When everyone pitches in a little

Yes, you can make a difference!

by Joan Aichele, Membership Chair

For more than 134 years, the Appalachian Mountain Club has been going strong, and is the nation’s oldest outdoor recreation and conservation organization.

One explanation for much of this longevity has been the strong commitment and dedication of its members, its volunteers.

Each year thousands of AMC volunteers give willingly of their time to such things as trail work, leading trips, excursions and activities, serving on various committees, writing chapter newsletters and managing chapter websites. All in the name of AMC, and willing to help out whenever needed. The total dedication is overwhelming.

As we move forward in the coming years we find the need for volunteers even more important. We are all very busy struggling to stay afloat in our personal lives, which leaves us little time to devote to others. Yet, it is important to take the time to give back to the club, your chapter and your community. Besides the satisfaction of knowing you personally can make a difference, you can leave a legacy for future generations.

Some of you would like to support AMC but cannot afford a financial donation. You can donate your time instead. Lead by example. We need your help. We are not asking for a big time commitment. If we had more members volunteer the workload could be spread out much more so as not to overwhelm a few.

Just imagine if we had fifty people a month devote just three hours of their time to trail work. What a difference that would make then if just a few people donated three hours a month. Or if you served on an activity committee such as hiking, it would ease the burden on the person serving as hiking chair. So please find a way to volunteer and get active. Meet your fellow chapter volunteers and have a fantastic time while doing it.

You’ve heard of a “runner’s high.” Let’s start a new phrase of “volunteer high.” Not sure where or how you can help?

Contact any member or members of the executive committee and they will be happy to steer you in the right direction. Their contact information can be found on this page of our newsletter, Appalachian Footnotes.

Cover photo: Schuylkill River Trail below the Art Museum, by Eric Pavlak.

Membership Information

Moving? Please remember to change your address and desired chapter affiliation by going to the AMC Member Center at www.outdoors.org/membercenter or call AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors and for Footnotes. Address corrections cannot be made by the newsletter editor.

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Lehigh Valley area: Phill Hunsberger, 610-759-7067, lehigh-valley@amcdv.org

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AMC Information Sources:

AMC General Web Site: outdoors.org
AMC Information Sources: Delaware Valley Chapter Web Site: amcdv.org
Delaware Valley Paddler’s Web Site: paddlenow.com
Chapter E-mail: info@amcdv.org
E-mail Hotline: hotline-requests@amcdv.org
AMC General Web Site: outdoors.org
Chapter Ombudsman
Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Jane Shepard, 610-584-4408, or ombudsman@amcdv.org.

Appalachian Mountain Club • Delaware Valley Chapter
Now that our activities schedule is no longer in our newsletter, it is even more important to choose the electronic version. Not only do you receive the full color expanded newsletter, you receive a link directly to a printable version of our chapter activity schedule.

You can save it and then review it at your leisure. If you have still not logged into the Member Center, do so today. It only takes a few minutes. To register:

1. Go to: www.outdoors.org and click on Member Center.
2. For first timers to the AMC Member Center, you must enter your member number found on your AMC membership card or above your name on the mailing label of your AMC Outdoors magazine.
3. Next verify your name by clicking the circle next to your name.
4. Then enter a preferred user name and password. Record these, as you will need them each time you log-in in the future.
5. Choose one security question to answer, which will be used in the event you forget your user name or password.
6. Type in the two words displayed exactly as shown for security purposes. Your log-in is now complete. Take some
time to check out your profile page. Pretty cool isn’t it?

7. Here is the most important step. In the center of your profile page you will see a red colored tab SET CHAPTER NEWSLETTER PREFERENCES. Click on that tab. Next you will need to click on HTML, click on ELECTRONIC and then, very importantly, make sure at the bottom of that page you check, “Yes! I’d like to receive electronic delivery of the Delaware Valley Chapter’s newsletter, Appalachian Footnotes, when available.” Then click on submit.

You are now done. One other thing: When asked if they have signed up to receive our electronic newsletter, some members say, “yes, I am receiving both versions.”

If you are receiving both, then you have not “opted in” for the electronic version. It seems when Hotline subscribers receive the log in information to view our electronic newsletter on our web site, they incorrectly think they have logged in to receive it automatically to their inbox. This is not the case.

The online newsletter on our web site will be going away. It is there only on a temporary basis so you can view it to see how it looks. You need to follow the steps listed above to stop receiving the printed copy and begin receiving the electronic version as well as the activity schedule link automatically. If you have any questions or need assistance, please do not hesitate to contact Joan Aichele at 215-257-3372 or membership@amcdv.org.

