



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Early Spring Extra 2011 • Volume 49 • Number 2

EXTRA!

**Spring whitewater • Spring Fling
Leader training • Meetup, & more!**





Appalachian Footnotes

the magazine of the
Delaware Valley Chapter
Appalachian Mountain Club
published using recycled electrons.

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Joan Aichele earns AMC leadership award

Chapter Membership Chair Joan Aichele was presented AMC's Volunteer Leadership Award at the clubs annual meeting in Boston this January.

Joan is not only a very active Membership Chair, but also an active hiking leader, involved member and a tireless AMC advocate. Joan leads several hikes each month with at least one especially for new members or first time hikers.

As Membership Chair for the Delaware Valley Chapter, Joan is fully engaged in AMC's mission. She is an enthusiastic recruiter of members and concerned about retaining members across AMC. She seeks new ways to interact with members and is a proven advocate for them. Joan's outgoing and easy manner make her available to members old and new as a resource and conduit to the Club. She is happy to get involved to solve member problems, and doesn't hesitate to speak up when she thinks things could work better.

Congratulations, Joan, on this well-deserved award!



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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Delaware Valley Chapter Web Site: amcdv.org

DV 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.

Cover: Jack Mitchell descends High Falls rapid on the Cheat River in West Virginia, John Milne photo. Hiking in Van Campen's Glen, part of last year's Spring Fling at Mohican, Jim Bloom.

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Early spring whitewater: ya gotta love paddling to do it!



Once, while paddling a favorite swollen creek on a 35 degree rainy March day, someone observed, "If they made us do this at work, we'd quit!"

No, we are not masochists! We'd prefer to paddle tropical water in balmy air. It's just that many of the best whitewater streams in our region are only runnable when the ground is still sopping with snowmelt and the plants still dormant. Once the foliage starts to green, plants consume half of all rainfall.

You have to dress for the water. Even as the air warms in April and May, the water is still ice cold, and demands wet suits, dry suits, neoprene gloves and boots and a variety of other clothing to protect the paddler.

Clockwise from upper left: march to the put-in, Black Creek into the Lehigh River; the Haystacks, Loyalsock Creek; final drop, Shohola Creek; Shaver's Fork of Cheat River; Upper Colosseum, Cheat River Canyon; Tohickon Creek; Shohola Gorge; Lower Moose River; surfing on Tohickon Creek; Denton Falls, Neversink River; and Tohickon Creek.

Visit the AMC paddler's web site:

<http://paddlenow.com>



Meetup: a new way to attract participants to your AMC trip

By Terry Berntsen

If you've given any thought to becoming an AMC "Meetup" leader, I am pleased to report that it's been a terrific experience and I'd like to tell you why.

I have posted about 10 activities on Meetup, and each event has been very worthwhile.

My overall participation has been absolutely gratifying. Frankly, I am surprised to discover many Meetup participants have been

long-standing AMC members but seldom or never participate in any AMC events.

These members are more comfortable in a social networking environment. They find the Meetup web site and application much easier to use than our traditional AMC sign up process. Therefore, they have become active members, and we are now able to reach and engage more of our membership.

Meetup has also brought many new faces at all different age levels to the mix. What a delight to include all this new found exuberance and interest in our activities. It totally enhances the dynamics of the group and event.

Several of the new faces have since joined AMC, making our club more robust. I've only heard great reviews from the Meetup audience and by word-of-mouth the group has grown to more than 700 members. What a phenomenal opportunity to share our passion and knowledge of the out-of-doors environment.

Meetup has also brought greater participation to my local hikes. It has given me great pleasure to have such significant interest and attendance. Let's face it, we have done the research, the scouting and have posted the hike, now let's share that experience with others. Meetup has proven to be the vehicle.



Terry led this short winter loop at Schooley's Mountain County Park, Morris County, NJ, on February 19. Edward Duffy photos.

Some leaders may be concerned about having too much participation, but you are totally in control of how many Meetup participants you want by setting the parameters on the hike description. Don't forget to set aside some spots for AMC members who sign up via the outdoors.org web site. As far as the extra effort to get the hike posted, it's not that complicated.

Of course, your hike must be approved through the traditional process. Once approved and posted on outdoors.org, you can cut

and paste your hike description right onto Meetup. Meetup offers some truly nifty features to boot! You can add the hike's location which will provide directions. It also lists all the responses so participants can organize their own carpooling. It gives the participant the ability to change their response from yes to no. You'll have no more multiple e-mails back and forth providing directions and changing responses — much more streamlined.

After the hike, the camera enthusiasts can download their

photos into an album which everyone can view. An opportunity to comment and rate the hike and venue is automatically generated



by the system: a very worthy attribute for leaders to better understand feedback for future hikes.

