center, doing a signing and reading, on Jan. 9 from 6 to 8 p.m.

Give yourself, and a friend, a holiday treat by meeting this charismatic author, and reading and sharing this compelling book. If you can't make a signing, the book is available at White Birch Books and from all major book retailers. ▲

Dr. Brian Irwin has released his first book – a must-read – 'Recompense: Streams, Summits and Reflections.'

(Photo Courtesy Dr. Brian Irwin)

Cranmore Mountain, volunteers for both the Androscoggin Valley Search and Rescue and Mountain Rescue Service and is a member of the Kismet Rock Foundation's Board of Directors,

an organization that teaches children leadership skills through the sport of rock climbing.

Who needs sleep?

During a recent interview with Dr.

Irwin, my first question was, "How do you find the time to do all this?"

He looked at me as if to say, "it's no big deal." Shrugging his shoulders, he answered, "I don't sleep much. Having

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