Get Footnotes, custom trip lists, by signing up at AMC Member Center

AMC Web Site
You can search the entire AMC database of activities from all chapters, plus interchapter and major excursions. The calendar is updated almost instantaneously once a trip has been entered and approved.

Chapter Web Site
The activities calendar on the chapter web site is the easiest and fastest way to get the latest trip information on DV Chapter activities. The calendar is updated almost instantaneously once a trip has been entered and approved.

Webl and e-mail listings contain the full trip description, up to 450 words!

Print
AMC Outdoors will continue to print the full schedule of all chapters in each issue.

e-Mail
You can get a listing of all DV Chapter trips e-mailed to you each week by joining the chapter Hotline. (Send an e-mail to: hotline-requests@amcdv.org.) Plus, get up to three customized Activities Digests sent to you as frequently as weekly from the AMC Member Center.

Where to get your activities schedule
The Delaware Valley Chapter of the AMC is currently seeking members to fill the following positions:

**Treasurer** – The treasurer collects and has custody of chapter funds, disburses funds under the direction of the executive committee, keeps account of all chapter property and provides periodic reports to the executive committee.

**Vice Chair** – The vice-chair represents the chapter on club committees, oversees the creation of the chapter’s annual report to its members and performs a variety of other duties as assigned by the chapter chair. If the chapter chair is temporarily absent or disabled, the vice-chair assumes the duties of the chapter chair during that time. The vice-chair position provides experiences that groom the holder to eventually take on the role of chapter chair.

**Hiking Chair** – This chair’s primary role is to assist in the ongoing development of new leaders, support the activities of existing leaders and ensure that the general membership is adequately served with a variety of style, skill and location hikes, led by qualified leaders.

**Young Members Chair** – The young members chair is responsible for facilitating a variety of activities specifically for members 21 to 39-years-old, including hiking, biking, backpacking, canoeing and especially social gatherings.

The desired result of this chair’s efforts is to build the relationship between young adults and the AMC to help ensure the longevity and vitality of the club.

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**AMC’s Best Day Hikes Near Philadelphia is great guide to regional hiking**


Review by Kathy Kelly-Borowski

Looking for new hikes, hikes that you can reach by public transportation, hikes you can take with your children or dog? If you would like learn more about berries, birds, meadows, the PA Highlands, spiders, trees, wildflowers, or frogs? This is the book for you.

Susan has grouped the trails listed in the book into three regions: central and southern New Jersey (10 hikes); the Lehigh Valley (14 hikes); and southeastern Pennsylvania and Delaware (26 hikes).

She lists hikes, many well known trails and AMC-DV favorites: Appalachian Trail, Fairmount Park, French Creek State Park, Nockamixon State Park, Peace Valley Nature Center, Perkiomen Trail, Ridley Creek State Park, Valley Forge National Park, and Wissahickon Valley Park.

Other not so familiar trails are listed like Clarence Schock Memorial Park, Money Rocks Park, and Neversink Mountain Preserve.

The book offers an “At-a-Glance” chart listing the hike, the page where the hike is described, its location, difficulty, distance and elevation gain, estimated time, fee, whether the hike is good for children, dogs are allowed, good for cross country skiing or snowshoeing, if you can get to it by public transportation, and lists trip highlights.

Each individual trip lists location, difficulty, distance, elevation gain, estimated time, maps, brief description of the walk, detailed directions including GPS coordinates, trail description, small map showing the route. After each trail description is a paragraph listing helpful additional information: park office hours, fees, location of restrooms, address, phone numbers and websites.

Dispersed throughout the book are 17 short nature essays covering topics such as bird migration, deer ecology and Wissahickon schist. These essays will certainly open your eyes to your surroundings on your next hike.

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**New hiking guide for Mohican in the works**

Kathy and Dave Scranton, members of the DV Chapter and co-chairs of the Mohican Volunteer Committee, are in the process of compiling a hiking guide for the Mohican Outdoor Center. The plan is to include hike descriptions and GPS maps for more than twenty hikes that are within a 45 minute drive of Mohican. A master list will be available to Mohican guests, and they will be able to obtain data sheets for specific hikes at the Mohican office. A preliminary version of the guide was used for Spring Fling at Mohican in early May, and was very well received. Since then, Dave & Kathy have been working with AMC staff cartographer Larry Garland on additional improvements and additions. The guide should be available for guest usage by 2011.
The guest speaker at the Chapter’s Annual Dinner will be Andy Hamilton, Senior Landscape Architect, Pennsylvania Committee East Coast Greenway Alliance.