Remember our AMC's vision and goals: to provide outdoor and environmental experiences; to manage our trails and protect our land, to get more people involved; and to provide outdoor safety and recreational information. Let's work together to encourage more people to get involved and interested in our mission and goals and let's continue to have lots of safe fun in the outdoors.

<http://www.meetup.com/Appalachian-Mountain-Club-Delaware-Valley-Chapter/>

Share your interests, become a trip leader

Outdoor Leadership Workshop to be held April 8-10 at Nockamixon SP

If you would like more hikes and activities offered in your area or if you have favorite hiking destinations that you'd like to share with others, then you should consider becoming an AMC trip leader.

The AMC-DV Outdoor Leadership Training course is offered once a year in the spring, and this year's course will take place on April 8-10 at the Nockamixon Environmental Education Center.

The course will cover a wide variety of topics such as activity planning, leadership styles, group dynamics, conservation and minimum environmental impact issues, map and compass skills, AMC leadership requirements and guidelines, liability issues, accident scene management, and opportunities for extended trip leading within the AMC. Instructors will be experienced AMC volunteers and staff whose goal is to help you improve your skills and gain the confidence you need to become a successful trip leader.

The course will run from 8:00 AM to 4:30 PM on Saturday, and 8:30 AM to 3:30 PM on Sunday. There will also be an optional map and compass training session on Friday evening from 7:30 to 9:30 PM.

The cost for the course is \$35 for AMC members, \$50 for non-members, \$20 for AMC members who complete one co-lead by April 1, 2011. If you'd like to stay overnight at Weisel Hostel (where the Friday evening session and Saturday dinner will take place), the cost is \$15 for one night or \$24 for two nights. The Saturday night dinner cost is \$15.

For registration information or have any additional questions about the course, contact DV Leadership Chair Lennie Steinmetz at leadership@amcdv.org, or 610-694-8677.

Run and walk will benefit Valley Forge trails

Valley Forge National Park will host the sixth annual Revolutionary Run at 8.30 AM on Sunday, April 17, 2011. It is a five-mile race mostly using the park's newly repaved Joseph Plumb Martin trail. There is also a three-mile walk and a one-mile youth fun run.

In previous years, the Revolutionary Run has generated as much as \$30,000 for the Friends of Valley Forge to use in maintaining the park trail network. More than 1300 runners, 300 walkers and 75 children have participated in the annual event.

This is not an AMC event, but is sponsored by the Park and the Valley Forge Convention and Visitors Bureau.

Visit <http://www.active.com/running/valley-forge-pa/6th-annual-valley-forge-revolutionary-5mile-run-2011> for more information if you want to participate. If you can volunteer to help with the run, please contact Phil Mulligan at 215-247-8658 or at valleyforgetrails@amcdv.org.

Newsletter Editor Wanted!

If you want to be the next editor of this publication, let us know!

You need: A desire to be creative, the ability to organize and arrange, a passion for quality and detail, the ability to learn new skills, plus a computer with internet access.

You get: A full version of the Adobe Creative Suite on your computer, including Photoshop, Illustrator and InDesign. A chance to help others while showing off your creative talent. Help and support will be provided.

Writers, Copy Editors & Photographers Wanted!

We need writers, editors and photographers willing to take on assignments, and deliver quality articles and pictures on time.

Contact Eric Pavlak, newsletter@amcdv.org

 *Mark these dates!*

2011 Social and Education Events

Wilderness First Aid Practice Trip – Sunday, March 27

Outdoor Leadership Workshop – April 8-10

Spring Fling at Mohican – April 29-May 1, see page 6

DV Leaders Social – Saturday, May 21, Weisel Hostel

Basic Canoe Training – May 21 & June 4

Annual Picnic – Saturday, June 18, Tohickon Valley Park

Solo Open Canoe Training – July 9-10

Swiftwater Safety – Saturday, July 23

Annual Meeting – Nov. 12, location not yet determined

Wilderness First Aid Practice Trip, March 27

For those who have taken WFA or WFR. You do not need to be an AMC leader to participate but do need to have first aid training as this will not be a teaching exercise. We will take breaks as we hike to run through role playing exercises as well as discuss experiences we've had on the trail and water. Ted Stiles Preserve, Baldplate Mountain. Donna Morgan, tenkmaniacs@yahoo.com.

Annual Activity Social

Make new friends and socialize with some old friends! Snacks, dinner & dessert for \$10! BYOB

Prior to the social, several activities are scheduled, including hikes. Presentation of the 100 mile hike awards will take place during the social.

Sat., March 26 – 5 to 8 PM – \$10/person, BYOB
Perkasie Fire Company No. 1, 100 N. Fifth Street,
Perkasie, PA 18944

RSVP Stephanie Wall, stephaniewall3@gmail.com or 215-421-5660

Checks must be received by March 20

Send checks (no cash) make payable to AMC-DV to:
Rhoda Eisman, RR #1 Box 277, Tannersville, PA 18372

Mohican, AMC skiers, focus of TV show

Participants in the Cross-Country Skiing and Winter Hiking Weekend Getaways at the Mohican Outdoor Center on January 21-23 found that they were about to become reality TV participants.

Producer Jim Lecarre of High Point Productions joined the group at Mohican that weekend to film a segment for Garden State Adventures, a program that explores public land available for the outdoor person.

Staff member Mark Zakutansky from AMC's Bethlehem office served as host and interviewer for the program. He interviewed cross-country ski leader Mark Kern and winter hiking leader Bill Steinmetz about their respective sports, and Mohican manager Dave Simpson about the facilities available at the Mohican Outdoor Center. Lecarre shot footage of both the skiing and hiking groups in action on the trails in the Delaware Water Gap. Since many inches of fresh snow had just fallen in the area that week and it was sunny and clear that weekend, he was very pleased with the footage he was able to capture. The evening workshop presentations were also taped, along with the group dinner on Saturday evening in the main lodge.

The broadcast will be online (availability date not yet announced) at <http://gardenstateadventures.com> and on TV on Service Electric Cable Channel 10 (northwestern NJ), as well as on YouTube and Facebook. Shows can also be viewed at <http://www.nbc40.net/>.

What a weekend!

Spring Fling 2011 at Mohican April 29 - May 1

AMC's club-wide annual event draws members from all over the Northeast to our nearest club facility. The third annual Spring Fling event will take place at the Mohican Outdoor Center on the weekend of April 29-May 1, 2011.

There were more than 110 people in attendance from six different AMC chapters last year, so the planning committee is looking forward to another great event for 2011. This is a chance to join your AMC friends from near and far for a fun-filled weekend featuring hikes on the scenic trails in the Delaware Water Gap, biking on the park's roads and rail-trails, a visit to the Lakota Wolf Preserve, paddling on Catfish Pond (canoes, kayaks and all gear provided), and of course, making s'mores around the campfire.

There are a variety of guided activities for you to choose from throughout the weekend, and all meals are included, too. AMC members and non-members and their families are invited.

Perhaps the best way to sum up the weekend is to share some of the comments from last year's participants:

When asked why they chose to attend:

- I heard it was fun in 2009, and wanted to see for myself
- It sounded like a great start to the spring
- I always have a great time at Mohican – people are friendly and events well organized
- Looking for a good/fun filled group experience with like-minded individuals
- Had such a great time last year
- Affordable, all-inclusive, great variety

When asked what they liked about the weekend:

- Hikes were excellent
- Volunteers were truly amazing
- Beautiful location
- Plenty of interesting and different activities
- It is an inexpensive way to get away for a great weekend
- Surroundings are gorgeous

The AMC member price per person for the weekend, which includes two nights lodging, five meals, and two social hours, is \$159 for a premium cabin, \$145 for a standard cabin, and \$119 for tenting. Register early, as last year's event sold out quickly. Leader: Henry Schreiber (hfschreiber@pobox.com), or AMC Reservations: 603-466-2727, 9 AM to 5 PM Monday to Saturday, amclodging@outdoors.org.

Joys of Spring Fling: a review of last year's event

by Elizabeth Eby, AMC Washington DC Chapter

On April 30, 2010, more than a hundred AMC members, friends and family met at the Appalachian Mountain Club's Mohican Outdoor Center for two nights and three days of hiking, canoeing, biking and chilling out with like-minded people. I have the evaluation forms participants submitted at the end of the weekend, and this is what I found.

The crowd was mostly adults, singles and married couples who as one participant wrote, wanted "to get out first thing in the spring." A cure for Vernal Fever Hiker Passionitis motivated many of us to attend the Spring Fling. Other reasons included the desire to meet new friends, to take a break from work and to participate in outdoor activities; still others wanted to explore AMC and the facilities. New



Yorkers also mentioned the convenience of Mohican, which is just one hour away from their city. One participant summarized the experience as what I'll call The Five Ns: Nice price, Nice cabins, Nice events, Nice hikes, Nice deserts and Nice breakfasts.

Nice Price

The price, including two nights in a shared cabin, food and all activities was \$139. A friend who is an active AMC member in the Washington, DC area invited five of us to join her for a chance to explore the Delaware Water Gap. To make our trip more fun we rented a luxury van with lots of room for baggage and several levels of backseat drivers. If you want to take a similar journey, say from New York to Shenandoah National Park, we rented the van via Priceline.com, cost including gas for our entire trip was

\$70 each.