Andy is a landscape architect at Carter van Dyke Associates. He is recognized for his sustainable design, including smart growth initiatives, community design, street design for all users, Transit Revitalization Investment Districts, transit-oriented design, and neo-traditional and urban planning, along with bicycle-related planning and advocacy.

He is a graduate of Temple University where he served as adjunct professor from 2000 to 2003.

The East Coast Greenway (ECG) is the nation’s most ambitious long-distance urban trail project. By connecting existing and planned shared-use trails, a continuous, traffic-free route is being formed, serving self-powered users of all abilities and ages. Three thousand miles long, the Greenway links Calais, Maine at the Canadian border with Key West, Florida. Alternate routes will add another 2,000 miles to the ECG trail system.

This green city-to-city travel corridor was launched in 1991 when the East Coast Greenway Alliance formed to make this vision a reality. The East Coast Greenway will be entirely on public right-of-way, incorporating waterfront esplanades, park paths, abandoned railroad corridors, canal towpaths, and pathways along highway corridors.

The East Coast Greenway enters Morrisville, Pennsylvania from Trenton, New Jersey over the Calhoun Street Bridge. At this time, it follows PA Bike Route E for much of the 55-mile route, passing through lower Bucks County, Philadelphia and Delaware County, and then crossing into Delaware near Marcus Hook.

The dinner will be held on Saturday, November 6, at Marjeane Caterers 320 South Broad Street, Lansdale, PA, from 5-9:30 PM. For $33 per person the event will include a cocktail hour (cash bar) and hors d’oeuvres, buffet dinner and dessert!

The evening’s schedule is:

5:00-6:00  Happy Hour (cash bar)
6:00-7:00  Dinner
7:00-7:30  Election of Officers & Chapter Award Presentations
7:30     Featured Speaker

To register, fill out and return the registration form found here with your check. If you have any further questions don’t hesitate to get in touch: Stephanie Wall, Social Chair, social@amcdv.org.

Outdoor leadership course offered this Fall

In addition to the training course for outdoor activity leaders we offer each year in the spring, we have established a reciprocal arrangement with the Connecticut Chapter so that DV Chapter members may attend their leadership training course in the fall. This course covers many aspects of being a trip leader, and is led by AMC volunteers and staff.

DV Chapter members completing this course will be certified as trip leaders upon completion of two successful co-leads on DV Chapter trips. The course this year will be offered on the weekend of November 19-21 in Litchfield (western), Connecticut.

The cost for the weekend is $50 for members, $60 for non-members, including two nights lodging, two breakfasts, one dinner, instruction and handouts. For those leading at least two hikes for the DV Chapter within a year of the course, 50 percent of the course cost will be reimbursed. For additional information on this course or on other leadership training opportunities available through the AMC, contact Leadership Chair Lennie Steinmetz at leadership@amcdv.org or phone her at 610-694-8677.

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**Ride the best urban bikeway on the East Coast!**

by Eric Pavlak

Its scenery ranges from stunningly beautiful to fading industrial. It links together a dozen urban neighborhoods and old river towns as it extends from the heart of a major city to isolated pastoral woods. And always, always, it has excitement, the thriving vitality of people cycling, running, walking, skating, ever-moving. Even at 10 AM on a rainy November weekday, I was never out of sight of another bike!

And variety! From paceline riders going 25 mph to children on their first bikes. I have seen every kind of bicycle imaginable, from radical streamlined recumbents to a half dozen high-wheelers. Tandems? I’ve seen triples! There are always people, yet it never seems too crowded. And it is always fun.

I ride parts of the completed section of the Schuylkill River Trail, which extends from downtown Philadelphia to Phoenixville, many times a week except in winter. And I have done so for years. Its easy for me, since the trail is just a few blocks from my home. It’s a 50 mile ride from my door to the end and back, on a trail that’s flat as a pancake. So I will begin my travelogue there.

Traveling south from the junction with the Perkiomen Trail in Oaks, the trail passes over the Perkiomen Creek, skirts Route 422 for a few hundred yards, then slips into a pretty wooded mile-long section as it approaches the Betzwood Picnic Area. Betzwood offers the last restrooms and last chance to refill your water bottles until Conshohocken.

Just south of the picnic area is a pedestrian and bicyclist bridge across the Schuylkill River to the main part of Valley Forge Park, a caged-in enclosure with wood plank floor tacked onto Route 422. Next, you pass some newly restored 100-year-old industrial buildings, all that remains of a once great movie empire. (See the box below.) The trail stays in the woods for the next mile, emerging next to, but high above the Schuylkill River, with sweeping panoramic views.

Norristown follows. Be careful of broken glass in the short stretch just north of the bridge over Route 202. In past years this area at the foot of Haws Avenue was the site of problems with local youths harassing and intimidating trail users, mostly on summer evenings. Frequent patrols by county law enforcement officers seem to have eliminated this problem. The thugs have been replaced for the most part by increasing numbers of local family groups walking or riding.

The trail passes right through the busy Norristown train station, so watch for pedestrians, particularly after a train arrives.

The next few miles of trail skirt a residential street and pass through an industrial area that includes a sewage plant and a steel mill plus some wooded sections before emerging in Conshohocken. This is actually fairly pleasant riding, and the only hazard is the proliferation of ground hogs that enjoy munching the grass along the trail in the cool of the evening.

There is a coffee and sandwich shop across from the Conshohocken train station with outdoor tables, a bike rack, cold drinks and a clean restroom. A mile or so of numerous grade crossings and lumpy paving carry the rider to the Spring Mill train station, then on through miles of very lovely woods all the way to the end of the rail trail at Shamwright. Here, the trail dips down to Nixon Street, and then follows the old Manayunk Canal towpath into Manayunk. If you want to climb one of the highest and steepest hills in Philadelphia, turn left before the canal path and stay on Shawmont Avenue to the Shawmont School.

The Schuylkill River Trail has its own “sag train” service: If you get tired or it starts pouring, just hop on a train to return to your start. SEPTA’s Manayunk-Norristown commuter line parallels the bikeway from Wissahickon to Norristown. You can take your bike on non-peak hour trains, including all weekend at no additional fare. The train stations, especially Norristown, Conshohocken and Spring Mill are popular train access points for walkers and cyclists, and their parking lots are mostly empty on weekends. You can even use the train as a shuttle.

A small portion of the canal section is currently under construction and restoration. Officially, it is closed, but in practice, you can use it. You might have to walk or even carry your bike a hundred yards or so, but the construction workers seem not to mind.

As you approach Manayunk, the path becomes a boardwalk, and continues through Manayunk, (which is actually just a Philadelphia neighborhood) behind the main street businesses. Manayunk has lots of cyclist-friendly places to eat, plus a major bicycle shop.

At the south end of Manayunk, the trail currently moves onto Main Street, then onto Ridge Avenue. It stays on the street until you have crossed the Wissahickon Creek just past a major SEPTA transportation center. If you were to cross the street here, you would be at the lower end of the Wissahickon Valley, with miles of...
Bike trail through its famous and beautiful park.

Now comes the tricky part: for the next half mile, by custom among cyclists, southbound riders use the road and ride with traffic, while northbound riders use the narrow sidewalk. It works. Leave the road at the first parking area and enjoy the ride unthreatened by motorists the rest of the way. The only street crossing from here to the art museum is at the Falls Bridge. This bad on-streets section is slated to be replaced, and engineering work is currently underway.

That’s not to say that you won’t have traffic! The trail, a double trail in some parts, is one of the busiest pedestrian and bicycle paths in the country. And not everyone on it knows what they are doing, so be careful! But it is great to see so many people exercising and having fun.

The scenery is both urban and park, and is spectacular. The path is lined with original works by world famous sculptors. The path closely follows the river where single sculls and rowing crews practice and race. At almost every turn you can see a scene painted by Thomas Eakins. People picnic in the park or fish along the bank. Huge stone arch bridges pass overhead.

If you are going on a weekend, check for major events, particularly rowing races that can add to the congestion, or be a destination in themselves.

As you pass the historic boathouses of the various rowing clubs, you will need to be particularly mindful of pedestrians, and of reckless cyclists. I find that I can maintain a reasonable 10 to 12 mile an hour speed on even the busiest parts of the trail. Just be aware of your surroundings.

At the end of Boathouse Row sits Lloyd Hall, a public recreation center with water fountains and restrooms. Next, the trail winds between the Philadelphia Museum of Art and the newly restored Fairmount Waterworks, built in 1825, part of the world’s first modern public water system. Fairmount Park and Wissahickon Park exist today because in the early 19th century Philadelphia decided to protect its water supply by buying the watershed. Unfortunately, they didn’t buy enough!