Nice cabins

We arrived with just enough daylight to comfortably travel the steep, winding road that enters the center. We had no idea what to expect and were delighted to find the nicely furnished rustic lodge

and spacious cabins. Our cabin, Blueberry, slept 16 people in four comfortable rooms leading off the large living room with a big fireplace, sofas and lounge chairs. The cabin was modernized in 2010 and had two and a half baths (with enough hot water for everyone to shower) and a large kitchen with shiny new appliances. Other cabins are similar to Blueberry or smaller including one honeymoon sized cabin—big enough for a couple or three close friends. Tent sites, one of which has a stellar view of the lake, are also available.

Nice events

After organizing our beds, we went up to the lodge. Following a welcome speech by Henry Schreiber, the event chair, and a display of raffle items, some of us took off for a nighttime hike, others stayed in the lodge for beverages (bring your own booze), chips, cookies and music. Dave Simpson, an accomplished singer and the Resident Director, started the evening off accompanying himself on the piano and was later joined by the "house band" some seriously talented gray beards who played guitars and sang songs we all know and love.

On Saturday evening, we gathered at the Boat House for a BYOB cocktail party meet and greet before dinner. Relaxing on the deck (an excellent spot for an afternoon catnap), watching boaters paddle across the glassy pond, we shared stories about our adventures. It was easy to meet new friends. After dinner (several varieties of lasagna, vegetarian, Mexican, chicken, traditional and more)



Historic re-enactments and demonstrations take place here (check the web site for dates).

Nice breakfasts and deserts

A group of volunteers prepared great breakfasts (scrambled eggs, cold cereals, and pancakes with all the trimmings) and hot dinners which included salads and both meat and vegetarian entrees. Sandwich makings and other items were provided for make-your-own brown bag lunches. Meals were served at long communal tables so we had additional opportunities to meet fellow travelers. Reading the evaluations, almost everyone commented on the food. Most were favorable except for the coffee which wasn't exactly Starbucks. I agree with the person who said, "Skip the low-fat salad dressings and low fat half-and-half." However, some folks asked for fewer carbs. In general, the food comments provide more information on the groups' characteristics — we are concerned about the environment and nutrition. Several people suggested using re-usable tableware or asking participants to bring their own to reduce the paper and plastic goods. It is important to point out



some folks returned to the Boat House for Irish dancing, others met by the outdoor chimney for a campfire replete with s'mores and a sing-along.

Nice Hikes

A pre-printed hike schedule included brief descriptions and maps. Bug repellent, maps and flashlights were for sale at the lodge. Twelve hikes of varying difficulty were offered between Friday and Sunday, some were all day long, others were shorter. The Lakota Wolf Preserve was also open both days. The preserve is rarely open to the public and is a special treat. Highlights of two trails follow. I selected them because they are suitable for hikers of all ages and skill levels and, although they may not be typical of the terrain, seem to me to be unique to the Delaware Water Gap.

After dinner on Friday, we put on headlamps and followed the Rattlesnake Swamp Trail to Kittatinny Ridge where it meets the Appalachian Trail. The Ridge provides a grand view of suburban Blairstown, NJ. The twinkling lights and quiet streets seemed to go on forever. I wondered if suburbanites looking up at the stars might mistake the slowly moving line made by our headlamps for the arrival of a space ship.



Van Campens Glen Hike might be the most beautiful trail in the vicinity. It has numerous waterfalls, ravines and dramatic rock faces, tall trees, ferns and wild flowers. This trail would be beautiful and refreshing during any season. My hike leader volunteers



at AMC year round where he does trail maintenance. He pointed out geologic formations including a spot on the creek where centuries of water falling onto a round boulder drilled a basin. It was easy to see how proud he is of the trail and sense his pleasure in sharing it with us. The trail extends beyond the Glen and leads to Millbrook Village a 19th century town set in a meadow. During our visit, the meadow was full of spring blossoms and lilacs.

that no one volunteered to wash the dishes.

Nice people

However pleasant the setting, it really is the people who make it happen. It's always fun to meet new friends on the trail but I had not shared a cabin with strangers since Camp Douglas Smith and, at 60, my habits and peculiarities are more pronounced than when I was 14. Since all of us were busy with our own activities during the day, it hardly mattered. With everyone on their own schedule the bathrooms

were available without a wait.

As it turned out, sitting in the living room to read before going to bed was my only opportunity to meet my cabin mates as such. And then I had several interesting conversations with other readers. Like-minded people can be hard to find, but a passion for the outdoors provides a common bond that runs beyond hiking, people are friendly, outgoing and caring.

To sum it up, we had great weather. The setting was delightful, clean and well maintained. Meals were flavorful and served on time. Obviously a great deal of time and commitment went into planning the event. Our AMC hosts who managed the event and the kitchen crew are to be praised. Mohican is a great place for family vacations, weekend getaways or large groups. Given the short distance to Manhattan, a trip to Mohican would be a refreshing and inexpensive way

to visit the city, a day in town followed by a day in the woods. The whole experience was like summer camp for grown-ups, no worries, no cares, go with the flow relax and enjoy.