Currently, the trail ends about a mile and a half below the museum at Locust Street. Ride this section to see great city skyline views. Work is underway to carry it across the river and to 250-year-old Bartram’s Garden, America’s oldest botanical garden. This is part of the $17 in stimulus funds that also includes some of the work necessary for the Manayunk trail improvement and relocation. The trail is maintained by the city of Philadelphia, Montgomery County and by volunteers.

**Ride, run, walk, but keep it safe!**

- Ride, walk and run on the right side of the trail, pass on the left. Cyclists should yield to pedestrians, skaters to everyone. And that’s what the signs say.
- Be aware of other trail users! Pay attention. Don’t suddenly swerve, gesture or change direction.
- There is no speed limit on the trail, and expect cyclists riding at 20-plus miles an hour, and expect paceline riding.
- Cyclists should tame their speed and yield to pedestrians when passing through train stations.
- Bicyclists should warn other trail users when overtaking. “On your left,” is the call when overtaking.
- Carry a cell phone. Put it in a plastic bag with a few bandages. And keep both there for emergency use. Cell phone use while walking or riding is distracting and unsafe.
- Keep dogs on a leash (required), and don’t allow the leash to stretch across the trail. Dog-bicycle collisions are not good for either cyclist or dog.

**For more information:**

**Trail maps**
http://www.schuylkillrivertrail.com/
http://trails.montco.org/trails/
http://www.bicyclecoalition.org/content/schuylkill

**Interactive map**
http://www.bicyclecoalition.org/resources/maps/wiki

**History and travel information**
http://www.schuylkillriver.org/default.aspx

**Activists**
http://www.bicyclecoalition.org/
http://completethetrail.org/
http://www.pagreenways.org/
Lyme disease, tick risk peaks in early fall

Lyme disease is the most frequently reported tick-borne illness in the United States. People become infected with Lyme disease through the bite of a deer tick (*Ixodes scapularis*, also called the black-legged tick) that is infected with the bacterium *Borrelia burgdorferi*.

Recognize the ticks! Deer ticks, and dog ticks infest a wide variety or animals, including humans, not just their name-sake hosts.

Deer ticks (*Ixodes scapularis*) can transmit several tick-borne diseases, such as anaplasmosis, babesiosis, and Lyme disease. They are tiny compared to the more familiar dog tick, often no bigger than this • • • The American dog tick (*Dermacentor variabilis*) can carry diseases such as Rocky Mountain spotted fever and tularemia. The Lone Star tick *Amblyomma americanum*, does not retransmit Lyme disease, according to the CDC. For identifying photos, visit http://tickslickers.com/photos.html.

Recognize the Symptoms!

People of all ages can be infected. There is no vaccine currently available to prevent Lyme disease or most other tick-borne diseases, so early detection and treatment are important. Most tick-borne diseases can be treated successfully. Early detection and treatment can prevent more serious illness. Early symptoms of tick-borne diseases may include fever, headache, fatigue and a rash in the area of the bite.

Avoid Tick Bites! Use extra caution when in areas with lots of ticks, or avoid these areas if you can. They include wooded and bushy areas with high grass and lots of leaf litter. Take extra precautions late spring through early fall when ticks that transmit disease are active. Walk in the center of the trail when in the woods or high grass. Heed posted warnings about high tick areas.

Keep Ticks off Your Skin. You can apply insect repellent with 20 percent DEET or more on skin and clothing when you go to tick-infested areas. Don’t spray repellent on skin under clothing. Wash off DEET repellents when returning indoors. DEET can dissolve many synthetic fabrics, including nylon, rayon and spanex. DEET repellents are deemed safe for children when applied by adults, but not safe for infants. Note that Health Canada has banned the sale of repellents with more than 30 percent DEET.

Cover up! When in likely tick areas, wear long pants, long sleeves, and long socks and a hat. Light-colored clothing will help you spot ticks more easily. Tucking pant legs into socks or boots and tucking shirts into pants help keep ticks on the outside of clothing.

Perform Tick Checks! Remove ticks from your clothes before going indoors. Check your body and your child’s body for ticks after being outdoors, even in your own yard. Use a mirror to view all parts of your body (in armpits, behind ears, in groin, etc.) and remove any ticks you find.

Safely remove ticks. Early tick removal may reduce the risk of infection of some tick-borne diseases. Follow the steps below to safely remove ticks from animals and humans.

1. Use fine-tipped tweezers and protect bare hands with a tissue or gloves to avoid contact with tick fluids.
2. Grab the tick close to the skin. Do not twist or jerk the tick, as this may cause the mouthparts to break off and remain in the skin.
3. Gently pull straight up until all parts of the tick are removed.
4. After removing the tick, wash your hands with soap and water or waterless alcohol-based hand rub. Clean the tick bite with an antiseptic such as iodine scrub, rubbing alcohol, or soap and water.
5. Contact your health care provider if you develop fever, headache, fatigue, or rash. Use tick medicine or collars on dogs and cats.

— Compiled from CDC and other sources, by Eric Pavlak

Unsung Heroes of the DV Chapter

Donna Fried, provider of LV meeting snacks

The Lehigh Valley Group has been in existence for 18 years, bringing together AMC members from the northern reaches of the DV Chapter. The monthly meetings, in addition to providing programs on a wide range of topics, also include a time for socializing and refreshments. For most of these meetings in the past 18 years, the refreshments have been provided by one person: Donna Fried.

Over the years, the fifty or so people who attend the monthly meetings of the LVG Group have come to take for granted that the coffee and other beverages will be ready, along with a variety of fresh fruit, home-made cookies, and various other tempting snack items.

The after-meeting social time often lasts as long as the program, since people seem to enjoy the opportunity to meet new attendees, renew old acquaintances, and plan for upcoming outdoor adventures. Of course, since AMC has jokingly been referred to as a “hiking club with an eating disorder” (or an “eating club with a hiking disorder”), this social time would not be the same if it weren’t for Donna’s hospitality.

Donna has been a member of the DV Chapter since 1978. She makes the trek to Bethlehem each month from her home in East Greenville. For many years, she was a teacher in the Upper Perkomen School District who spent her summers serving as the Director of Programming for the UCC’s Mensche Mill Church Camp & Retreat Center in Berks County.

Now retired from those positions, she has the time to perhaps complete the remaining 150 miles of the Appalachian Trail that she has not yet hiked, sections in the Shenandoahs and in Mahoosuc Notch.

Fortunately for the Lehigh Valley Group, she still finds time to offer up that great hospitality at the LVG’s monthly meetings, and will be on hand when the monthly meetings resume on the third Wednesday in September.

Thanks, Donna, for your many years of service at the DV Chapter’s Lehigh Valley Group meetings! — Lennie Steinmetz

Balancing Act: Lyme disease is serious and should not be taken lightly. However, some parts of the medical community sees the solution to tick-borne disease as greatly limiting outdoor activity by avoiding some of the best places to hike and play, combined with liberal application of repellents and seasonal use of insecticides on lawns and yards.

These chemical deterrents are not without risks, however. DEET (N,N-Diethyl-meta-toluamide) is a nurodisrupter and almost all insecticides are neurotoxins — that is how they work. It just takes a lot more to affect a large animal than a tiny one.

You need do your own research, and make your own informed personal choice. I personally choose to go on with all my outdoor activities, avoid the very worst conditions, protect with clothing and check myself, and use DEET repellents sparingly and only when really necessary, usually for mosquitoes. And I am a organic gardener. — EP
Chapter picnic, June 19
Middle Perkiomen Valley Park
Photos by Jim Bloom
Summer Paddling

Whitewater on the Lehigh River, sea kayaking on the Chesapeake Bay, Eric Pavlak photos. Left, Delaware River, below Mullica River, photos by Rich Pace.
AMC Fall Gathering is October 15-17, hosted by the Worcester Chapter at the Prindle Pond Conference Center Hilltop, Charlton, MA. Whether you enjoy hiking, biking, paddling, rock climbing or just like to socialize with other AMC members (or non-members), October is a great time to explore central Massachusetts. Plus family-oriented activities will be offered, so bring your children and grandchildren. Top it all off with lively Saturday evening entertainment and a bonfire. This will be an event you won’t want to miss!

2011 individual reservations open September 1 with reduced family rates. Individual members and the public can book reservations at AMC lodges and huts for the coming year. New rate and reservation options for 2011 include:
- Central and online booking for Mohican
- Family-friendly rates
- New youth rates amd new child rates

Don’t miss out - Plan your 2011 Vacation starting September 1! Visit www.outdoors.org/lodging or call 603-466-2727 for more information and reservations.